

April 2023



# सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti <sup>REGD.</sup>

[sivanandsevasamiti.org](http://sivanandsevasamiti.org)



# सेवा समाचार



SWAMI SIVANAND SEVA SAMITI, CHIDANANDA KASHI, GANESHPUR,  
UTTARKASHI, UTTARAKHAND, INDIA.

Thought for the Month: Niyati ki Niti Nirali Hai

By Swami Premananda

## नियति कि निति निराली है

नियति कि निति निराली है  
हमें समझ न आया ।  
होना था कुछ हो गया कुछ !  
उलट-पालट कर गया ॥

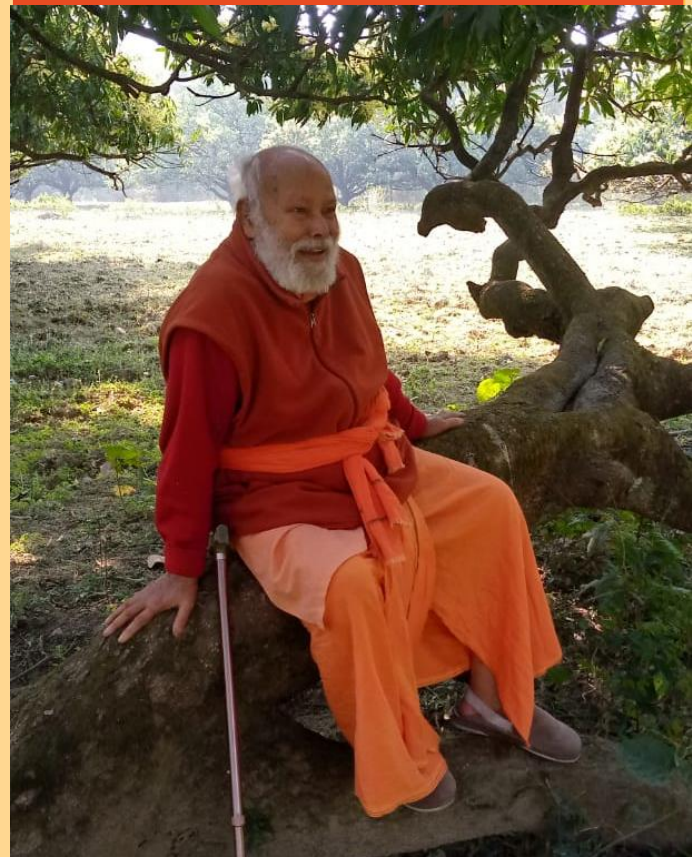
अनुज के साथ पासा खेलने में !  
नल राज्य हार गया ।  
छोड़े राजपट नल दमयन्ति !  
नसीब को जंगल भाया ॥

दिया था राज, पिता रामको  
बीच में भरत को लाया !  
सीता लक्ष्मण साथ राम को  
वन वन खूब घुमाया ॥

राजा युधिष्ठिर द्रोपदी के साथ !  
राज्य संपत्ति सब खोया !  
राज दुर्योधन को, वन पांडव को  
वार बरष क्यों दिया ?

## Seva Samachar

- Thought for the Month
- Prayer To Mother
- Why you are called Radiant Atman
- Daily Programme
- Spiritual Activities
- Healthcare Activities
- Special Events
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER







## Thought For The Month (cont.)

विधि विपरीत निति क्यों नहीं ?

हमें समझ न आया ।

निति-नियति का कलह यह

उलझ क्यों? सुलझ न रहा ॥

होलिका के गोद बैठा प्रहलाद

भस्म होलिका हो गया ।

उसका जो है, उसको बचाया

ब्रह्म-वर काम ना आया ॥

जला रावण त्रिजग - विजेता

राज विभीषण पाया !

