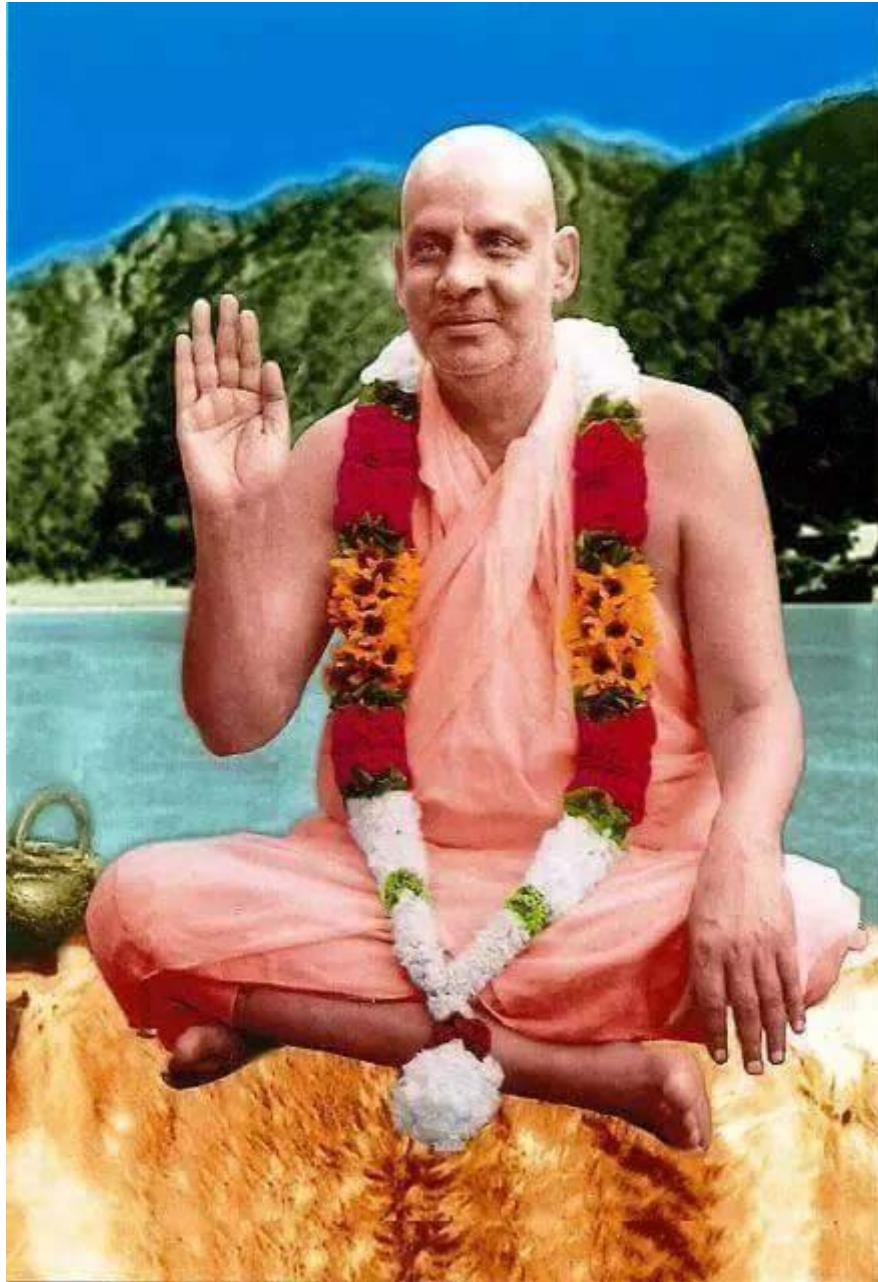


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

WHO IS A SAINT ?

"A saint is a God on earth. To him, the whole world is mere straw. To him, gold and stone are alike. To him, pleasure and pain are the same. A saint lives in God. He has realized God. He knows God. He has become God. He speaks of God. He shows the way to God. He is God-intoxicated. He is God Himself. HE IS ONE WITH GOD. Saints are God's agents on earth. God reveals Himself in a saint in His full glory, infinite power, wisdom and bliss. A saint is free from I-ness and mine-ness. He is free from lust, anger, and greed. He loves all beings as his own Self. He is endowed with dispassion and mercy. He speaks the truth and serves all. He ever meditates on the Lord. He does not speak ill of others. He has equal vision. He sees Devi or Mother in all women. He is ever joyful and peaceful. He is fearless and generous. He never begs, but gives. He is majestic and lordly. SUCH A ONE IS RARE IN THE WHOLE WORLD. He is not easily found. HE IS NOT BORN EVERYWHERE. Love is the very breath of a saint. Mercy is his very nature. His heart overflows with compassion. He does not look to the faults of others. He returns good for evil and BLESSES THOSE WHO CURSE HIM."

- H. H.Sri Swami Sivananda Maharajji.

Natural Therapy For Headaches ! In about 5 minutes, your headache will go...

The nose has a left and a right side. We use both to inhale and exhale. Actually they are different. You'll be able to feel the difference.

The right side represents the sun. The left side represents the moon.

During a headache, try to close your right nose and use your left nose to breathe. In about 5 mins, your headache will go.

If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed.

Right side belongs to 'hot', so it gets heated up easily. Left side belongs to 'cold'.

