

August 2024



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

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

Thought for the Month:

Worship – Swami Premananda

In every culture, normally to worship God, we offer flowers, leaves, milk, fruits, water, grains, vegetables etc. But does God (Paramatma) accept these objects that we offer, for example the milk or water or flower! Can God be really worshipped with these objects!

Can we offer milk to God?

No, it is the leftover of the calf (Jhoota), hence unfit for offering

Can we offer flowers to God?

No, it has been tasted and/or infected by insects, hence not acceptable

Can we offer water to God?

No, it has been tasted by fishes, so it is not appropriate for worship

Then what can we offer!

Can we offer our mind to God?

Oh! it is full of worldly thoughts.

Lord Krishna says in Bhagwat Gita –

पत्रं पुष्पं फलं तोयं यो मे भक्त्या प्रयच्छति ।

तदहं भक्त्युपहतमश्नामि प्रयतात्मनः ॥ 9.26 ॥

(patraṁ puṣpaṁ phalaṁ toyam̐ yo me bhaktyā prayachchati, tadahaṁ bhaktyupahṛitam aśhnāmi prayatātmanah̐)

If one offers Me with love and devotion a leaf, a flower, a fruit or water, I will accept it.

Here, Lord Krishna clearly says he accepts even a leaf. Then aren't we contradicting his statement!

Actually, the objects don't please the Lord. These objects are just mediums through which we offer our mind; if a devotional mind gets associated with the object, God accepts it. It is thus not the object, rather the feeling that pleases the Lord. Without devotion, these objects are unfit for offering, these have already been consumed or infected by other beings.

Seva Samachar

- Thought for the Month
- Service is Essential
- Guru Purnima Message
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Worship (contd.)

One of the many names of God is Bhava-grahi, one who takes only the essence of a devotee's attitude. God accepts our feelings. And a mind tainted with worldly thoughts is unfit for offering. God has to be worshipped by pure, unalloyed mind.

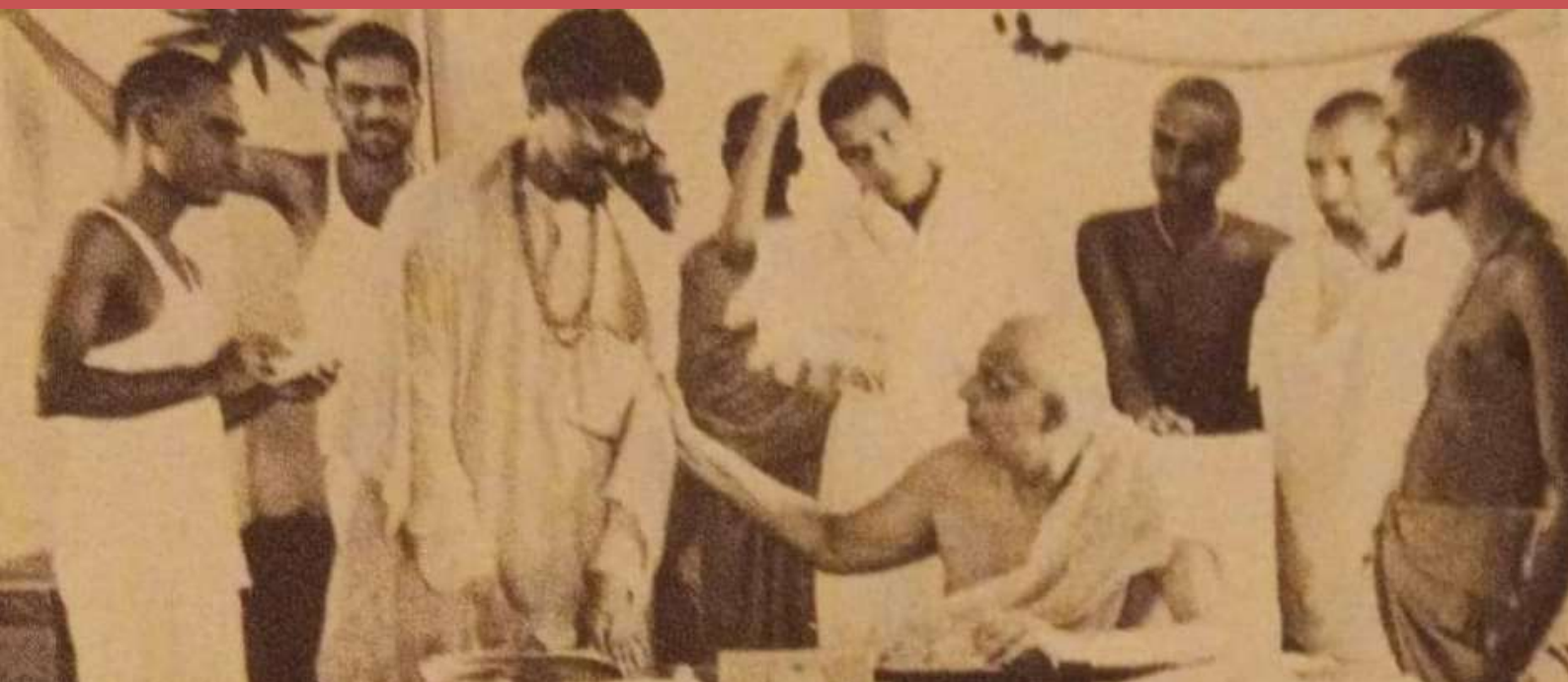
A silent mind, one pointed mind, filled with thought of the Divine, can be offered to God.

