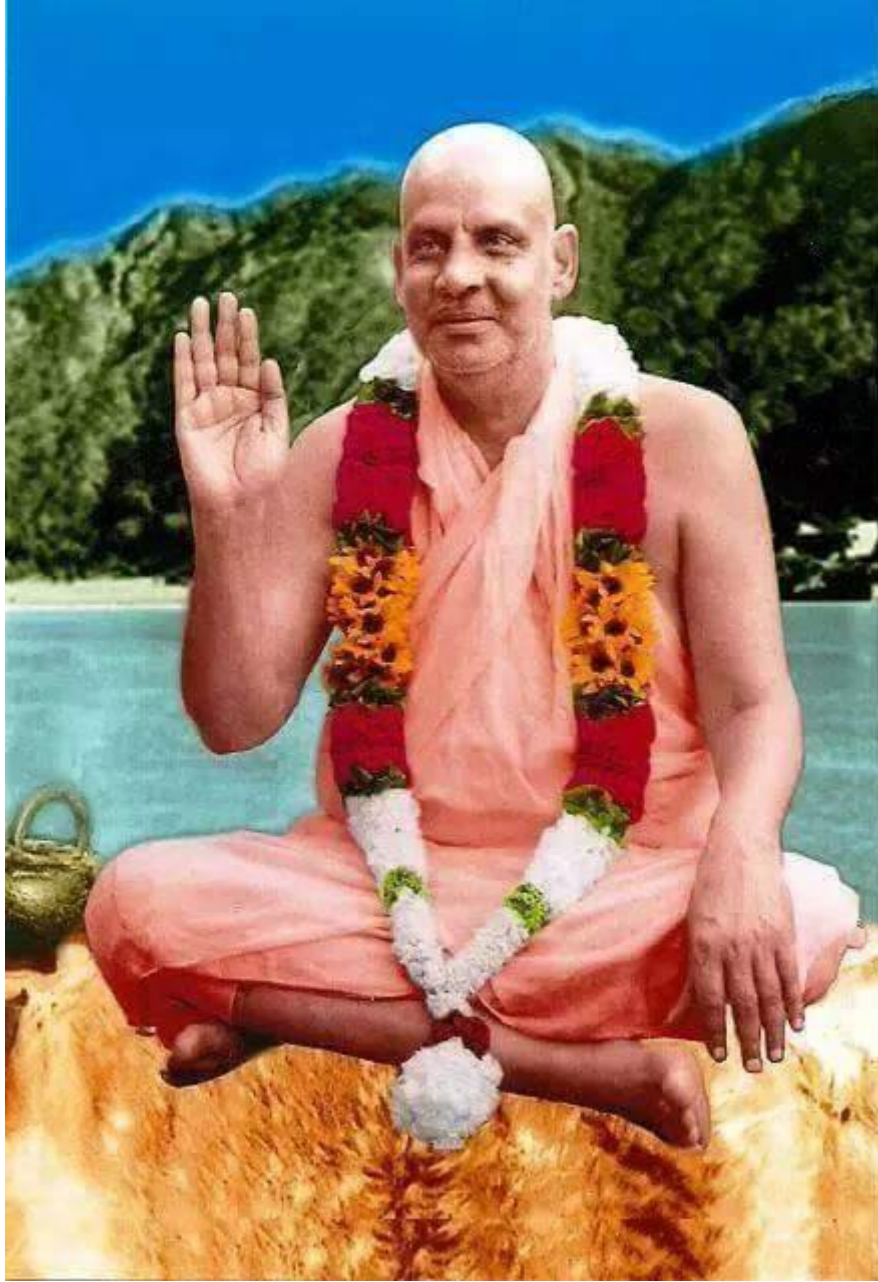


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

Most Beautiful Message...