भक्ति भावभर नीच राक्षस

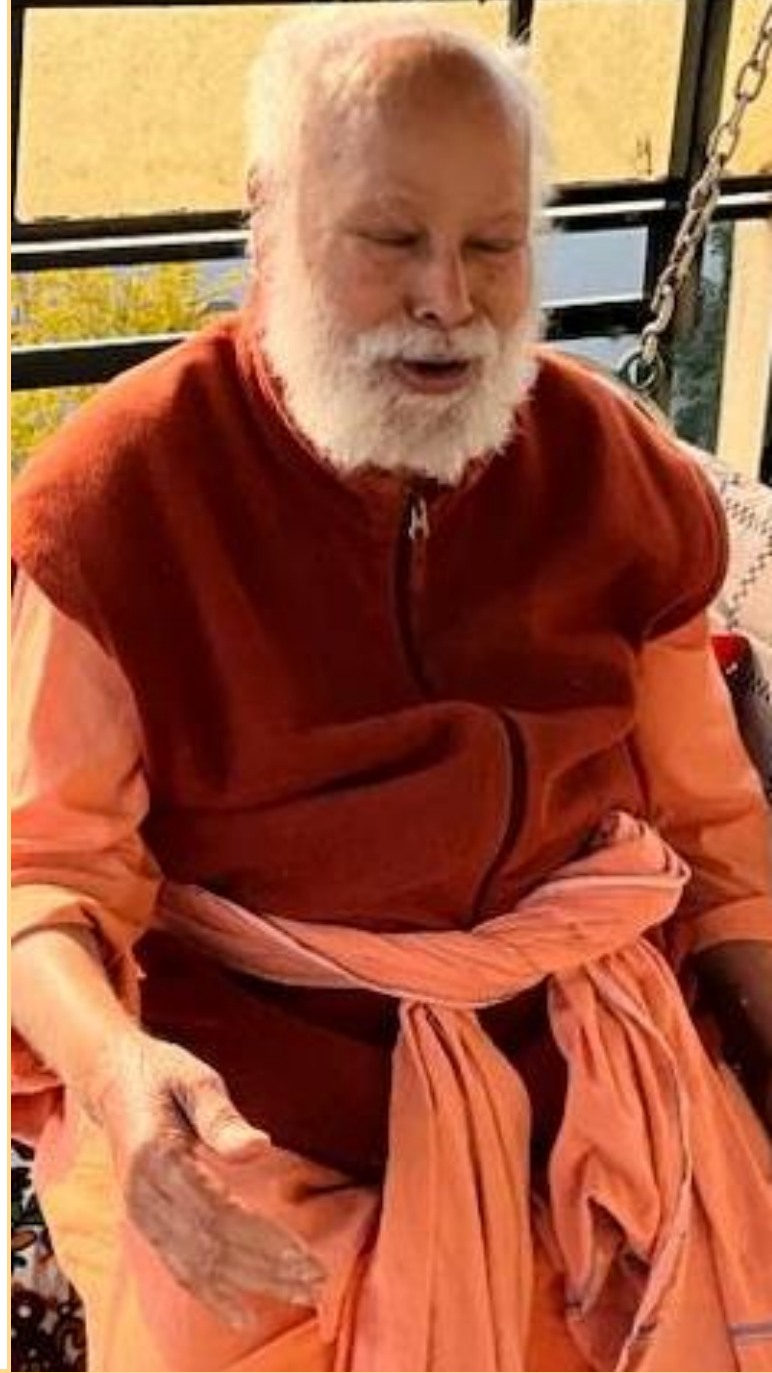
रामचरण मन लाया ॥

देखा सब कुछ सोचा सब कुछ

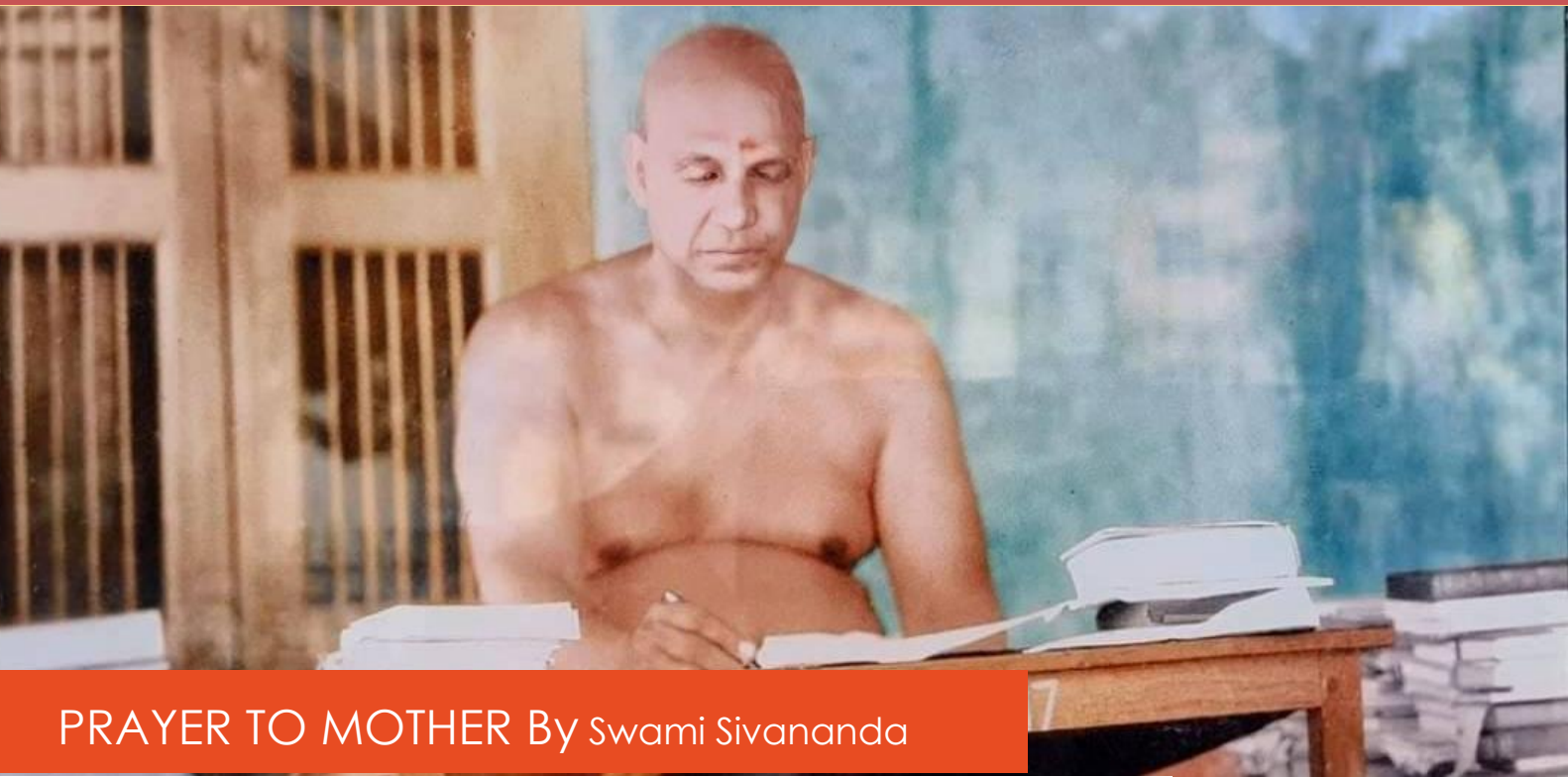
अंत में समझ यह आया ।

उसी का जो, हो गया भाई !

उलझन सुलझ सब गया ॥







## PRAYER TO MOTHER By Swami Sivananda

Salutations to the Divine Mother who exists in all beings in the form of intelligence, mercy and beauty.

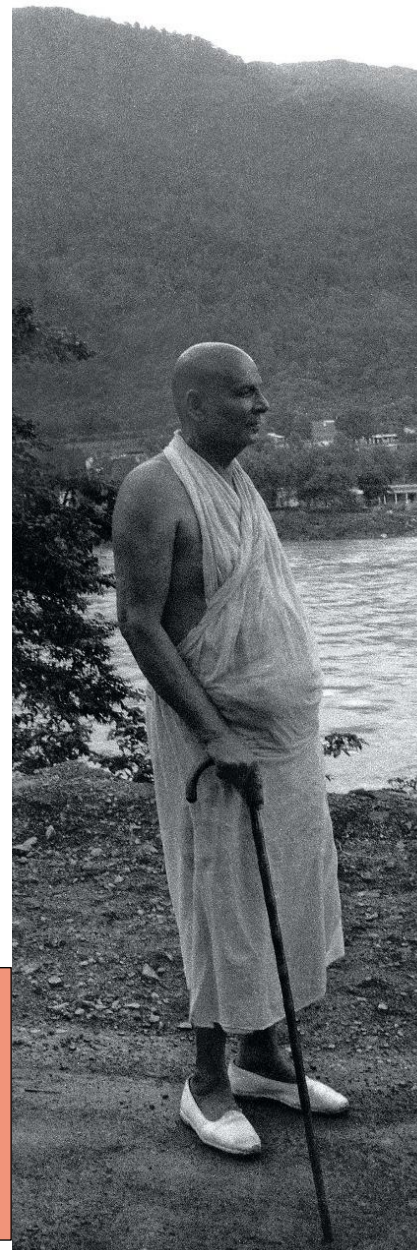
Salutations, O Sweet Mother, the consort of Lord Siva. O Mother Parvati! Thou art Lakshmi, Thou art Sarasvati. Thou art Kali, Durga and Kundalini Shakti. Thou art in the form of all objects. Thou art the sole refuge of all. Thou hast enchanted the whole world. The whole universe is the play of Thy three Gunas. How can I praise Thee? Thy glory is indescribable. Thy splendour is ineffable. Protect me. Guide me, O Loving Mother!