यस्य स्मरणमात्रेण (yasya smaraNa-mAtreNa) – Just by remembrance, we can offer our prayers, we can perform the worship. All actions and its results get dissolved just by remembrance. After that, there are no leftover of sorrow or happiness, one gets filled with Bliss.

So, the remembrance of God is real worship.

But how can we forget world completely by being in the world? Is this possible? Yes, one can achieve this through Vivek or discrimination. Through Vivek, idea of duality vanishes and World and Divine/Absolute is seen as One. Thus, by Vivek, we can really worship God; for the remembrance of this Oneness is the Real worship of God.



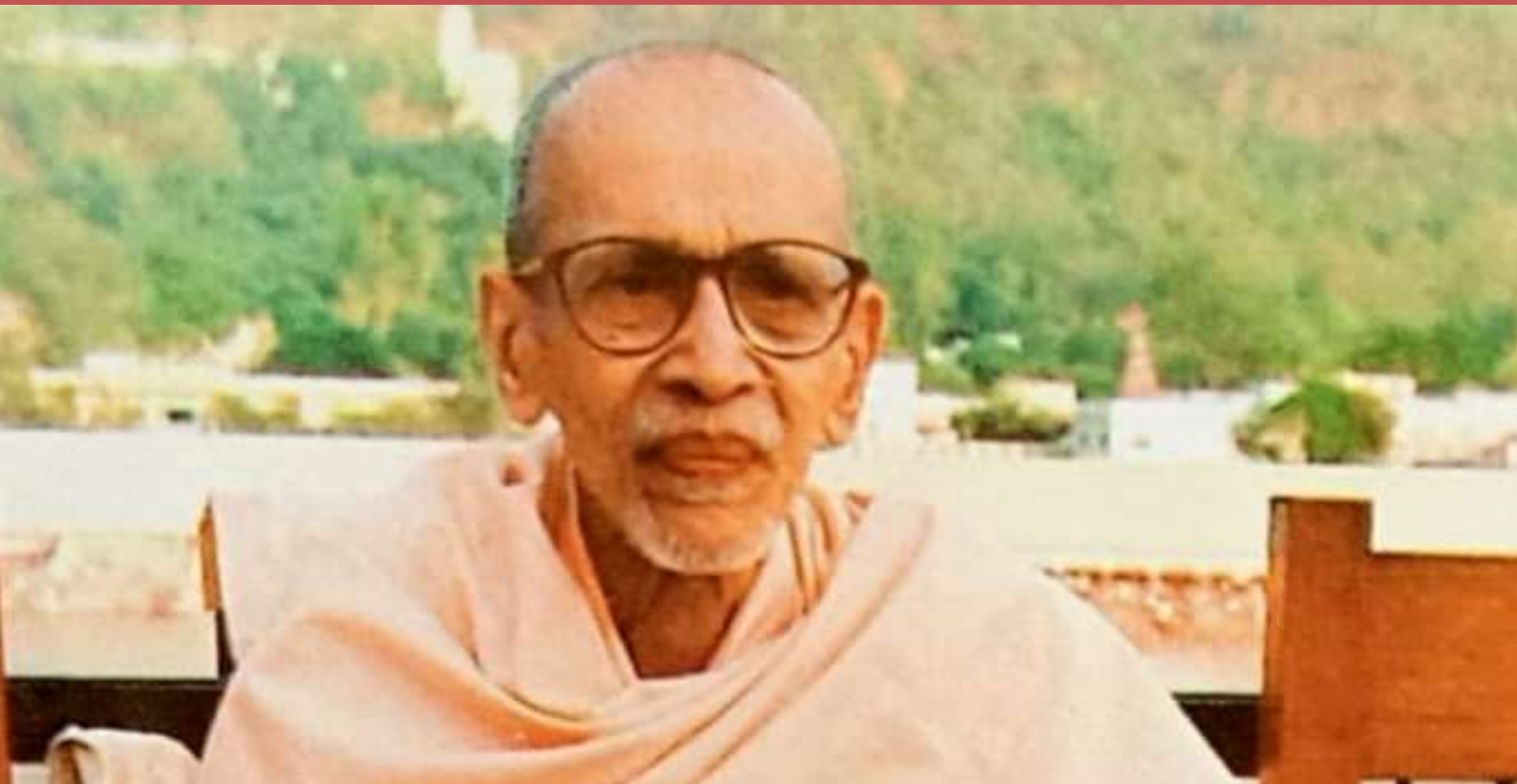


Service is Essential By Swami Sivananda

You must completely engross and saturate yourself in service. It is no use sitting in a closed room or on the bank of the Ganga and meditating for hours together. How long can you meditate? Ask yourself. Say, for half an hour or an hour at the most. Then your mind will begin to wander, innumerable thoughts will crop up, you will begin to imagine so many useless things and start building castles in the air. You will not be able to control your thoughts or concentrate on your object of meditation. What is the reason for this? Because of your bad Samskaras, because you have no serenity and the mind is always ruffled by worldly thoughts, and-because you have not purified your heart by selfless service. You can purge out your bad Samskaras only through intense selfless service. Then peace and serenity will come and you will have perfect, vigorous meditation.

I have heard of so many aspirants complaining that they are not able to do sufficient Japa, meditation, etc., because they are always engaged in service. Well, I would ask them to go to some solitary place or shut themselves in a room for a day or two and just see how long they can meditate. It is impossible for a neophyte to meditate twenty four hours a day. The mind wants something to be engaged with. Have you seen any person meditating on the Ganga bank? Watch him for some time. He will perhaps be able to meditate quietly for an hour at the most, then you