



### Headquarters Ashram

Ms. Jagriti Nataraj of Delhi rendered a beautiful performance of Odissi dance in the sacred Samadhi Shrine on 4th July 2015 as her worshipful offering at the feet of Sadgurudev Sri Swami Sivanandaji Maharaj and Param Pujya Sri Swami Chidanandaji Maharaj. H.H. Sri Swami Padmanabhanandaji Maharaj in his introductory

address apprising the gathering of the salient features of the Odissi Dance said that Odissi dance is highly graceful due to its striking resemblance to ornamental temple sculptures of India. Jagritiji commenced her performance with dance on Shiv Panchakshara Stotram. Thereafter, she presented Pallavi in Raga Basant and concluded with Moksha.



## South Africa

Under the auspices of the Birth Centenary Celebrations of Most Worshipful Sri Swami Chidanandaji Maharaj, the Swami Sivananda Fellowship of South Africa, comprising devotees of the Divine Life Society Headquarters Ashram, convened a National Youth Conference from 27th to 29th June 2015 at the Sarva Dharma Ashrama, Welbedacht.

The activities of the Youth Conference were meticulously designed with the noble aim of instilling the lofty values of Sanatana Dharma in the minds of youth of the age group from 12 to 25 years. 117 youth from all quarters of South Africa joyfully participated in Yogasana Class, group discussions on spiritual subjects and Satsangas and felt immensely benefited.



With the grace of Worshipful Sadgurudev Sri Swami Sivanandaji Maharaj and Worshipful Sri Swami Chidanandaji Maharaj and the kind support of Sri Swami Lokasangrahanandaji Maharaj, Sri Swami Chaitanyanandaji Maharaj, Sri Swami Ramkripandanandaji Maharaj, Sri Swami Shivashankaranandaji Maharaj, Sri Swami Shraddhananda Mataji, Sri Swami Vidyanandaji Maharaj, Sri Swami Nischala-

nandaji Maharaj as well as other members of the Organising Committee, namely Sri Swami Vedananda, Sri Swami Balasimha Bharati and Sri Sweetie Mataji, the Conference was an outstanding success.

May the blessings of the Lord Almighty, Worshipful Sadgurudev Sri Swami Sivanandaji Maharaj and Worshipful Sri Swami Chidanandaji Maharaj be upon all!

### **SIMPLE LIVING AND HIGH THINKING**

A luxury of today becomes a necessity of tomorrow. Every man and woman wants a pocket radio, a torch, a wrist watch, a car, a household cinema, etc. The standard of living has become very high. Clerks and officers do not hesitate to tell lies and take bribes to make both ends meet. The cinema and fashion are devouring all their earnings. People walk self-deluded in this sense-universe. Sense-gratification has become the goal of life.

There is a remedy for improving these present deplorable conditions. We will have to adopt the motto of our forefathers, viz., simple living and high thinking. Lead a simple, natural life. Wear simple clothing. Walk daily. Give up as far as possible cinemas, and novel-reading. Eat simple food. Lead a hard, laborious life. Be self-reliant. Reduce your wants. Be honest in your dealings. Earn at the sweat of your brow. Control the Indriyas and the mind. Develop noble qualities. Take recourse to the company of wise men. Remember God. Sing His holy name. Feel His presence. Think aright. Speak Truth and act righteously. Learn to discriminate. Learn how to lead a divine life while remaining in the world. Serve society with Atma-Bhava. Then the whole question is solved. You have regained your lost paradise. All miseries will come to an end. You will have success in every walk of life and undertaking. Keep this master-key with you and open the chambers of Elysian Bliss.

—Swami Sivananda