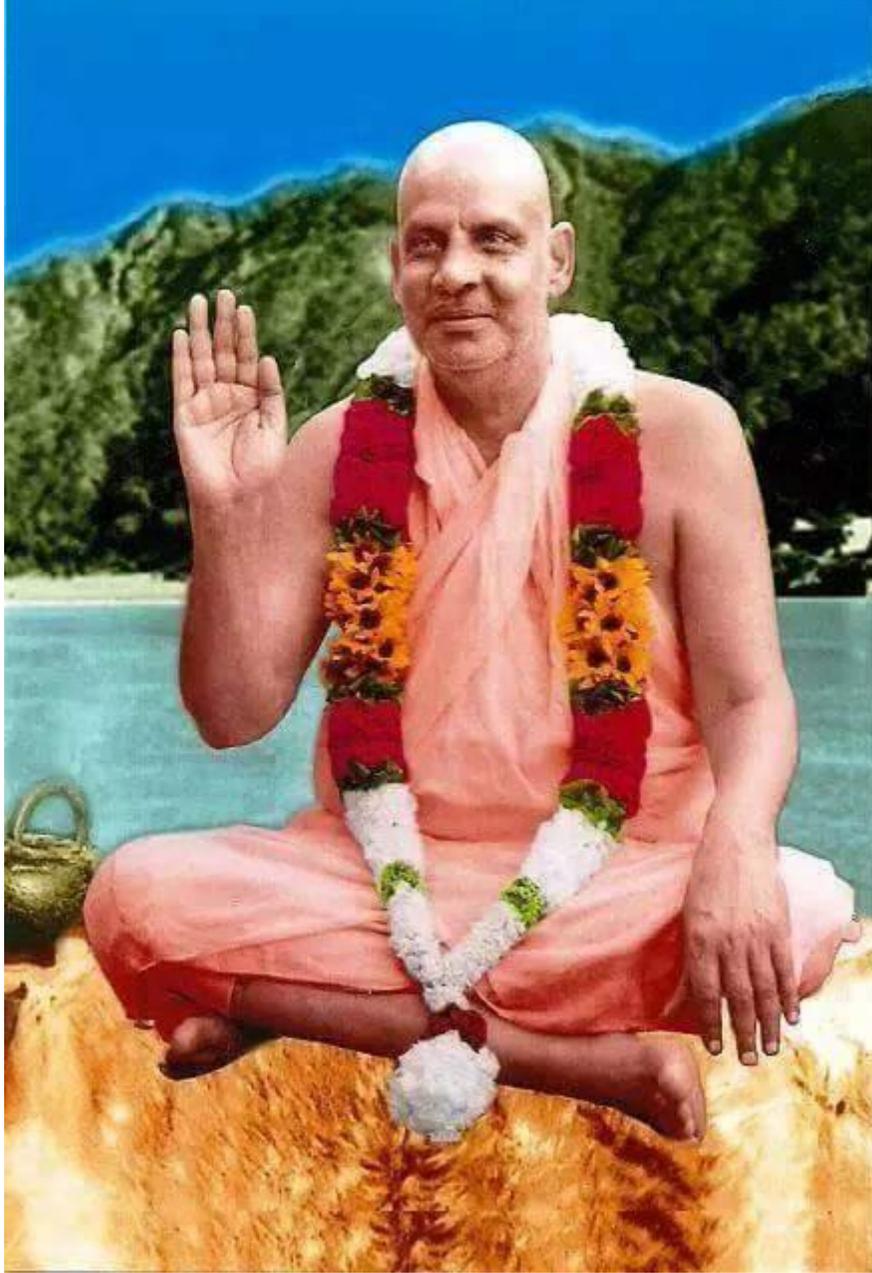


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

AFFIRM YOUR TRUE IDENTITY & TRANSFORM YOUR DESTINY.....

