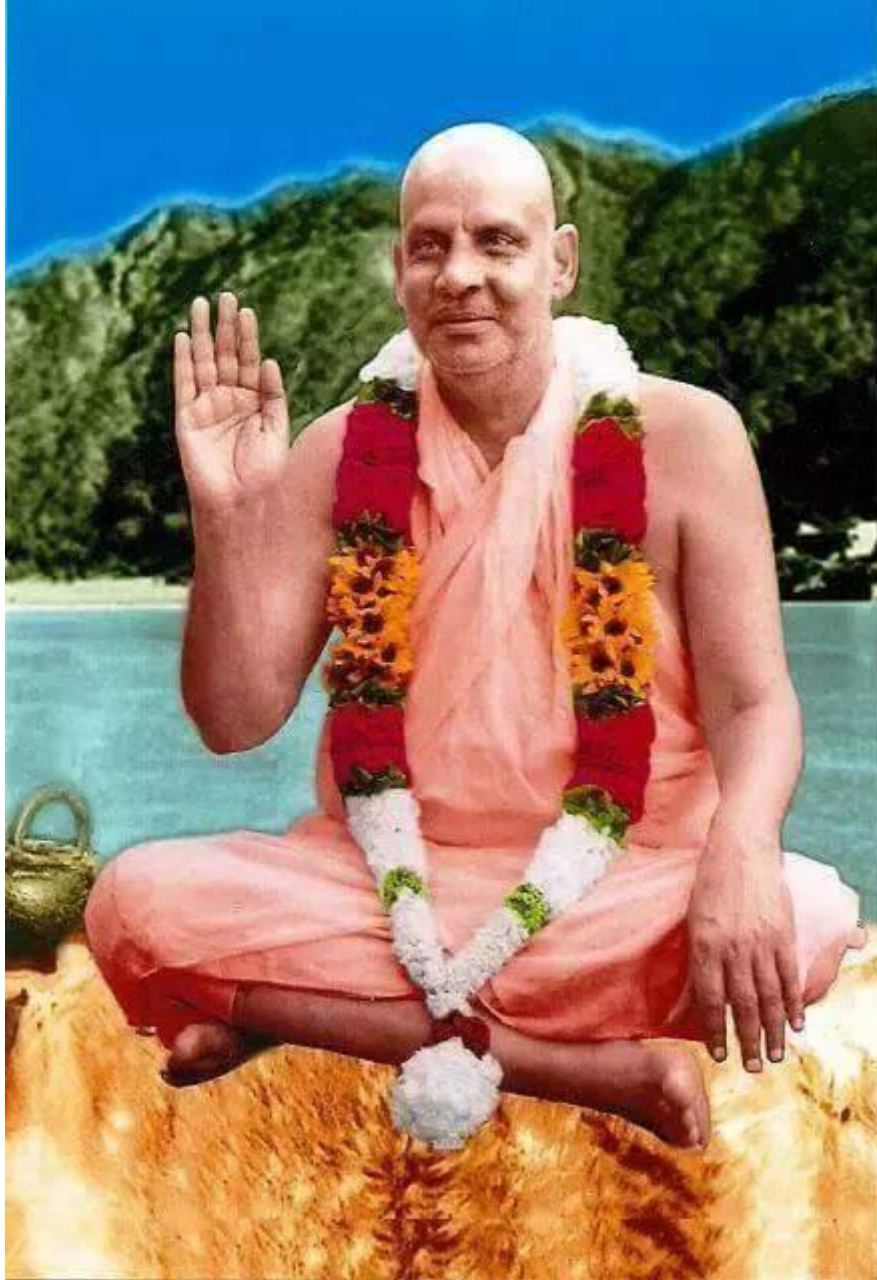


**E-MAGAZINE-SYK- OCT'18 -L-13**

**SIVANANDA YOGA KENDRA-CHENNAI**

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



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

*Unity is our strength....Love All...Serve All... Let's Travel together and share our resources....*

*\*UBUNTU\**

*UBUNTU is a very nice story from Africa ...*

*The motivation behind the Ubuntu culture in Africa ...*

*An Anthropologist proposed a game to the African tribal children ...*

*He placed a basket of sweets near a tree*

*And made the children stand 100 metres away.*

*Then announced that whoever reaches first would get all the sweets in the basket.*

*When he said 'ready steady go!' ...*

*Do you know what these children did?*

*They all held each other's hands, ran together towards the tree, divided the sweets equally among themselves, ate the sweets and enjoyed it.*