O Adorable Mother! Thou hast generated this great illusion by which all people walk deluded in this world. All sciences have come from Thee. Without Thy grace, no one can get success in spiritual Sadhana and salvation in the end. Thou art the seed for this world. Thou hast two aspects, viz., the unmanifested aspect or Avyaktam and the manifested aspect or the gross universe.

The whole world gets dissolved in Avyaktam during Pralaya. Give me the divine eye. Let me behold Thy real majestic form. Help me to cross over this illusion, O Kind Mother!

O Compassionate Mother! I bow to Thee. Thou art my saviour. Thou art my goal. Thou art my sole support. Thou art my guide and the remover of all afflictions, troubles and miseries. Thou art the embodiment of auspiciousness. Thou pervade the whole universe. The whole universe is filled with Thee. Thou art the store-house of all qualities. Do Thou protect me. I again and again salute Thee.

O Glorious Mother! Salutations to Thee. All women are Thy parts. Mind, egoism, intellect, body, Prana, senses, are Thy forms. Thou art Para Shakti and Aparā Prakriti. Thou art electricity, magnetism, force, energy, power and will. All forms are Thy forms only. Reveal to me the mystery of creation. Bestow on me the divine knowledge.







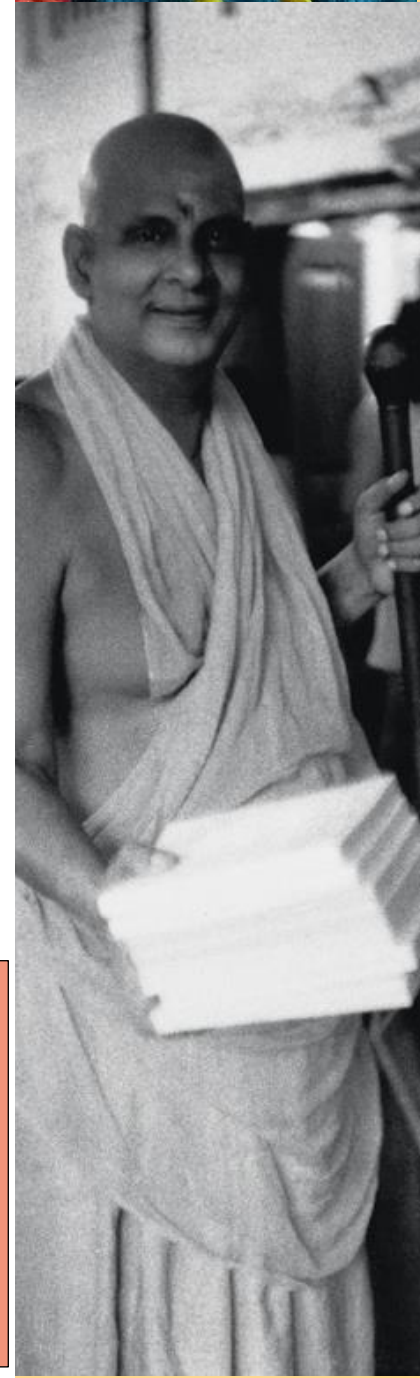
## PRAYER TO MOTHER (cont.)

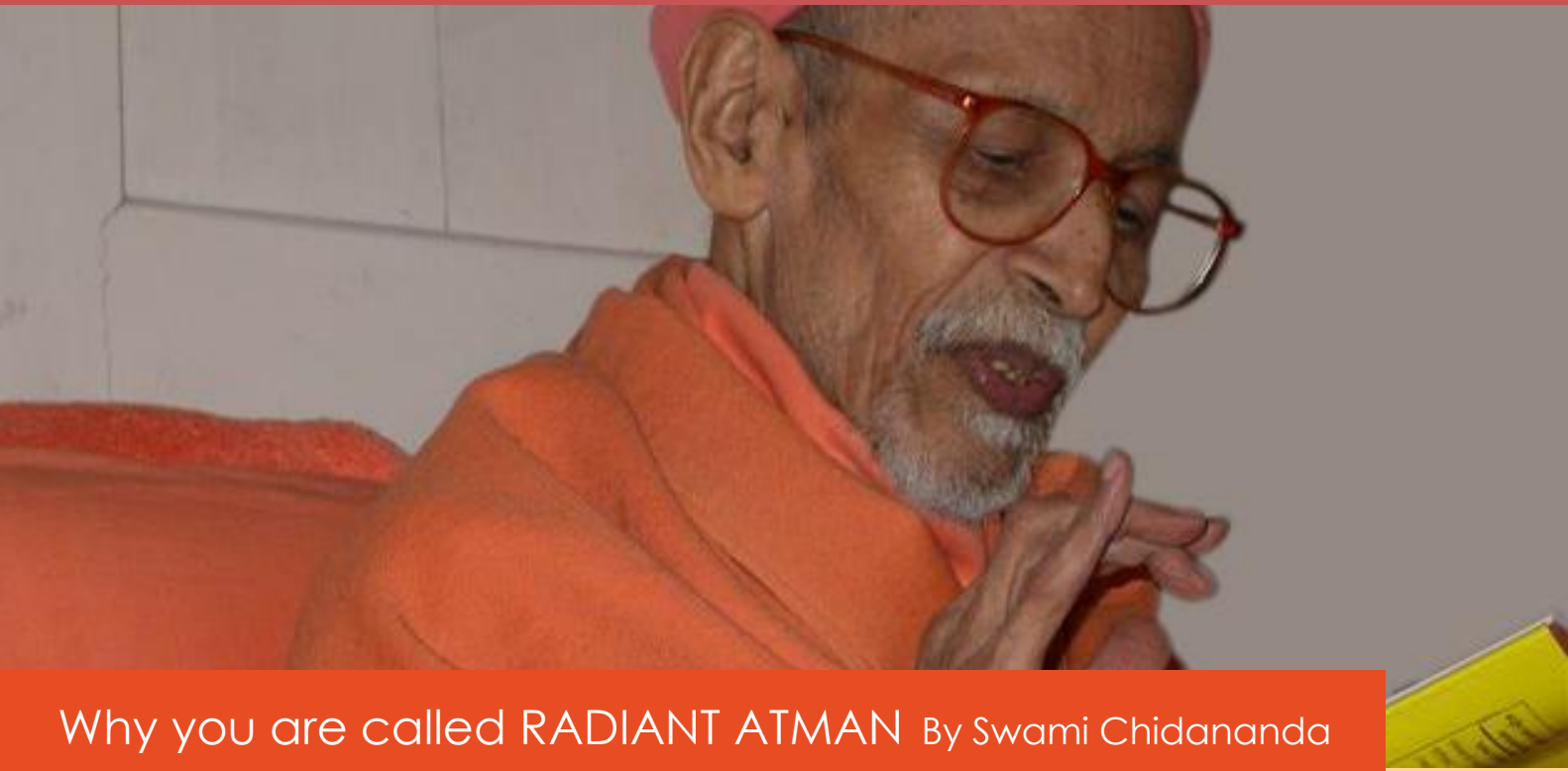
O Loving Mother! Thou art the primal energy. Thou hast two aspects, namely, the terrible and peaceful. Thou art modesty, gentleness, shyness, generosity, courage, forbearance and patience. Thou art faith in the heart of devotees and generosity in noble people, chivalry in warriors and ferocity in tigers. Give me strength to control the mind and the Indriyas. Make me worthy to dwell in Thee. Salutations unto Thee.