Man has made his own destiny by thinking and acting. By right thinking and enquiry and strong self-effort, he can become master of his destiny. Just as you can change your way of writing in a slanting manner into a vertical manner, so also you can change your destiny by changing your mode of thinking. Now you are thinking, "I am Mr. So-and-So," because you identify with the body and other limiting adjuncts. Now start the anti-current. Think: "I am Brahman. I am the immortal Self in all. I am the all-pervading light, intelligence or pure consciousness." Your destiny will be changed. Practice it steadily. Feel and realize.

H.H.Sri. Swami Sivananda Maharajji

YOU ARE UNIQUE:

Never condemn yourself. Never loose faith in yourself. Seek to know Thyself. Cheer yourself and regain confidence. Assert and realise that you are a child of God and that all the wealth of the Divine is yours. Shut your mind against these traitors : fear, disease, worry and in their stead, invite confidence, courage, peace, health. If only you know the unlimited power that is within you, there is no undertaking in which you can not succeed. The progress you would achieve will be amazing. Scatter joy and you will harvest it. Distribute wealth and you will have abundance. Radiate happiness and you will reap it. If the wick within the lamp is very small, the light also will be small. If the wick is very big, the light also will be powerful. Similarly if a man is pure, if he practices meditation, the manifestation or expression of his Self will be powerful. He will radiate a big light. If he is unregenerate and impure, he will be like a burnt up charcoal. The greater the wick, the greater the light. Likewise, the purer the soul, the greater the expression.

H.H.Sri Swami Sivananda Maharajji.

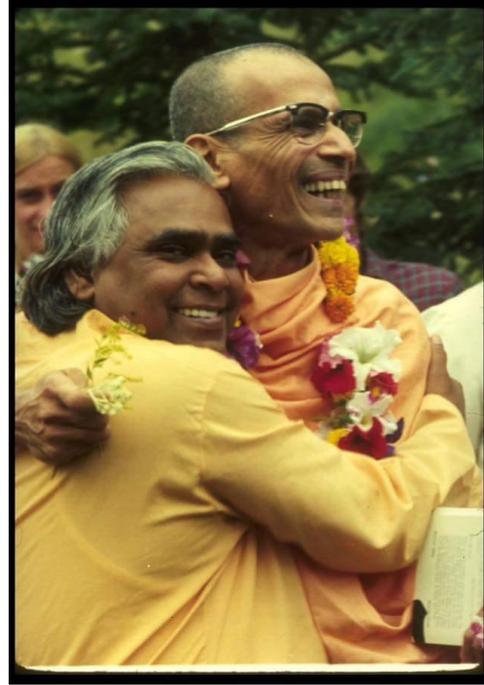
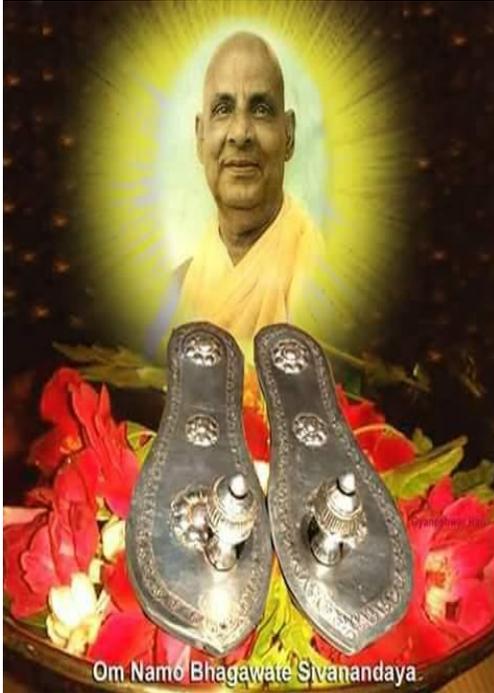
Never lower your ideal. Even if you can not approximate your ideal in every way, do not lower it in any way. Always say: "I shall try my best". Do not compromise; do not dilute your spirituality. AIM FOR THE STARS. It is said - "Better to aim at a lion and miss it than to haunt a jackal and catch it". Try to become like God. Try to walk upon the earth like gods.

By.H.H.Sri. Swami Chidanandaji.

<i>LEARN 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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