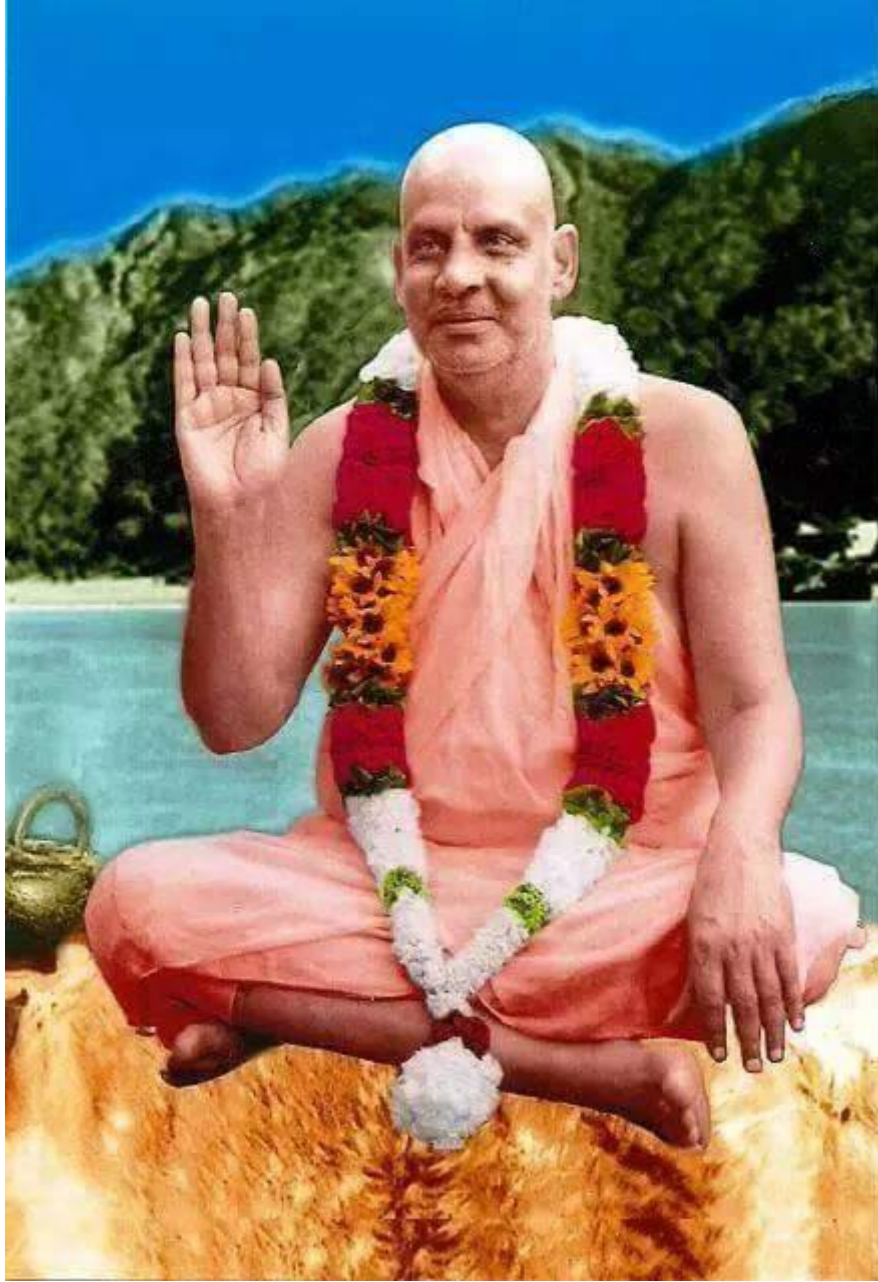


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SIVANANDA YOGA KENDRA-CHENNAI

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

YOU ARE UNIQUE:

Never condemn yourself. Never loose faith in yourself. Seek to know Thyself. Cheer yourself and regain confidence. Assert and realise that you are a child of God and that all the wealth of the Divine is yours. Shut your mind against these traitors : fear, disease, worry and in their stead, invite confidence, courage, peace, health. If only you know the unlimited power that is within you, there is no undertaking in which you can not succeed. The progress you would achieve will be amazing. Scatter joy and you will harvest it. Distribute wealth and you will have abundance. Radiate happiness and you will reap it. If the wick within the lamp is very small, the light also will be small. If the wick is very big, the light also will be powerful. Similarly if a man is pure, if he practices meditation, the manifestation or expression of his Self will be powerful. He will radiate a big light. If he is unregenerate and impure, he will be like a burnt up charcoal. The greater the wick, the greater the light. Likewise, the purer the soul, the greater the expression.