O Mother Supreme! When shall I have equal vision and placid state of mind? When shall I be established in Ahimsa, Satyam and Brahmacharya? When shall I have Thy cosmic vision? When shall I get deep abiding peace and perennial joy? When shall I enter into deep meditation and Samadhi?

O Radiant Mother! I have not done any spiritual Sadhana or service of teachers. I have not practised any Vrata, pilgrimage, charity, Japa and meditation or worship. I have not studied religious scriptures. I have neither discrimination nor dispassion. I have neither purity nor burning desire for liberation. Thou art my sole refuge. Thou art my only support. My silent adorations unto Thee. I am Thy meek suppliant. Remove the veil of ignorance.

O Gracious Mother! Prostrations unto Thee. Where art Thou? Do not forsake me. I am Thy child. Take me to the other shore of fearlessness and joy. When shall I behold Thy lotus feet with my own eyes? Thou art the boundless ocean of mercy. When philosopher's stone turns iron into gold by contact, when the Ganges turns impure water into pure water, can't Thou not turn me, O Divine Mother, into a pure soul? May my tongue repeat Thy Name always!





## Why you are called RADIANT ATMAN By Swami Chidananda

Radiant Atman! Beloved children of the Divine! Day after day, when you assemble here in proximity to Gurudev's spiritual presence in this Samadhi Hall, you chant kirtan, you repeat Guru Stotra, you recite shanti path and you go into silence. And this period of silence and physical stillness we term meditation.

At this stage of one's Yoga life, our interior is regarded as being constituted of three factors during this process called meditation.

First, there is the object of meditation, which is Divinity; it is God, it is the eternal, the infinite, the ever pure, the reality behind all appearances, who existed when nothing else existed.

The second factor is the process of meditation—a continuous unbroken flow of attention and thought upon the object. These two factors are clear.

But the third factor, the meditator, is not so clear. Who is meditating? What is one's feeling about oneself as a meditator? With what consciousness, what purpose, what bhava, are you meditating?

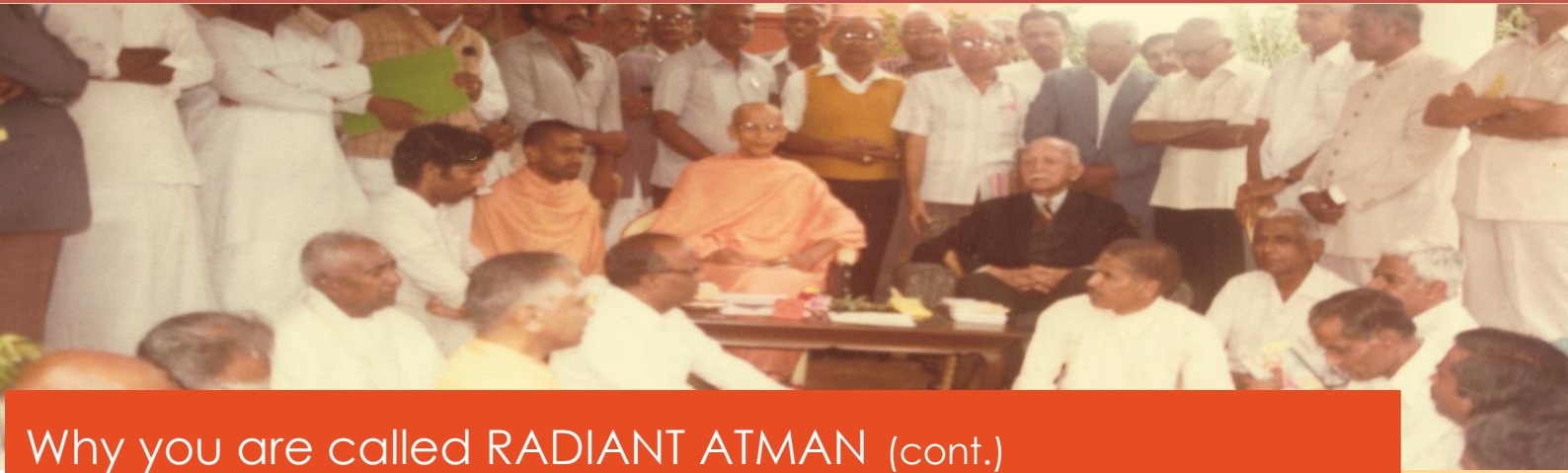
At the end of this period of meditation you are always addressed as children of Divinity, always. Why are you addressed thus? Has it any connection with your meditation? What was behind this great, unvarying practice of Gurudev?

It derives from Vedic times: *Srunvantu Sarve Amritasya Putrah* (Listen, all ye children of Immortality). You are being addressed in a similar manner, and there is a connection between this address and what should be the fruit of your meditation.

