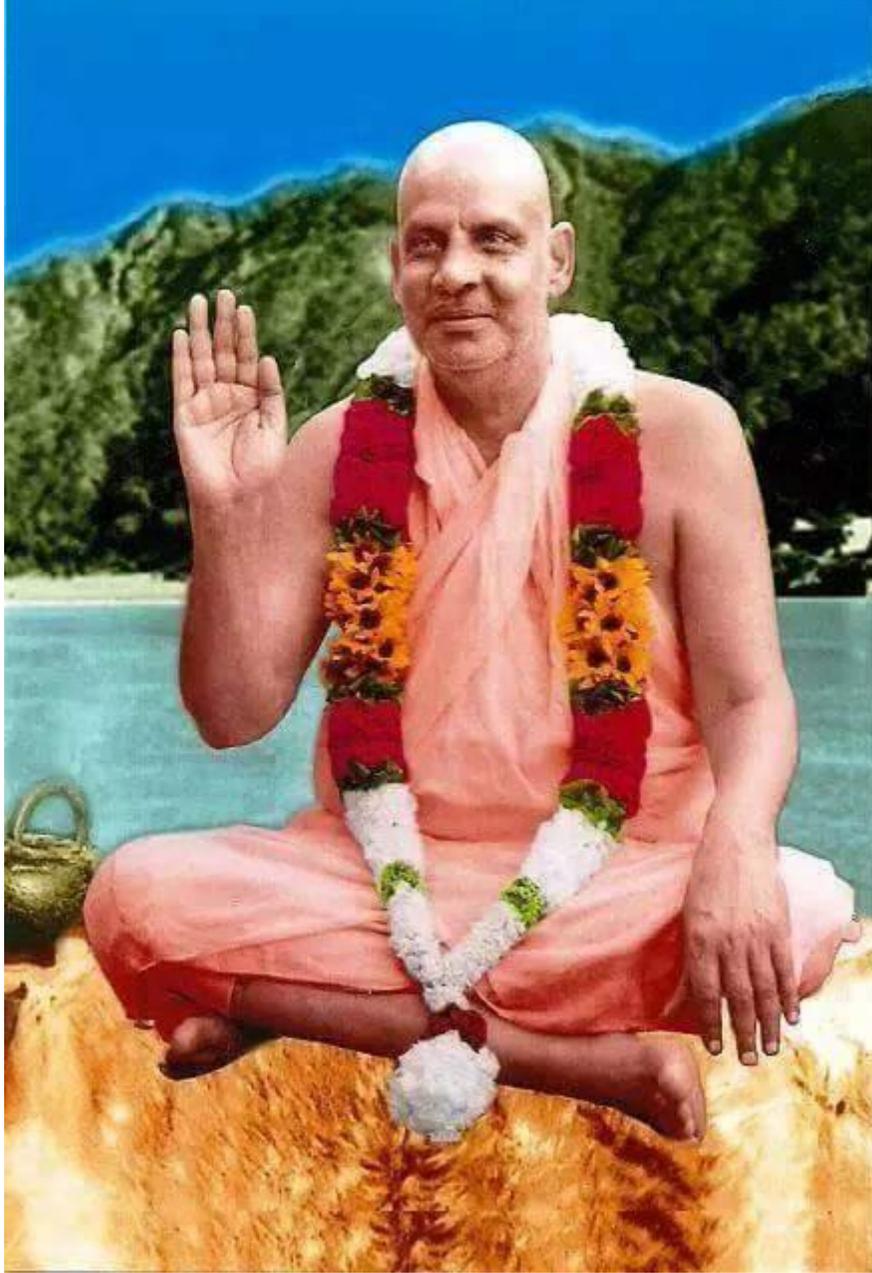


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

WISH YOU ALL HAPPY AND PROSPEROUS NEW YEAR – 2018

Into the New Year

"Life here is a preparation for the divine life, immortal life. The phenomenal world is a means to attain the Absolute. You will learn many things here. The world is a vast university. Nature is a book. It teaches many lessons. So you should benefit from this world of relative experience and try to rest in your own satchidananda swaroopa (true nature as Existence Absolute, Knowledge Absolute and Bliss Absolute.)"

H.H.Sri.Swami Sivananda Maharajji.

Commentary*:-Take this life as the most beautiful gift given to you for the realization of the Supreme. Take every, even the smallest experience as a lesson of vital importance. If you approach life with such gratitude and vigilance you will learn in one month for others learn in years. Always contemplate that the world, and in fact the whole creation, in the form of Nature herself exist in order to support you in, and enhance your evolution.*

The world is a divine mirror, a great reflector and an awesome teacher.

BE POSITIVE, BE HUMBLE, BE GREATFUL, HAVE STORNG FAITH IN GURU & GOD– IT LEADS TO CHANAGE IN OUR ATTITUDE

There was a bird who lived in a desert, very sick, no feathers, nothing to eat and drink no shelter to live in and who kept on cursing his life day and night.

One day a dove was passing by, so the sick unhappy bird stopped the dove and inquired "where are you going?" it replied " I am going to heaven".

So the sick bird said "please find out for me, when my suffering will come to an end?" The dove said, "sure, I will." and bid a good bye to the sick bird. The dove reached heaven and shared the message of the sick bird with the angel incharge at the entrance gate.

The dove told the angel the pathetic condition of the sick bird and inquired when the suffering of the sick bird was going to end? The angel replied, "For the next seven years of its life the bird has to suffer like this, no happiness till then."

The dove said, "When the sick bird hears this he will get disheartened. could You suggest any solution for this."

The Angel replied, "Tell him to recite this verse "Thank you God for everything." The dove on meeting the sick bird again, delivered the message of the angel to it .

