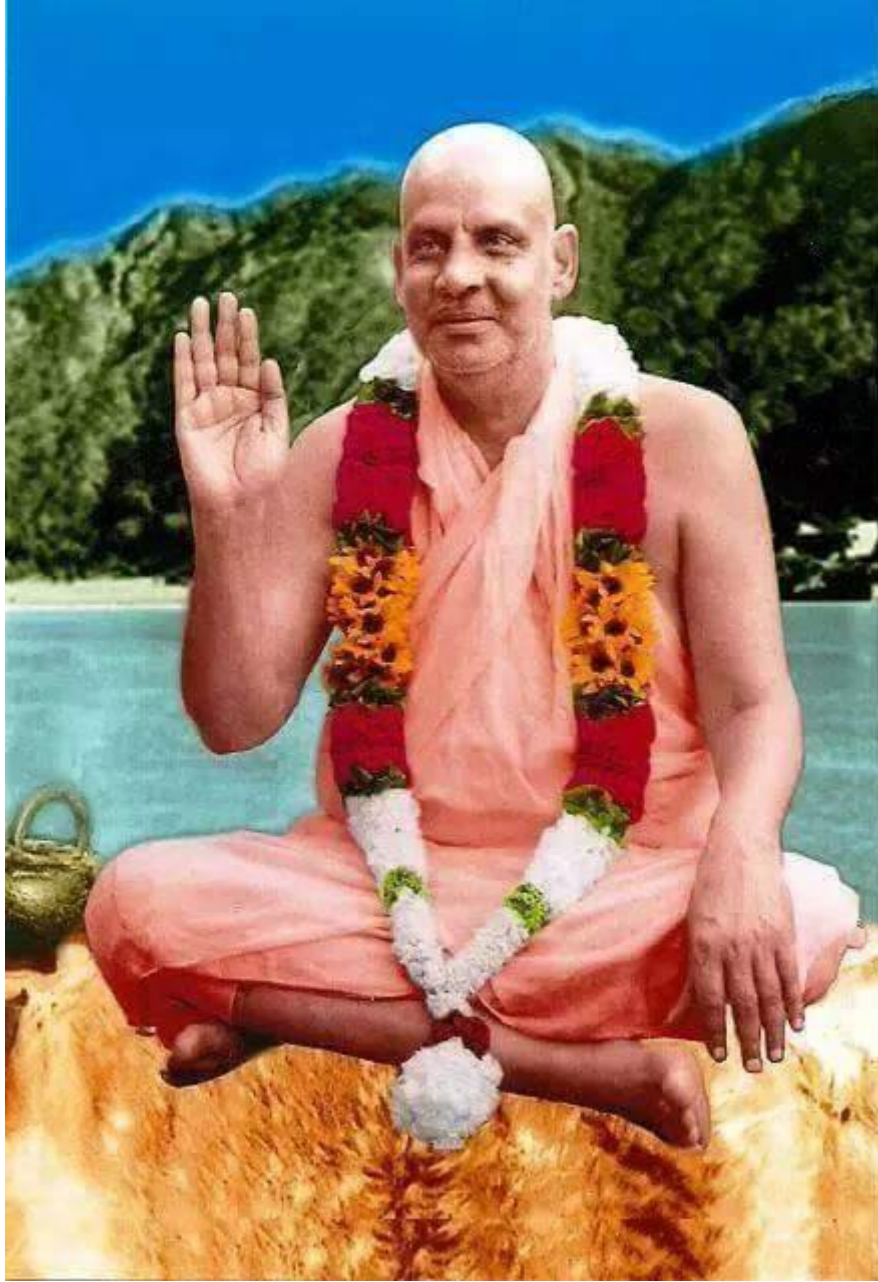


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

Be careful of your Thoughts. *Whatever you send out of your mind comes back to you. **EVERY THOUGHT YOU THINK, IS A BOOMERANG.** If you hate another, hate will come back to you. If you love others, love will come back to you. An evil thought is thrice cursed. First, it harms the thinker by doing injury to his mental body. Secondly, it harms the person who is its object. Lastly, it harms all mankind by vitiating the whole mental atmosphere. Every evil thought is as a sword drawn on the person to whom it is directed. If you entertain thoughts of hatred, you are really a murderer of that man against whom you foster thoughts of hatred. You are your own suicide, because these thoughts rebound upon you only. We are always surrounded by these thought-forms and our minds are seriously affected by them. Not one-fourth of our thoughts are our own, but are simply picked up from the atmosphere. Mostly they are of evil nature. So we should **ALWAYS REMEMBER GOD** and utter **HIS** name mentally. It will always protect us from their evil influence.*

H.H.Sri Swami Sivananda Maharajji.

BE HAPPY AND MAKE OTHERS HAPPY----YOGA SHOWS THE WAY.....

Did you know that at Harvard, one of the most prestigious universities in the world, the most popular and successful course teaches you how to learn to be happier?


The Positive Psychology class taught by Ben Shahar attracts 1400 students per semester and 20% of Harvard graduates take this elective course.

According to Ben Shahar, the class - which focuses on happiness, self-esteem and motivation - gives students the tools to succeed and face life with more joy. This 35-year-old teacher, considered by some to be "the happiness guru", highlights in his class 14 key tips for improving the quality of our personal status and contributing to a positive life:




*Tip 1. ***Thank God for everything you have***: Write down 10 things you have in your life that give you happiness. Focus on the good things!*


*Tip 2. ***Practice physical activity*** Experts say exercising helps improve mood. 30 minutes of exercise is the best antidote against sadness and stress.*




Tip 3. ***Breakfast*** Some people miss breakfast for lack of time or not to get fat. Studies show that breakfast gives you energy, helps you think and perform your activities successfully.