Calling you by epithets like "Radiant Atman" or "Children of the Divine," is a pointing out of what should be achieved during your period of meditation—the transcending of your consciousness, beyond its present state of identification with a passing personality, into a higher state of becoming rooted in your true identity: "I am an immortal, radiant divine being, part of the Cosmic Spirit. I am beyond time and space. I have neither body nor mind. I have no birth or death."







## Why you are called RADIANT ATMAN (cont.)

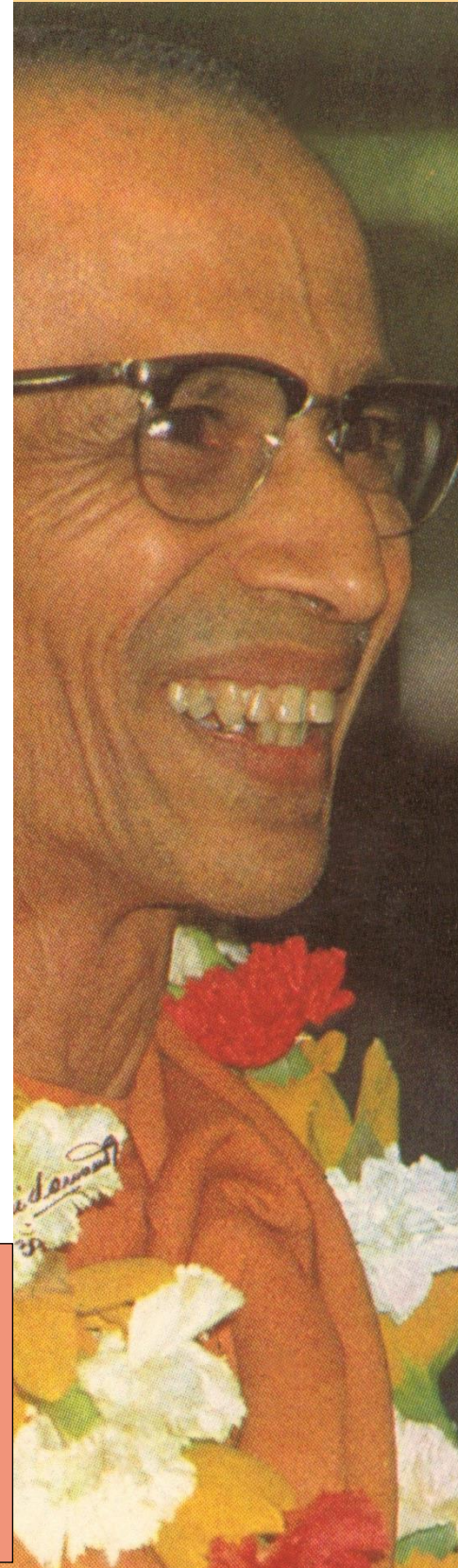
Gurudev used to say: "Nothing exists, nothing belongs to me. I am neither body nor mind. Immortal Self am I." That was his formula; it was his negative description. It is the neti, neti way of expressing the Reality.

But, Gurudev took it one step forward. He gave a positive description: "*Chidananda hum, Har hal mein Satchidananda hum, Ajarananda hum, Amarananda hum, Kaivalya Kevala Kutastha Ananda hum, Nitya Suddha, Siddha Satchidanand hum*—I am this, I am eternally pure, I am eternally perfect. I am existence-consciousness-bliss absolute. I am ever free, I am unshaken as the Himalayas, as Mount Meru. I am the Being that is firmly established in a certain state of consciousness. I am the unchanging. I do not move."

Those who had the good fortune to live in his times will be able to recollect the transforming impact he had when he stood up and roared with his great voice: "*Chidananda, Chidananda, Chidananda hum, har hal mem almost Satchidananda hum* (Knowledge-bliss, knowledge-bliss, bliss absolute. In all conditions I am knowledge-bliss-absolute). How his face shone! With what great force and emphasis it came out of him! He said it as a divine injection. So, he affirmed and asserted in a positive way what you are."

Sometimes in meditation our bodies are motionless, but within us there is turmoil, Vikshepa and Chanchalatva (tossing of the mind and restlessness). The mind is going all over the universe. There is no longer that serene process of the meditator, the meditation process and the object of meditation being harmoniously connected in one single unified state—a continuous, unbroken state of flow from the meditator towards the object of meditation, like the river Ganga flowing towards the ocean. Sometimes it is not there. The body may be motionless, but the mind is not motionless.

Whereas, the very purpose of your being addressed as Radiant Atman, children of Divinity, at the end of your meditation is to make clear to you that just the reverse should be the case. Your body may be involved in a hundred different movements, in continuous activity, but within you there should be a firm, unshaken state of being established in Kutastha Atma Svarupa, established in That which is unshaken. It is like Mount Meru.





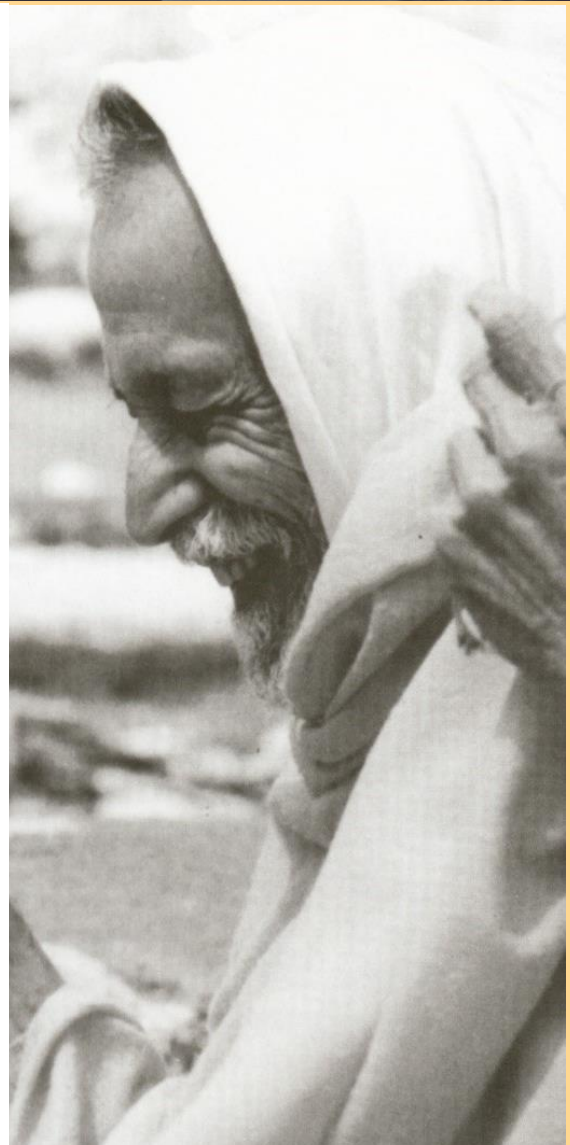
## Why you are called Radiant Atman (cont.)

