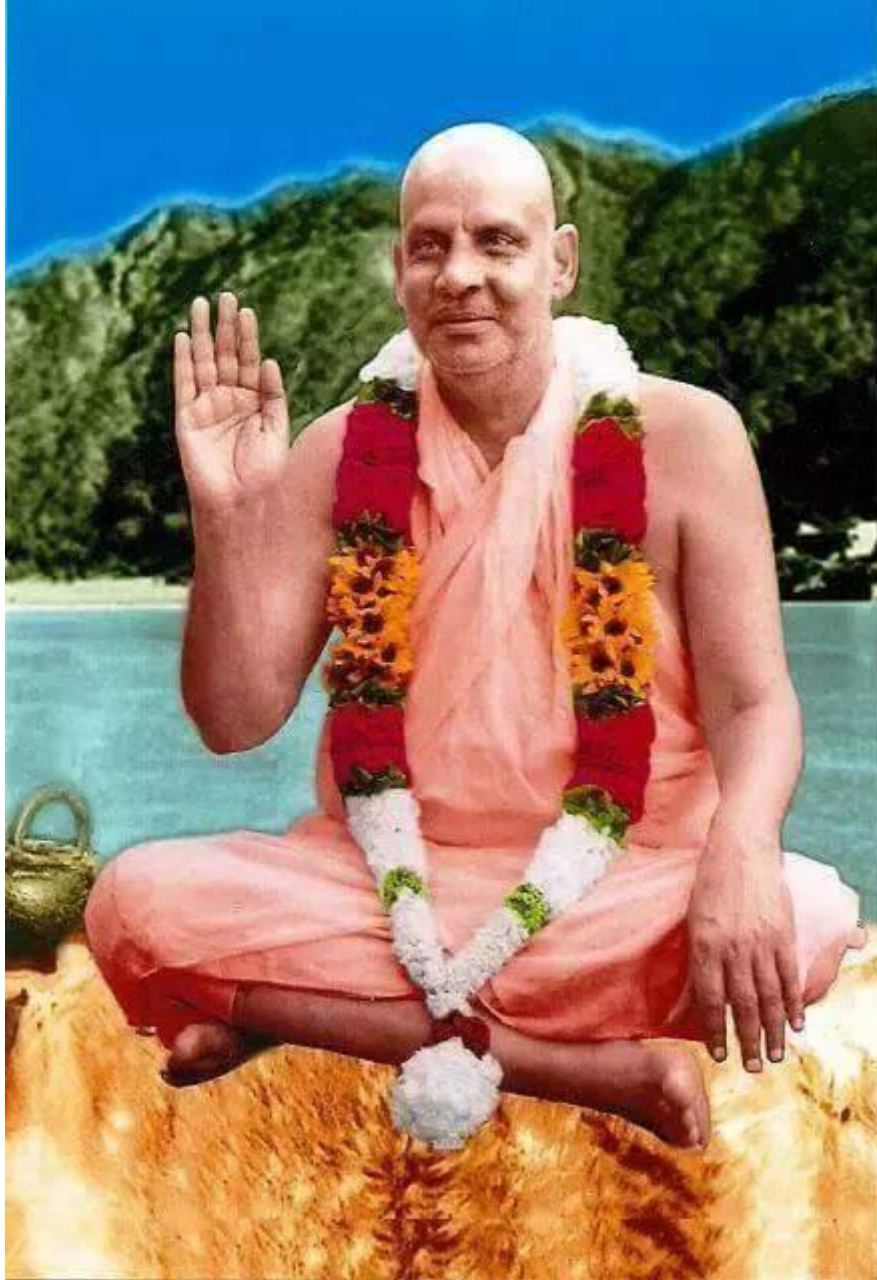


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SIVANANDA YOGA KENDRA-CHENNAI

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

RIGHT IDENTIFICATION & RIGHT BHAVA :-

Try to identify yourself with the eternal, immortal, ever-pure Atman or soul that resides in the chambers of your heart. Think and feel always: "I am the very pure Atman." This one thought will remove all troubles and fanciful thoughts. The mind wants to delude you. Start this anti-current of thought. The mind will lurk like a thief. Be careful.

