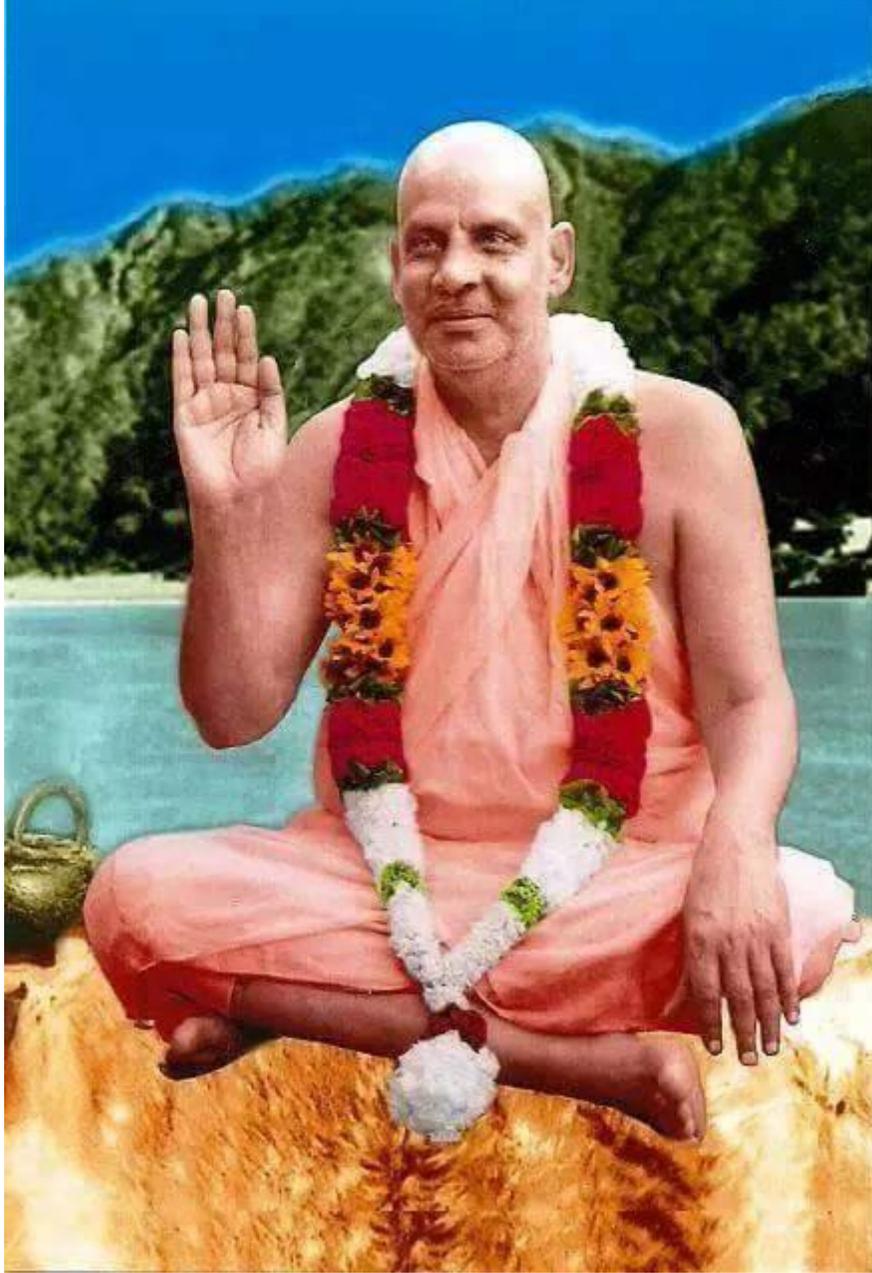


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**SIVANANDA YOGA KENDRA-CHENNAI**

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



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

*God is Truth. God is Love. God is Peace. God is Bliss.  
 God and God's law are one.  
 The Law and the Law-giver are one.  
 God is the law himself, he never breaks his laws.  
 God and his law abide everywhere and govern everything.  
 Glory to God. Glory to God."*