*When the Anthropologist asked them why they did so,*

*They answered 'Ubuntu'.*

*Which meant -*

*\_ 'How can one be happy when the others are sad?' \_*

*Ubuntu in their language means -*

*\_ 'I am because we are!' \_*

*A strong message for all generations.*

*Let all of us always have this attitude and spread happiness wherever we go.*

*Let's have a \*\_Ubuntu\_\* Life ...*

*I AM BECAUSE WE ARE.*

### **What is Success?**

*\*At the age of 4 years ...\* \*Success is.\*  
That you do not urinate in your pants,*

*\*At the age of 8 years ...\* \*Success is..\*  
To know the way back home.*

*\*At the age of 12 years,\* \*success is..\*  
To have friends.*

*\*At the age of 18 years,\* \*success is.\*  
To get a driver's license.*

*\*At the age of 23 years,\* \*success is.\*  
To graduate from a university.*

*\*At the age of 25 years,\* \*success is.\*  
To get an earning.*

*\*At the age of 30 years,\* \*success is.\*  
To be a family Man.*

*\*At the age of 35 years,\* \*success is.\*  
To make money.*

*\*At the age of 45 years,\* \*success is.\*  
To maintain the appearance of a young man.*

*\*At the age of 50 years,\* \*success is.\*  
To provide good education for your children.*

*\*At the age of 55 years,\* \*success is.\*  
To still be able to perform your duties well.*

*\*At the age of 60 years,\* \*success.\*  
To still be able to keep driving license.*

*\*At the age of 65 years,\* \*success is.\*  
To live without disease.*

*\*At the age of 70 years,\* \*success is.\*  
To not be a burden on any one.*

*\*At the age of 75 years,\* \*success is.\**

*To have old friends.*

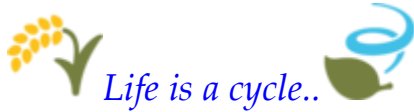
*\*At the age of 81 years,\* \*success is.\**

*To know the way back home.*

*\*At the age of 86 years,\* \*success is.\**

*That not to urinate in your pants again.*

*One of the best messages I have ever read.*

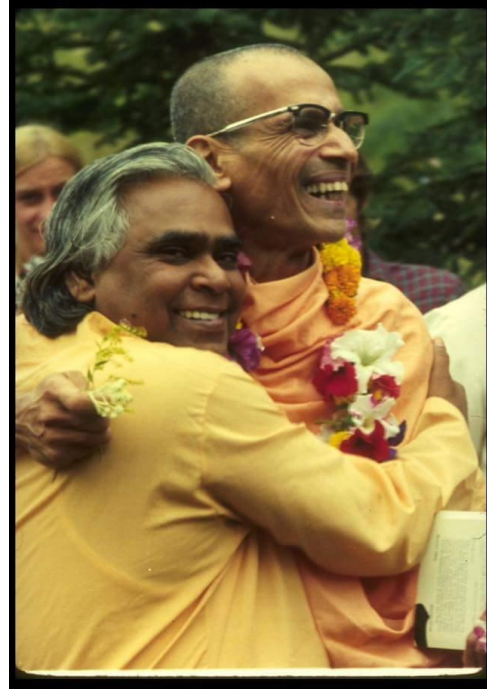
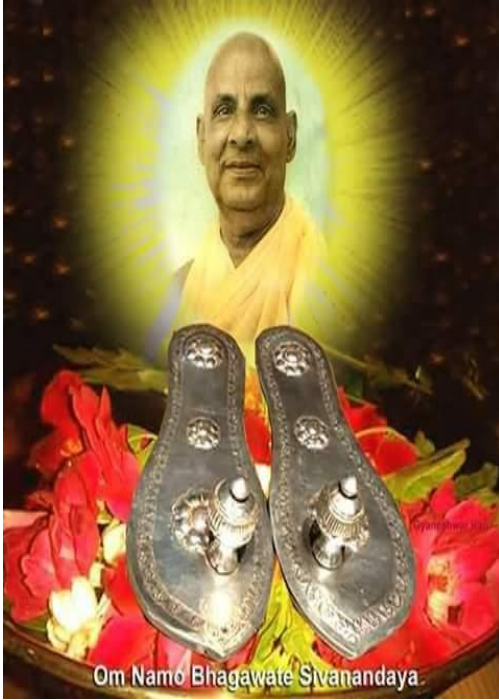


*Life is a cycle..*

<i>LEARN 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.***

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