*When Bhakti enters Food,
Food becomes Prasad...*

*When Bhakti enters Hunger,
Hunger becomes a Fast...*

*When Bhakti enters Water,
Water becomes Charanamrit...*

*When Bhakti enters Travel,
Travel becomes a Pilgrimage...*

*When Bhakti enters Music ,
Music becomes Kirtan...*

*When Bhakti enters a House,
House becomes a Temple...*

*When Bhakti enters Actions,
Actions become Services...*

*When Bhakti enters in Work,
Work becomes Karma...*

*When Bhakti enters a Man,
Man becomes Human...*

*When Bhakti enters WhatsApp
Chat becomes Satsang..*

Sharing a beautiful explanation about Lord Shiva's vehicle Nandi and meditation.

Generally, we see Nandi sitting directly opposite the main door of the temple where Shiva's idol

He is not waiting for him to come out and say something.

He is in waiting.

Nandi is a symbolism of eternal waiting, because waiting is considered the greatest virtue in India.

One who knows how to simply sit and wait is naturally meditative.

He is not expecting anything. He will wait forever.

Nandi is Shiva's closest accomplice because he is the essence of receptivity.

Before you go into a temple, you must have the quality of Nandi - to simply sit.

So, just by sitting here, he is telling you, "When you go in, don't do fanciful things. Don't ask for anything."

The fundamental difference between Prayer & Meditation is that - Prayer means you are trying to get something from God, while Meditation is you are simply willing to listen to God.

You are willing to just listen to existence, to the ultimate nature of creation.

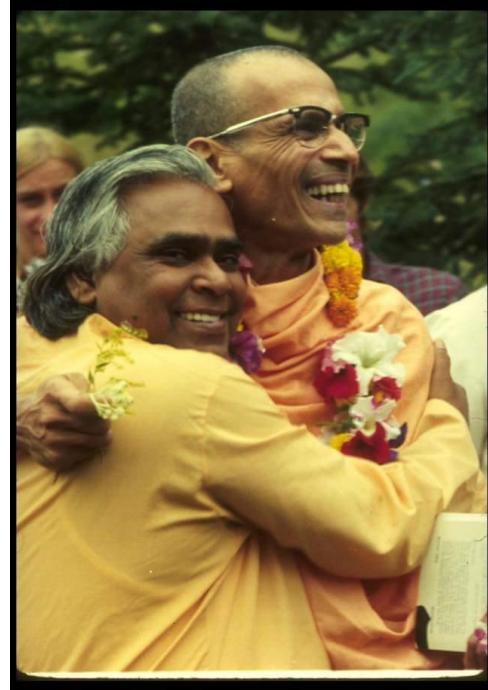
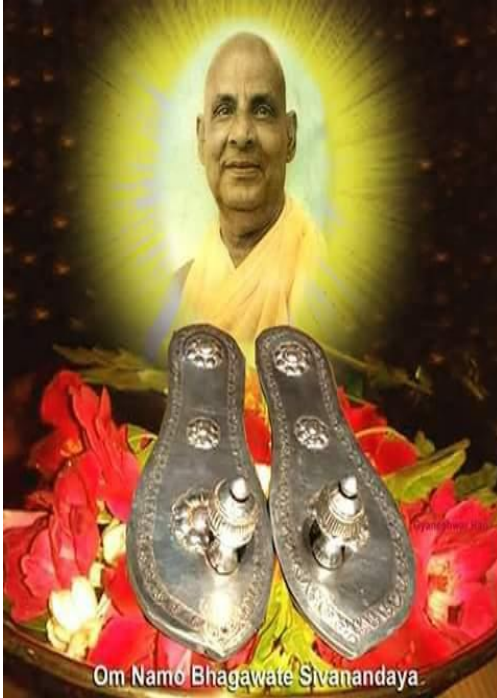
You have nothing to say, you simply listen.

That is the quality of Nandi – he just sits, alert, not sleepy. He is not sitting passively. He is very alert, just being – that is Meditation!

<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.

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

A.K.SRINIVASAN

**YOGA ACHARYA/YOGA SIROMANI, TISYVC-CANADA, YCC-TYVFA, INDIA B.Sc.,
PGDMM, MDBA, MBA-ADAM SMITH UNIVERSITY –US.**

**SPECIALIST IN YOGA STRESS MANAGEMENT, PERSONALITY DEVELOPMENT,
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sivanandayogakendra.srinivasan@gmail.com/www.sivanandasevas.org