Tip 4. ***Be Assertive***: Ask what you want and say what you think. Being assertive helps improve your self-esteem. Being left and remaining silent creates sadness and hopelessness.




Tip 5. ***Spend your money on experiences***..a study found that 75% of people felt happier when they invested their money in travel, courses and classes; While only the rest said they felt happier when buying things.



Tip 6. ***Face your challenges***: Studies show that the more you postpone something, the more anxiety and tension you generate. Write short weekly lists of tasks and complete them.



Tip 7. ***Put everywhere nice memories, phrases and photos of your loved ones***: Fill your fridge, your computer, your desk, your room, YOUR LIFE of beautiful memories.




Tip 8. ***Always greet and be nice to other people***: More than 100 inquiries state that just smiling changes the mood.




Tip 9. ***Wear comfortable shoes***: If your feet hurt you, you become moody, says Dr. Keinth Wapner, President of the American Orthopedics Association.



Tip 10. ***Take care of your posture***: Walk straight with your shoulders slightly backwards and the front view helps to maintain a good mood.



Tip 11. ***Listen to music*** (Praise God): It is proven that listening to music awakens you to sing, this will make your life happy.



Tip 12. ***What you eat has an impact on your mood***:- Do not skip meals, eat lightly every 3 to 4 hours and keep glucose levels stable.- Avoid excess white flour and sugar.- Eat everything! Healthy- Vary your food.



Tip 13. ***Take care of yourself and feel attractive***:70% of people say they feel happier when they think they look good.



Tip 14. ***Fervently believe in God***: With him nothing is impossible!

Happiness is like a remote control, we lose it every time, we go crazy looking for it and many times without knowing it, we are sitting on top of it...

BHAGWAD GITA IN ONE SENTENCE

Chapter 1 : Wrong thinking is the only problem in life

Chapter 2 : Right knowledge is the ultimate solution to all our problems

Chapter 3 : Selflessness is the only way to progress and prosperity

Chapter 4 : Every act can be an act of prayer

Chapter 5 : Renounce the ego of individuality and Rejoice in the Bliss of Infinity

Chapter 6 : Connect to the Higher Consciousness Daily

Chapter 7 : Live what you learn

Chapter 8 : Never give up on yourself

Chapter 9 : Value your blessings

Chapter 10 : See divinity all around

Chapter 11 : Have enough surrender to see the Truth as it is

Chapter 12 : Absorb your mind in the Higher plane

Chapter 13 : Detach from Maya and Attach to Divine

Chapter 14 : Live a lifestyle that matches your vision

Chapter 15 : Give priority to Divinity

Chapter 16 : Being good is a reward in itself

Chapter 17 : Choosing the right over the pleasant is a sign of power

Chapter 18 : Let Go, Let's move to Union with God

Veda Vyasa

Simple Message of GITA:-

Why do you worry without cause?

Why do you fear without reason?

Who can kill you?

The soul is neither born, not does it die.

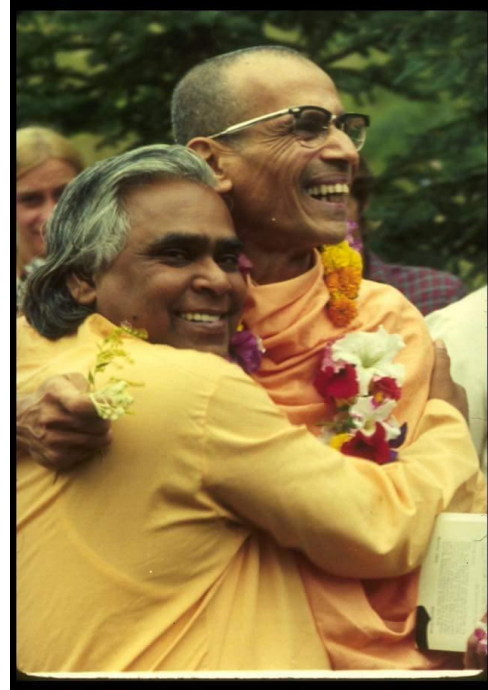
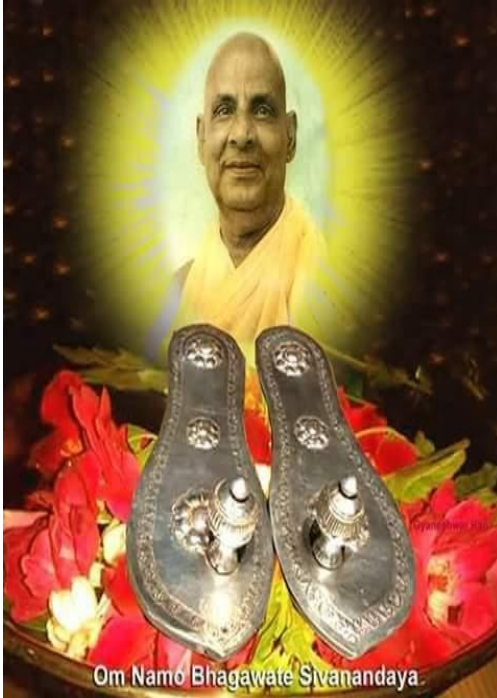
Whatever happened, happened for the good.

Whatever is happening, is happening for the good.

Whatever will happen, will also happen for the good only.

Hence, Be Happy. Makes others Happy.....

*Yoga Shows the Way.....Practice Yoga Daily and follow the foot steps of
Gurudev.*



Don't worry and be happy. Make others happy.

For further details, please contact **SIVANANDA YOGA KENDRA,**

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