By.Sri.Swami Sivananda Maharajji

THE GLORY OF GOD



God has no purpose. God is not bound by any action, just as the sun is not bound by the activities of the people of this world. God acts out of compassion for the individual soul. His sole purpose is to see that His creatures evolve spiritually.

God is the lover and the beloved at the same time. Justice, love, and goodness are expressions in the divine will.

In the word `Bhagavan' - `bhaga' signifies the six qualities of God. These are: jnana (wisdom), vairagyam (dispassion), kirti (fame), Sri (prosperity or wealth, divine aisvarya), sakti or bala (omnipotence), and dharma (righteousness).

According to the Prasnopanishad, there are fifteen kalas or rays of God. These are: prana (life), faith, sky, air, fire, water, earth, senses, mind, food, strength, penance, mantra (mystic formula), karma (action) and name.

God has hands and feet everywhere. He has heads and eyes, mouths and

ears everywhere. He is immanent in the world - possessing the vast whole. God breathed into man the breath of life and man became a living soul.

Pleasure is due to virtuous actions and pain is due to vicious actions. Virtue and vice constitute adrsta (unseen potency). The various experiences of man are due to this adrsta. But adrsta is a blind force - it needs an intelligent director to guide it. And that intelligent director is God.

God is the verity of all verities. There is a moral and spiritual order through which is fulfilled the will of the Lord in the world. God has created not only the world, He has also created time along with it. God's knowledge is eternal, complete and perfect.

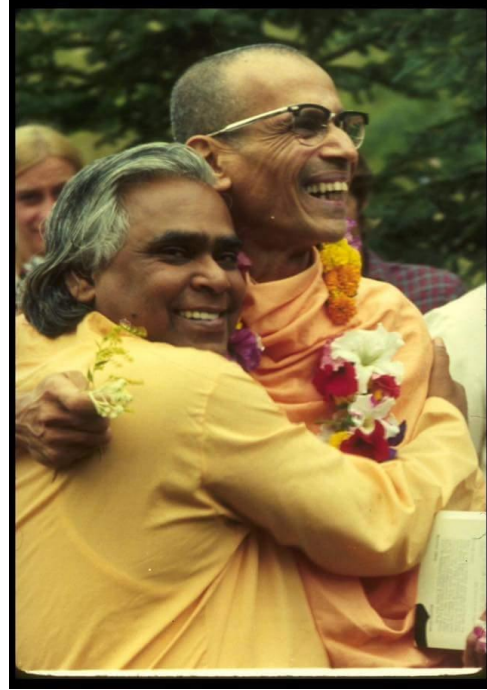
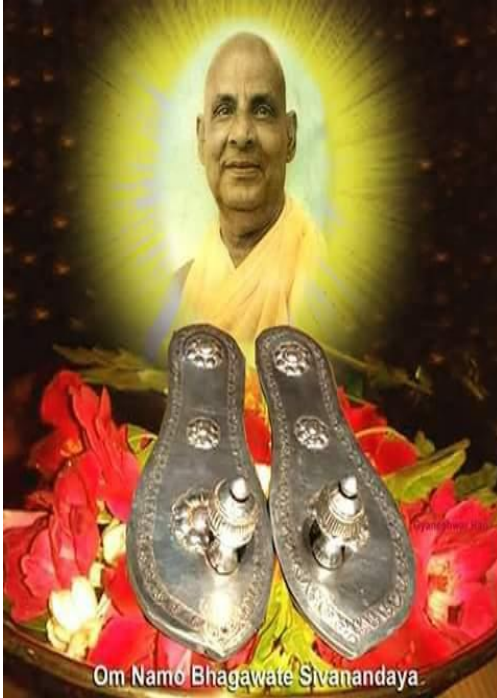
Who can know the will of God? He who knows God, he alone can know His will. God and His will are one. The Lord is the supreme healer - He is the divine indweller in all medicines.

~SRI. SWAMI CHIDANANDAJI

<i>EARN 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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