

H. H. Sadguru Yogiraj Dr. Mangeshda



Sadguru Mangeshda Kriya Yoga Foundation

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Sadguru Mangeshda Kriya Yoga Foundation

Sadguru Mangeshda Kriya Yoga Foundation was founded by **H. H. Sadguru Yogiraj Dr. Mangeshda** with an aim to help the society and to integrate mankind irrespective of caste, creed, sects, class and religion on the path of humanity. Kriya Yoga is an ancient science with techniques for holistic fitness, spiritual progress and wellbeing of individuals.

About Sadguru Yogiraj Dr. Mangeshda

- An Eminent Himalayan Kriya Yoga Master, he has done rigorous Sadhana in Himalayas for more than nine years under the guidance of **Param Sadguru Sri Sri Mahavtar Babaji**.
- He is **practicing and teaching Yoga for more than 52 years**. He was felicitated by Govt. of Karnataka, 'International Naturopathy Organisation & AYUSH Ministry for His outstanding contribution to the field of Yoga & Good Health.
- Participated **six times** in **World Congress on Alternative Healing**.
- He has been **appointed** as **Patron of International Naturopathy Organisation**.
- He has been conferred with the **Honorary Doctorate Degree**, awarded 'Mahatma Gandhi Sanman Award' at House of Commons, London, 'Asia Pacific International Award' at Bangkok, 'The International Social Service Achiever Award' at Mauritius, 'International Status Award for Yoga' at Tashkent, 'Jewel of India', 'Green Ambassador' and 'Indo Vietnam Health Award' etc.



Sadguru Mangeshda Kriya Yoga Foundation

Foundation has 93 Centers across the world & conducts programs like –

- Kriya Yoga Initiation across the globe.
- Record breaking Eye Donation Awareness drives '**Eye Pledge, We Pledge**' where more than **85 lakh** people have pledged through this campaign.
- '**Unity through Sports**'-Sports event with differently-abled and challenged individuals.
- **Cleanliness Awareness** drives, '**Tulsi Abhiyan**', distribution of about 12 lakh Tulsi plants.
- 'Yoga' in various Schools, Colleges & Educational Institutions as curriculum activity.
- **SRD** (Self Recognition & Development), Corporate programs, Meditation Seminars, Sanskar Shibir for Children, and '**Self Defense for Women**' – a program led by Sadguruji himself teaching very effective self-defense techniques for women empowerment.
- **Yoga Classes** are conducted by Sadguruji himself for all the age groups including Senior Citizens and in a short period of training many have been selected at the National level.

Some of the courses organised by the Foundation:

- *Kriya Yoga Diksha *Healthy Body Divine Soul – A holistic approach to life based on Kriya Yoga
- *Alternate Healing Methods *Stress Management *Meditation Seminars* Kriya Gurukul
- *SRD-Self Recognition and Development *How to be Happy! *Core Enlightenment

Other Products & Publications

Kriya Dhyana Yoga, *Empowerment through Love, *Nectar Drops, *Permanent Calendar with Sadguruji's quotes, *'Amrutmanthan' - Series of Cassettes, VCDs and DVDs of Sadguruji's Discourses, *'Rising Sun', 'Pranav Sadhana', 'Mystic Cave' - Meditation cassettes and CDs *Incense sticks *Apparels



Aim to attain the amazing, not the average.

With the average you are safe but with the amazing, you are free.

