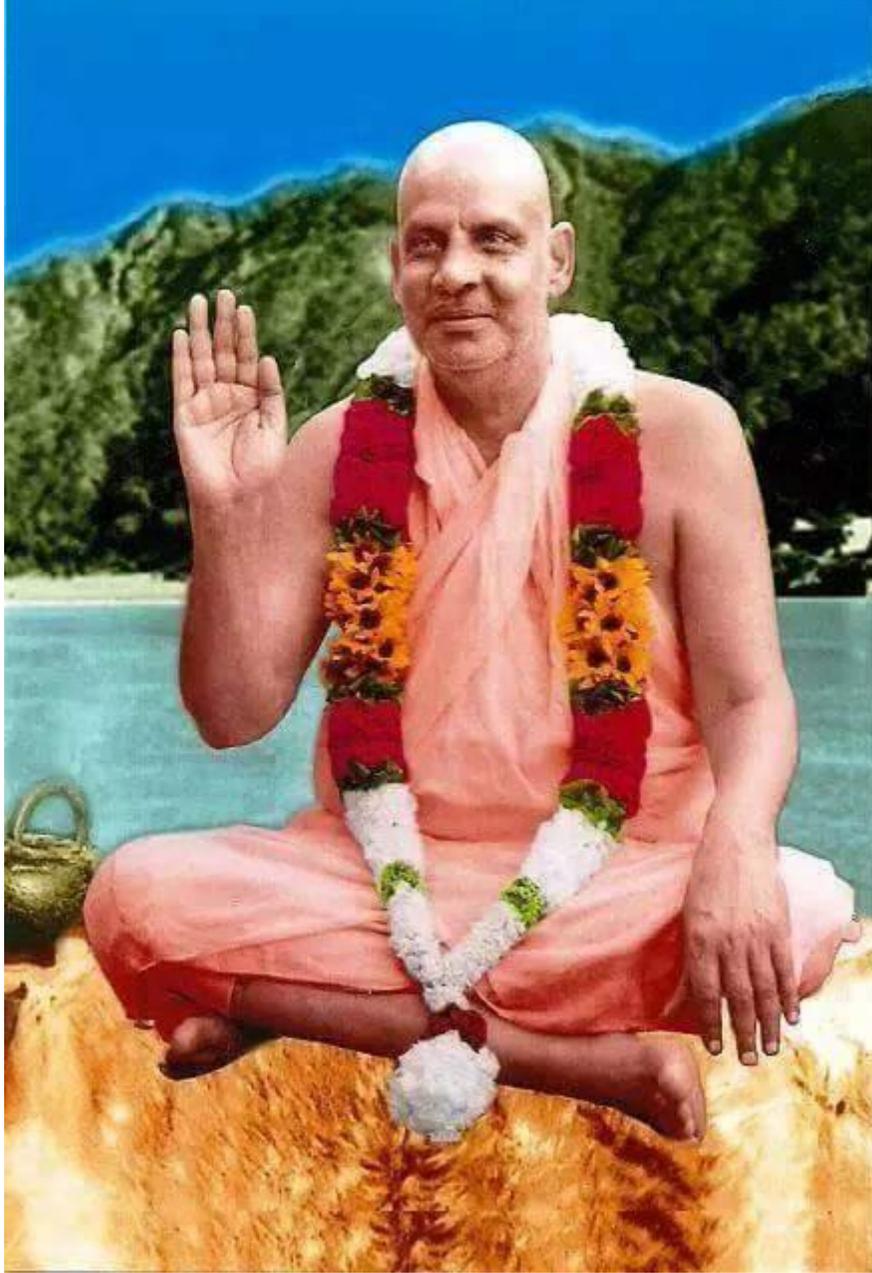


**E-MAGAZINE-SYK- JULY'18 -L-10**

**SIVANANDA YOGA KENDRA-CHENNAI**

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



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

## START SADHANA NOW

*Act now Know now. Realize now. Be happy now.*

*Every death is a reminder. Every bell that rings says "The end is near". Every day robs off from you one part of your precious life. Therefore you should be very earnest in plunging yourself in constant sadhana.*

*Never fail a victim to fruitless regret. Today is the best day. Today is the day of your new birth. Start sadhana now. With folded palm bid goodbye to past mistakes and faults. You have learnt your lessons. March forward now with new hope, determination and vigilance.*

*You have infinite strength within you. You must start vigorous spiritual practices when you are young, whatever your conditions and circumstances may be. Then only you will reap a rich spiritual harvest later and enjoy everlasting peace of the Eternal.*

**By- H.H.Sri.Swami Sivananda Maharajji.**

### 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?*

*Realise 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. Practise 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 Maharajji.*

*"Do not let failures discourage you, but go on doing your best. Do not brood over your past mistakes and failures, as this will only fill your mind with grief, regret, and depression. Do not repeat them in future. Be*

*cautious. Just think of the causes which led to your failures and try to remove them in future. Strengthen yourself with new vigor and virtues. Develop slowly your will-power."*

*By- H.H.Sri.Swami Sivananda Maharajji.*

*"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."*

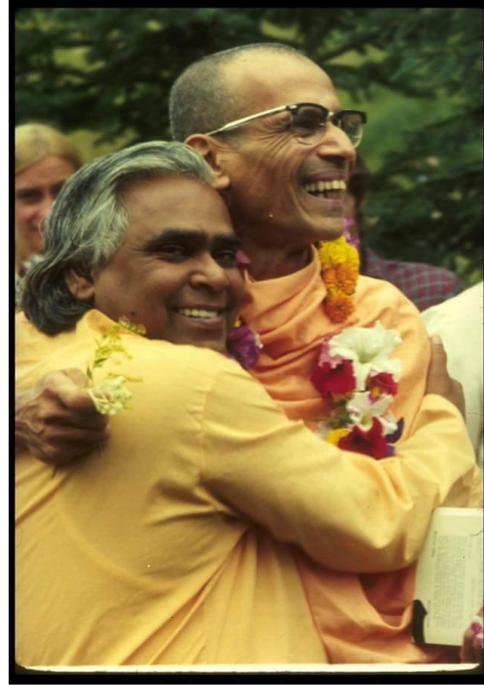
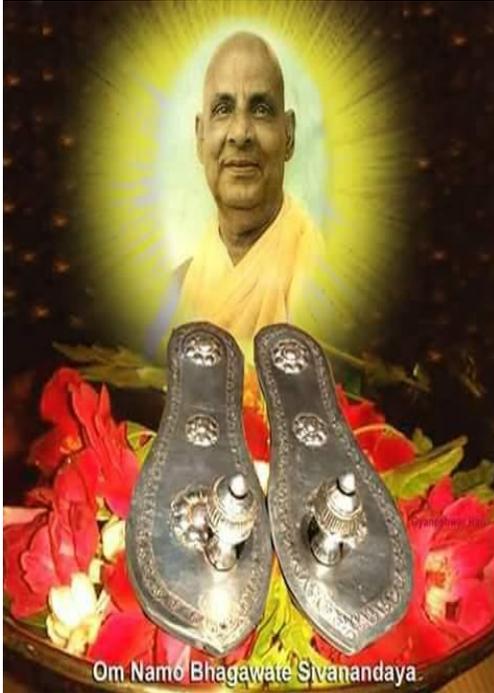
*By- H.H.Sri.Swami Sivananda Maharajji.*

**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.***

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