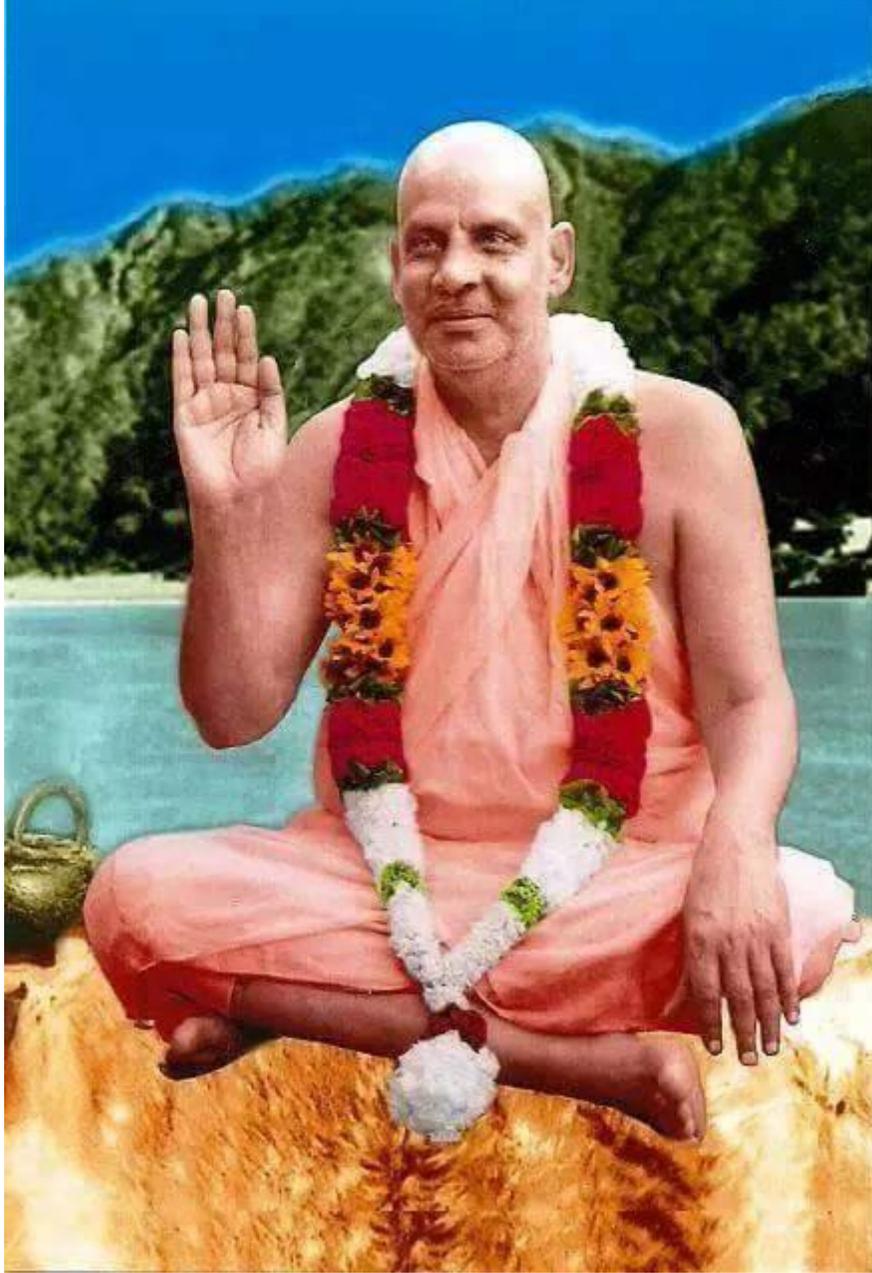


**E-MAGAZINE-SYK- MAR'18 -L-6**

**SIVANANDA YOGA KENDRA-CHENNAI**

[www.sivanandasevas.org](http://www.sivanandasevas.org)