will see him playing with the pebbles or engaged with similar silly things. That is why I say that service is very essential in the beginning. Because the mind wants variety. You should engage it with some noble, benevolent work for the good of others. Service alone will bestow upon you everything. Through service alone you can have Realisation. Side by side you must also carry on your Japa, meditation and other preliminary Sadhanas. A synthetic practice alone can give you perfection.

One ought to adjust himself with all sorts of circumstances. Suppose, you are capable of doing vigorous meditation; suppose you are a peace-loving, solitude-seeking Sadhaka and you can avoid getting stagnated in repose; then you may, of course, go to Uttarkashi or such other solitary places. But after five years when you come down to the plains, you will not be able to tolerate the secular circumstances, your mind will be very easily disturbed, you will never be able to meditate amidst noise and bustle, and you will be very easily perturbed by secular influence; in short, you will be just like a fish out of water. You will always require a cave or a solitary place for your Sadhana. Is this the result of your five years' Sadhana? Of what use then is your rigorous meditation, when you have no mastery over your mind, when you get easily upset by a few unpleasant words, when you are unable to bear insult, injury, censure and persecution? Of what use is your remaining in solitude for so long a time, when you are so easily carried away by the petty temptations of creature comfort, when you are unable to withstand the secular atmosphere? You must rigorously train your mind to remain unshaken, unperturbed and peaceful amidst distraction and dissipation. You must be able to move amicably with others and be adaptable, tolerant, sociable and serviceable. You must be able to adjust yourself with all types of people and make yourself useful to others; you should adore, serve and worship the same Lord manifest in the poor, the sick and the suffering, just as you adore and worship Him in the temple of your heart. Therein indeed lies the success of your Sadhana.