Thus being established, move along in the world doing all the good you can, in all the ways you can, to all the beings you can, at all times and in all places. Constantly elevate your entire life into the same level as your own eternal being—not allowing your being to be dragged down, but by the power of your established Self-abidance, uplifting everything, elevating all through each and every movement of your life. Eating, drinking, sleeping, sitting, standing, breathing—everything should be drawn up, elevated and kept upon that state.

This should be the condition. This should prevail: abidance in the Self within, allowing the body, mind, senses, hands and feet to engage in activity without any prejudice to that continued Self-abidance. That should be your status. That should be your state, your interior.

If you thus abide firmly within, if you are rooted in your Self, then all the movements of your life, your selfless service, service to the Guru, service of mankind, will all result in making your whole life and its movements refined, subtle and sattvic. And, ultimately, you will be able to elevate your entire life to this same higher dimension. You will spiritualise everything. Nothing remains gross; nothing remains secular. Everything becomes spiritual. All activity becomes Yogic activity. Your life becomes a spiritualised life.

Thus, it is that you are reminded day after day: You are not this body and mind. You are not a mere Jivatma with birth and death. You are the eternal, the Kutastha Atma, ever free, ever pure, ever perfect, ever full. In this awareness you should abide, and let the body be made to engage in noble activity, sublime selfless service. And through the power of your inner Self-abidance, elevate and uplift even the outer activity to a higher plane of divinity.



The great Sankaracharya has given us the formula of transforming every activity into a glorious adoration of the ever-present, all-pervading Divine: *Yadyat Karma Karomi Tattad Akhila Sambho Tava Aradhanam* (Whatever actions I do, they are all worship of Thee, O Lord). Ponder this and transform your life into Divinity. May God's Grace and Gurudev's Kripa enable you to do this now and here.





## Daily Programme

- Our Day begins early at 5:15 am with Vishnu Sahashranama and Saraswati Upanishad Recitation with prayers.
- Daily rituals of Mother River Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva are performed in the Temple
- Evening Satsang is performed with enchanting prayers offered to all Lords by reciting Shiva Mahimna Paath, Hanuman Chalisa, Ramayan Paath and Bhajans.
- Every Saturday of the week, Ramayana especially Sundarkand is recited with full fervor encompassing nearby Villagers, Students and Sadhakas.
- Every Monday Rudra Abhishek and Mahamrityunjaya are conducted in our Shiva Temple, all are welcome to participate in the worship.
- Every Sunday afternoon Yoga Nidra session is being conducted.
- Village students and inmates enthusiastically take part in the Yoga asana classes daily under Swamiji's guidance.
- Now, with thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasishtha Classes are reaching seekers across the globe. Join at 9:30 Am online to experience the divinity of one of the most significant text ever written!
- Narayan Seva is providing an indispensable support to the Wandering sadhus, Pilgrims, and to underprivileged people living in the Uttarkashi Himalayan villages. Support is offered by means of Dry Ration, Money, Medical/ambulance and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 12

**SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE**



Morning Prayers



Yoga classes



Evening bhajan





## Spiritual Activities

### Chaitra Navratri & Rama Navami

Chaitra Navratri is celebrated in the month of Chaitra as per Hindu Calendar, commencing from the first day of Shukla Paksh and culminating on the ninth day, on Ram Navami.

It falls at the cusp of spring and summer. This Navratri is also celebrated as Basanti Puja in many parts of the country.

These nine days are considered to be very beneficent by the devotees of the mother divine and Durga Saptasathi Path, Havan, Puja, Aarti was performed to appease the Divine Mother.

A very significant part of Navratri is the Kanya puja ritual where young virgin girls were worshipped as 9 forms of Goddess Durga.

Lord Rama was born on the ninth day in the month of Chaitra, the birth of Sri Rama was celebrated on Navami with puja, path, bhajan and aarti.

Village Nag devata also visited the ashram on the auspicious occasion and blessed the ashramites and devotees.

Prayers were conducted for the welfare and peace of the whole world.



Nag Devta visting the ashram



Durga Saptasathi Path







## Healthcare Activities

The current running departments of Sivanand Dharmarth Chikitsalay are General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services for referral or emergency cases.

Panchakarma department is functioning well for male and female. The Tele Medicine facility having connectivity with AIIMS Rishikesh serves many chronic patients.

The Entire Dispensary works on HIMS (Hospital Information Management System) helping in maintenance of Electronic Medical Record, Pharmacy stock & Issue details and quick generation of patient Data. This is the only hospital in the entire Uttarkashi region offering this automated service.

Every month regular mobile medical camps are organized in remote villages around the Uttarkashi for the welfare of the people staying in remote villages. And regular medical education at schools.



**Mobile Medical Camps**



Patients Attended to in Hospital OPD	: 644
Dental	: 261
Panchakarma	: 179
Physiotherapy patients	: 290
Pathology Tests	: 34
Ambulance Seva to patients	: 06
Mobile Camp	: 154
Homeopathy	: 18