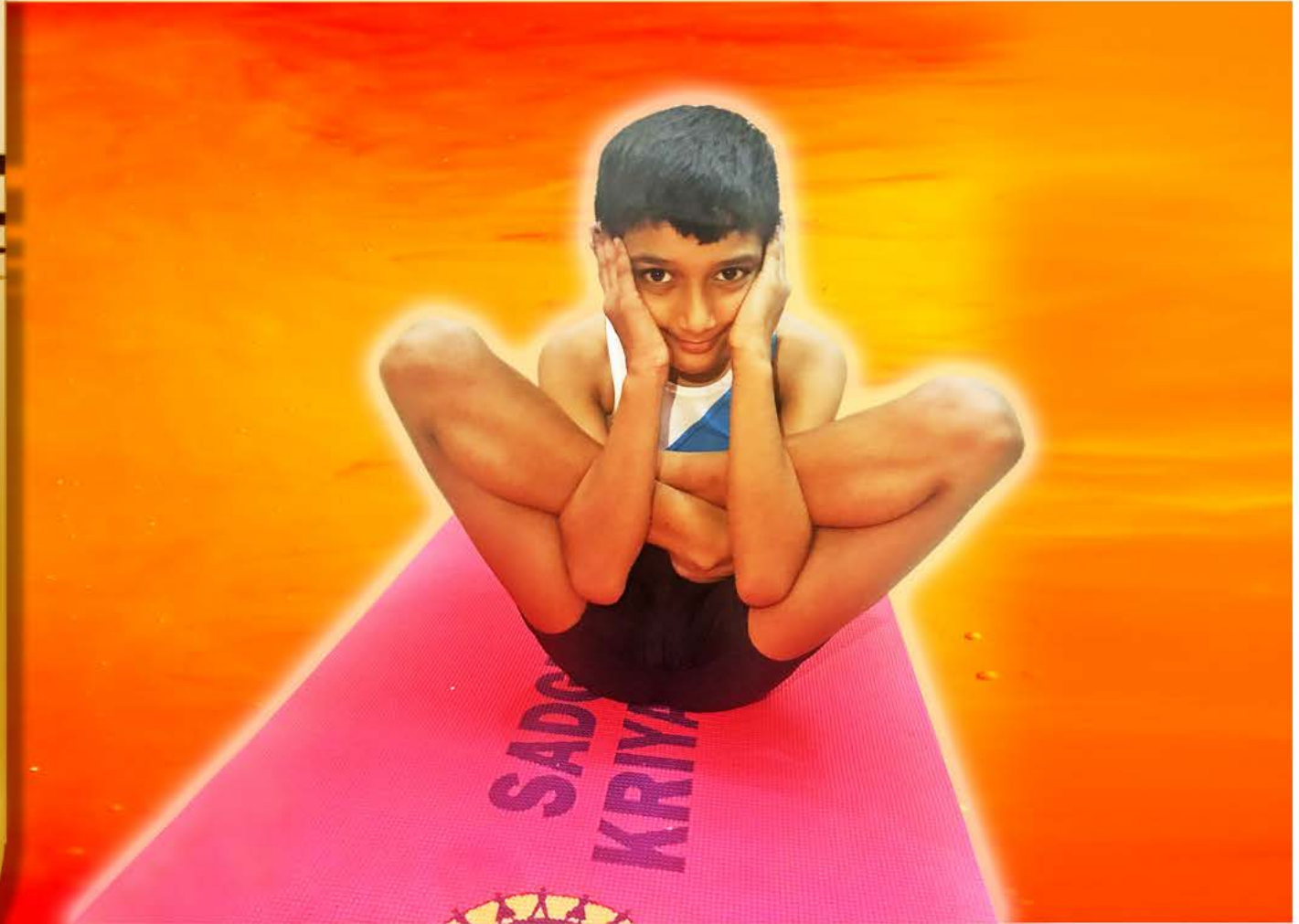
-H. H. Sadguru Yogiraj Dr. Mangeshda



Integration of different elements balances the energy within the body, especially when you bring a conscious attention to your breath.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Your thoughts govern your life. If your negative thoughts are powerful, your positive thoughts have much more power. Be careful of what you think.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Shape up the wealth given to you by God. Nurture it with nutritious food, positive thoughts and mental and physical exercises. Rebuild this wealth-rebuild your health.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Reinterpret darkness as a miracle. Offer peace and absorb the healing from it. Share this space of soothing oneness with the divine to see the light within.

