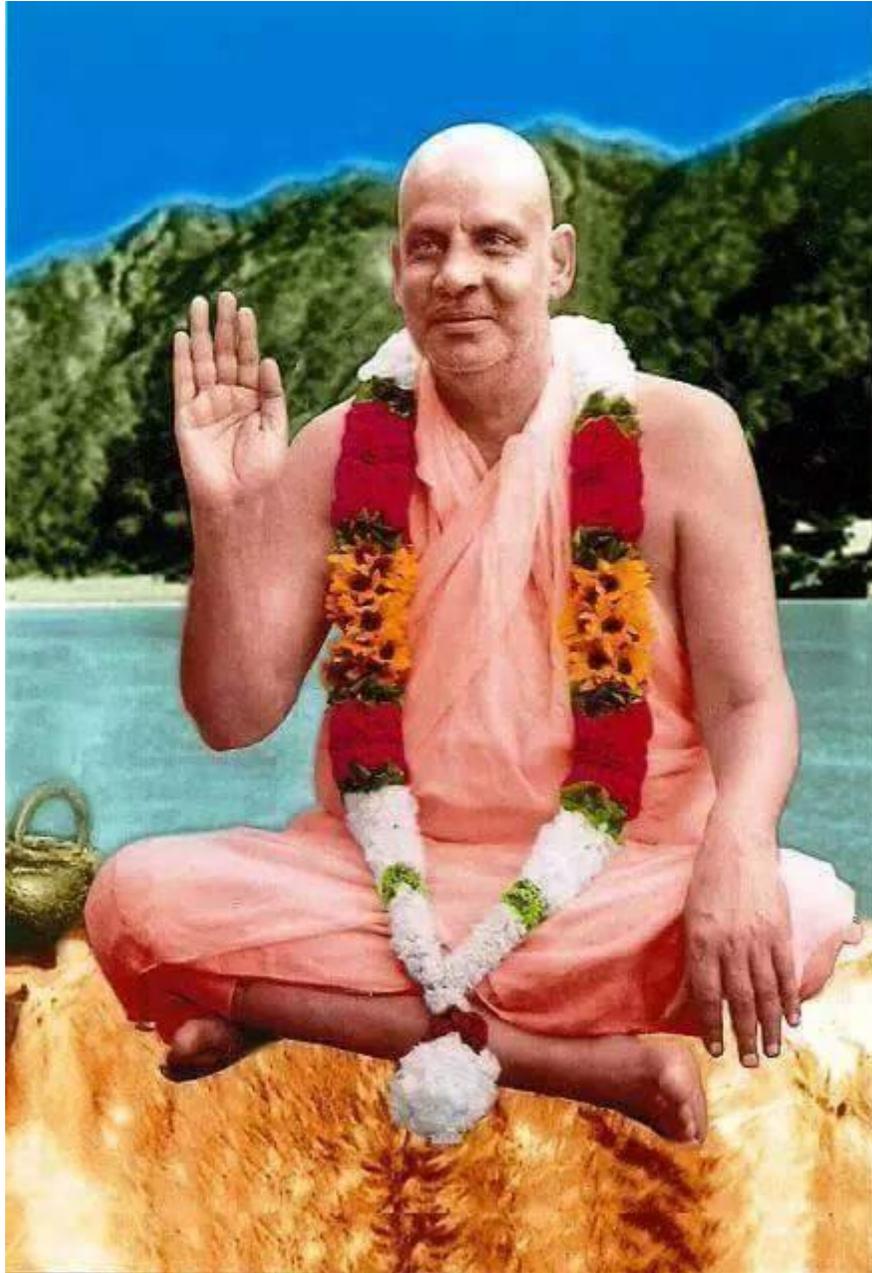


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(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

Health - The Elixir of Life

by Sri Swami Sivananda

The whole universe from the mightiest sun to the tiniest atom is controlled by laws. Only man breaks and wilfully disregards and deliberately ignores the laws of health and hygiene, leads a life of dissipation, and then suffers from disease and disharmony. Every human being is the author of their own health or disease. The laws of health and these cannot be violated at will.

Health, the first requisite

Life without good health is a miserable condition even if one is the lord of the whole earth. What is the use of wealth if one cannot enjoy good health? Without health, life is not life. One who has good health has hope. One who has hope has health. Health is a valuable asset for one and all. One should have physical as well as mental health.

Even for spiritual pursuits, good health is the prerequisite. Without good health, you cannot penetrate into the ocean of life within and attain the final beatitude of life. Without good health, you cannot wage war with the turbulent and boisterous mind. The scriptures declare that this body is a boat to cross this ocean of samsara, an instrument for attaining moksha. It must be kept clean, strong and healthy. This body is a vehicle to take you to the goal. If it is weak, you cannot reach the destination.

