

December 2023



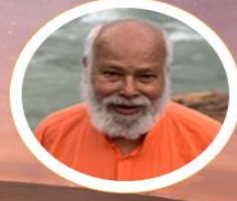
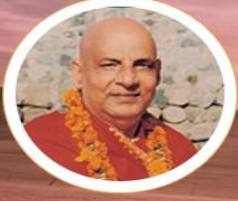
सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

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

Thought for the Month: Nishtha

By Swami Premananda

When mind gets contact with the outside objects through the senses, it gets some information about the particular object. The informations are brought by the senses and given to the mind (sub-conscious mind) and this information in the form of memories or impressions are stored in the Chitta (sub-conscious mind). This contact of senses with the sense objects is momentary – because mind is a wavery system (waves of thoughts). So, it is always subject to change. These informations are known as knowledge of the person which is subject to change and momentary and relative. If this contact continues for a longer period, the informations get clearer. The more is the continuity; the more is the clarity. If the contact is continued till the mind gets oneness with the object, then the mind gets total or full information of the object.

When we are unable to have contact with the object continuously for a longer period because of our habit of the mind which is flickering or restlessness – we have to practice it periodically. That means if we cannot continue for longer period, then we can practice it for a period and give a gap and again practice for another period. In this way we can practice periodically. *But in this particular period, the continuity should be observed sincerely.*

If the seeker cannot do Japa or meditation continuously for a long time, it can be practiced for a shorter period repeatedly. When these shorter periodical practices are done for a long time, this becomes a strong habit. For e.g., if one wants to do Purascharana of Panchakshari Mantra (Om Namah Shivaya), he has to do Japa of 5 lakhs at a stretch with strict rules and regulations. It is not possible for everyone to complete it at a stretch. So, one can do 1 lakh of Japa at a stretch and after taking a little rest, in another stretch, do another 1 lakh. In this way, in 5 attempts, he can do 5 lakh Japa. This is called Anusthan. In long run, it adds to the strength of the practitioner. ***Continuity in practice leads to success (perfection).***

When one goes on practicing continuously with sincerity, honesty, veracity, tenacity, without vanity, pride and doership; with zeal, enthusiasm, faith, self-confidence; it is called *Nishtha*, which confirm success.

May Gurudev bless all with Nishtha. OM.

Seva Samachar

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The Inner Training By Swami Sivananda

True glory lies in the silent conquest of mind. If you control your mind, you are a conqueror of the whole world. Mind is at once the venue of man's bondage and release. Control of the mind is higher than the control of Prana or control of the body. The greatest war is the war with the Mind. The practice of the control of mind is a key to open the lock of the temple of Silence. Detach the sense-organs from objects and rest them in their respective centres. This is self-control.

Close the doors of the senses through abstraction and self-restraint. Self-control is the very key to beatitude. Self-control is the restraint of the outgoing tendencies of mind and the senses. Development of will-power and also the strengthening of the intellect, will control all the sense-organs. Do not allow the mind to react to external stimuli. This is mental poise.

Raise the rod of Viveka (discrimination), when the senses hiss. Through Pratyahara or abstraction, the greatest control is exercised over the senses. The mind functions under distinct limitations. Therefore, it is unable to grasp the Infinite. The Mind is like a laboratory. The sense-impressions are poured into it for conversion into thoughts. The cooperation of the mind is necessary for both perception and action. All sorts of loose thoughts of diverse kinds come and go in the mental factory.

If you want rapid progress in the spiritual path, watch every thought. A vacant mind is ever distressed. It is the devil's workshop. Be thoughtful. Keep guard over your mind. Watch every impulse and thought. Spiritualise or sublimate your instincts. Evil thought is the most dangerous thief. Slay this thief with the sword of wisdom. Generate daily new divine vibrations or thought-waves in your mind. Make your thought pure, strong, sublime and definite. You will gain immense spiritual strength and peace.

Every thought must be constructive and noble. Thoughts are only refractions. Slay all thoughts. Go thou within the Light of lights. If you wish to attain Self-realisation, imagination and speculation must stop. Purify and control the emotions. Beneath your conscious life, there is a very wide region of subconscious life.