-H. H. Sadguru Yogiraj
Dr. Mangeshda





Take the courage to ask. And when you receive much more than you deserve, count each moment as a new life.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Your body is your attire to the divine within you,
take care of it and give it the respect it deserves.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Your day to day behaviour and reactions depend upon what you feed into your subconscious mind. Take time to feed only positive thoughts into this most powerful box.

-H. H. Sadguru Yogiraj Dr. Mangeshda



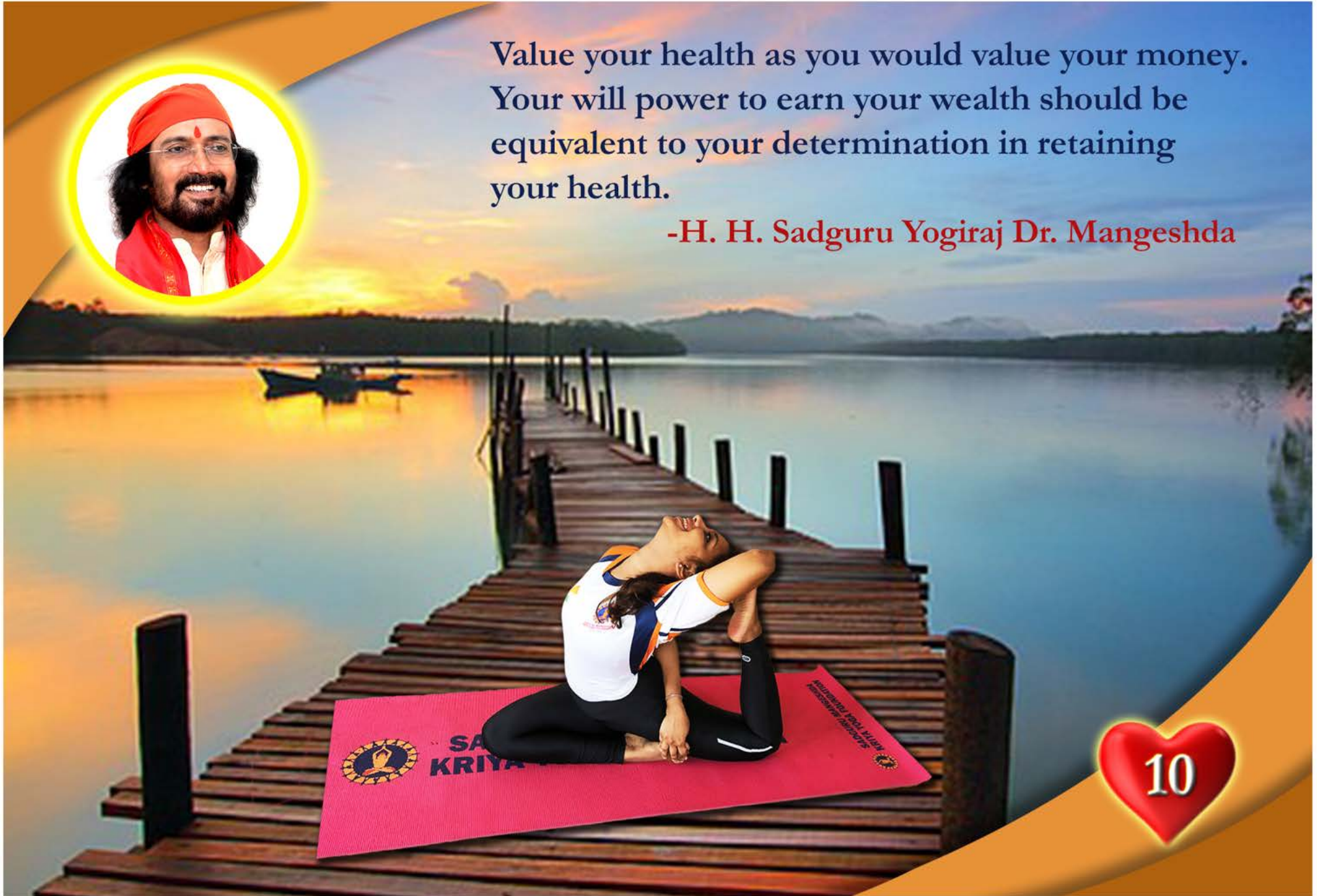
Your present reflects what you did in the past. Rise up and start afresh! Your future is looking at what you are doing in your present.

