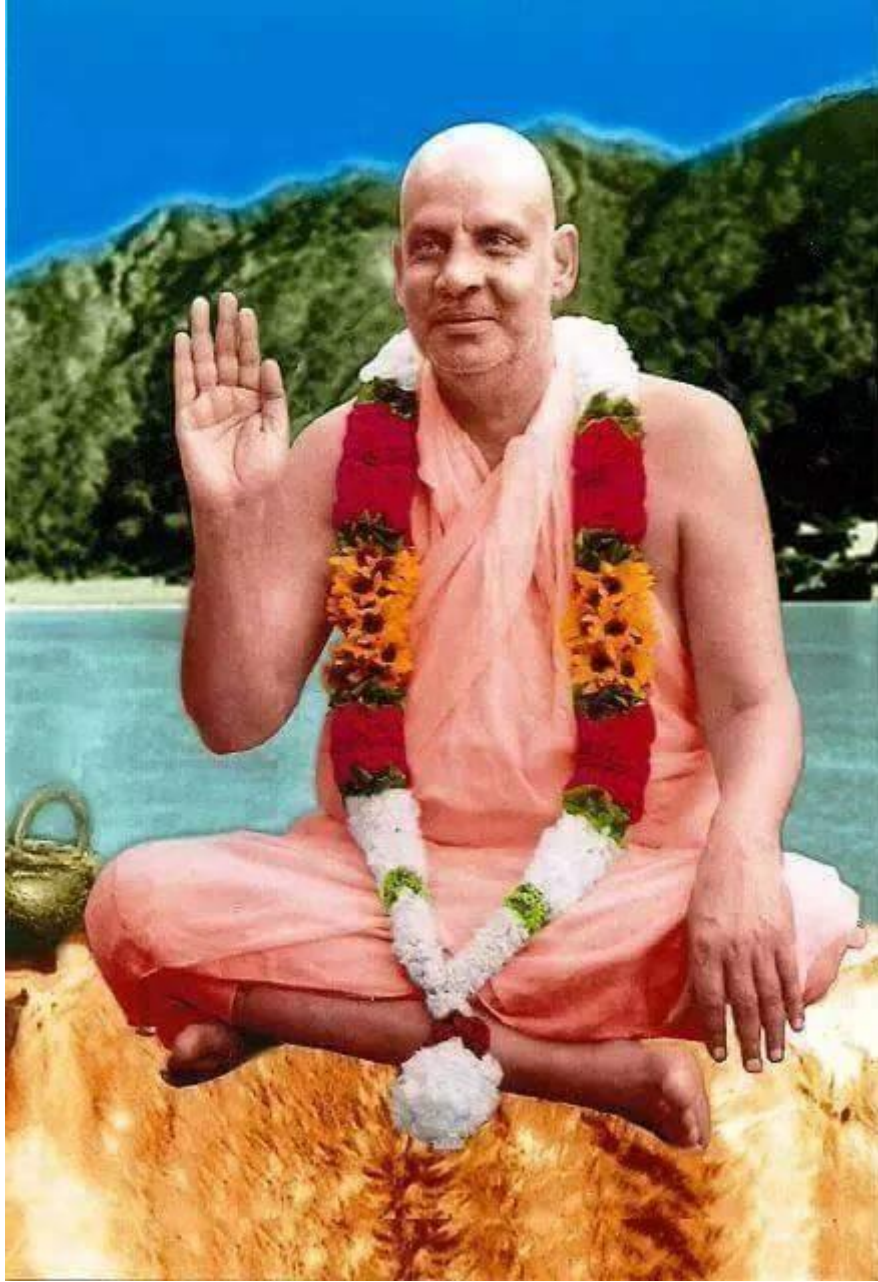


E-MAGAZINE-SYK- MAY'18 -L-8

SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

1) 10 TYPES OF PURIFICATIONS:

1. *Body gets purified...*
by WATER & YOGA
2. *Breath gets purified...*
by PRAANAAYAM.
3. *Mind gets purified...*
by MEDITATION.
4. *Intellect gets purified...*
by spiritual KNOWLEDGE.
5. *Memory gets purified...*
by MANAN & CHINTAN.
6. *Ego gets purified...*
by SEVA (SERVICE).
7. *Self gets purified...*
by SILENCE (MAUN).
8. *Food gets purified...*
by POSITIVE THOUGHTS.
(While cooking & eating).
9. *Wealth gets purified...*
by GIVING/DONATING.
10. *Feelings gets purified...*
by LOVE N SURRENDER .

2) THE MIND

"The mind has got a 'drawing power': like attracts like is a great cosmic law. You are continually attracting to yourself, from both seen and unseen side of life-forces, thoughts and conditions most akin to those of your own.

Every man has a mental world of his own, his own ideas, his own views, his own sentiments, his own feelings, his own habitual thoughts, his own experiences and his own modes of thinking and into these there constantly come similar ideas, similar views, similar thoughts and experiences."

