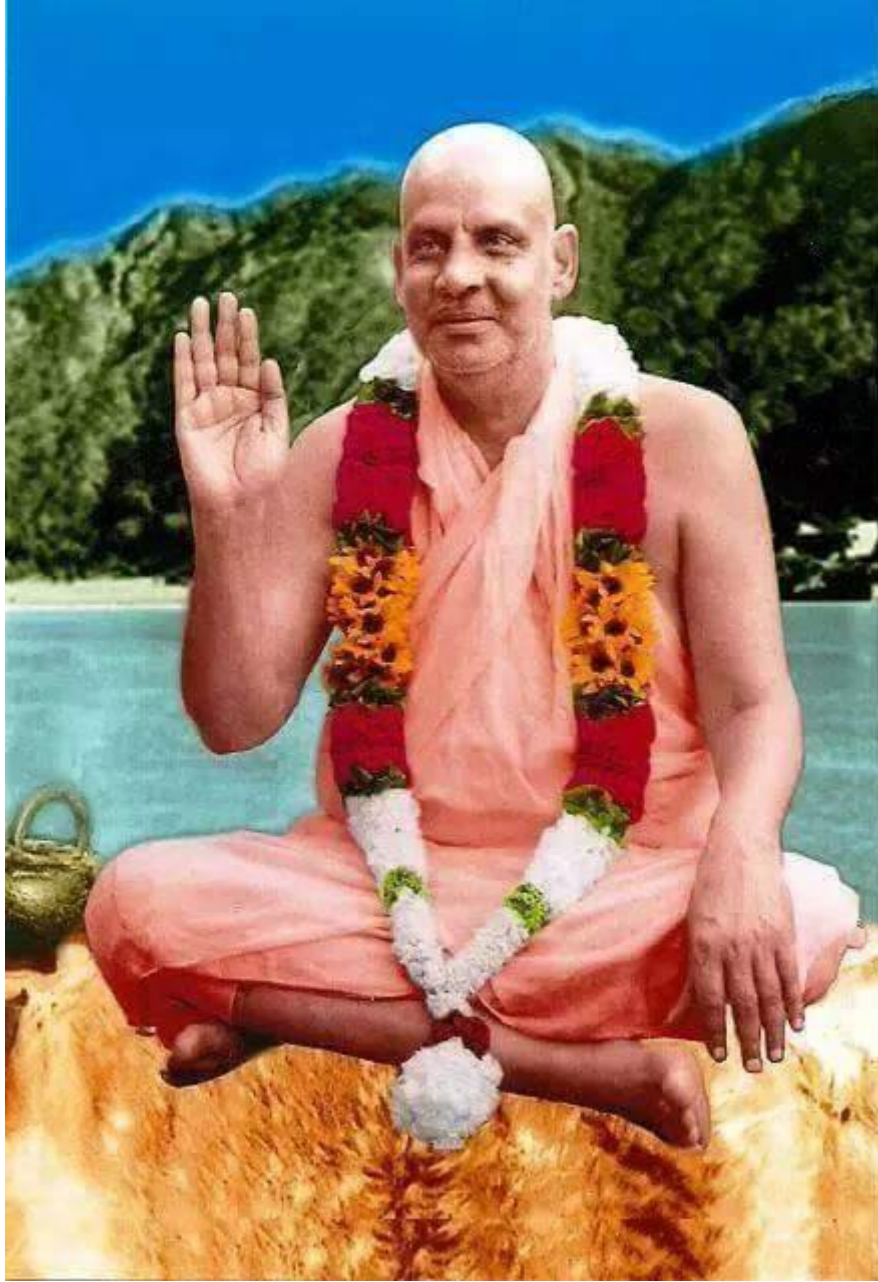


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SIVANANDA YOGA KENDRA-CHENNAI

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(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. Practise it steadily. Feel and realise.

By H.H.Sri Swami Sivananda maharaji.

"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."

By H.H.Sri Swami Sivananda maharaji.

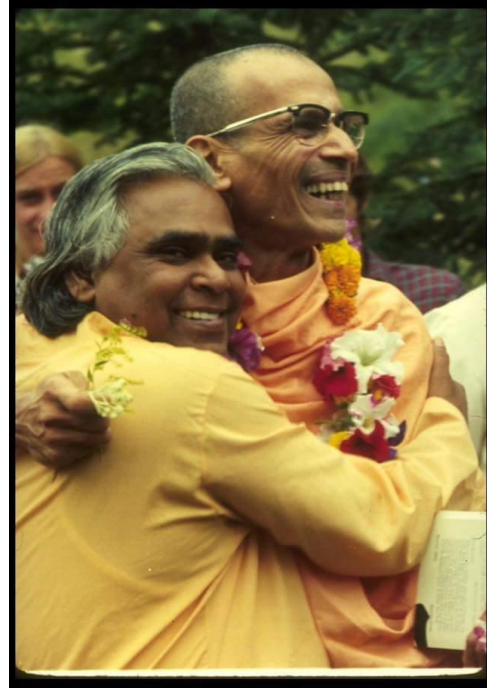
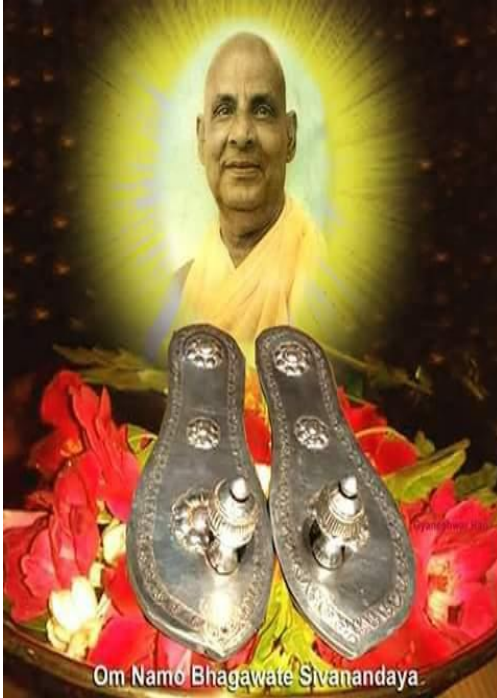
The night that has passed away will not return back, just as the stream of the Ganga flowing towards ocean will not recede back. Death accompanies you in your walk, sits down when you sit, travels long distance with you and returns with you. You rejoice at the rise of the sun and feel delighted at the approach of night, but do you not understand that Your life by this has been shortened ?

By H.H.Sri Swami Sivananda maharajji.

<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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