

STRENGTH IS LIFE

FEW EMINENT AUTHORS SPIRITUALIST AND LIFE COACHES, NAMELY DEEPAK CHOPRA, RUDOLPH E TANZI, MICHELLE WILLIAMS, RYAN CASTLE, WILLIAM C BUSHELL, KIMBERLY BROUWER AND PAUL J MILLS HAVE WRITTEN AN ARTICLE JOINTLY AND PUBLISHED IN THE DAILY NEWSPAPER PUBLISHED ON MAY 23, 2020, UNDER THE HEADLINES, 'SPEAKING TREE' OBSERVED...

“ Stress caused by Covid -19 makes us doubly vulnerable : What the average person can do about it?

They observed “We advocate, **Meditation ,Yoga, Pranayama** which are practices available to anyone. They can be easily done at home, with the intention of returning to a relaxed balanced state”

There seems to me every reason to make the public aware how deep breathing , meditation, yoga and other healthy lifestyle practices can help this crisis and long afterwards too.”

In the same page , under the head SACRED SPACE/ Good Health, Our Sri Sri Ravi Shankar, Spiritual Guru, quotes

“ The Sanskrit word or health, swasthya, means being stabilized in the self; When the mind is free of fear, free of guilty, free of anger and hatred , it has the power to heal the body of any ailment –**there is a huge power in consciousness.**”

Ibid, HEADLINE “FIGHT AGAINST COVID WILL BE A LONG HAUL, NITI AAYOG MEMBER (Health) DR VK PAUL SAID “the actual disease trajectory will not depend on the virus, it is on US to decide trajectory depending on how much we resist it by following “**good health practices**”

Now by whatever name we call, It does not make any difference though I call it SPIRITUAL PRACTICES TO BUILD OVERALL STRENGTH, PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL TO TAKE ON ANY CHALLENGES IN LIFE! A WEAK BODY, THE RESULT OF A INDECIPINED LIFESTYLE IS A FERTILE GROUND FOR ALL ILLNESS DUE TO FEARS OF ALL SORTS, ANXIETY, TENSION, WORRY, SLEEPLESS, STRESS, DISTRESS, DEPRESSION, SUPPORTLESS, LONELINESS AND LOVELESS . WHEREAS A STRONG BODY, RESULT OF **A DECIPLINED , DEDICATED AND DEVOTIONAL LIFE STYLE** IS LIKE A POWER HOUSE OF HEALTH AND HOPE, FAITH AND LOVE, NEVER LONELY THOUGH ALONE, WITH FULL OF PASSION FOR LIFE, AND COMPASSION FOR THE LIFELESS...

NOW THE CHOICE IS YOURS. A DECIPLINED , DEDICATED AND DEVOTIONAL LIFE STYLE OR THE OTHERWISE! LOVE FOR GOD CHOOSE INTELLIGENTLY AND BE WISE. -TRUE LOVE IS BEAUTIFUL AND CREATIVE- SATHYAM SHIVAM SUNDARAM. **VijayKrishna, sssvijayamission.com**