After seven days the dove was passing again passing by and saw that bird was very happy, feathers grew on his body, a small plant grew up in the desert area, a small pond of water was also there, the bird was singing and dancing cheerfully. The dove was astonished as to how it had happened. The Angel had said that there would be no happiness for the bird for the next seven years. With this question in mind the dove went to visit the angel at heaven's gate.

The dove put forth his query to the Angel. The Angel replied, "yes it is true there was no happiness for the bird for seven years but because the bird was reciting the verse "THANK YOU GOD FOR EVERYTHING" in every situation, his situation changed.

When the bird fell down on the hot sand it said "THANK YOU GOD FOR EVERYTHING"

When it could not fly it said, "THANK YOU GOD FOR EVERYTHING"

When it was thirsty and there was no water around, it said, "THANK YOU GOD FOR EVERYTHING"

Whatever the situation, the bird kept on repeating, "THANK YOU GOD FOR EVERYTHING" and therefore the seven years got dissolved in seven days.

When I heard this story it landed me in a different energy zone, i felt a tremendous shift in my way of feeling, thinking, accepting and viewing life.

I adopted this verse in my life. WHATEVER the situation I faced I started reciting this verse "THANK YOU GOD FOR EVERYTHING". It helped me to shift my view from what i did not have to what i have in my life.

For instance; if my head pains i THANK GOD that the rest of my body is completely fine and healthy and i notice that the headache does not bother me at all.

In the same manner i started using this verse in my relationships (whether family, friends, neighbours, colleagues) finances, social life, business and everything with which I can relate. I shared this story with everyone I came in touch with and it brought a great shift in their behaviour too.

This simple verse really had a deep impact on my life, i started feeling how blessed I am, how happy I am, how good life is.

The purpose of sharing this message is to make all of us aware of how powerful the attitude of gratitude is. It can reshape our lives.

A simple word, a simple thought, which teaches us to be grateful for everything what we have in our life has the power to dissolve the bad baggage which we are carrying around with us all the days of our life. Lets recite this verse continuously to experience the shift in our life.

To be grateful, and see the change in your attitude.

Be humble, and you will never stumble.

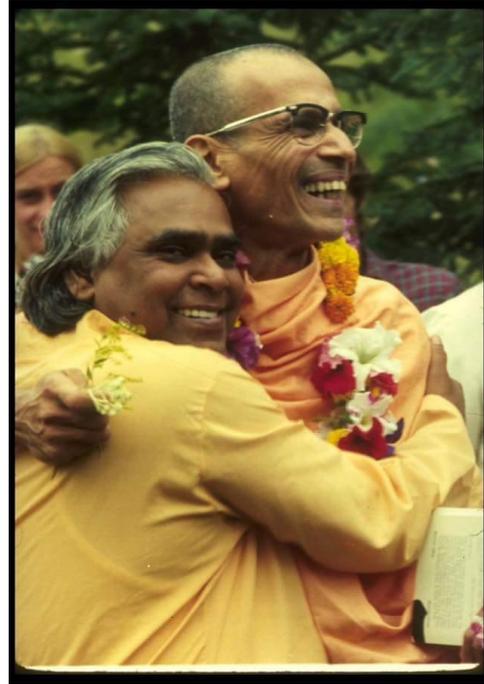
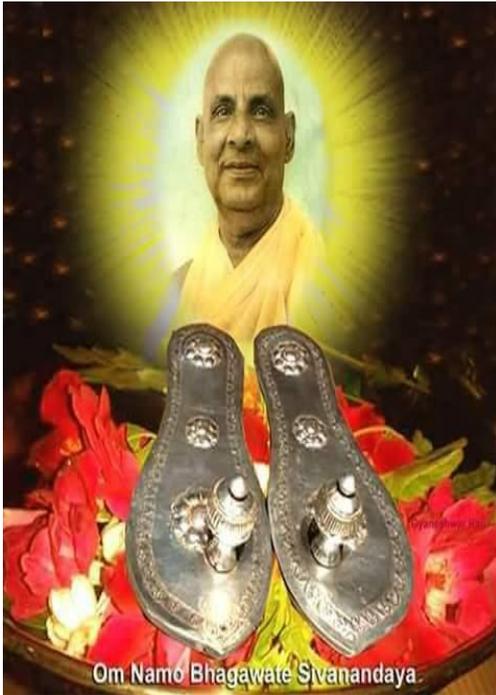
HATHA YOGA

The Hatha yoga practice emphasizes proper diet, processes to internally purify the body, proper breathing and its regulation particularly during the yoga practice, and the exercise routine consisting of Asanas (bodily postures). The methodology sometimes includes sequences such as the Surya Namaskara, or "salute to the sun", which consists of several Asanas performed as a fluid movement sequence.

Patanjali, in the Yoga Sutras, has emphasized the importance of concentration and meditation in order to achieve a calm and peaceful mind. The need to maintain a steady and comfortable seated posture for meditation for long periods of time necessitates a body that is healthy and free of disease and a mind that is free of worry and fear. The art and science of hatha yoga was developed to achieve such a body. Hatha Yoga Pradeepika (HYP) which expounds the techniques such as asana, pranayama and shatkarma (the six-fold cleansing techniques). Through regular practice of these techniques, the body is purified of all the toxins, the nadis (channels of subtle energy) are opened for free flow of prana (vital energy), and kundalini shakti (the dormant serpent power) gets awakened. Through control of prana, the mind is automatically controlled.

Key Aspects of HATHA YOGA:-

- 1) Asanas.
- 2) Shatkarma & Pranayama.
- 3) Mudra and Bandha.
- 4) Meditation.
- 5) Samadhi.



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

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

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