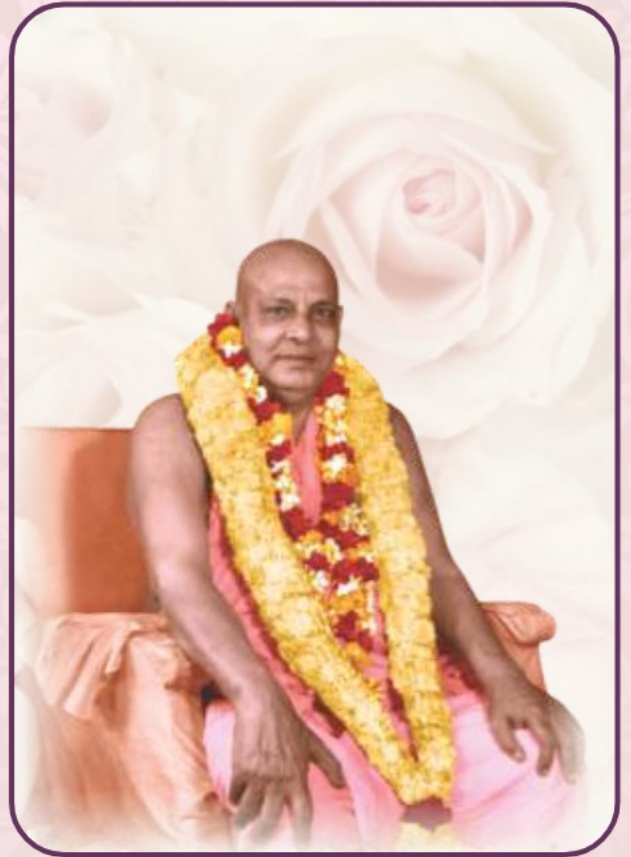


Life goes in vain,
If you do not sing Lord's praise.
Sing God's Name ceaselessly.
You will be freed of birth and death.
Yama will be afraid to approach you.
Your life is withering day by day.
You lose your eyesight and teeth.
Woman and wealth will not follow you,
Your deeds alone will follow you.
Recite Lord's Name always
And attain freedom, bliss and peace.

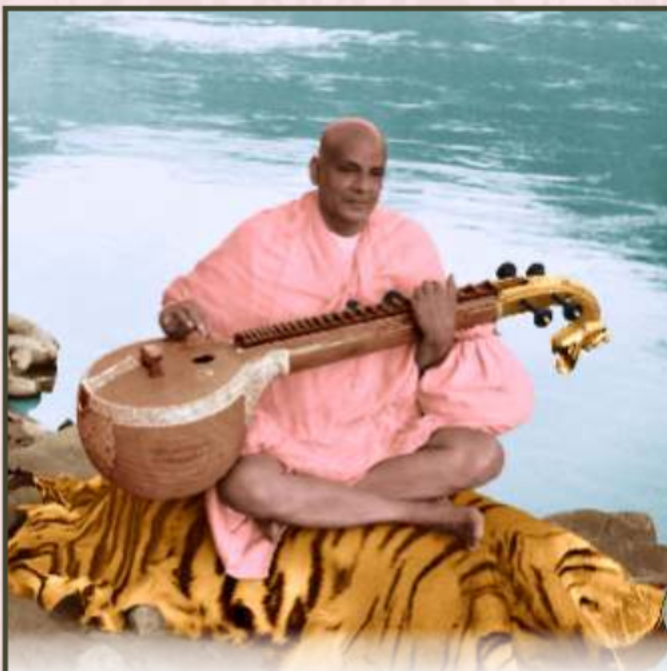
Swami Sivananda



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WARMEST WISHES
For a Peaceful and Prosperous
New Year 2025



May Health, Happiness, Peace, Progress,
Prosperity and Success attend upon you
throughout the New Year,
and through all the years in the future.
May Joy and Plenty abide with you.
May Grace Divine enrich your life!

Swami Sivananda



In the Name of Gurudev
Sri Swami Sivanandaji Maharaj
Our Light and Guide
We send you our

Heartiest Good Wishes
for a Blissful Christmas,
Bright Happy New Year
2025
Sarecd Makara Sankranti



Swami Yogaswarupananda
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Swami Yogaswarupananda
President, DLS, HQ