**Panchakarma treatment therapy**

**All the problems of the life are due to the idea of dualism! There is no problem in the ONE.**





Special Events:  
Holi Celebration

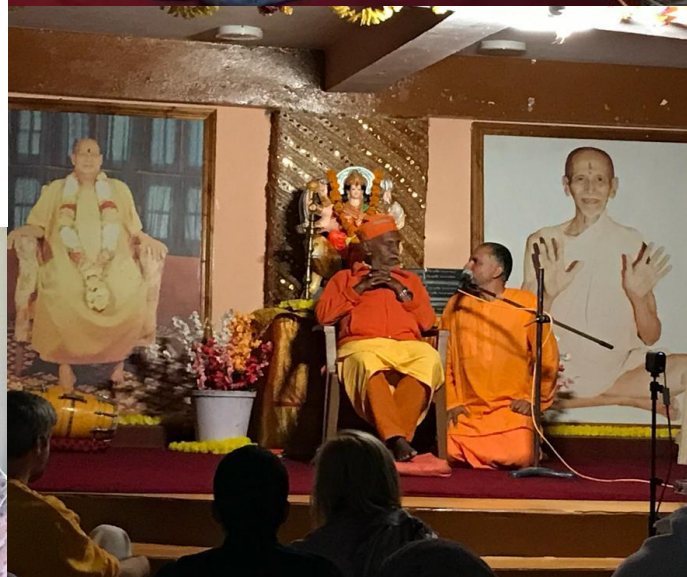




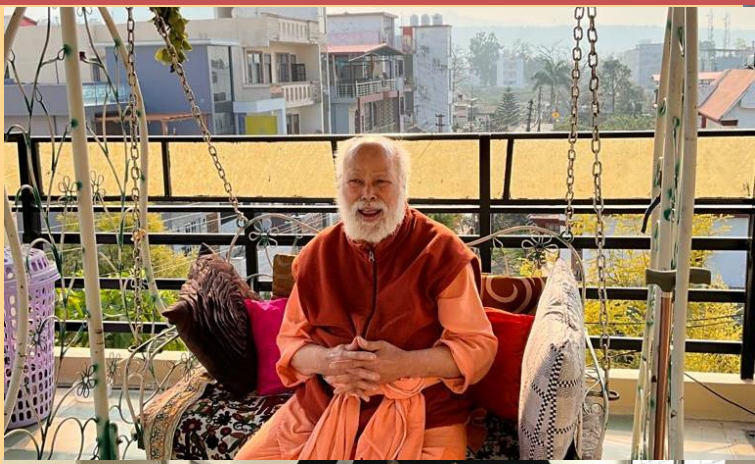


## Special satsangs

Swami Sivanand Seva Samiti conducted special satsangs for the group visitors, foreign and Indian, in the month of March like Guided meditation in the morning, Yoga Nidra in the afternoon and kirtans in the evening. Discourses and special spiritual guidance were provided by Swami Premananda ji and Swami Atmananda ji.











# Ashram News

## Hospitality

Ashram received few Mahatmas, they were given privilege of rest in the Ashram for a few days, along with food and medicines. Other spiritual seekers are also allowed to stay in the ashram and are given guidance to their spiritual practices. Ashram provides free food and accommodations to all these guests. Holi and Navaratri festivities filled the ashram this month, bringing even more joy to ashramites and those involved.

Indian guests	:	46
Foreign visitors	:	50
Ashram inmates	:	30

## Annakshetra

A daily routine of free food facility of breakfast, lunch, evening tea, and dinner is served in the Annakshetra to guests, visitors and hospital patients etc. whosoever is present in the Ashram.

**Total No. of People fed approximately per day: 80**

## Goshala

A team of Ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also a regular check-up and medical support is being provided by the Veterinary Department of our Hospital Wing.

Total No. Of Cows	:	4
Total No. Of Calves	:	3

## Yoga Asana

Regular Yoga asana classes have been resumed under the guidance of Pujya Swamiji.

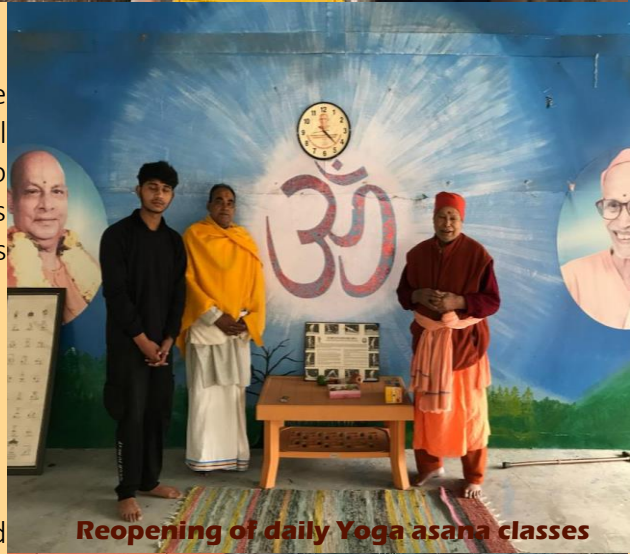
Total No. of students	:	22
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## Premananda Swami ji visits Haridwar and Dehradun

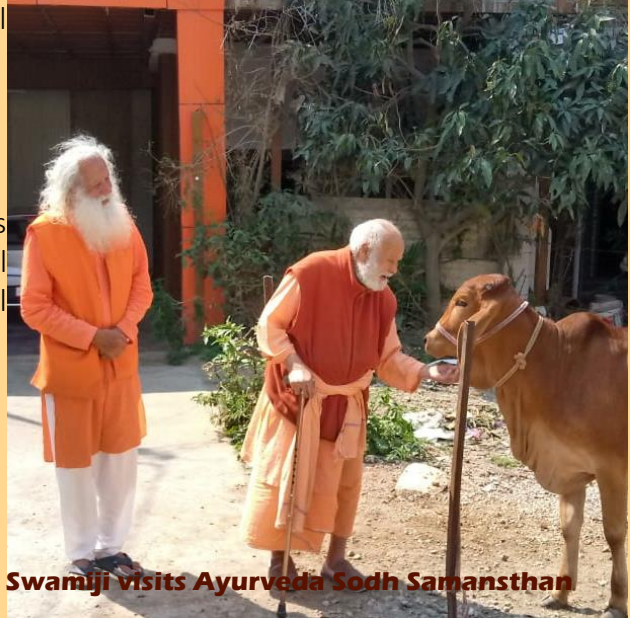
Swamiji visits Sharma ji's house after getting discharged from AIIMS. He also visits Shanti Nivas and Thanu in Dehradun and returns back to ashram.

## Yatidharmananda Swami ji attends school program

Swami ji attends National Science Day at Bankoli high school and address the students and felicitates the teachers.



**Reopening of daily Yoga asana classes**



**Swamiji visits Ayurveda Sodh Samanasthan**





## Teachings from Yoga Vasistha: So says Yoga Vasistha

Sri Ram asked Sage Vasistha - "how does a wise man perform his duties?" Sage Vasistha explains a wise man has equal vision. He sees the gold and ornaments as gold only. The wise man sees this visible world with many names and forms, as the absolute Truth only. Having this unshaken view within, he behaves differently in the relative world outwardly as per the need of the hour. He knows ornaments are gold and behaves differently with different ornaments.

