

December- 2022



Swami Sivanand Seva Samiti REGD



Seva Samachar

सेवा समाचार

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

Thought for the Month: As I See

By Swami Premananda

I have seen this life's flow; like a hilly-rivulet that over flows many-a-time crossing its limits and causing disasters, and in no time drying up soon!

I see the life- sun rising so brightly with beautiful golden rays; giving joy to everyone and setting at bright evening-twilight disappearing in the pitch-dark night!

I see the same sunrise of life with clouds or foggy sky but setting with bright rays! Sometime rising brightly but setting with foggy clouds!

I observed the glittering bright morning- star disappearing in day-sunlight!

The busy streets of beautiful crowded city tuns into thick forest in course of time! The wild animals are seen dancing, howling and fighting there!

I see beautiful round-clear-glittering stone in the riverbed! Once it was of broken, odd sized- sharp angular one!

Seating at the sea-shore; look at the blue sea water extending till the horizon! Who can count these waves and bubbles? Why do they appear and disappear in the next moment? Why do they clash against each other?

Sometimes it is seen- a tree with green foliage and glazing new-red-leaves turned into dry, ugly; standing all alone! After sometime it is again full of beautiful flowers and new shining leaves!

Why all these drastic changes? It is my nature! **I AM THE ETERNAL TIME! It is my everchanging; ever creating; ever destroying nature!**

"I AM THE ALL CONTROLLING TIME"!

Nobody can get rid of this in this world. You must accept it, be in it. So, knowing my all-controlling nature you have to adjust and accommodate with it! If you accept it willingly you are happy; or else you will be miserable!

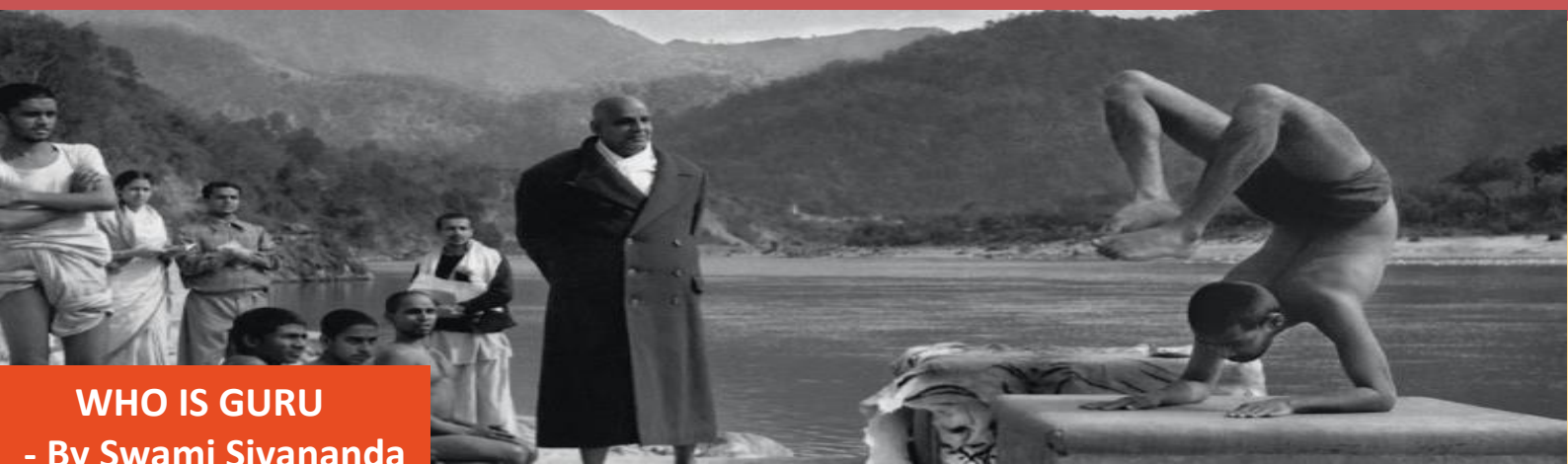
May lord bless you to accept everything silently without any 'If or but'!
Be happy and walk with me every step!

