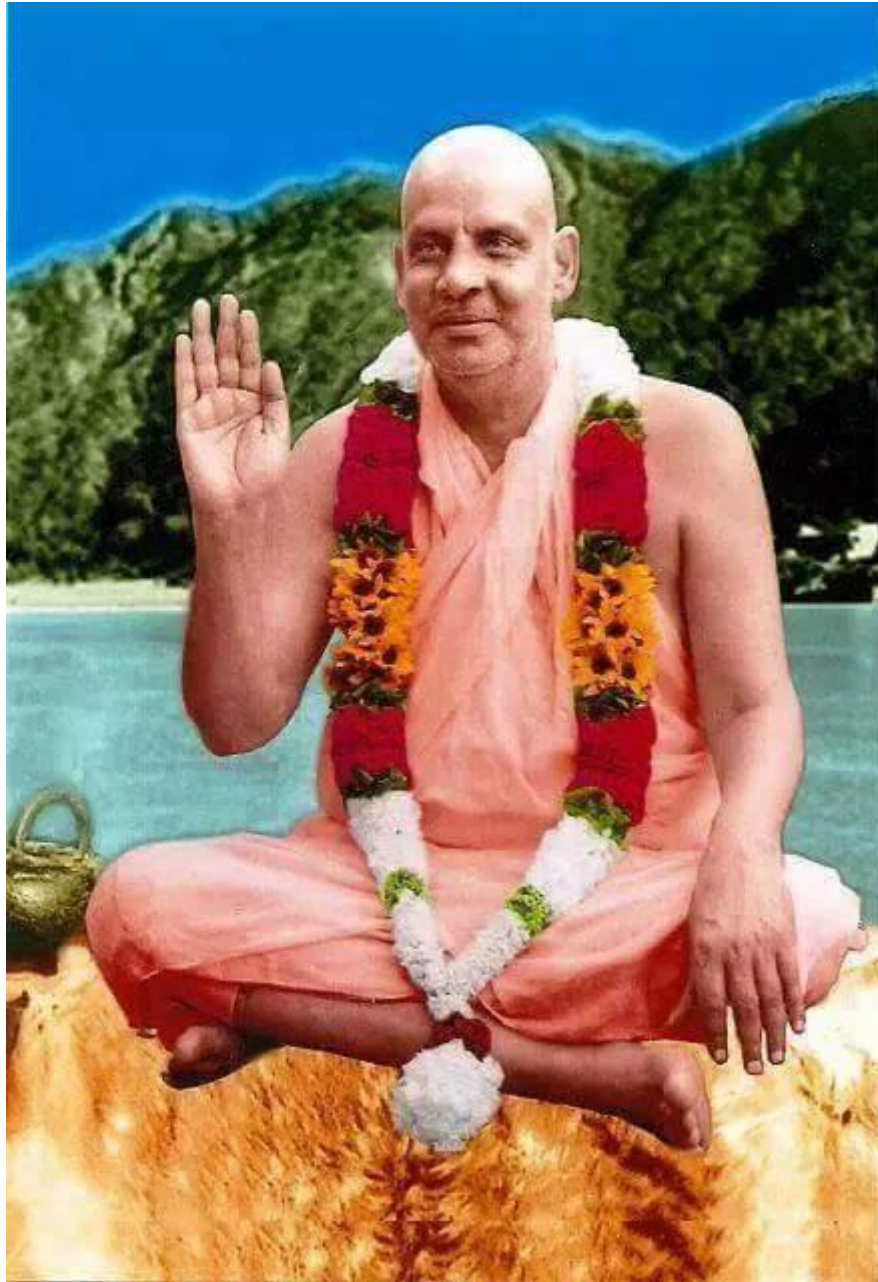


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**SIVANANDA YOGA KENDRA-CHENNAI**

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



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

## **Real Peace**

*How long do you want to live a life of duality? A life of restlessness and discontentment? How long do you wish to lead a life of ignorance, hatred, bitterness, and separation? How long do you wish to continue your own selfish struggles? How long do you wish to behold differences and distinctions? How long do you wish to keep the barriers between man and man?*

*You cry for shanti, for peace. But where to get it? Through whom to get it? Realize peace in your own heart through association with sages and by meditation. You can find this peace only in the stillness, only within your own Self. You certainly cannot find it in objects. Look within.*

*Sit silently in a quiet room for one or two hours. Close your eyes and concentrate on the point between the eyebrows. Withdraw the mind and the senses from the external objects. Be still.*

*Silence the surging thoughts and the bubbling emotions. Forget the body. Forget the world. Enter into the great calm. Dive deep down into the recesses of your heart. Plunge into the ocean of peace. Now you can realise your oneness with the Supreme Self.*

*Be regular in your practice. This is of paramount importance. It is useless to talk of the cessation of war, whilst you are still full of petty hatred and jealousy. So first remove your own inharmonious vibrations. Then there will be no more war between nations. It is only the individuals that constitute a nation.*

*Lead a life of peace. Kill suspicion. Kill envy. Kill prejudice. Kill selfishness. Kill the greed for power and possession. Do this ruthlessly.*