All habits originate from the subconscious plane. Subconscious life is more powerful than your ordinary life of objective consciousness. Through the practice of Yoga you can modify, control and influence the subconscious depths. Take one evil trait. Meditate on its opposite virtue every morning. Practice it during the day. The evil quality will vanish soon. Meditate on mercy in the morning and practice it during the day. You will soon develop mercy.

Purity is perfection. - Purity is the highest good. - Purity is my goal, - I am all purity, All three are the methods of meditation upon purity. The tricks of the mind are most subtle. Only constant Vichara will keep you alert and safe. Through introspection, analysis, discrimination, vigilance, enquiry and prayer, you can understand the tricks and jugglery of the mind and escape from its deceptions. Sit and introspect. Study the mind as though it were a thing apart from you.

There are external and internal distractions; it is difficult to understand the internal ones. Self-analysis and inspiration are needed to know the internal distractions. Introspection purifies the mind quickly. Wherever the mind goes, see the One Lord there. There the mind will easily come under your control. Constant Japa and prayer will calm the mind and fill it with peace and bliss. Still the mind. Herein lie freedom and bliss eternal. Draw the mind inward. Hold it still to obtain the priceless Atmic treasure within.

Tune the radio of mind to the voice of the Inner Self. Restrain the senses. Withdraw the mind. Fix it on the Lord. This is the essence of Sadhana. Negate the personality and affirm the University. This is Sadhana. This is Yoga. He who has controlled his mind will have an absolute free-will.

To concentrate is to exclude every thought, but one. Through the practice of concentration and meditation you attain clarity of mind, increased grasping power, retentive memory, increased intelligence, confidence, optimism, peace of mind and control of mind and senses.



The true inner significance of Tyaga By Swami Chidananda

Dispassion and renunciation comprise the key to inner peace. Such peace alone makes happiness possible. Without peace, there is no happiness. Thus, it is clear that anyone who wants peace and happiness must cultivate Vairagya and Tyaga. Attachment and selfishness constitute terrible bondage. Vairagya eradicates attachment. Tyaga cuts at the root of selfishness. They make you free and bring you peace and joy.

Life is a great and sublime Yajna. Yajna means self-offering, a noble giving of oneself for the good and the benefit of others. Paropakara is the overall governing principle of man's life. You can engage yourself in doing good to others, in bringing happiness into the lives of others, only when you shed your selfishness. This is real renunciation. The secret of renunciation is the renunciation of selfishness, egoism and personal desires. Renounce personal selfishness and live in the world, enjoying what Providence brings to you as your due. This is an admonition of the Seer of the Ispanishad.

We now see that renunciation is a virtue and a noble quality to be cultivated by every individual in human society. By this alone will the principles of Yajna and Paropakara be fulfilled. Tyaga is not the monopoly or the exclusive duty of the Sannyasins. It is a pervasive virtue that is to permeate and penetrate into every moment of your daily life. Then alone will your entire life flower forth into a thing of countless blessings unto your neighbour and of the society.

The loving mother is a true Tyagi. She renounces personal comfort, conveniences and happiness for the sake of her children and their welfare. The father of a family denies himself and renounces many a personal pleasure and profit to serve his family and children. The devout wife renounces all personal considerations to serve and to care for her Lord and Master. The faithful servant renounces personal happiness and comfort to serve his master and carry out his behests in loyalty and devotion. The doctors and nurses renounce sleep, rest and comfort and even forego food at times to look after the sick and the suffering. A brave patriot and soldier stands ready even to renounce his very life for the sake of his country's safety and welfare. A true social worker and leader of the people renounces everything to dedicate his life for his people's welfare. A true teacher renounces all personal ambitions and desires in life and dedicates himself to bring the light of learning, knowledge and wisdom to the young people who pass under his care. A saint renounces the whole world and everything in it to worship God and to serve mankind. It is this quality alone that ennobles human nature and makes life beautiful. Renunciation in the individuals renders sweet all relationship he has with the rest of mankind. Yes, renunciation is to be understood as a pervasive virtue, which rises Vyavahar to pure heights, and adds to the joy, welfare and unity amongst the mankind.