Swami Premananda Saraswati

Seva Samachar

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- BECOME A MEMBER





WHO IS GURU

- By Swami Sivananda

The Guru is God Himself manifesting in a personal form to guide the aspirant. Grace of God takes the form of the Guru. To see the Guru is to see God. The Guru is united with God. He inspires devotion in others. His presence purifies all. The Guru is verily a link between the individual and the immortal. He is a being who has raised himself from *this* into *That*, and thus has free and unhampered access into both the realms. He stands, as it were, upon the threshold of immortality; and, bending down he raises the struggling individuals with his one hand, and with the other lifts them up into the *empyrean* of everlasting joy and infinite Truth-Consciousness.

To be a Guru, one must have a command from God. Mere study of books cannot make one a Guru. One who has studied the Vedas, and who has direct knowledge of the Atman (Self) through Anubhava (experience), can alone be enrolled as a Guru. A Jivanmukta or liberated sage is the real Guru or spiritual preceptor. He is the Sadguru. He is identical with Brahman or the Supreme Self. He is a Knower of Brahman. A Sadguru is endowed with countless Siddhis (psychic powers). He possesses all divine Aisvarya (powers), all the wealth of the Lord. Possession of Siddhis, however, is not the test to declare the greatness of a sage or to prove that he has attained Self-realisation. Sadgurus generally do not exhibit any miracle or Siddhi. Sometimes, however, they may do so in order to convince the aspirants of the existence of superphysical things, give them encouragement, and instill faith in their hearts. The Sadguru is Brahman Himself. He is an ocean of bliss, knowledge, and mercy. He is the captain of your soul. He is the fountain of joy. He removes all your troubles, sorrows, and obstacles. He shows you the right divine path. He tears your veil of ignorance. He makes you immortal and divine. He transmutes your lower, diabolical nature. He gives you the rope of knowledge, and takes you up when you are drowning in this ocean of Samsara (cycle of birth and death). Do not consider him to be only a man. If you take him as a man, you are a beast. Worship your Guru and bow to him with reverence. Guru is God. A word from him is a word from God. He need not teach anything. Even his presence or company is elevating, inspiring, and stirring. His very company is self-illumination. Living in his company is spiritual education. Read the Granth-saheb (the holy scripture of the Sikh religion). You will come to know the greatness of the Guru. Man can learn only from man, and hence God teaches through a human body. In your Guru, you have your human ideal of perfection. He is the pattern into which you wish to mould yourself. Your mind will readily be convinced that such a great soul, is fit to be worshipped and revered. Guru is the Moksha-dvara (door to liberation). He is the gateway to the transcendental Truth-Consciousness. But it is the aspirant who has to enter through it. The, Guru is a help, but the actual task of practical Sadhana (spiritual practice) falls on the aspirant himself.

For a beginner in the spiritual path, a Guru is necessary. To light a candle, you need a burning candle. Even an illumined soul alone can enlighten another soul. Some do meditation for some years independently. Later on, they actually feel the necessity of a Guru. They come across some obstacles in the way. They are unable to know how to obviate these impediments or stumbling blocks. Then they begin to search for a Master.

HOW TO CHOOSE YOUR GURU:

If you find peace in the presence of a Mahatma (great soul), if you are inspired by his speeches, if he is able to clear your doubts, if he is free, from greed, anger, and lust, if he is selfless, loving, and I-less, you can take him as your Guru. He who is able to clear your doubts, he who is sympathetic in your Sadhana, he who does not disturb your beliefs but helps you on from where you are, he in whose very presence you feel spiritually elevated-he is your Guru. Once you choose Your Guru, implicitly follow him. God will guide you through the Guru. Do not use your reason too much in the selection of your Guru. You will fail if you do so. If you fail to get a first-class Guru, try to follow the instructions of the Sadhu (a spiritual person) who is treading the path for some years, who has purity and other virtuous qualities, and who has some knowledge of the scriptures. Just as a student of the Intermediate class will be able to teach a student of Third Form when a professor with M.A. qualification is not available, just as a sub-assistant surgeon will be able to attend on a patient when the civil surgeon is not available, this second- class type of Guru will be able to help you.

