

## WORDS OF WISDOM

India and the World celebrated International Day of Yoga, last month on 21<sup>st</sup> June 2023. Yoga is not a quick cure for all, but a sure cure. Let us reflect on some 'Words of Wisdom' on the subject, as told by Swamy Chinmayananda – founder of the World famous and active 'Chinmaya Mission'

- ❖ To practice yoga, one must first practice to still and calm and control the mind. For this idle thinking of world's objects and worldly pleasure must be renounced. "Renounce, reject and refuse all the idle ramblings of the mind. Cry 'halt' to the wandering mind".
- ❖ "Reject and rise above the senses" Our sense objects will draw the mind towards the external world of pleasures. 'Practice to reject such idle thinking and rise above the senses "withdraw mind from objects, emotions and thoughts, and contemplate upon our real nature – the oneself.
- ❖ "Withdrawing from the external activities of physical, mental and intellectual imaginations, let us teach ourselves to bring our entire attention to the Consciousness within".
- ❖ Contemplate on the divine self within and meditate. It will be a slow process; but be steady and win. "You cannot force open a bud and make it a flower. It must take its own time. A forcibly opened flower will not have real beauty or true fragrance. Never hurry up. Let it take its own time". This is the way to practice 'Yoga' to reach the goal.
- ❖ Patience is a virtue. A beautiful life does not just happen; it is built daily by prayer, humility, sacrifice and hard work.
- ❖ As the thought so the mind. As the mind, so the man.
- ❖ Without devotion, Knowledge is tasteless. Without knowledge, devotion is mere empty idol worship.
- ❖ The nobility in your heart must shine out in your conduct, in your work.
- ❖ Moksa is not freedom from action, but freedom in action.



\* The above quotes are adopted from the book 'Read Daily Live Fully' published by 'Chinmaya Prakashan, Central Chinmaya Mission Trust, ISBN No.978-81-7597-706-8. It is a collection of Swamiji's orations, articles, letters and books. Those who would like to learn more of his teachings it is highly recommended to read this book. Swamy Chinmayananda (1916-1993) is globally hailed for spreading the message of Vedanta. He gave practical spiritual insight to millions to overcome challenges of life and to succeed by synergetic action of mind, intellect and body. Chinmaya Mission is now a worldwide organisation spreading his message of wisdom to lead a successful life in harmony with nature, God and society, with enlightened spirituality and dedication to work.