-H. H. Sadguru Yogiraj Dr. Mangeshda



Value your health as you would value your money.
Your will power to earn your wealth should be
equivalent to your determination in retaining
your health.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Use the immense divine potential you have, to convert the body into a beautiful sculpture of divinity.

-H. H. Sadguru Yogiraj Dr. Mangeshda

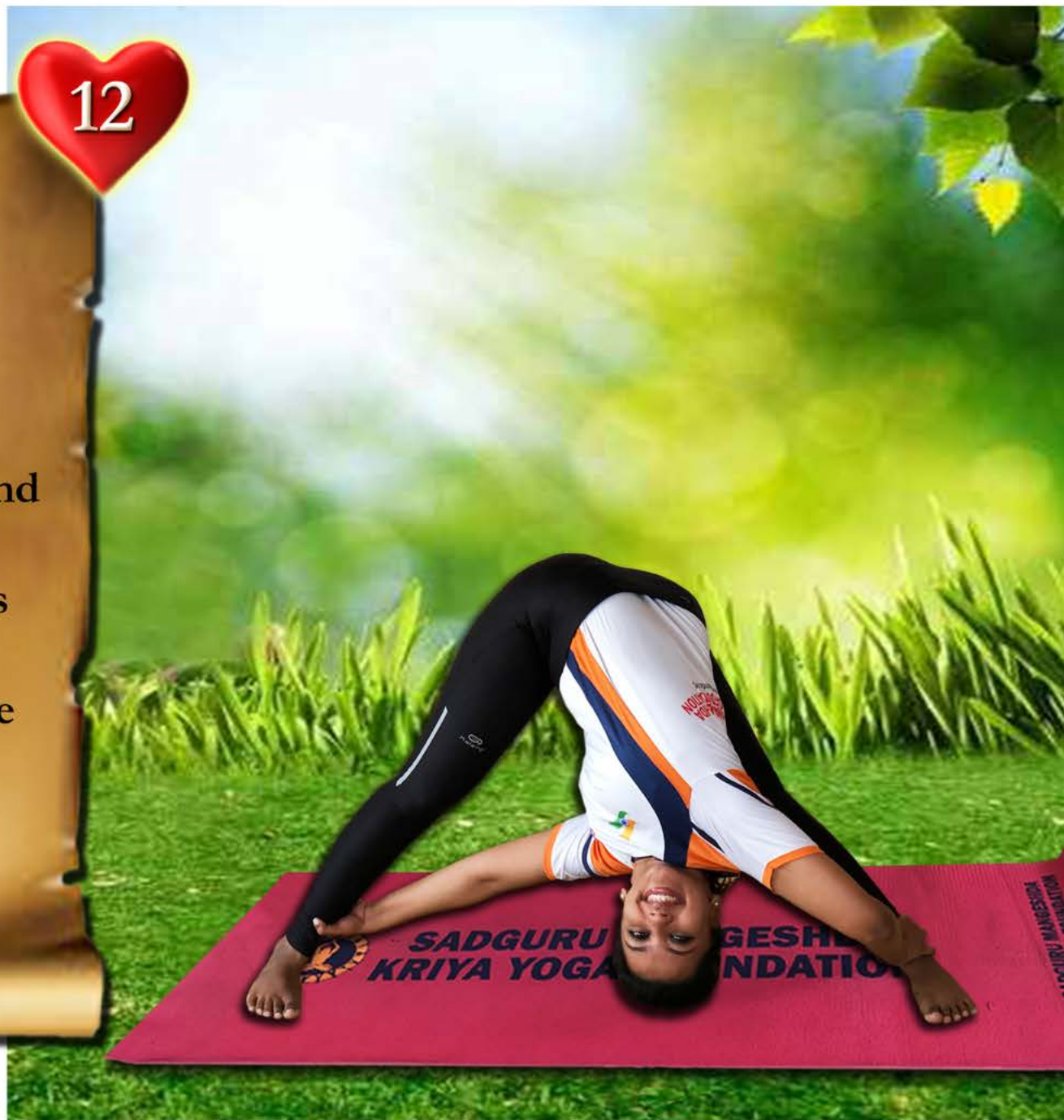




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The thoughts in our mind
are neurotransmitters.
One single thought uses
innumerable chemicals
from our body so choose
consciously and live
fruitfully.

H. H. Sadguru Yogiraj
-Dr. Mangeshda





Recognize the importance of two major assets in your life:
Time & Health. Both require hard work and discipline
to bring about an overall happiness & well-being.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Follow a regular regimen
with morning meditation, regular exercise and practise unconditional love
and forgiveness. Life is priceless. It happens only once.

-H. H. Sadguru Yogiraj Dr. Mangeshda



Any slight difficulty within your body is an indication for you to stop taking things for granted. Treat it, heal it and restore your health as soon as possible.

-H. H. Sadguru Yogiraj Dr. Mangeshda



Average is what you will continue to pursue, unless you awaken the greatness within you.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Bring your mind and body in sync with each other. Your determination in your mind is reciprocal to the strength and resistance of your body.

-H. H. Sadguru Yogiraj Dr. Mangeshda



Leave a legacy of spiritual wisdom. And as you carve this knowledge on the hearts and minds of the future generations make your own spiritual story, the greatest.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Every morning, make a resolution that you will make the best out of this day and will work towards self-improvement and fitness.

-H. H. Sadguru Yogiraj Dr. Mangeshda