*Lead a simple life. Practice daily meditation and establish peace in your own heart. Then you will radiate it to all who come in contact with you.*

*Mysterious is this peace. If you enjoy this peace, you will be contributing peace to*

*the whole world. Realise the peace that passeth all understanding and be free.*

**By.H.H.Sri.Swami Sivananda Saraswati Maharaj.**

### **Prerequisites of Sadhana**

*Sadhana implies that you have already thought deeply about your life and have fixed a certain goal. The lakshya (goal) must be very clear. It is much better to say, "I want to attain God-realisation." It is better you have as a goal of life that your mind and intellect can grasp and understand. If there is such clarity, the mind can fix and focus itself with greater definiteness. Sadhana implies that you have thought over deeply about life's mystery, about your birth and your goal.*

*Otherwise, sadhana will be done half-heartedly only. Unless there is that great intensity of yearning and longing, that keen hunger of heart, there will not be that keen edge and intensity in sadhana. Therefore, they again and again emphasise on mumukshutva (burning desire for Liberation).*

*Mira and Ramakrishna Paramahansa had that unbearable agony of separation from the Lord, viraha-vedana: "How long can I be separated from Him who is my all in all?" Are you also living, breathing and existing only for Him? Vedanta calls it tivra (very intense) mumukshutva – the feeling that this present state is of a terrible bondage. How eager is a caged bird wanting to get free from bondage? This must be felt by you. Sri Ramakrishna used to give example of a person immersed under water and held forcibly. The way he will struggle to come out for a gasp of fresh air, that is the way you should be longing to attain your Goal.*

*Shabari waited for 35-40 years to give some food to Rama. She was thinking of Rama, dreaming of Rama, planning to welcome Rama. You must have Shabari-like longing – planning, thinking and living for one purpose. Gurudev used to say that*

*when a house is suddenly on fire, how eager one is to come out and escape death? That urgency, craving and longing must be there. These are the prerequisites for sadhana. As long as you have a clinging and attachment to things of this world, and eagerness and longing to enjoy, possess and accumulate objects, it is not easy to do sadhana wholeheartedly. Your mind is divided and there is no ananyata (undivided and undistracted state) in your mind. Ananyata is essential because you cannot walk in two opposite directions at the same time. "Man cannot worship God and mammon," says Lord Jesus.*

*Sadhana should be guided into an effective movement towards God, employing all the ingredients – Sankirtan, japa, likhit japa, dhyana, upasana and svadhyaya. In addition the sadhaka is advised to engage in other types of sadhana like asana and pranayama, because the body and mind are connected. You must have prem, bhakti, bhajan, shraavan, manan, dhyana. You must practise all these to control the mind and have vritti-nirodha.*

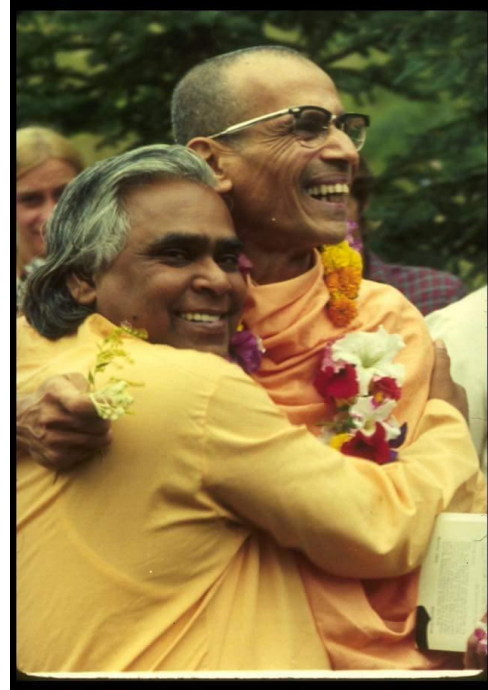
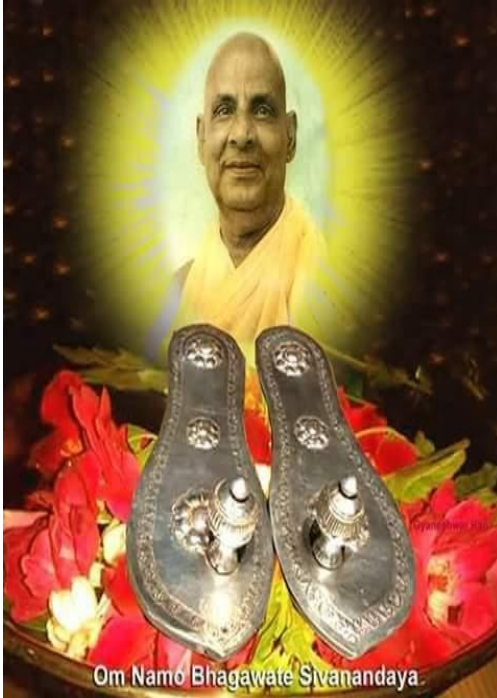
*Sri.Swami Chidanandaji.*

**THE END**

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

*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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