Swami Sivananda



THE MYSTERIOUS MIND AND ITS CONTROL - By Swami Chidananda

The knowledge about the mysterious mind is ancient. From the dawn of civilization, these truths have been expounded by the Great Ones. From times immemorial, man has been reminded of his true supra-mental nature by the revelation of the wise sages and illumined seers. In the East, the investigations have been on a different line altogether. Their method has been the method of intuition, and their approach has proceeded from "inside to outside". Their method, though inductive in nature, has been proved through the test of time to be beyond error, because their first premise was infallible - based as it was upon intuition. The scientists of the spirit rose beyond the mind through processes of Yoga, and totally separated themselves from the mind and all its associated functions, and from that point of vantage, untouched by the mind, and entirely free from influence of its habitual patterns of thought, patiently studied its essential, inherent nature and its behavior. They beheld it in the light of a tangible and higher spiritual experience upon which they were established, and from where the mind was seen to be a distinct object apart from the seer, a thing to be observed and studied. The Yogic masters, avowedly of the inner realm of man, did gain a supra-mental freedom and independence and were able, as it were, to "put the mind before them"; and then they carried on their study of its working in an objective and masterful way. When the observer is himself involved in the subject of his study, his results are bound to be incomplete and colored, because he himself becomes a factor in that thing he tries to study. It is impossible to get a perfectly undistorted and distinct view of his subject unless and until he finds out how to study it in a totally objective way. So long as you have not developed a faculty other than this mind (in this case, the supra-mental faculty), so long as you have not disentangled yourself from the mind, you will be unable to conduct competent research in the realm of the mind. As the Indian expression has it: "You cannot see your own eyes". For this, a mirror must be placed before your face. Similarly, for studying the mind, objectification of the mind is required. Long ago, there were great seers who managed to reach the supra-mental state in which suitable methods for such objectification could be adopted, and out of their deep studies came great discoveries which have given man powers which hitherto he was unable to possess.

Stones, trees, grass and sand, which might have been existing in a given geographical area for centuries, can know absolutely nothing about their physical environment, but the moment an intelligent man enters into the area, he gathers innumerable facts pertaining to the same. He correlates these facts and, in this way, acquires useful knowledge. He may, for instance, ascertain the composition of the soil, the elevation of the land, the quarter in which the sun rises, the direction in which the water flows and the wind blows. Stones and boulders are immobile and insentient. Vegetation is entirely unconscious of itself and its environment, knowing nothing about the soil in which it grows, about the winds blowing above it, about the water soaking it. In man alone, there is some miraculous factor which gives him an immediate perception of his surroundings, and simultaneously gives him the ability to develop knowledge out of which new ideas are created for himself. This phenomenon is the mystery of human life. It is the mystery of the mind. If you are in possession of this amazing mental faculty, wherever you go, knowledge opens its doors to you; whereas, deprived of this faculty, you are just like a pebble or a stone or a cabbage. When you go into sleep, and as soon as the mind is absorbed, you 'lose' all practical knowledge. The very moment the mind withdraws - it does not even have to leave you - that very instant you become like a block of stone or a piece of wood. This occurs every time you lapse into that state termed 'sleep'. The moment the mind starts its activity once again, the whole miraculous motion involved in life begins a new.

What precisely is this thing called mind whose function annuls him and makes him a non-entity? What is this mysterious thing that makes so much difference to our being by its activity and its non-activity, by its projection and its withdrawal? In five minutes, man is able to reduce a whole mass of perception and observation into well-marshalled facts of information and, through the process of rationalization and co-ordination, he incorporates them into a comprehensive system of knowledge. By a no less astonishing process, man can walk and talk and execute various intricate movements, all impelled by the thoughts and ideas of the mind.