Beloved seeker, reflect well over this universal aspect of Tyaga. Renunciation alone enables you to become selfless. Selflessness is soul of life. Selfishness is the bane of mankind and the root of all conflicts, problems and unhappiness. By renunciation, root out selfishness and become a blessing unto others. Diligently cultivate renunciation in your everyday life. Shine resplendent with the radiance of true renunciation. Become a Tyagamurti in all walks of life.



Daily Programme

- Our Day begins early at 5 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, Ramacharitmanas 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 9:30 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana classes are conducted daily. Village students, under the guidance of Swamiji, enthusiastically attend the classes
- 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: 10



Rudra Abhishek



Evening Prayers



Yoga Vasishtha Class



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. Medical education is also organized at schools.

The new 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	: 468
Eye	: 128
Mobile Camp	: 98
Panchakarma	: 159
Physiotherapy patients	: 184
Homeopathy	: 05
Dental	: 11
Pathology Tests	: 33
Ambulance Seva to patients	: 04



Mobile Camp

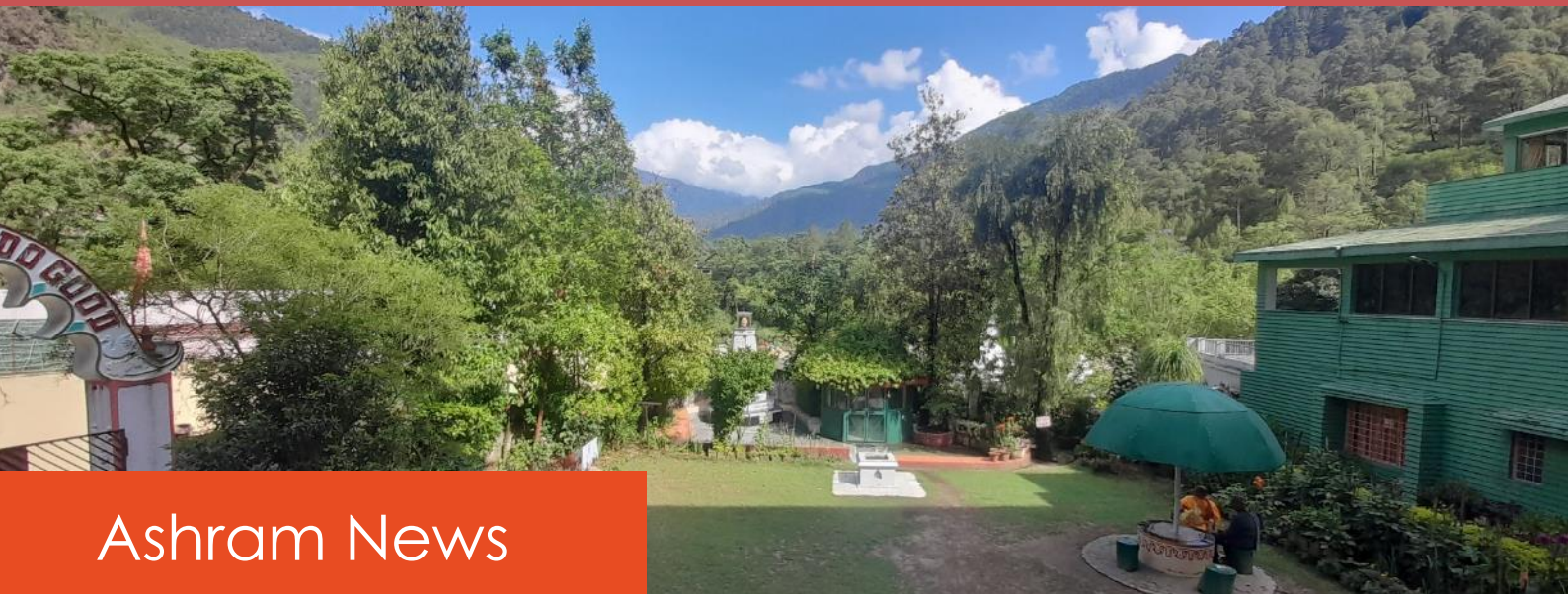


Panchakarma



Preparation of Ayurvedic Medicines

The human body is a miraculous instrument that instinctively knows what it needs. Unfortunately, the human ego often drives us not to listen.



