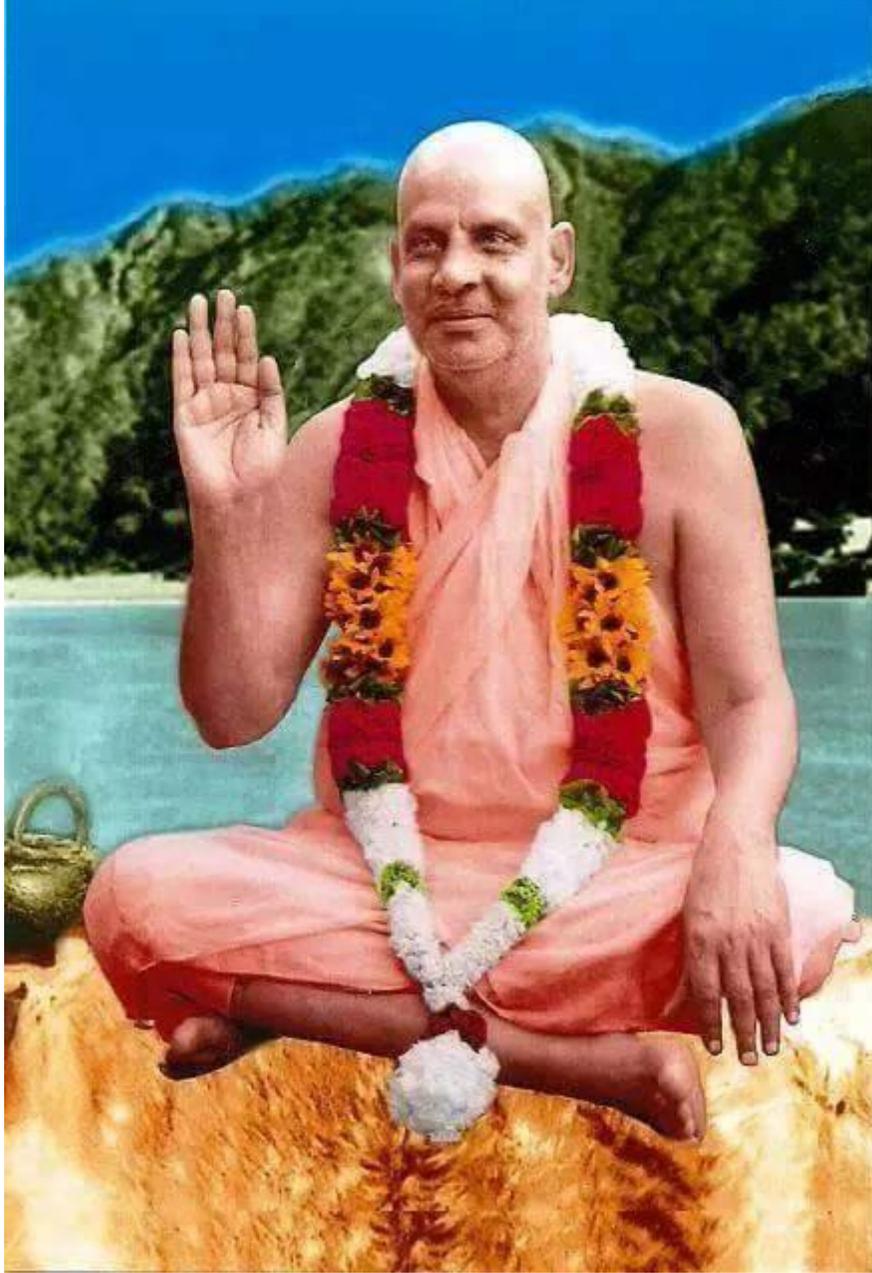


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

WHAT IS MEDITATION?

Meditation is keeping up an unceasing flow of God -consciousness. All worldly thoughts are shut from the mind. Mind is filled or saturated with divine thoughts, divine glory and divine presence.