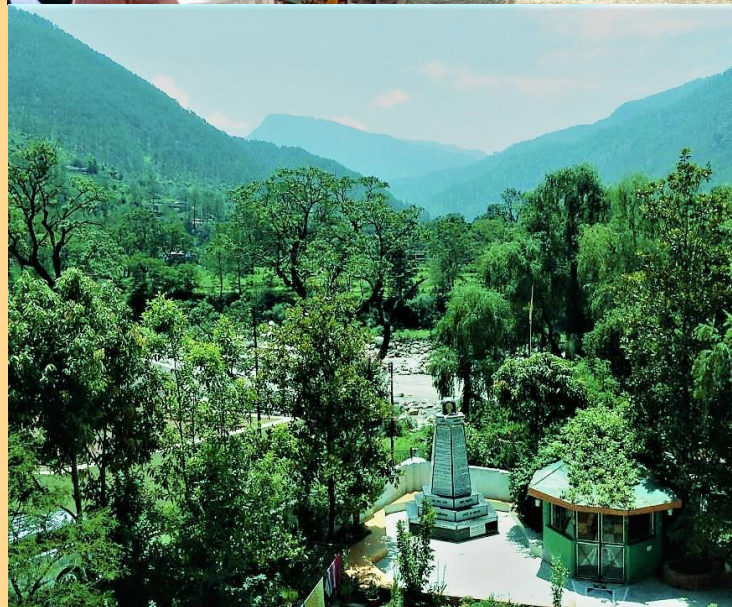
सेवा समाचार

Daily Programme

- Our Day begins early at 5 am with Vishnu Sahashranam 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.
- Now, with thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasishta Classes are reaching seekers across the globe. Join Swami Premanand at 9:30 Am online to experience the divinity of one of the most significant text ever written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- All notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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: 30

SERVE, LOVE, GIVE,
PURIFY, MEDITATE, REALIZE



छोटे से प्रयास (A Small Effort)

रम्य उत्तराखंड का सूदूर जिला उत्तरकाशी ।
सदियों से तप, ध्यान में रमे हुए यहां सन्यासी ॥

गंगा, यमुना की निर्मल धारा का है उद्गम ।
शांत वातावरण, प्राकृतिक दृश्य मनोरम ॥

उत्तरकाशी से गंगोत्री राजमार्ग पर पांच मील चल कर ।
बसा है एक छोटा गांव 'गणेशपुर गवाणा' यहां पर ॥

स्वामी प्रेमानंद जी की पांच दशकों की सेवास्थान ।
स्वामी चिदानंद जी की यहां एकांत साधन ॥

'अच्छे बनी, अच्छा करो,' स्वामी शिवानंद जी का मूल मंत्र ।
'स्वामी शिवानंद सेवा समिति' की ये साधन तंत्र ॥

स्वामी प्रेमानंद जी का नित्य का योग वशिष्ठ प्रवचन ।
विष्णु सहस्रनाम, गीता पाठ व भजनों का अनुष्ठान ॥

साधकों को मिलें साधना हेतु साधन ।
सतसंगी बन गांव वाले करें जीविकोपार्जन ॥

शिविर लगे तो बहे ज्ञान की धारा ।
ज्ञान मार्ग पर गंगा तट का मिले सहारा ॥

हिमालयी चोटियां देख अंहकार भी टूटे ।
जीवन सफल हो, ये मार्ग मिल-जुल सभी रटे ॥

गौ सेवा, रोगी सेवा यहां नित्य होती ।
अन्न दान, विद्यार्थी सेवा की जाती ॥

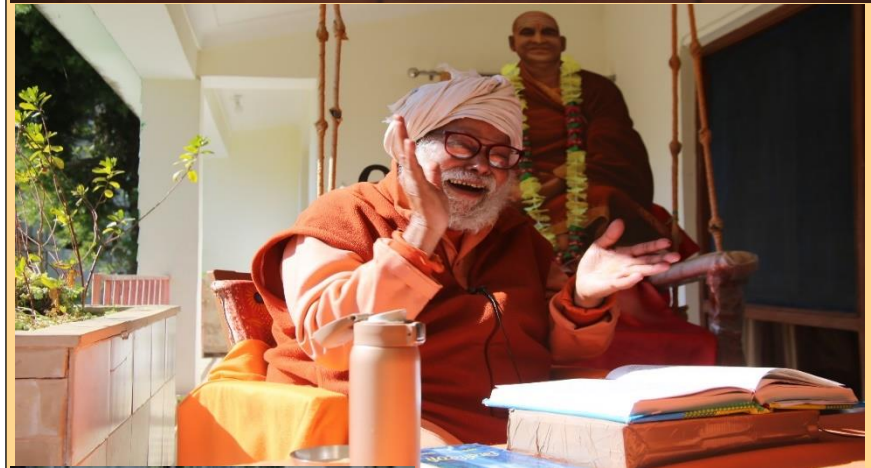
गांव-गांव जा कर मोबाइल एम्बुलेंस से करते हैं उपचार ।
डाक्टर, नर्स एवं दवा इस निः शुल्क सेवा का आधार ॥

आश्रम निःशुल्क अस्पताल की सेवा ही आधार ।
इसमे करते हैं जो सहयोग सभी का आभार ॥

पंचकर्म, आयुर्वेद, भौतिक चिकित्सा हैं सुलभ ।
एलोपैथी, होम्योपैथी, दंत चिकित्सा न दुर्लभ !!