Guru Purnima Message By Swami Chidananda

Excerpt from Guru Purnima Message on July 1964

Om Namō Bhagavate Sivanandaya!

Salutations and worshipful Pranams to the sacred lotus-Feet of the Guru whose form is to be an object of our meditation, whose feet are to be adored, whose words are most holy truths and whose Grace grants us supreme Divine beatitude!

Guru is one who had destroyed his mind and who knows how one has to destroy it. The only thing that stands in the way of our spiritual realization is our own mind and it is to remove this obstacle that one comes to the Guru and surrenders himself unto him. But, then, Guru-Kripa has not only to be bestowed, not only to be given; it has also to be received. In receiving it, we immortalize ourselves, divinise ourselves. We must be ready to receive it; then it will flow into us and raise us to the highest realm of immortality, eternal light and infinite bliss. But, then, how can we receive it? How should we conduct ourselves if we are to receive this Grace?

Carry out the teachings of the Guru; and this should be our Sadhana day in day out. There may be certain inner qualifications which are necessary for the full and effective reception of divine grace; even after having attained all the qualifications of the ideal disciple, we have to wait in humility and in patience. There is no loss here, for the goal is immortal life, freedom. If we have become willing servants and willing, obedient disciples, then it is the natural law that Guru-Kripa may come in an unpleasant form. It may come in the form of a series of disappointments. We may think that Guru has not bestowed his Kripa upon us; but that disappointment itself will be his Kripa. We are not fit to judge whether we are ready to receive Guru-Kripa or not, and what form it would take. The best thing is to humbly leave everything to the Guru.

“I do not know whether I am a disciple or not. Therefore, O ocean of mercy and compassion, pray make me a proper disciple. Generate in me that Mumukshutva which makes me a disciple and give me the spirit of willing obedience.

“Help me in trying to follow thy instructions. Help me in trying to mould myself upon the pattern set up by thee”; this must be our constant prayer. And, by this alone shall we be able to draw the Kripa of our Guru and make our life fruitful. And the perfect way of praying is trying our best to be real disciples.

May Gurudev' grace be upon you all!



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 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 Sunday afternoon Yoga Nidra session is conducted.
- Every Monday Rudra Abhishek and Mahamrityunjaya are conducted in our Shiva Temple that all are welcome to participate in.
- 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 9:45 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana sessions are regularly conducted and is attended by students from nearby villages.

Total No. of Students: 25

- 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, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 19





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. Also, regular medical education is provided at schools.

The cloud enabled touch screen Health ATM, with a capacity to conduct more than 50 types of tests, provides instant reports to patients through print outs, e-mail and SMS.

The whole medical services are based on selfless-service to the needy.

Patients Attended to in Hospital OPD	: 824
Eye	: 249
Dental	: 269
Mobile Camp	: 37
Panchakarma	: 466
Physiotherapy patients	: 425
Homeopathy	: 55
Pathology Tests	: 67
Ambulance Seva to patients	: 1



