

December 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: *Blank Paper*

I am a blank paper - plain, simple, still, spotless. I enjoy myself as a blank paper. I have many friends like pen, pencil, eraser, brush etc. So, if the emptiness looks boring, you have the freedom to fill it up as you like, with stories and pictures; I have space for all of it.

Some paints beautiful pictures, some makes attractive figures; some writes beautiful stories, sometimes tragic stories too; every mark made upon me has a story to tell. Sometimes one writes on fresh blank paper, sometimes one erases the old matter and writes new stories, at other times rewrites the old stories in a new way. I see everything, I don't mind anything. I hold everything in my limitless bosom. I am never ever full. I also give you freedom to erase or wipe out the marks or images that you made on me. And even after it is erased, some impression or residues remain on my surface for the future. But if you leave me unused for a very long time, if you allow me to sit silent, undisturbed under favorable conditions, those marks fade away by themselves. I become a blank paper again.

In the world, every information has some value. In the beginning, I am so empty, plain; yet not valueless. Do you know why! I hold nothing in me, but I have room for every possible thing. I hold all the ideas, all thoughts; I can hold limitless information. As one thinks, so it appears on me. It depends on the writer. And it's a never-ending story.

When you want to use me, I give up my oneness. I allow you to capture the many ideas and images, I become one with all of them and become many.

Do you know who really am I? I am the sub-conscious mind or Chitta.

I am one in the beginning; I am blank, silent, without forms and attributes, without any modifications. I am undisturbed, unperturbed, hence full of happiness. I am free, I am independent. I am limitless. I am peaceful. I am my real self. I am the Absolute.

I become many when you behave with me, when you gather information through senses and mind and write upon my surface. I then become the holder of your ideas, the recorder, the storehouse, the account keeper, the projector; I become your memory, I happily show you how the world looks like, with pleasure and pain, happiness and sorrow, questions and answers. I hold your past, present and future. I depict your life in motion. I witness everything, gradually I become one with everything. I remain the blank paper with infinite possibilities but my real self becomes invisible and what remains on the surface is your world of innumerable forms with a variety of colors, shapes, sizes, qualities; I become the world.

I am the empty container; the golden dustbin. I am the eternal substratum for everything, everywhere, at all conditions, as the Absolute! Call me or name me as you like, God or world! It is "I".

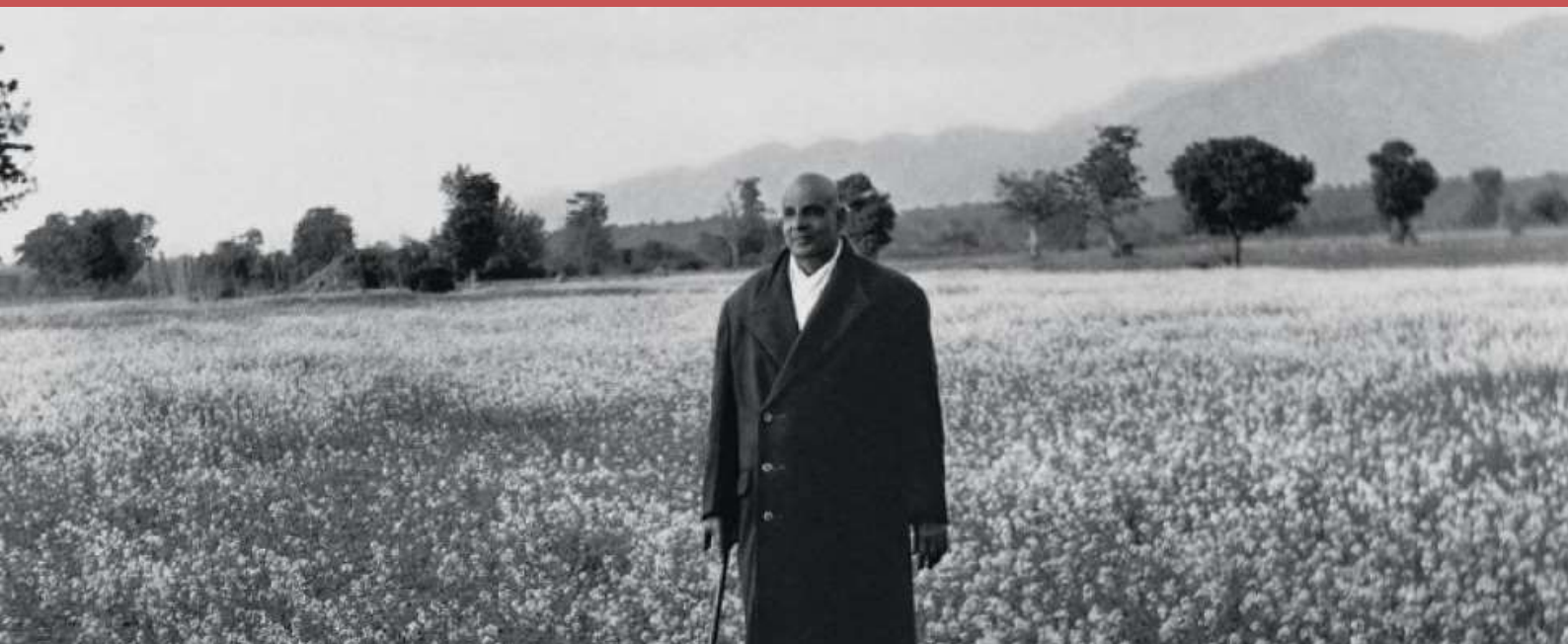
Do you recognize me now! Did you enjoy my story!