छोटे से प्रयास में बहती रस की धार ।
रोम-रोम पुलकित करें, मिले हर्ष अपार ॥

सेवा की भावना, इस प्रयास में है प्रधान ।
मानव कल्याण में सहयोग करें सभी सुजान ॥



- उमेश शर्मा



Eye Camp November 2022



Doctors in O.T.



Bhandara for all Patient and their family.

Swami Sivanand Seva Samiti conducts frequent free Eye-camps. Doctors and specialists from India as well as abroad are involved in providing the necessary consultancy during the camps. All medical aids are distributed to the needy patients free of cost. These Eye camps are an endeavor from Swami Premanand ji on a **Sewa** ground towards welfare of rural communities around Uttarkashi hilly villages. Eye camp has become a monthly activity. On 4th, 5th & 6th November 2022, under the leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) a camp was conducted.

No. Patients: OPD- 329, Cataract Surgery done for: 74.

And follow up was done in time and all the cases found successful.



Doctors testing Post Operated Patients.





HOMEOPATHY

Healthcare Activities



Hospital staff with CMO

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.

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

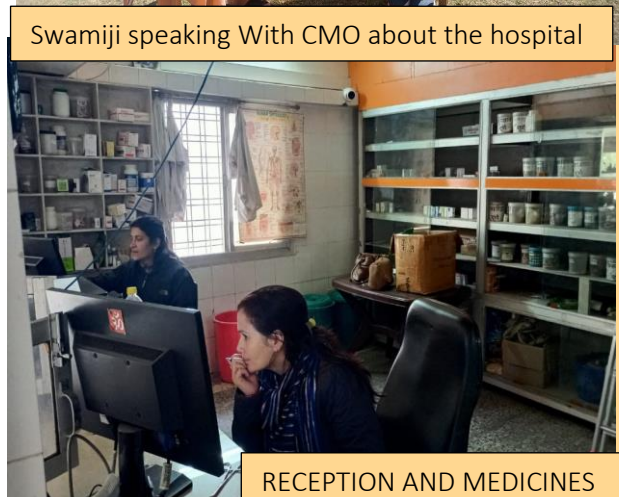
Patients Attended to in Hospital OPD	:	491
Eye patients	:	329
Panchakarma	:	122
Physiotherapy patients	:	269
Pathology Tests	:	104
Ambulance Seva to patients	:	03
Homeopathy patients	:	49
Dental	:	105
Mobile Camp	:	240



GENERAL PHYSICIAN



Swamiji speaking With CMO about the hospital



RECEPTION AND MEDICINES

Health is state of complete harmony of body, mind and spirit.
When one is free from physical disabilities and mental distractions,
The gates of the soul open.