Registration and OPD



Dental



Health Kiosk

**Ayurveda is the science of life.
Your body is your temple; your food is your sacrifice.**

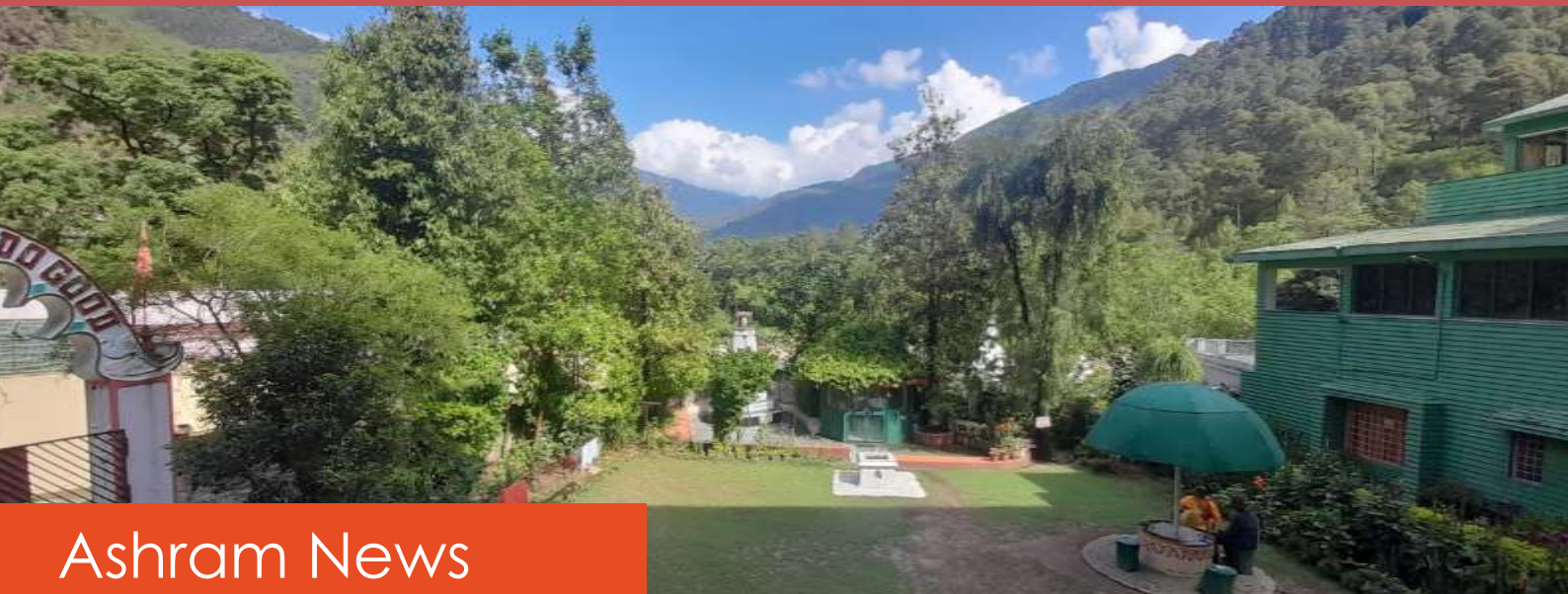
Healthcare Activities: Mobile Camp



In the month of July as well, the team conducted regular mobile camps and provided free health checkup, consultations and treatment to the patients of several remote and hilly villages of Uttarkashi district.

The patients who required further assessment and treatment are referred to our hospital. All services are provided free of cost.

Due to heavy rains and landslides, medical facilities have been impacted in several places. In spite of the difficulties, the team continued with the spirit of service.



Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram for Swamiji's darshan. 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 in their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	20
Foreign guests	:	01
Ashram inmates	:	25



Satsang

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: 55

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	:	6
Total No. Of Calves	:	3



Swamiji grooming the students

Student support

The students needing support are identified on the basis of their educational performance, family background and annual family income. They are provided educational support in terms of fees, school uniforms, school bags, books, stationary etc.

Total No. of Students supported in the month of October: 20



Cows enjoying the warmth of morning Sun

Events and celebrations in July

Rath Yatra, the Hindu chariot festival, which is celebrated annually, is an age-old tradition that honors the sacred journey of Lord Jagannath (meaning The Lord of the World) from the temple to bless the devotees.

On 7th July, after ritualistic worship and offering of Bhog at the Kunja Bihari Temple in the ashram, the inmates and devotees pulled the beautifully decorated chariot amidst sound of conches, mridang, pooja bells and cymbals, accompanied by kirtan. Prasad was distributed all along the route. Onlookers and devotees thronged the alleys and buildings for the colourful procession.

Lord Jagannath, Balaram and Mata Subhadra were worshipped in a nearby makeshift temple for the next 9 days, after which the Lord returned back to the temple in the chariot through the same route on Bahuda Yatra.

