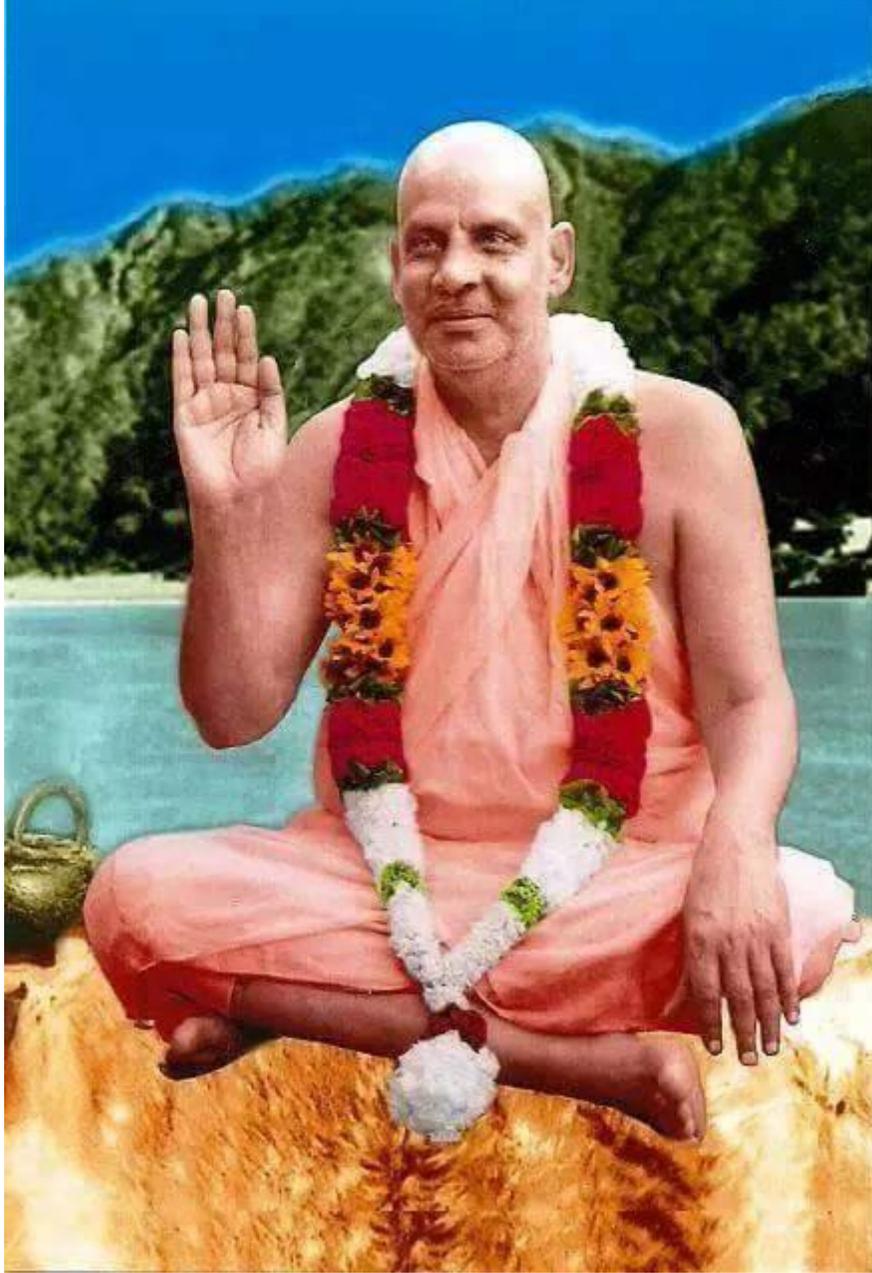


E-MAGAZINE-SYK- MAY'19 -L-19

SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

We can judge ourselves as to the spiritual progress we make by the extent to which we are free from seeing defects in others. The wider we grow, the narrower becomes the eye which sees defects in the world.

By.Sri.Swami Krishnanandaji.