So, what are you waiting for! Go and make your blank page forever happy.

Seva Samachar

- Thought for the Month
- Conditions for Self - Realisation
- What is that within you which says "I am"
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Conditions for Self Realisation By Swami Sivananda

Just as you saturate water with salt or sugar, you will have to saturate the mind with thoughts of God and Brahman, with divine glory, Divine Presence with sublime soul-awakening spiritual thoughts. Then only you will always be established in the Divine Consciousness. Before saturating the mind with thoughts of Brahman, you will have to assimilate the divine ideas first. Assimilation first and then saturation. Then comes realisation, at once, without a moment's delay. Remember the triplet always: "Assimilation-Saturation-Realisation."

You will have to exert in the beginning to get an equilibrium of mind. Later on, you will have a habitual balanced state of mind. So is the case with meditation. After some years of practice, meditation becomes habitual.

Free yourself from the base thoughts of the mind, the various useless Sankalpas (imagination). Just as you render the turbid water pure by the addition of clearing nut (strychnos potatorum), so also you will have to make the turbid mind, filled with Vasanas and false Sankalpas, pure by Brahma-Chintana (thinking and reflecting on the Absolute). If the mind constantly dwells on sensual objects, the conception of the reality of the universe will surely increase. If the mind ceaselessly thinks of Atman (Absolute), the world appears like a dream. Mark the word "ceaseless." This is important. Then only there will be true illumination. Then only there will be dawn of spiritual knowledge. The Jnana-Surya (the Sun of Knowledge) will rise in the firmament of Chidakasa (knowledge-space).

You will find very often these terms in the Gita: "Ananyachetah" "Matchittah" "Nityayuktah" "Manmanah" "Ekagramanah" "Sarvabhavah." These terms connote that you will have to give your full mind, entire 100% mind to God. Then only you will have Self-realisation. Even if one ray of mind runs outside, it is impossible to attain God-consciousness.

It is the actions of the mind that are truly termed Karmas.

True liberation results from the disenthralment of the mind.

Those who have freed themselves from the fluctuation of their minds come into possession of the supreme Nishtha (meditation). Should the mind be purged of all its impurities, then it will become very calm and all the worldly delusion, with its births and deaths, will be soon destroyed.

Mind exists on account of "I." "I" exists on account of mind. "I" is only an idea in the mind.

"Mind" and "I" are identical. If "I" vanishes, mind will also vanish; and if mind vanishes, "I" will vanish.

Destroy the mind through Tattva-Jnana.

Destroy the "I" through "Aham Brahmasmi Bhavana," through constant and intense Nididhyasana.

When mind vanishes or thoughts cease, Nama-Rupa will cease to exist and the Goal is reached.



What is that within you which says "I am" By Swami Chidananda

You are not merely existence, you are conscious existence, distinct from the existence of a piece of metal or stone or mountain. You are existence qualified by self-awareness which makes you assert: "Yes, I exist." What is this principle? It is not a biological principle. Your father and mother did not give you this principle. They gave you the means through which this consciousness can express itself and can make itself felt by other such units of consciousness. And that means is the human brain and the central nervous system. The brain and the central nervous system are not the mind. The mind is something beyond, it is a different tattwa, a different principle altogether. If a person with the most perfectly fashioned brain and nervous system—perfect according to medical tests, scanning and X-ray—is struck with grief, overcome by anxiety, he suddenly becomes unhinged and is incapable of making use of that perfectly fashioned brain and nervous system. The mind therefore is not a part of this biological unit brought about by our parents, which is only a medium, a channel for something higher to operate. What the mind is, what the origin and the seat of its movements are, how thought comes into being, how a desire comes into being, this has been the special field of study of the great scientists of the mind, the yogis of the ancient East. They have made a tremendous contribution through their science of the mind called Raja Yoga and Vedanta.

Vedanta and Raja Yoga reveal the secrets and mysteries of this thing called mind and the consciousness that is beyond the mind. Before I can think I have to exist. Descartes discovered and cried aloud: "Cognito ergo sum." "I think therefore I am." But I think he put the cart before the horse. You are, therefore you are able to think. If you did not exist, how would the thought process be possible? Is the thinking process first or the thinker? The thinker is first, therefore he is able to think. But Descartes was not filled with that self-awareness and stumbled upon it. The thing he was doing always, day in and day out, suddenly he took a new look at it: "Oh gosh, I am thinking—that proves I am existing." He had been thinking always, but had never thought about this thinking process. That day he suddenly thought about thinking. But the ancients discovered first the existence of being, the existence of consciousness. Then they said: "That alone makes possible all other phenomena. I exist, therefore thought is possible, feeling is possible, reasoning is possible, everything is possible." And they attained to a state of Self-realization. And as I was saying, these great ones transcended the objective mind, the objective world and objectifying, limiting and finite thinking process of the mind—they went into a state of deep meditation and attained oneness with the cosmic consciousness. Everything became revealed to them, past and future were in the eternal Now, all things became instantly cognised. There was no more process, only direct instant experience of all things—they had a glimpse of omniscience. From these heights of their realization they brought us certain insights and they have something to tell us about man's destiny. One of the things is the existence of this cycle.