Free medical consultation



NGO Free Medicines distribution



Remote Mobile Medical Camp



Patient Gathered



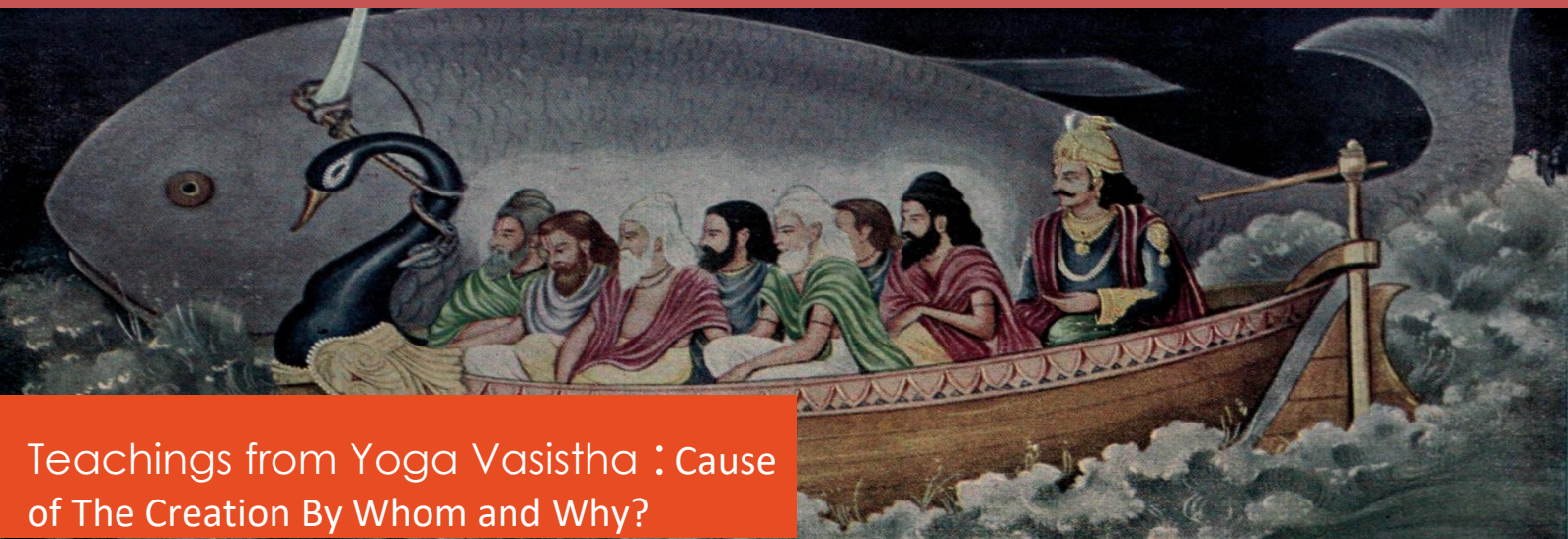
Mobile Medical camps are conducted on regular basis in all remote villages in the Uttarkashi district, Sivanand Seva Samiti conducts these camps so that people in remote village get the medical attention they need for the betterment of their health, free medicines and consultancy is done by group of expert doctors' team.

Ramleela



Every year in Ganeshpur village they organize Ramleela, ashram people visit and participate in it. Swamiji as senior most, was invited for the inauguration and to bless the function.





Teachings from Yoga Vasistha : Cause of The Creation By Whom and Why?

It is by the divine will, that all living souls of beings are evolved from the original intellect (in which they are contained), as the waves rise from the main body of waters contained in the ocean. The living souls retain the tendencies of their prior states in former births; and are thereby led to move in their course of light or ignorance act in this world, and to accordingly subject either to happiness or misery, which is felt by the mind and never affects the soul itself. The invisible soul is known in the knowable mind, which is actuated by it (the soul); as the invisible node of Rahu, becomes visible to us in the eclipse of the moon (which is affected by it): (so the mind acting under the impulse of the soul, becomes liable to pain or pleasure according to its desert). Neither the preceptor of sastras nor the lectures of our spiritual preceptors, can show the supreme spirit before our sight; but it is our spirit which shows us the holy spirit, when our understanding rests in its own true essence: (apart from its egoism and meism).

As travellers are seen to be journeying abroad with their minds, free from all attainment and aversion to any particular object or spot; so, the self-liberated souls are found to sojourn in this world, quite unconcerned even with their bodies and the objects of their senses.

It is not for good and Godly men either to pamper or famish their bodies, or quicken or weaken their senses; but to allow them to be employed with their objects at their own option.

Be of an indifferent mind (udāsina) with regard to your bodies and all external objects; and enjoy the cool composure of your soul, by betaking yourself entirely to your spirituality.

The knowledge that "I am an embodied being" is the cause of our bondage in this world; and therefore, it is never to be entertained by them, that are seekers of their liberations.

But the firm conviction that "I am no other an intellectual being, and as rarefied as the pure air; is the only belief that is able to extricate our souls from their bondage in this world.

As the light of the sun pierces and shines, both within and without the surface of a clear sheet of water; so doth the light of the Holy spirit, penetrate and shine both inside and outside of the pure souls of men, as well as in everything else.

As it is the variety of formation, that makes the various kinds of ornaments out of the same substance of gold; so it is the various dispositions of the one soul, that makes the difference of things in the world. (The same soul exhibiting itself in sundry forms).