The Prasadam consisted of a variety of traditional dishes like Poda Pitha (a sweet pancake), kheer etc. which was enjoyed by everyone.



Brahmaleen Swami Atmananda Saraswati ji's Shodashi

According to Sadhu tradition, on 9th July, Shodashi Bhandara was organised for Shri Swami Atmananda Saraswati ji, disciple of Sadgurudev Shri Swami Sivananda ji Maharaj and Gurubhai of Shri Swami Premananda ji Maharaj.

Hundreds of Sadhus and followers participated in the Havan Pujan at Gangadhar temple followed by Paduka Pujan, Sadhu Seva and a grand Bhandara. 16 types of items along with Dakshina was offered to 16 revered Saints of Uttarkashi.

In the afternoon, the Saints and devotees paid heart-warming tribute to Swamiji.

[YouTube link: Shradhanjali](#)

The program concluded with Bhajan and Sankirtan. Swamiji lovingly distributed appropriate gifts to everyone present during the auspicious occasion.

The cooperation of the Saint community, devotees, villagers and Premananda Swamiji's expert supervision resulted in making this an auspicious occasion.



Havan



Pujan at temple



Guru Paduka Puja



Shodashi Sadhu Bhandara



Samuhik Sadhu Bhandara



Bhandara



Sankirtan



Swamiji with a group of volunteers



Guru Purnima celebration started with Guru Paduka Pujan through invocations and chants followed by Bhajan Kirtan and Bhandara on the 21st of July. Mahatmas, disciples and followers participated in the program with a heart full of love, reverence and gratitude for all the teachings and blessings received from our Guru Parampara (lineage of teachers) and revered Swamiji Maharaj.



Paduka Pujan



Aarti



Pada Pujan



Kirtan



Path and Bhajan Kirtan



Bhandara



Teachings from Yoga Vasistha: Process of Dissolution

The world is a Chitra or picture on the body of the Absolute. Sometimes this picture is erased, it disappears from view. The process is called dissolution, and it follows the reverse order as that of creation. For example, we will have to come back from Gangotri to Uttarkashi through the same route that we had taken to go to Gangotri from Uttarkashi.

The dissolution can be of 3 types –

- i) When an individual is in deep sleep state, the body-mind awareness of the relative world is not present. This type of Laya provides our body and mind with rest so as to rejuvenate and restructure itself to perform Karmā after being awake.
- ii) When the Jeevatma through Gyana or knowledge recognizes its real self, leaves its false or momentary individual association with body, mind, prana, ego and unites with the Paramatma
- iii) When there is complete dissolution of creation to unify with its source, the absolute singularity or Mahapralaya

The creation and complete dissolution of the creation has been beautifully described in the scriptures.

At the end of the cycle of creation, the Samvartak clouds will cause continuous downpour for 100 years and the Universe will get drowned in the water, there will be no trace of Earth element anymore, the Universe will lay dissolved in Ekarnava, the only primordial Ocean or one infinite sea.

After that, for 100 years, 12 Suns will rise and the searing heat of these Suns will absorb all the water. Then will come Agni along with winds that will spread all across the worlds. This blazing fire along with the stormy wind will destroy all the 14 worlds (Lokas). The mighty Wind of immeasurable force will swallow up quickly that blazing fire, and extinguish the Suns. Then the wind will become calm and, in the Space (Akash), Kaal and Kali will perform the Cosmic dance. Finally, through their continued divine yet fierce dance, Kaal and Kali will get merged into One, and what will remain is termed as Kaalaratri (roughly translated as the Black Night of dissolution, it can also be compared with Black Hole). In this state, there is no time or space, only some impressions will remain in steady state in darkness, just like impressions remain in paper after the sketch or drawing has been rubbed with eraser. And the next cycle of creation will follow these impressions, just like one can recreate the previous sketch/drawing by following the impressions on the paper. Thus, it is said that creation is Yathapurvam, i.e. Universe evolves/manifests as in the previous cycle.