Health is a positive state

Health is the state in which you sleep well, digest your food well, are quite at ease and free from any kind of discomfort. If you are in a state of perfect health, all the organs - the heart, lungs, brain, kidneys, liver, intestines - work in perfect harmony and discharge their functions satisfactorily. A healthy person smiles and laughs and is cheerful and happy. He does not suffer from disease and discomfort. A healthy person is capable of working for a long time without getting fatigued. He possesses mental and physical efficiency. Health is a positive state. It is not simply negation of disease. A healthy person can undertake mental work. He can practise good meditation for a long time. Health is your birthright, not disease. It is as natural as air and water.

How to be healthy

Be sober and temperate. The sun and the open air are your good doctors. Let your food be simple. Never eat too much. Exercise. If you do not keep well, fast until you are well again. Become your own physician. Assist nature. Do not fight nature to heal you. Nature is the best healing agent. Medicines and doctors only help nature in its recuperative process.

water, by eating pure and wholesome food, by observing the laws of health and hygiene, by taking regular exercise in the morning, by practising japa and meditation, by right living, right thinking, right action, right conduct, by lying in the sunshine for some time daily, you can have wonderful health, vigour and vitality.

Health and diet

The secret of being healthy and happy at all times is to be a little hungry all the time. Do not overload the stomach. It is the cause of most diseases. The vast majority of people dig their graves through their teeth. No rest is given to the digestive system that we are civilised, when the question of food comes, we make many imperceptible blunders. People generally eat too much, the digestive system needs which hinders elimination, assimilation and growth. All the organs are overworked and become diseased. Avoid overeating and observe perfect moderation in diet.

The right kind of food is most important. Have a good knowledge of diet and nutrition. You can build a healthy body. Most illnesses of the world are due to an ill-balanced diet. There is no mystery about diet. It can be learnt very easily. Good food is a fundamental factor in the maintenance of perfect health and a high standard of vitality. Good food is not expensive and is not costly. It is knowledge of dietetics that we lack. Eat moderately what you know by experience is agreeable to you. A simple diet is best.

The necessity of exercise

Exercise is necessary in all periods of life, particularly during childhood and early adulthood. It is essential to build a strong body, vigour and vitality. Exercise preserves the healthy tone of the body. It bestows general efficiency of body and mind, and co-operation with others. You learn to control the weak side of your nature and give fuller freedom to the strong side of you. Exercise checks overgrowth and develops the weak person. It quickly restores convalescents to better health and corrects deformities. It removes debility and obesity.

Exercise is essential for the different organs of the body to function easily and effectively. It is necessary to promote the repair of tissues, and to excite the demand for oxygen needed for utilisation of food. Without exercise there will be stagnation. The system will refuse to function. The stomach will refuse to digest food properly and the intestines will decline in efficiency. The blood will be loaded with poisonous matter.

The heart cannot work efficiently without definite exercise. Regular exercise will drive the blood more vigorously through the air with deep breaths. The chest will expand. More waste and used air will be driven out. When the action of the heart is vigorous, exercise, local congestion vanishes. The blood is equally distributed and the circulation of blood in the lungs is improved.

oxygen inspired and of carbon dioxide expired is greatly increased. It is best to take exercise in the open air to purify the blood.

Exercise gives a healthy glow all over the body. Because it gives a more rapid supply of blood, the kidneys that remove the waste material, are stimulated. They do the function of cleansing more energetically and efficiently. It has a beneficial effect on the body as a whole. It removes constipation and produces regular bowel actions. It leads to better performance. It reduces and regulates the temperature.

One should have a well-built body without fat. Fat hinders work by its extra weight, by giving rise to additional greater fatigue due to the accumulation of waste. Reduce the fat through regular and systematic exercise.

Exercise should be regulated and adjusted to the needs and capacity of the body. Violent exercise should be avoided. Recourse to graduated exercise. Every muscle of the body should be involved. Do not go beyond your capacity, number of exercises and the period of exercise. There should be perfect exhilaration of spirit after exercise. Infringement does more harm than good. The amount of exercise should be regulated according to the age, physical development of the individual.

Yogasanas and physical exercise

Ordinary physical exercises develop the superficial muscles of the body only. Asanas are intended for the thoracic organs. Physical exercise draws the prana out. Asanas send the prana in and distribute it evenly throughout the body. They bestow mental poise, help to control the emotions and confer spiritual benefits. You cannot get strength and pranayama to gain big muscles. Muscles do not give mental health. Harmonious working of the endocrine system and more so the nervous system and mind is what you need and what the regular practice of asanas and pranayama gives.

Good health is the foundation of success in yoga and spiritual pursuits. Nations flourish only if they are healthy. Nature tries to keep us healthy, but we violate her laws. If you want radiant health, return to nature. Study the properties in nature. Nature is the best healing agent.

