



**MIND MANAGEMENT  
TECHNIQUES**  
Vol. 4  
**ENHANCE HAPPINESS  
&  
ENRICH YOUR LIFE**  
By  
S K Jayakumar




Sai Paduka Yoga & Spiritual Study Center  
Bangalore - 560 037, India


**WATER FROM A TANK  
AND WORK FROM A PERSON.**



Effortless, Large Quantity, High Quality.



Excess Efforts, Normal Quality, Required Quantity.



Insufficient Quantity, Poor Quality.

**Work Performed with Inner Happiness  
will be Effortless and of High Quality.**

Cover Design by Sri Jeeva