The world resembles the vast ocean, and all its created are like the waves upon its surface; they rise for a moment, only to be succumbed to the latent flame of their insatiable desires.

Know all the worlds to be absorbed in the vast ocean of the universal soul of God, as all things are devoured by death or time (Kāla), and lie buried like the ocean itself in the insatiable womb of Agastya or Eternity.

Cease to consider the bodies of men as their souls, and to behold the visible in a spiritual light; rely solely in your spiritual self, and sit retired from all except alone with yourself.

Men are seen foolishly to wail for the loss of their souls, though lying within themselves; as a fond mother moans on missing her child, forgetful of its sleeping upon her lap. (We miss our souls though situated within ourselves). Men bewail for themselves as lost upon the loss of their bodies, and exclaim as it saying "Oh I am dead and gone and so on, not knowing that their souls are ever undecaying and imperishable. As the fluctuation of water shows many forms upon its surface, so the will of God exhibits the forms of all things in the divine Intellect. (Just as the active principle of our imagination, represents endless varieties of scenes in the mirror of our minds).

keep the steadiness of your mind, repress your imagination and the flights of your fancy; call your thoughts home and confine them to yourself; remain calm and cool and unperturbed amidst all perturbations, and go and rule your realm with your self-possession.

INVITATION FOR ARTICLES FOR SEVA SAMACHAR

We are pleased to inform you that prospective authors and readers are encouraged to write article specifically for this magazine and your articles will be published in Seva Samachar. The articles can be related to various aspects of Spiritual experiences, Philosophical teachings, Poetry, Culture, Wildlife, Health Research, Sustainability Etc.

Please Note:

High-resolution photographs to be given for the authors as well as for the content. These should be in JPG and these should not be blurred; Photographs and the content should be either self-clicked photographs or images, only to avoid copyright issues

All interested are requested to send over their articles to info@sivanandsevasamiti.org. All are invited to write articles for editor of the magazine, latest by 21st of every month.

Bring out the writer hidden inside and spread the light!

EDITOR,
SEVA SAMACHAR,
SIVANAND SEVA SAMITI



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

info@sivanandsevasamiti.org

MEMBERSHIP PLANS

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

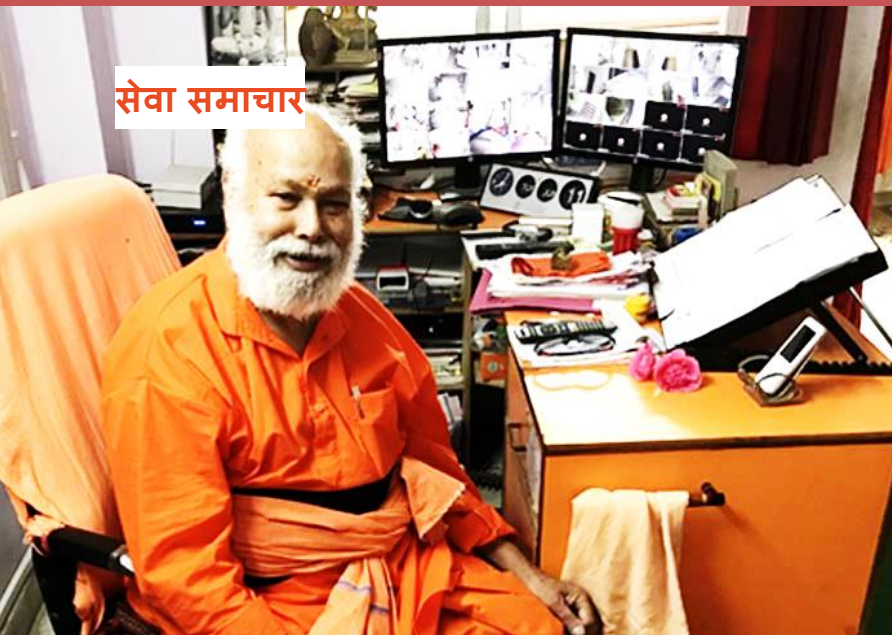
www.sivanandasevasamiti.org

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

सेवा समाचार



SWAMI SIVANAND SEVA SAMITI

WE ARE ON THE WEB!

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[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.