But as we visualize the process of dissolution, we must take a moment to remember the Vedantic wisdom - Jagat Kalpana, Jiva Kalpana, Deergha Swapna (The world is unreal, Jiva is unreal, the world is a long dream). But if we accept the world to be true, then we need a process for both creation and dissolution, and this process will be Kalpana (imaginary, unreal) as well. These are all play of the mind. Actually, there is no creation and dissolution. If the mind accepts this and one realizes that there is no creation and dissolution, dualities will dissolve and it will rest in Swarupa i.e. it will behold Oneness and delight in the Self.

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

MEMBERSHIP PLANS

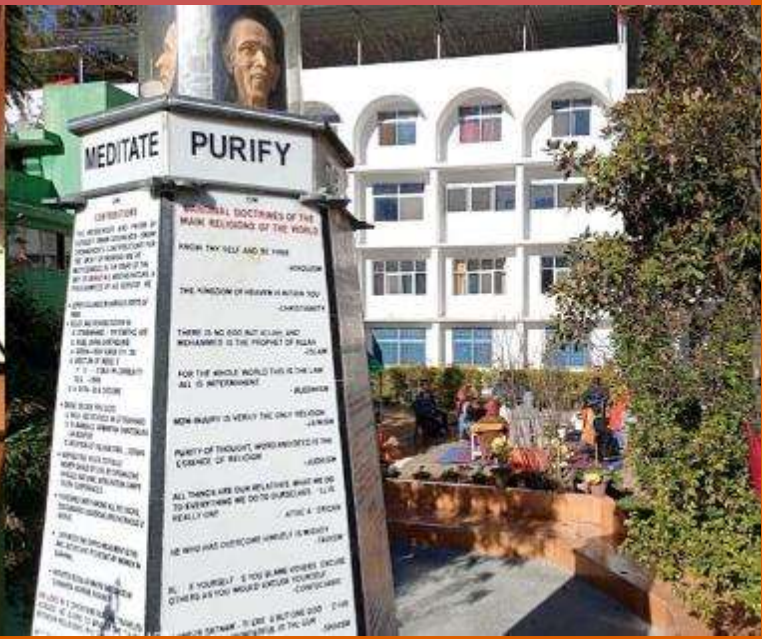
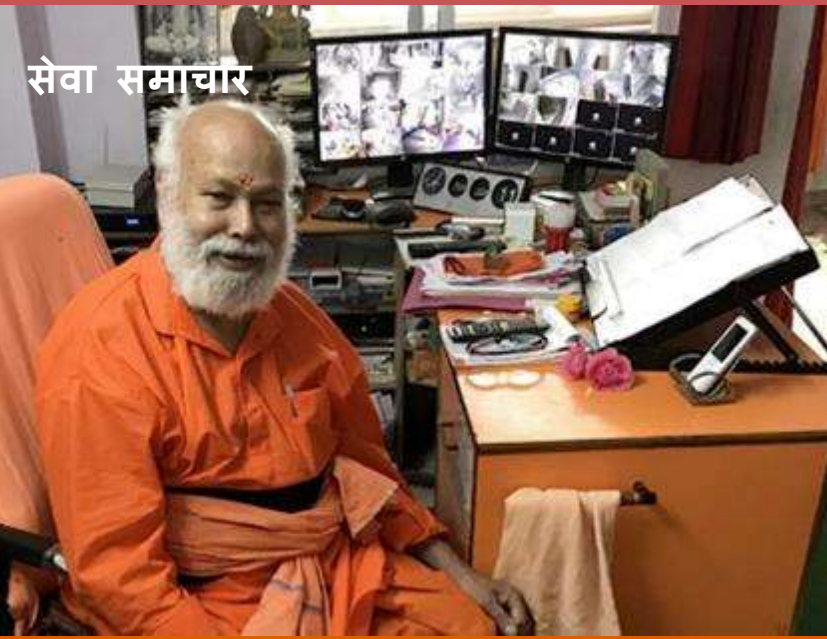
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

www.sivanandsevasamiti.org

HOW TO DONATE

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



SWAMI SIVANAND SEVA SAMITI

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WE ARE ON THE WEB!

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. All donations should be sent with full name, address, and PAN Card Details.

