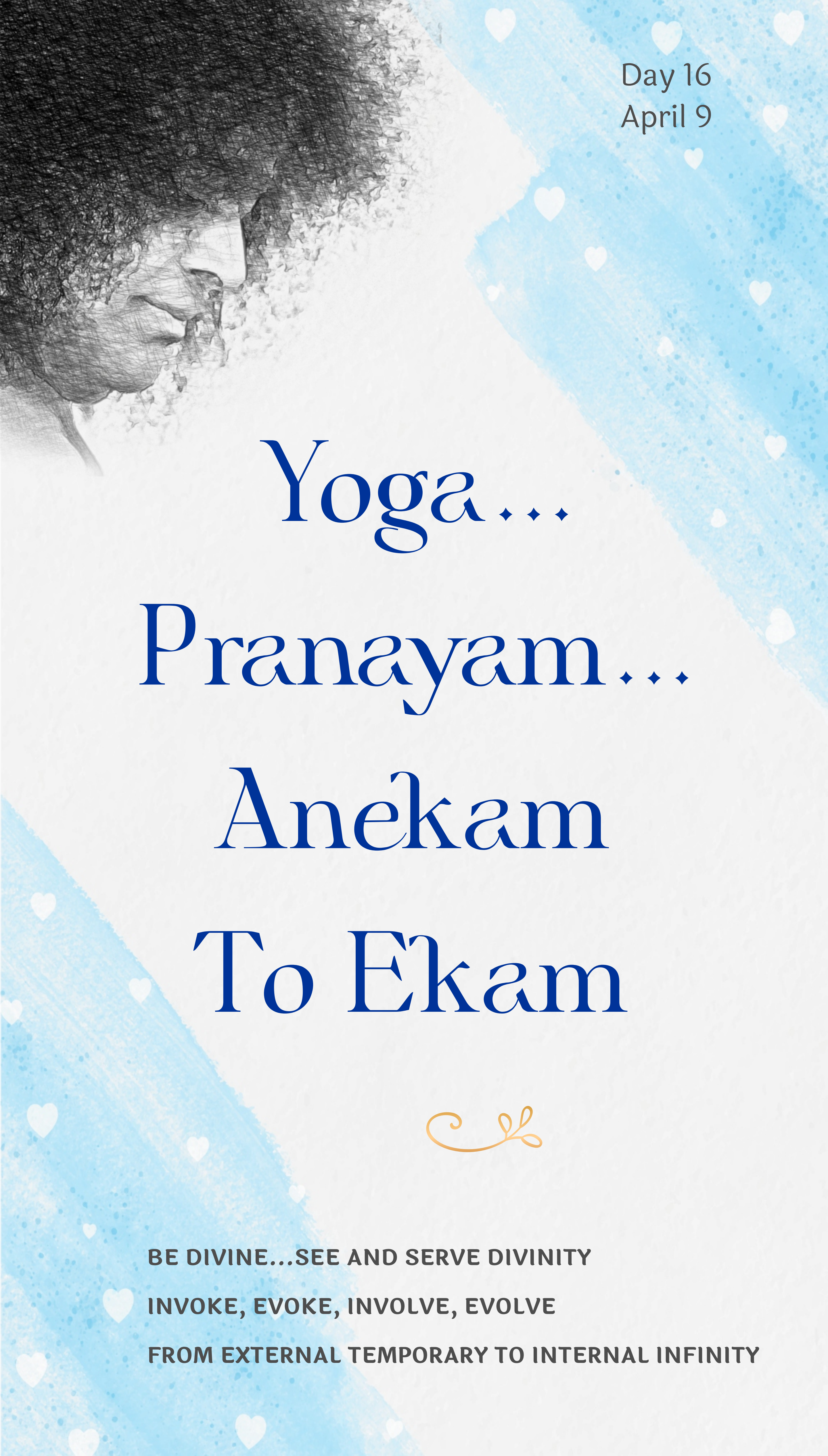


Day 16

April 9



Yoga...
Pranayam...
Anekam
To Ekam



BE DIVINE...SEE AND SERVE DIVINITY

INVOKE, EVOKE, INVOLVE, EVOLVE

FROM EXTERNAL TEMPORARY TO INTERNAL INFINITY

- Both inner and outer health and harmony need a boost.
- Lifestyle impacts health.
- Though a slow-paced life is recommended for good health, life for most people is running along an extremely fast lane upon the expressway of existence, frantic at times and quite overwhelming too.
- Family, children, studies, extracurricular activities, work, timelines, projects, planning, financial issues, household chores, domestic help, the list of activities to deal with is endless.
- Quite often chaos becomes a routine and we neglect our personal need and upkeep. Then, we become a prey to mental as well as physical drain, fatigue, exhaustion.
- **We definitely need to bend our busy schedule and mend our ways since a healthy body and a healthy mind is the combination that affects and actuates our overall wellbeing.**
- If we want to avoid a burn out, if we would like to enhance our work performance as well as revitalise our relationships and home atmosphere, if we want to ascend to a higher way of living and being then -
- **Exercise, Yoga, Pranayam...are an urgent necessity on a daily basis...so as to blend a healthy mind with a healthy body...and to gradually assist us to Mend, Bend, Blend, Ascend.**
- Yoga and pranayama calm, relax, and open doorways to the truth we need to rediscover, to the wealth, the strength and divine qualities within.



- Yoga and Pranayam also gradually take us away from excessive thinking to a more tranquil state...continuous practice leads us away from duality to Oneness from Anekam to Ekam...depending on the steadfast commitment to our growth.
- Yoga has many 'bhavas' or streams/feelings, one such bhava is Maitri Bhav or feeling of friendliness or benevolence. Come, today...let us in the spirit of Maitri Bhav...Kindred Oneness -

**Share A Shower Of Prema And Gloriously Blossom
As Bhagawan's Premaswarupulara!**