Where there is oneness, there is no difference. As soon as there are two, differences arise. This is how the visible world has differences. Different objects are perceived differently in nature according to time, space and conditions. For example, human beings see rose as a source of beauty and fragrance, whereas the caterpillar and the butterfly etc. see it as their source of food. We admire the colour of a new leaf but the cows or goats look at it as food. Thus, different objects are perceived differently by different beings. The same object also is seen differently in different situations. The same fan is pleasant in summer and painful in winter night.

Vasistha explains further that the world is product of our intellect. It is subject to change. The fire of wisdom can burn it into ashes. A yogi with wisdom does not see the world as common ignorant people see but he sees only the absolute Truth. A wise man does not see the death of the physical body as total dissolution. He sees the changing phenomenon of this subtle body which is known as Puryashtak. The destruction of intellect with ego and sub-conscious mind only can bring total dissolution of the individual identity, which is known as self-realization.

Moreover, death means the decay of the physical body. When the physical body decomposes after death, the Prana, intellect with ego and the five Tanmatras, which is called subtle body, gets out of the physical body. According to the nature and force of the actions done in the previous birth, it roams about in the subtle realms. These subtler realms of existence are named differently as different hells and different heavens and different Lokas.

When the subtle body is ready to take a gross body, it accumulates necessary ingredients from the 5 elements (earth, water, fire, air, ether). Then it searches for a particular favourable womb for the body to grow before birth. In this way, the subtle body again takes a gross body. All this process take place by the force of actions of previous births. These gross bodies are of 4 categories –

- a) Taken birth from a womb (Jarayuja) e.g. human beings, animals etc.
- b) Taken birth from an egg (Andaja) e.g. birds etc.
- c) Taken birth from watery substance (Svedaja) e.g. bed bugs, cockroaches, leeches etc.
- d) Taken birth from earth and growing upwards (Udbhija) e.g. trees, creepers etc.

Thus, the individual being goes on changing its phases of bodies in a cycle continuously till the individual identity is destroyed by the self-knowledge. This is the cycle of nature.

The common ignorant persons suffer out of the fear of death of the gross body and take pleasure on the birth of the gross body; whereas a man of wisdom, who understands the law of nature never suffers, nor rejoices.



सेवा समाचार

तुम चलाओ मैं चला

**BECOME A MEMBER**

One who follows the principles of Gurudev Swami Sivanandaji—Serve, Love, Give—is welcome to become a member of Swami Sivanand Seva Samiti. We are extending our family to all those who will selflessly serve the philanthropic and humanitarian cause and pursuit of Swami Sivanand Seva Samiti.

## MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

**Name :**

**AGE:**

**OCCUPATION:**

**ADDRESS:**

**PHONE NUMBER:**

**EMAIL:**

Please send us the above information by email to:

[swami.premananda@gmail.com](mailto:swami.premananda@gmail.com)

[info@sivanandsevasamiti.org](mailto:info@sivanandsevasamiti.org)

## MEMBERSHIP PLANS

- LIFE MEMBERSHIP:  
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:  
RS. 200 PER MONTH OR  
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA

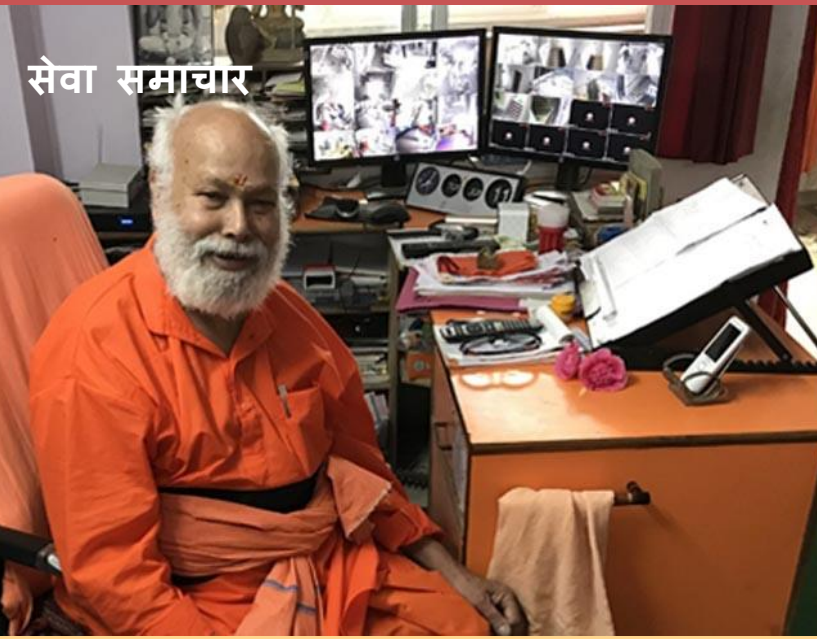
[www.sivanandasevasamiti.org](http://www.sivanandasevasamiti.org)

## HOW TO DONATE [Click Here](#)

ANNA DANAM	Rs. 3, 100 for 100 people per day
VASTRA DANAM	Rs. 2, 100 for 1 person for Blanket, Sweaters and clothes
CHIKITSA DANAM	Rs. 1, 100 for 1 week and Rs. 5001 for 1 month per person
VIDYA DANAM	Rs. 5, 001 for 1 student per year
GAU SEVA	Rs. 5, 100 for 1 Cow per month
BHANDARA	Contact us for details

PLEASE SEND ALL DETAILS TO - [swami.premananda@gmail.com](mailto:swami.premananda@gmail.com)





## SWAMI SIVANAND SEVA SAMITI

### ADDRESS

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## WE ARE ON THE WEB!

[www.sivanandsevasamiti.org](http://www.sivanandsevasamiti.org)

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

Swami Sivanand Seva Samiti is rendering one of the greatest services to humanity and mankind through **Sivanand Dharmarth Chikitsalay**. Keeping healthcare as an emerging need and responsibility to address, Samiti would extend its philanthropic medical arm to more and more people and connect for longer period. In the wake of it, there is a need of Corpus Fund to spearhead the cause.

Like-minded people are welcome to support this endeavour towards the noble cause of healthcare. The interest generated out of the Corpus Fund is being used for the medical help in the rural areas.

### SUPPORT US:

SWAMI SIVANAND SEVA SAMITI supports needy people through various seva, right from education to health in many ways. Everybody is welcome to support the Samiti by being a part of these various SEVAS. For all Donations and **Fund transfer from India or Abroad**, reach us at [swami.premananda@gmail.com](mailto:swami.premananda@gmail.com). All donations should be sent with full name, address, and PAN Card Details.