To attain a high level of spirituality one needs to keep a stable mind, controlled breath, and a positive outlook towards life.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Body is the temple of God. Keep it fit, healthy and clean for the almighty to reside in it.

-H. H. Sadguru Yogiraj Dr. Mangeshda

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Organise each moment of
today to be in the midst of
positive company.
Be one as well.

-H. H. Sadguru Yogiraj
Dr. Mangeshda





Participate in the mission for a Healthy World. Bring about harmony and balance by amplifying your positive energy, with the unison of body, mind and soul.

-H. H. Sadguru Yogiraj Dr. Mangeshda



The intensity of the mind is beyond any mantras and can create miracles. All you need to do is concentrate and follow your breath ardently.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Always give thanks to the darkness because of which you understand the value of life. Use your inner light to spread the radiance of love and happiness around you.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Regular meditation practice gives impetus and vigour to your lifestyle, reduces chronic anxiety and aids in nurturing kindness and compassion.

-H. H. Sadguru Yogiraj Dr. Mangeshda





For any outfit to fit on the body, one should be fit enough to respect the outfit.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Rather than improving your external self, beautify your inner being, where God resides. Alignment with Him enhances your spiritual beauty.

-H. H. Sadguru Yogiraj Dr. Mangeshda



Every action you take is an answer you give to the questions posed by life.

-H. H. Sadguru Yogiraj Dr. Mangeshda





Laughter and good sleep,
light food & light mood,
breathe in deep & benefits
you'll reap.

-H. H. Sadguru Yogiraj
Dr. Mangeshda

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Though the Body is transient and the Soul is the Eternal Pure Consciousness, the reflection of this pure consciousness is shown through the medium of the body. Therefore the health, cleanliness, purity and mainly the respect of the body needs to be maintained.

-H. H. Sadguru Yogiraj Dr. Mangeshda