

Quotable Quotes . . .

YOGA destroys all sorrows for him in whom the food, the play, the putting forth of effort in works, the sleep and waking, are all moderate, regulated and done in fit measure.

The Bhagavad Gita, 6:17

Courtesy: *Back to Health through Yoga* by Dr. Ramesh Bijlani

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

- Patanjali

One can outgrow environment by
diligent application, patience, perseverance, truthfulness,
honesty, integrity, sincerity of purpose
iron will and strong determination

- Sivananda

The key point of differentiation between Hinduism and other faiths is that “Hinduism” is Open – Source and most other faiths are closed Sources.

In Indic thought, there is no trade secret. The foundation of **Yoga** is that the key to god, or the macrocosm, or the absolute ... lies within the individual and can be accessed through a certain set of practices. It's a beautifully simple but ultimately profound concept that has been allowed to flourish unchecked for millennia. The process of discovering and re-imagining the divine is in your hands.

Yuva Bharati, Oct. 2010

Josh Schrei