-H.H.Sri Swami Sivananda Maharajji.

3) Why Charity is so important in life?

I am rich, fit, and I have mastered almost everything I wanted to master. Why am I still not happy and still not satisfied?

Answer :

"Human happiness (as we know it) is caused by 4 basic chemicals:

Dopamine

Endorphins

Serotonin

Oxytocin

** On our journey to become fit, our body released endorphins to cope with the pain of physical exercise. We probably began to enjoy exercise as we got into it, and the *endorphins* made us happy - temporarily.*

** On our journey to become rich, we probably completed many tasks and goals. We probably bought all the things we've ever wanted. Nice cars, beautiful clothes, and a perfect home. This released *dopamine* in our brain when we achieved our goals*

and bought these things, which once again contributed to our happiness - temporarily.

So what about the other two chemicals?

It turns out that human happiness is incomplete without all 4 chemicals constantly being released in the brain.

So now we all need to work on releasing serotonin and oxytocin.

“How do we do that ?”

**Serotonin* is released when we act in a way that benefits others. When we give to causes beyond ourselves and our own benefit. When we connect with people on a deep, human level.*

The answer is releasing serotonin in brain right now because of using precious time on the weekend to give back to others for free.

That's why rich people turning to charity when they have already bought everything they wanted to, and experienced everything they wanted in life.

They've had enough dopamine from material pleasures, now they need the serotonin.

**Oxytocin* on the other hand, is released when we become close to another human being.*

When hug a friend, or shake someone's hand, oxytocin is released in varying amounts.

Oxytocin is easy to release. It's all about becoming more social!

Share the wealth with friends and family to create amazing experiences.

Laugh, love, cooperate, and play .

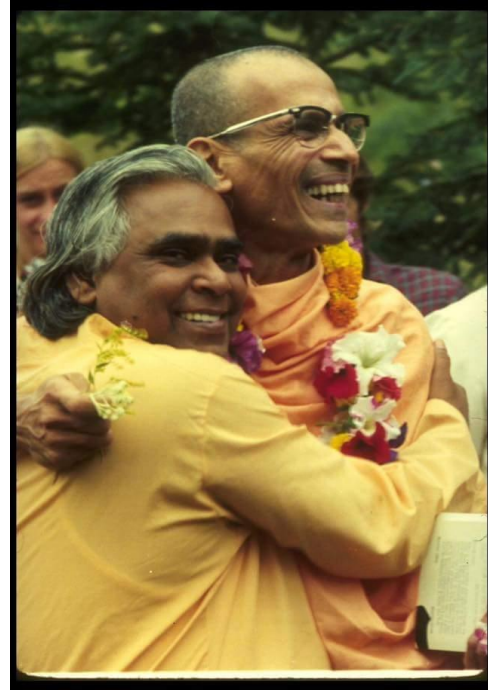
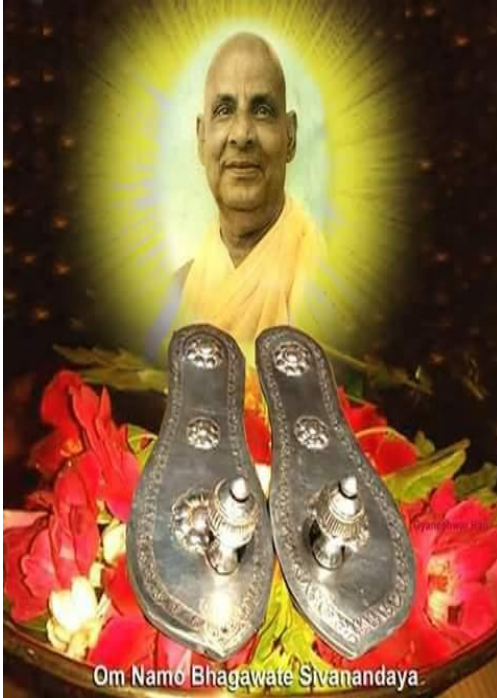
It's all comes down to two things: Contribution to Charity and social connection".

THE END

<i>LEARN YOGA FROM THE GURU OR YOGA TEACHERS....</i>
<i>DO NOT LEARN YOGA THROUGH BOOKS OR GADGETS....</i>
<i>PRACTICE YOGA DAILY.....THIA LEADS TO YOU GOOD HEALTH AND PEACE OF MIND.</i>

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,**

A.K.SRINIVASAN

**YOGA ACHARYA/YOGA SIROMANI, TISYVC-CANADA, YCC-TYVFA, INDIA B.Sc.,
PGDMM, MDBA, MBA-ADAM SMITH UNIVERSITY –US.**

**SPECIALIST IN YOGA STRESS MANAGEMENT, PERSONALITY DEVELOPMENT,
LIFE STYLE MANAGEMENT AND YOGA THERAPY MANAGEMENT AND**

COUNSELING. DIAL OR CLICK- CT: 98402 33858,

sivanandayogakendra.srinivasan@gmail.com/www.sivanandasevas.org