God created the world and therefore it is outside God. That is the idea we have. This is a wrong notion and it is with this wrong notion that we complain against Him. The world is not created in the sense of space-time relationship as far as God is concerned. This space-time relationship being foisted upon God is also a wrong notion. Now the dream proves to you that you can exist independent of the physical body. The parallels can be seen in the existence of God in the world and beyond it. What is it that exists continuously in both states of dream and waking consciousness. We had no awareness in sleep and yet we know that we slept. This is the contradiction. It is a recollection which is a fact also. How does contradiction in this recollection come—of the sleep of yesterday and the waking consciousness today? We say it is memory of the dream which is recollected today. Now what is memory ? Memory is a remembrance of previous experience which is not possible unless there is consciousness of the previous experience. For example, the stone does not have any recollection or memory of the time-space complex, though a degree of consciousness does exist in it. Therefore consciousness is independent of mind and body. Consciousness alone is present in deep sleep. Therefore it is a proof that you can go beyond body and mind, but not beyond consciousness. If there is no consciousness, who will know that you slept, you had dreamt, etc. It can only be if consciousness has been continuously present. You cannot believe that there is anything beyond

and outside consciousness, therefore consciousness is everywhere. Thus your essential nature is somehow that existence everywhere. Do you search for your own soul was your question. How can you search your own soul outside this existence which is everywhere, the Absolute? This all-Soul is God within whom rests the whole world. God did not create the world for you as an object and you as the subject opposed and outside you. Yoga aims at reconciling all the conflicts we have now mentioned. (1) Social (2) Individual (3) The individual in the Cosmos (4) Spiritual and the Absolute.

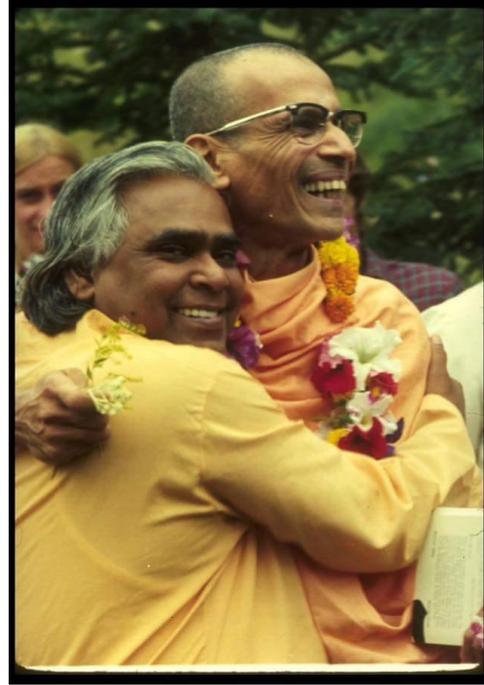
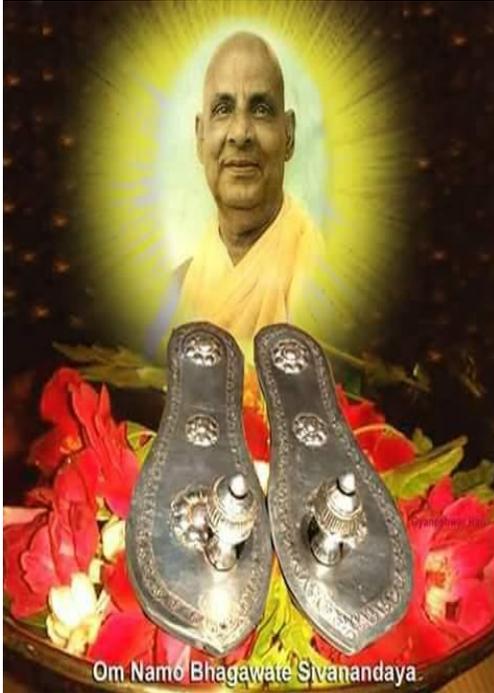
These are the stages mentioned by sage Patanjali and are based on intense scientific investigation. Yoga is meant for every one because every one has these four conflicts which have to be resolved by reconciling the contradictions. Therefore Yoga is for every one. Yoga is the art of the science applicable to anyone, anywhere every time, for Hindu monks or for other types of monks in other religions."

By.Sri.Swami Krishnanandaji.

<i>EARN 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,
LIFE STYLE MANAGEMENT AND YOGA THERAPY MANAGEMENT AND**

COUNSELING. DIAL OR CLICK- CT: 98402 33858,

sivanandayogakendra.srinivasan@gmail.com/www.sivanandasevas.org