Most females breathe with their left noses, so they get "cooled off" faster. Most of the guys breathe with their right noses, they get worked up.

Do you notice, the moment you awake, which side breathes better?

Left or right?

If left is better, you will feel tired. So, close your left nose and use your right nose for breathing. You will feel refreshed quickly.

Do you suffer from continual headaches?

Try out this breathing therapy.

Close your right nose and breathe through your left nose. Your headaches will be gone. Continued the exercise for one month.

Why not give it a try.... a natural therapy without medication.

CURE FOR ACIDITY

Acidity, it is said, is worse than Cancer. It is one of the most common disease people encounter in their daily life. The home remedy for Acidity is Raw Grains of Rice.

The Process:

- 1. Take 8 - 10 grains of raw uncooked rice*
- 2. Swallow it with water before having your breakfast or eating anything in the morning*
- 3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body*

The Cure:

Reduces acid levels in the body and makes you feel better by the day.

CURE FOR CHOLESTEROL

Cholesterol problem accompanies with Hypertension and Heart Problems. This is also one of the common problems in people who have High Blood Pressure and Diabetes. The home remedy for Cholesterol problem is RAW SUPARI.

The Process:

- 1. Take Raw Supari (Betel Nut that is not flavoured) and slice them or make pieces of the same.*
- 2. Chew it for about 20 - 40 minutes after every meal.*
- 3. Spit it out.*

The Cure:

When you chew the supari, the saliva takes in the juice that is generated and this acts like a Blood Thinner. Once your blood becomes free flowing, it brings down the pressure in the blood flow, thereby reducing Blood Pressure too.

CURE FOR BLOOD PRESSURE:

One of the simple home remedy cure for Blood Pressure is Methi Seeds or Fenugreek Seeds.

The Process:

- 1. Take a pinch of Raw Fenugreek Seeds, about 8 - 10 seeds.*
- 2. Swallow it with water before taking your breakfast, every morning.*

The Cure:

The seeds of Fenugreek are considered good to reduce the blood pressure.

CURE FOR DIABETES

There are 2 home remedies for Diabetes. One is Ladies Finger and the other is Black Tea.

BLACK TEA: *Due to high medication, the organ that is worst affected is the*

Kidney. It has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence a cup of black tea every morning is highly advisable.

The Process:

- 1. Boil water along with the tea leaves (any tea leaves will do).*
- 2. Drink the concoction without adding milk, sugar or lemon.*

The Cure:

Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

LADIES FINGER or OKRA:

Ladies finger is considered to be a good home medicine for diabetes.

The Process:

- 1. Slit the ladies finger into 2 halves vertically and soak it in water overnight.*
- 2. The next morning, remove the ladies fingers and drink the water, before eating your breakfast.*

The Cure:

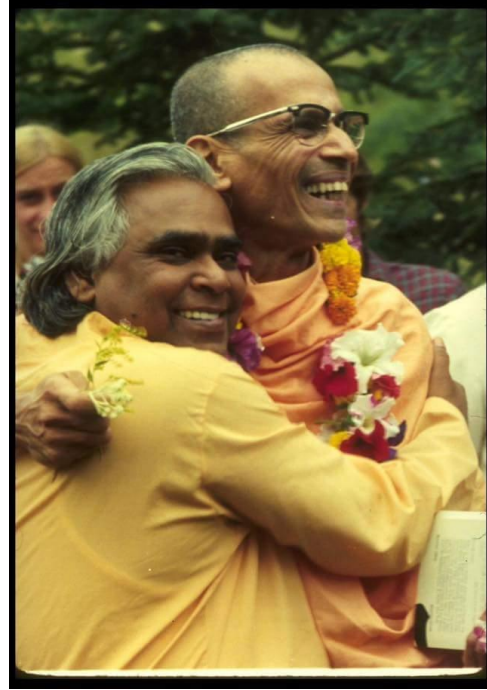
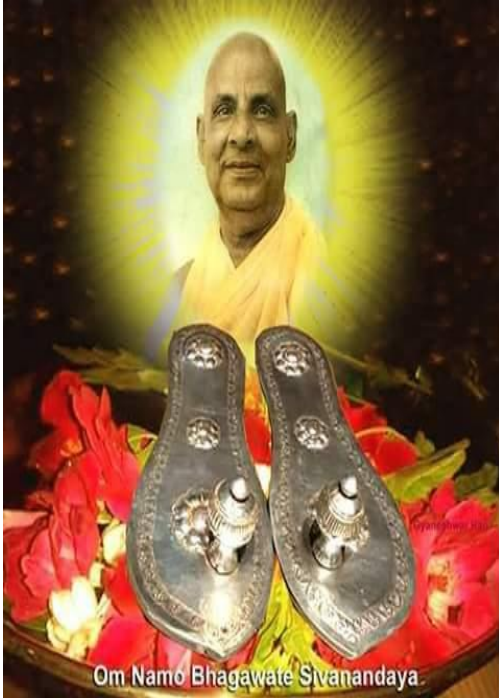
After the ladies fingers are soaked overnight in the water, you can observe that the water becomes sticky in the morning. This sticky water is considered to be good for people who suffer from Diabetes.

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

<p><i>PRACTICE YOGA DAILY.....THIA LEADS TO YOU GOOD HEALTH AND PEACE OF MIND.</i></p>
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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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