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	:	55
Foreign guests	:	19
Ashram inmates	:	20



Hospitality

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



Annakshetra

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

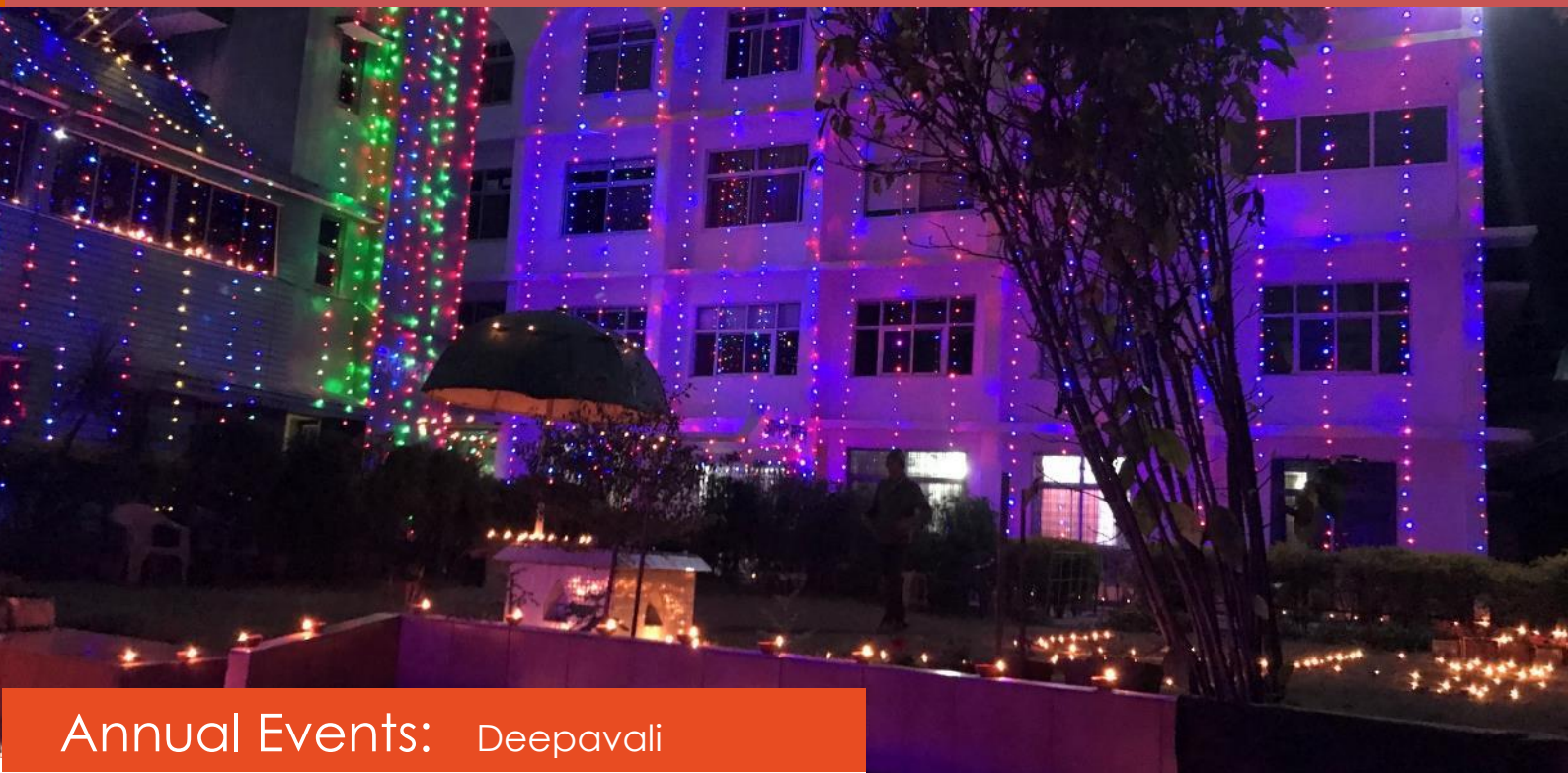


Goshala

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: 9



Annual Events: Deepavali

Diwali or Deepavali is a very important festival where people to celebrate the victory of light over darkness, good over evil, and knowledge over ignorance.