*H.H.Sri.Swami Sivananda Maharjji.*

### **THE COW-PROTECTION**

*In India, the cow has always been known as the mother of Prosperity. Everyone knows the manifold usefulness of the cow as a giver of milk, the producer of draught-bullocks. Besides this dual utility there are the other two facts of the cow as the yielder of manure for the fields and dung-cakes for fire. And after its death, as the purveyor to the stock of hide and bone. For reasons many more than these few economic motives, the Hindus who have always had an exquisite eye for the immense value and great superiority of cow-milk over the milk of buffalo, have come to consider the fostering of cow a genuine Yajna, and treat it as the most sacred of domestic animals. Therefore, cow-slaughter on whatever specious argument, is something more than a pure economic waste. On the protection of the cow, not only hinges a large measure of national prosperity but also depends the health, strength and brain-power of the individuals who constitute the nation.*

*It is high time we lifted the cow in India its down-trodden condition; and the function of protecting the cow does not stop with the rescuing of the cow from slaughter and from forms of violences that thoughtless people inflict on it, but embraces many other duties. Loving care has to be bestowed upon cow, she has to be nursed with such an informed and sympathetic intelligence that she would supply more milk for human subsistence and strength. In men, there is to be developed a respect for the cow and the sense of the unity of all life cultivated.*

*The present deterioration of the cow in India, necessitates a widespread dissemination of the knowledge concerning the methods of rearing and fostering the cow.*

*H.H.Sri.Swami Sivananda Maharjji.*

**Swami Sivananda :** *“Sleep refreshes and tones the brain and nerves. Sleep is a balm that soothes the tired nerves. It energises and vivifies the body, the nerves, the brain and the mind.*

*From sleep you draw four conclusions:*

*-You exist. There is a feeling of continuity of consciousness.*

*-There is advaita (oneness).*

*-You are ananda svarupa (blissitself). — **The world is mithya (a play of the mind).** “*

*Speak little. Think twice, think ten times before you speak. Weigh the words carefully, before they come out of your mouth. Speak only words which can do good to others. Always be polite and courteous. Never speak in a harsh tone, never hurt the feelings of others.*

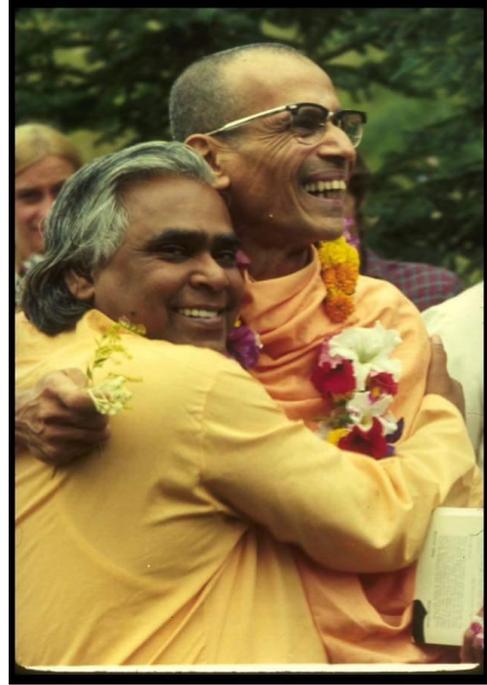
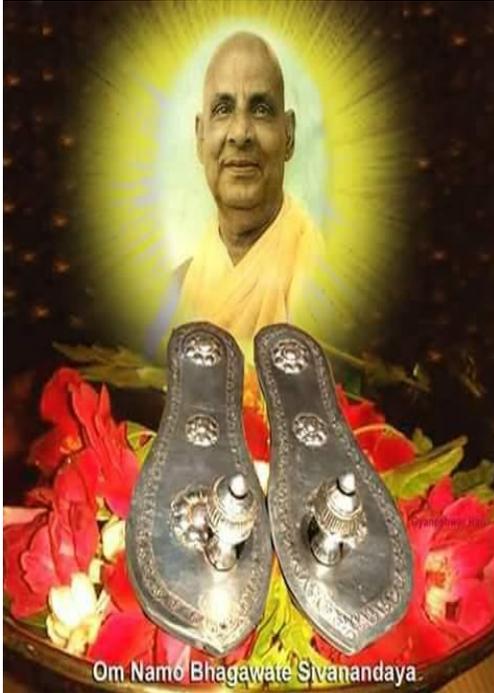
*Try to not talk much. Become a person of measured words. God has given you two ears and two eyes. But He only gave you one tongue, so that you may hear and see more than you speak. Lingual diarrhoea is a terrible disease:*

*H.H.Sri.Swami Sivananda Maharjji.*

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|---|
| <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<br/>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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