Meditation is 7th rung or step in the ladder of Yoga. Yogis call this 'Dhyana'. Jnanins term this 'Nididhyasana'. Bhaktas style this 'Bhajana'.

Forgetting body and surrounding is the highest sadhana. It helps meditation. It makes approach to God easier. By remembering God, you can forget all these things.

Lord Jesus says , "Empty thyself and I shall fill thee". This corresponds to teaching of Maharishi Patanjali. "Yoga is annihilation's of all mental functions"

This emptying process, or making the mind blank is no doubt a trying discipline. In the beginning of Yogic practice, there are countless vrittis in the mind. There is much agitation and tossing in the mind. Gradually, the thought wave subsides. In the end, all mental modifications are controlled. The Yogi enjoys perfect peace.

H.H.Sri.Swami Sivananda Maharajji.

10 Biggest brain damaging habits*

1: Missing breakfast

2: Over-eating

3: sleeping late

4: *High sugar consumption*

5: *More sleeping specially at morning*

6: *Eating meal while watching TV or computer*

7: *Wearing Cap/scarf or socks while sleeping*

8: *More brain usage during sickness*

9: *Over speaking*

10. *Habit of blocking/Stopping Urine*

MIND

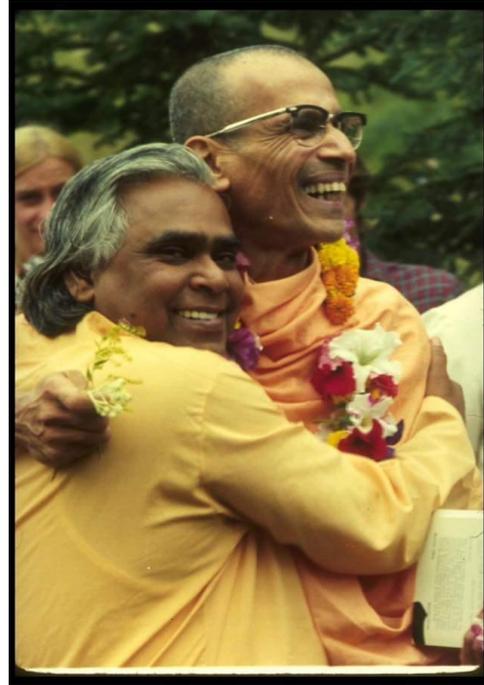
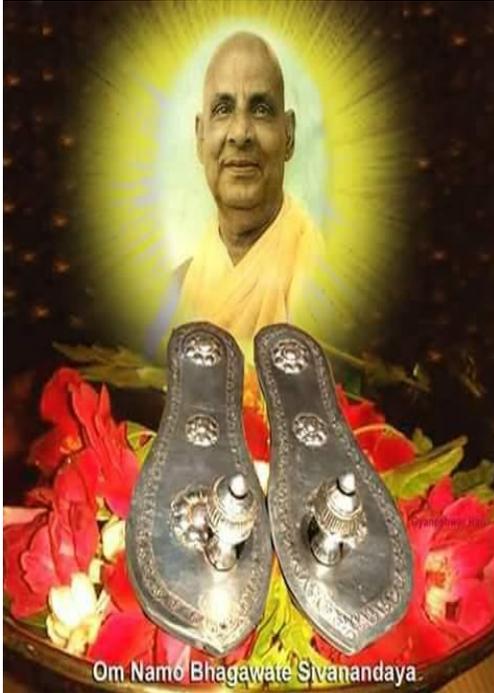
"The mind has got a 'drawing power': like attracts like is a great cosmic law. You are continually attracting to yourself, from both seen and unseen side of life-forces, thoughts and conditions most akin to those of your own. Every man has a mental world of his own, his own ideas, his own views, his 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."

-H.H.Sri Swami Sivananda Maharajji.

<i>LEARN YOGA FROM THE GURU OR YOGA TEACHERS....</i>
<i>DO NOT LEARN YOGA THROUGH BOOKS OR GADGETS....</i>
<i>PRACTICE YOGA DAILY.....THIS 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.

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

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