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

## How can I improve myself within a month?

### 21 ideas -:

1. Detoxify your speech. Reduce the use of cuss words. Be polite.
2. Read every day. Doesn't matter what. Choose whatever interests you.
3. Promise yourself that you will never talk rudely to your parents. They never deserve it.
4. Observe people around you. Imbibe their virtues.
5. Spend some time with nature every day.
6. Feed the stray animals. Yes, it feels good to feed the hungry.
7. No ego. No ego. No ego. Just learn, learn and learn.
8. Do not hesitate to clarify a doubt. "He who asks a question remains fool for 5 minutes. He who does not ask remains a fool forever".
9. Whatever you do, do it with full involvement. That's meditation.
10. Keep distance from people who give you negative vibes but never hold grudges.
11. Stop comparing yourself with others. If you won't stop, you will never know your own potential.
12. "The biggest failure in life is the failure to try". Always remember this.
13. "I cried as I had no shoes until I saw a man who had no feet". Never complain.
14. Plan your day. It will take a few minutes but will save your days.
15. Every day, for a few minutes, sit in silence. I mean sit with yourself. Just yourself. Magic will flow.
16. In a healthy body resides a healthy mind. Do not litter it with junk.
17. For one month, eat home cooked meals.
18. Keep your body hydrated at all times. Practice drinking 8–10 glasses of water.
19. Make a habit to eat at least one serving of raw vegetable salad on a daily basis.
20. Take care of your health. "He who has health has hope and he who has hope has everything".
21. Life is short. Life is simple. Do not complicate it. Don't forget to smile.

*\*Beautiful Message\*.*

*A rich man looked through his window and saw a poor man picking something from his dustbin ... He said, Thank GOD I'm not poor.*

*The poor man looked around and saw a naked man misbehaving on the street ... He said, Thank GOD I'm not mad.*

*The mad man looked ahead and saw an ambulance carrying a patient ... He said, Thank GOD am not sick.*

*Then a sick person in hospital saw a trolley taking a dead body to the mortuary ... He said, Thank GOD I'm not dead.*

*Only a dead person cannot thank God.*

*Why don't you thank GOD today for all your blessings and for the gift of life ... for another beautiful day.*

*\*What is LIFE\*?*

*To understand life better, you have to go to 3 locations:*

*\*1. Hospital\**

*\*2. Prison\**

*\*3. Cemetery\**

*At the Hospital, you will understand that nothing is more beautiful than HEALTH.*

*In the Prison, you'll see that FREEDOM is the most precious thing.*

*At the Cemetery, you will realize that life is worth nothing. The ground that we walk today will be our roof tomorrow.*

*Sad Truth\*: We all come with \*Nothing\* and we will go with \*Nothing\* ... Let us, therefore, remain humble and be thankful & grateful to God at all times for everything.*

*Could you please share this with someone else, and let them know that God loves them?*

*96% of people won't share it, but if you are 1 of 4% share this truth to your friends.*

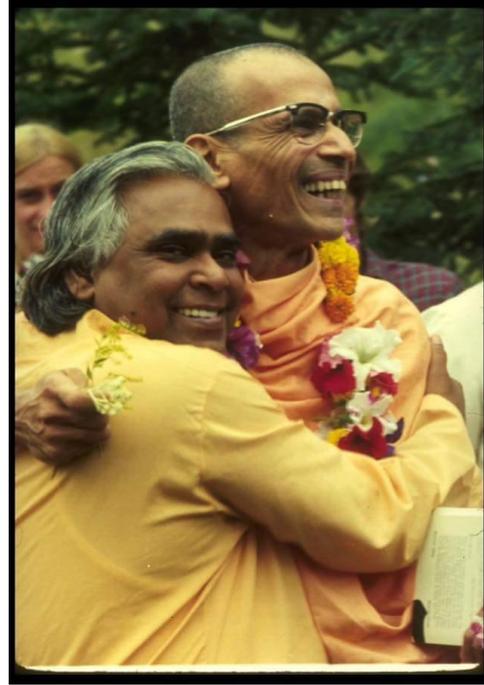
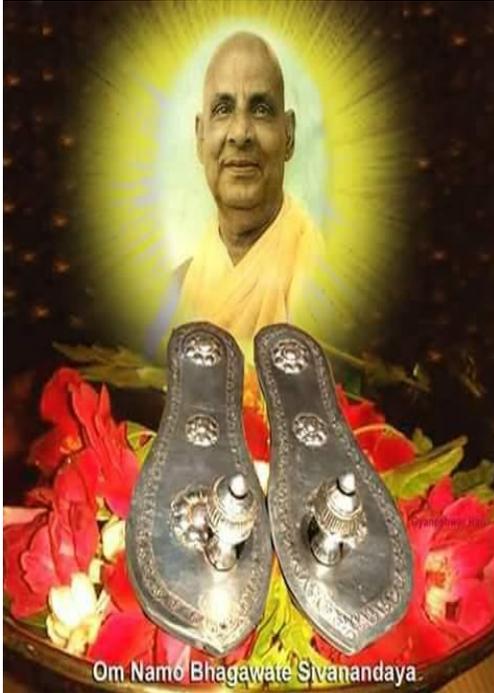
*LEARN YOGA FROM THE GURU OR YOGA TEACHERS....*

*DO NOT LEARN YOGA THROUGH BOOKS OR GADGETS....*

*PRACTICE YOGA DAILY.....THIA LEADS TO YOU GOOD HEALTH AND PEACE OF MIND.*

*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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