

MIND MANAGEMENT TECHNIQUES

Vol. 1

**GUIDANCE FOR GROWTH
&
IMPROVEMENT**

By
S K Jeyakumar



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



"INITIALLY SEED IMPROVES TO
SPROUT, SAPLING, PLANT,
SMALL TREE, BIG TREE BY GETTING
THE NOURISHMENTS.. THEN,
AS A GROWN TREE, IT
CONTRIBUTES AS FRUITS.

"INITIALLY IMPROVE THE
MIND & THEN,
GROW OUT OF IMPROVED MIND".