On 11th and 12th November, special worship and Havan was performed in the temple. The ashram, hospital and temples were beautifully decorated with colorful lights, candles, and Rangoli. Inmates and children joyfully lighted clay lamps (deepak), burned fire crackers till late evening and enjoyed traditional delicacies.



Satsang & Meditation Programs

Few special Satsangs were held in the month of November to address the visitors' questions, to help them overcome their fears, apprehensions and day-to-day problems in the spiritual path, and enquire deeply into their true nature.

H.H. Swami Premananda ji gave discourses on absoluteness or Purnata. He explained in detail the multiple causes for the feeling of incompleteness and the prescribed methods to attain the state of completeness or absoluteness or perfection. He also graciously answered all the visitors queries on different aspects and shared relevant personal experiences, stories from scriptures and life of Mahatmas to guide the aspirants for leading a successful, happy and contented life and achieving the ultimate goal.

H.H. Swami Atmananda Ji, in his "Godly Gossips" sessions shared personal experiences with analytical and practical techniques to see God in World and World in God. In his humorous and interactive style, he pointed out how we overlook God's presence around us every moment and how to feel the glory and omnipresence of God incessantly.

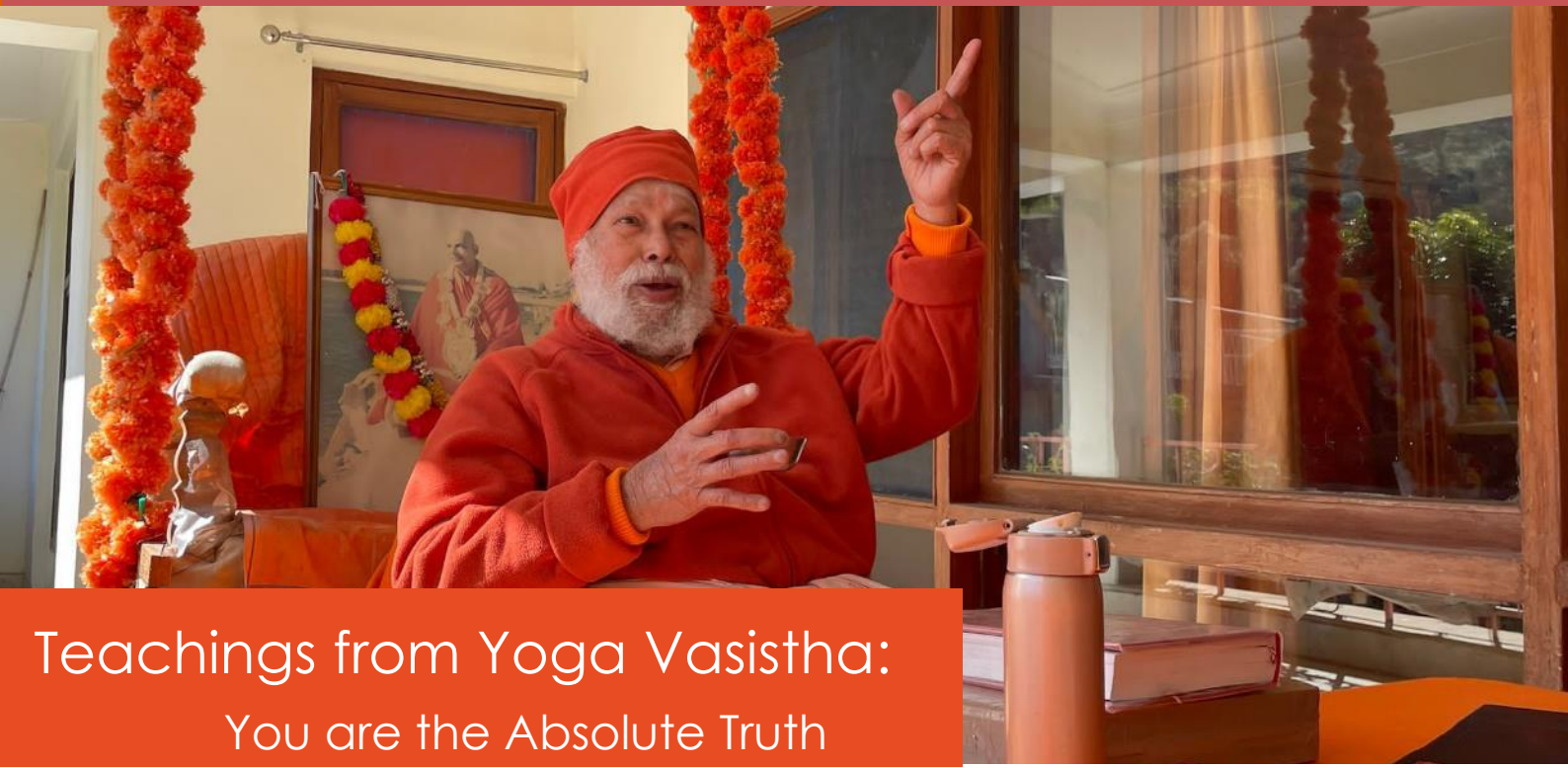
A short and quite meditation followed the discourses, which gave everyone an opportunity to turn inward and contemplate on the truth.