What is Karma?

A king was touring his kingdom on his elephant. Suddenly he stopped in front of a shop in the market and said, "I don't know why, but I want to hang the owner of this shop." The minister was shocked. But before he could ask the king, the king moved on.

The next day, the minister went to that shop dressed as one of the locals to see the shopkeeper. He casually asked the shopkeeper about the king's health and the king's business. The shopkeeper, a sandalwood merchant, reported sadly that he had hardly any customer. People would come to buy sandalwood and then go away. They would even praise the quality of the sandalwood but rarely buy anything. The minister thought, the king would die soon. Then there would be a huge demand for sandalwood for performing his last rites. As he talked to the sandalwood merchant around, he was sure the king's death would mean a windfall.

The minister now understood why the king had stopped in front of this shop and expressed a desire to buy some sandalwood. The shopkeeper's negative thought vibration had subtly affected the king, who had, in turn, felt the same kind of negativity within.

The minister, a noble man, pondered over the matter for a while. Without revealing who he was or what had happened, he expressed a desire to buy some sandalwood. The shopkeeper was pleased. He wrapped the sandalwood and handed it to the minister.

When the minister returned to the palace, he went straight to the court where the king was seated and reported that the sandalwood merchant had a gift for him. The king was surprised. When he opened the package, he was pleasantly surprised by the sandalwood and its agreeable fragrance. Pleased, he sent some gold coins to the sandalwood merchant. The minister felt in his heart that he had harbored unbecoming thoughts of killing the shopkeeper.

When the shopkeeper received the gold coins from the king, he was astounded. He began to proclaim the virtues of sandalwood through the gold coins, saved him from the brink of poverty. After some time, he recalled the morbid thoughts he had entertained and repented for having entertained such negative thoughts for his own personal goal.

If we have a good and kind thought for another person, that positive thought will come back to us in a favorable way. If we have negative thoughts, those thoughts will come back to us as retribution.

"What is Karma?" asked Swami

Many replied, "our words, our deeds, our feelings, our actions....."

Swami shook his head and said

"Your thoughts are your Karma!"

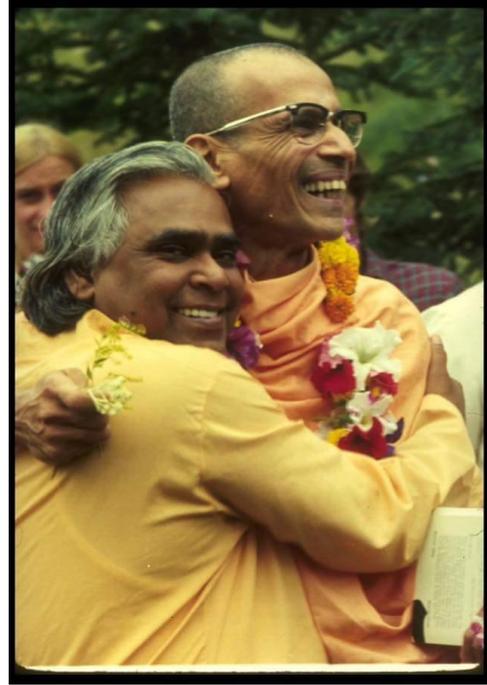
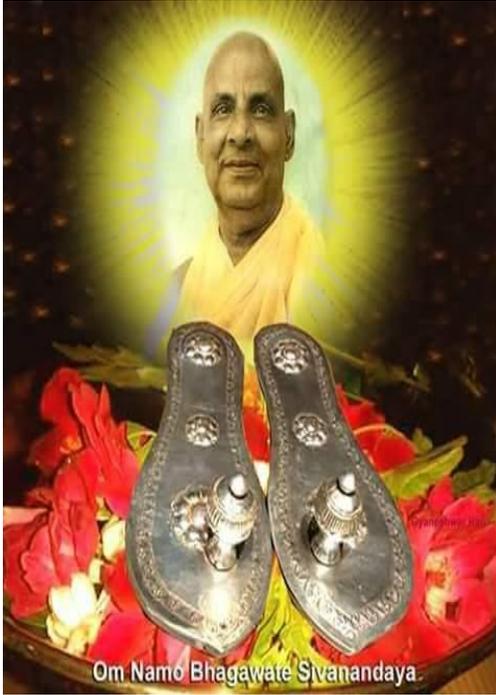
EARN YOGA FROM THE GURU OR YOGA TEACHERS....

DO NOT LEARN YOGA THROUGH BOOKS OR GADGETS....

*PRACTICE YOGA DAILY.....THIA LEADS TO YOU GOOD HEALTH
AND PEACE OF MIND.*

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.

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