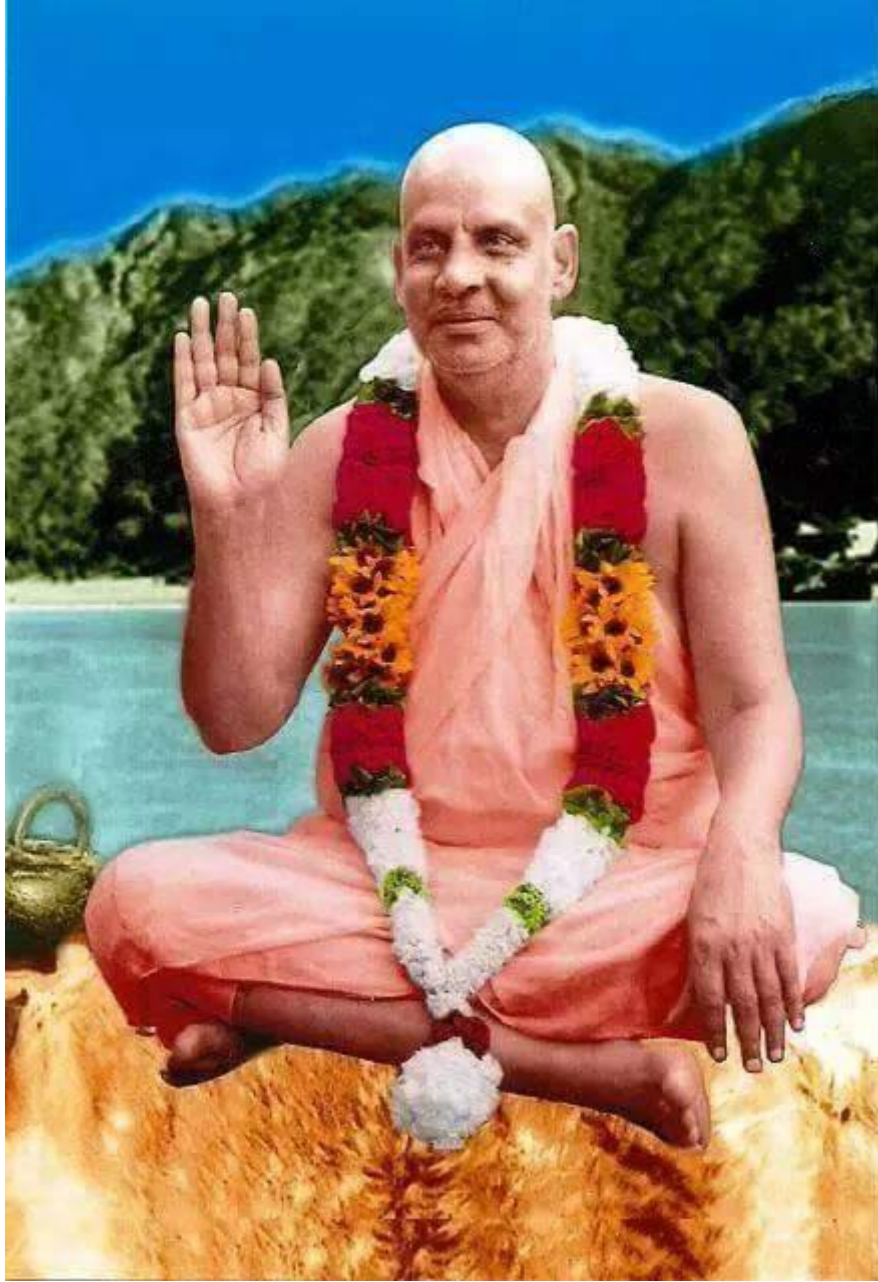


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



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

SPIRITUAL ASCENT IS MOVING CLOSER TO GOD Connecting yourself with God constitutes Yoga. You cannot connect yourself unless you draw closer. Drawing closer to God step by step, stage by stage, is the essence of the spiritual ascent.

By Swami ChidanandaJi.

May you remember the Holy names of the Lord at all times and live in an ocean of divine ecstasy and divine communion! May prosperity attend on you forever.

By Swami Sivanandaji.

Death is certain for this body. Your true nature, I say with great certainty, is immortal, beginning less and endless! Only a human being can realize this Reality! No other form of life can realize this Reality.

By Swami Chidanandaji.

*An Empty Boat** 

A monk decides to meditate alone, away from his monastery.

He takes his boat out to the middle of the lake, moors it there, closes his eyes and begins his meditation.

After a few hours of undisturbed silence, he suddenly feels the bump of another boat colliding with his own.

With his eyes still closed, he senses his anger rising, and by the time he opens his eyes, he is ready to scream at the boatman who dared disturb his meditation. But when he opens his eyes, he sees it's an empty boat that had probably got untethered and floated to the middle of the lake.

At that moment, the monk achieves self-realization, and understands that the anger is within him; it merely needs the bump of an external object to provoke it out of him.

From then on, whenever he comes across someone who irritates him or provokes him to anger,

*he reminds himself, *"The other person is merely an empty boat. The anger is within me."**

Take time for introspection & search for answer:

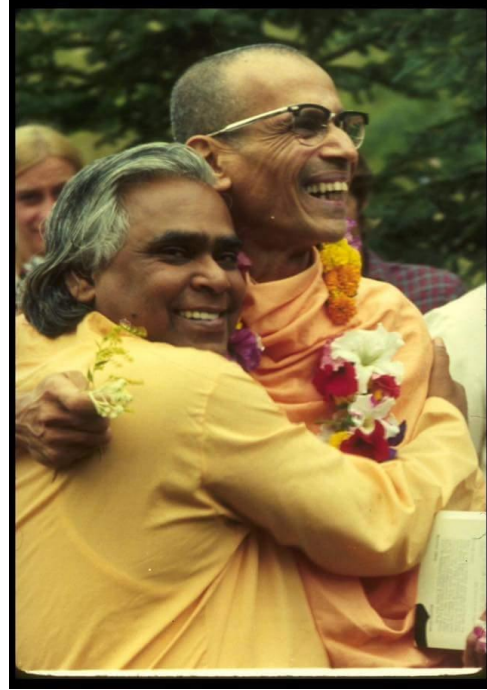
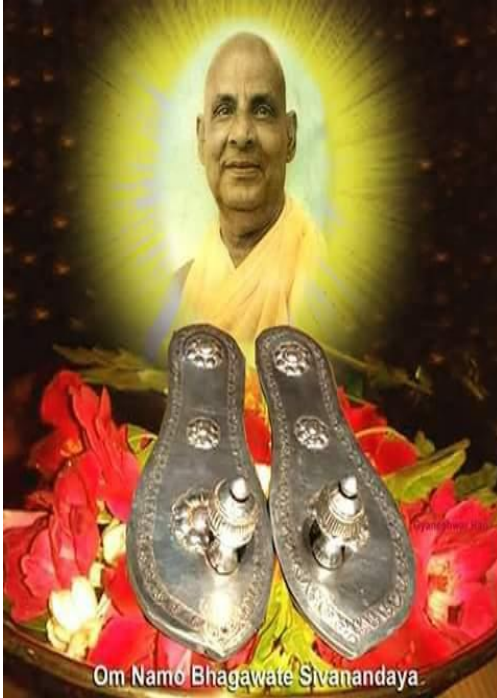
"Empty boat" is a famous & fabulous metaphor. Its value lies in its implementation.

EARN YOGA FROM THE GURU OR YOGA TEACHERS....

<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,**

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