Prize Distribution at Children's Science Competition

Pujya Swami Premananda Ji Maharaj visited the Hari Singh Rawat Govt Inter College from Gangori, Uttarkashi as chief guest for prize distribution of Children's Science Competition. Swamiji explained to students how science helps us lead a comfortable life and encouraged everyone to participate in such competitions because it expands their knowledge and develops their skills through practical experiments, team work, critical thinking and reflection.





Teachings from Yoga Vasistha: You are the Absolute Truth

Many knowledgeable people have given different opinion about God and World, Creation and Dissolution.

Some say World does exists, some say World does not exist, while some others say World is not different from God. Different schools of thought have given different theories about creation and dissolution. So, it is difficult to decisively tell the truth; our knowledge of it changes every moment. Hence, whatever we think or conclude is only partial and relative truth.

Basically, our perspective of the truth depends on our angle of vision. For example, the clouds appearing in the sky takes many shapes and colors (forms), it appears so beautiful, and it appears from nowhere for a while and again disappears into nowhere. Scientifically, clouds are made up of water droplets. Now it depends on our perspective; shall we say cloud only exists or water only exists or both exist! If we believe in the existence of cloud, then we will also have to believe in its creation and destruction or appearance and disappearance. However, if we think of it as a form of water only, then water is ever present; it is not being created or destroyed. However, it appears in a particular form due to some factors, and it will assume a different form after sometime. Same idea can be applied to the World with its ever-changing names and forms, and God who is the all-pervading substratum or basis of the entire world. The entire world is considered as the nature or Prakriti of the Absolute. However, we fail to see the substratum or unchanging reality and see its nature only. Due to our faulty vision, we see the world of names and forms, which is illusory, ever changing, unstable; what we perceive through our senses is unreliable.

Everything that we know in this world is made up of pairs of opposites like day and night, birth and death, creation and destruction, happiness and sorrow, likes and dislikes, knowledge and ignorance, and so on. Due to this play of opposites, the world appears to be full of miseries; happiness and peace is only experienced momentarily.

To go beyond this illusion and miseries and experience lasting happiness, we have to change our angle of vision. We have to accept the fact that whatever is perceived through senses is unreliable, hence useless. And whatever is useless needs to be thrown away, i.e., renounced.

We have to do deep analysis of everything that we perceive through these senses and negate or give up all that is unreliable, useless. And as we keep on negating, what remains at the end is the truth, the non-dual awareness of reality. That truth is inexpressible, it is beyond mind and intellect. And since it is unthinkable, unimaginable, we have to stop the thoughts, the mental waves.

Everything that moves in the world is driven by thoughts or Bhavnas, they are the seeds of the creation. So, we have to fully destroy the seed i.e., renounce or discard all the unreal, illusory, useless mental waves and strive to experience the self-existent, non-changing, eternal reality. That reality is also our very existence, it is the awareness or consciousness of our being, it is the basis or substratum of all existence. Hence, we are also that truth (Tat Tvam Asi).

Consciousness alone exists, everything else is only a fleeting appearance in that consciousness.

The knowledge or experience of that absolute truth leads to the eternal, ever blissful, absolutely peaceful, equilibrium state where all dualism and limitedness disappears by itself and one enjoys oneness with God or Brahman.

सेवा समाचार

BY SWAMI PREMANAND

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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



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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.

