

THE 18 ITIES *of Sivananda*

An exhibition
with illustrations
and stories about
18 ities by Raycho Stanev

NAGLEDNA+
Trakia 7, Asenovgrad
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The 18 ITIES, are eighteen positive qualities or virtues. The practice of these qualities leads the aspirant towards living a divine life and a yogic lifestyle experienced twenty-four hours a day.

IF YOU WANT TO
MAKE
A YOGIC SANKALPA,
THEN ADOPT THE 18
ITIES OF SWAMI SIVANANDA.
EACH MONTH PRACTISE
ONE ITY.
IF YOU ARE ABLE TO LIVE
THESE 18 ITIES FOR 18
MONTHS, THEN YOU WILL
GAIN SOMETHING INVALUABLE
IN YOUR LIFE. WHO KNOWS,
MAYBE EVEN IMMORTALITY.

SERENITY

BE TRANQUIL WITHIN.
LET THAT INNER PEACE
AND JOY
RADIATE THROUGH A
SERENE COUNTEenance.
A SERENE COUNTEenance
IS PEACEFUL, SMILING AND
SERIOUS AND DOES NOT
BETRAY ANY VIOLENT
EMOTIONS. IT IS LIKE
THE SURFACE OF A STILL
LAKE.