By.H.H.Sri Swami Sivananda Maharajji.

CALL OF MOUNT KAILAS

In the early years of my Sadhana at Rishikesh, I decided to see Kailas. Mount Kailas is in Western Tibet. On the 12th June, 1931, I started on a pilgrimage to that sacred place with His Holiness Sri Swami Adwaitanandaji, Sri Swami Swayam Jyoti Maharaj, Sri Brahmachari Yogananda, Her Highness Maharani Sahiba Surat Kumari Devi, O.B.E., Singahi State, and Sri Kedarnath, her secretary. We all had a dip in Lake Manasarovar and went around Mount Kailas. I walked the whole distance. There is no place on all this fair earth which can be compared with Kailas for the marvellous beauty of the everlasting snows. Of all Yatras, the Kailas trip is the most difficult. It is called Mount Meru—the axis of Mountains. At the time I went there, His Highness the Maharajah Saheb of Mysore also visited Kailas. He is the only Maharajah in India who has visited the sacred mount. The total distance from

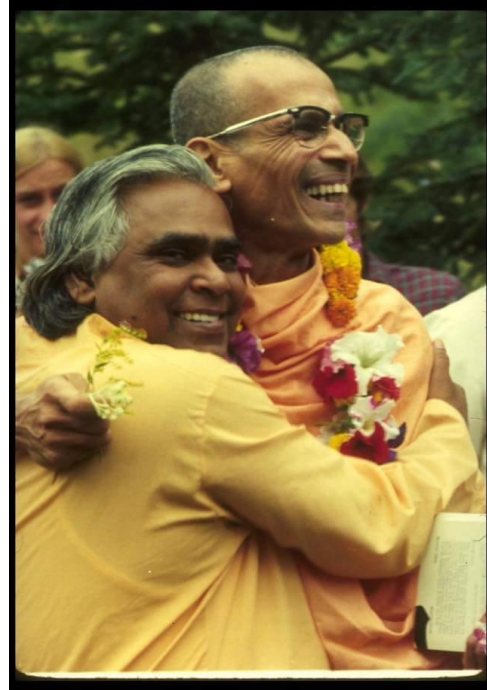
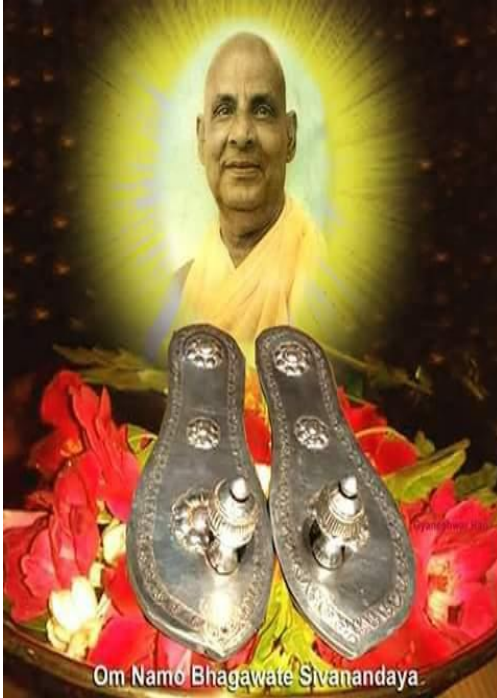
Almora to Kaiias is about 230 miles. In two months one can easily visit the place and return. On August 22nd our party returned to Almora.

By.H.H.Sri Swami Sivananda Maharajji.

<i>EARN 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.**

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