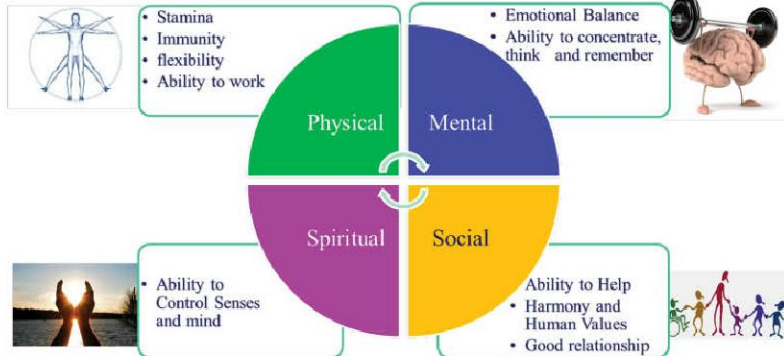




HOLISTIC HEALTH WITH RIGHT MIND SET!



BY SRINIVAS ALLURI

As we all know life is short! How much value we can add with our life depends on how effectively we use our time in right things. This depends on how effectively we think!

Intellect leads our mind and mind leads our senses. So if we can make intellect right rest can set right easily. most important thing for all of us to get the right intellect and self-control to guide mind through intellect. This saves us from rework, redundant work and negative thinking. This will help us to lead very positive life all together.

So, stop for a while from your regular rushing and other attachments! think calmly! What is best for your life? Make sure that you are not influenced by external factors or your habits!

Developing positive hobbies like learning new things, playing, dancing, singing, music, developing skills, reading and self-development may be a primary step. Next higher step would be spending time in Helping and serving others without any expectations, which creates happiness.

This is all about working with our mind, how effectively we can make our mind and work consistently on positive things. Though from 1000s of years it is

proved that practice of Yoga is the way of life. but funniest thing is, Man again and again go off-track with lots of confusions in life and wonders around to satisfy his senses finally end up wasting valuable human life with his sufferings.

Be wise to realize the fact from the experiences of great saints who have achieved excellence and brought a great value to the humanity.. for all of us to lead peaceful life. To name a few Adishankaracharya, Ramakrishna Paramahansa, Ramana Maharshi, Swami Vivekananda, Mother Theresa, Saint Francisco, Arabindo and many more..

Have you realised that you have great power and human excellence within you?

You too can make a such a huge positive value in this life and add a great value to your own life! Don't worry! It is not too late! Just start now!

All we have to do is get ourselves into right track, spend some time in most efficient way, calm down mind, meditate, practice of yoga can make body, mind and intellect amazingly well.. that will put us in right direction and brings self-control and self-discipline in our life! You can start with mission of making your family and everyone around you healthy, righteous and eco-friendly by making you as an example instead of wasting your time on worrying about many problems in the world and talk-

ing! Every small drop matters!
As a first, make yourself Healthy? Health is made of Physical, Mental, Social and Spiritual elements as shown in the picture below:

You can achieve holistic health by taking following basic action to start with:

- Get into right daily routine:**
- Drink 3 to 5 liters water per day
 - Start day with Yoga (30 min to 1 hour postures, breathing and meditation)
 - Eat Healthy: fresh and timely in limited quantities
 - Observe fasting once a week (Or stay with water or fruits for whole day)
 - Spare some time to help others / self-less service

Manavata is a voluntary, not-for-profit, secular organisation that aims to create a Healthy, Happy and Harmonious (3H) world through simple, natural

and efficient ways of living. Manavata spreads this consciousness through every one of its volunteers, each standing for a self-less cause and setting an example. Manavata runs several social initiatives directly and through registered voluntary organizations worldwide in health, education, environment and humanitarian aid.

Manavata is a 21 year old organization which today has 8000 volunteers from 57 chapters in number of countries across the globe involved in activities that encompass Child care, Blood donation, Tree Plantation, Natural Farming projects, Humanitarian Aid, Value Based Education, Healthy Living workshops and Self-employment Training. For its relentless work over the past 21 years Manavata has also been awarded a special consultative status at the

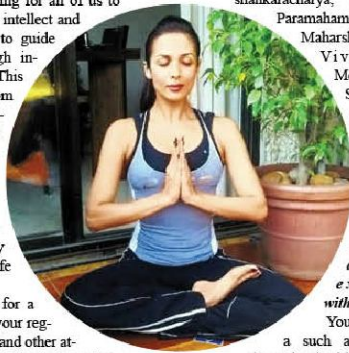
United Nations ECOSOC.

Join hands with Manavata either as an individual or an organization to work together for 3H mission. You can register yourself as member on our website www.manavata.org or drop us an email at uktrustee@manavata.org to join.

Manavata conducts annual family event to bring all likeminded people in UK together to share positive thoughts and get together with Nature with lot of fun activities. This year we are all meeting in Peak district during 25th May long week end. Please visit following link for more details:

www.manavata.org/EventDetails_11.jsp?id=2186

Please register and confirm your attendance if you would like to join this event as there are limited accommodations available.



Join ASIAN LITE on Facebook
facebook.com/asianlite