

## **Quotable Quotes by Guruji on Yogic Culture**

Yoga Rahasya

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### **Our Body**

“In our spiritual quest, it is required of us that we develop our body in such a way that it is no longer a hinderance, but becomes our friend. Similarly, our emotions and intellect must develop for divine purposes.”

“The body has to be transformed. It must be brought to stability.”

“It is a fact that healthy plants and trees alone yield fragrant flowers and tasty fruits. Similarly, from a healthy man, smiles and happiness blossom out like rays of the sun.”

“Yoga helps to transform the instinctive intelligence to become intuitive intelligence.”