The destiny of man, as seen by these mystics, is to be a similar process of going back to his source and origin. And that source and origin is a supreme state of independence, supreme state of consciousness, transcending all vexing limitations, infinite, boundless, eternal, beyond time and space. That is the source and origin of each one of you.



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: 10

- 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: 10



Gangadhar Mahadev Temple



Evening Satsang



Narayan Seva



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 | : 715 |
| Eye | : 186 |
| Dental | : 69 |
| Mobile Camp | : 130 |
| Panchakarma | : 452 |
| Physiotherapy patients | : 381 |
| Homeopathy | : 40 |
| Pathology Tests | : 68 |
| Ambulance Seva to patients | : 2 |



Eye



Dental



Pathology

“To know even one life has breathed easier because you have lived; that is to have succeeded!”

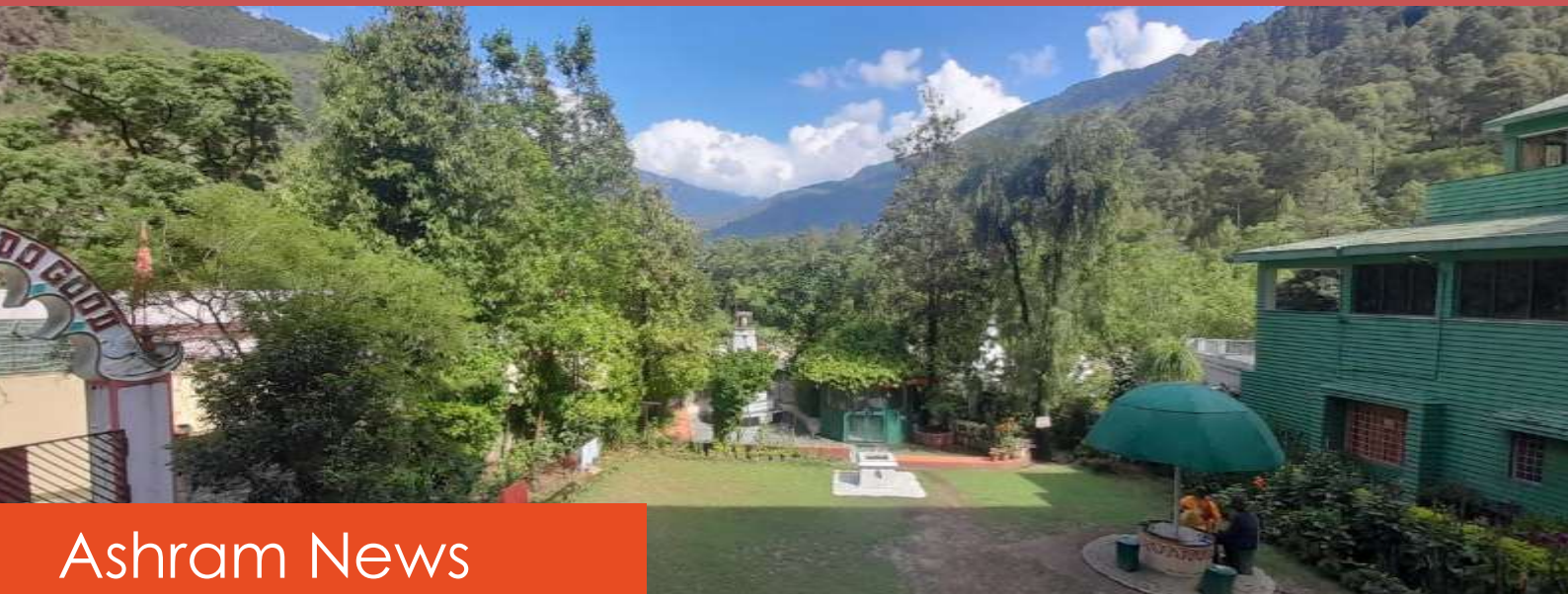
Healthcare Activities: Mobile Camp



In the month of November, 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.





Ashram News

Hospitality

Many Mahatmas and visitors, 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 | : | 45 |
| Foreign guests | : | 12 |
| Ashram inmates | : | 25 |



Satsang with visitors

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: 52

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 | : | 2 |



Swamiji with the children

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: 10



Goshala

Events and celebrations in November

Swamiji and few devotees visited the beautiful serene village called Nald in the Ayana Devi Circuit of Uttarkashi for watching Ramleela on the 16th of November. The Lord's acts on earthly plane are called leelas and Ramleela is a traditional performance based on Ramayana. The timeless epic was brought to life with emotion and devotion through a series of scenes that included song, narration, recital and dialogue. Ramleela serves as a wonderful educational medium to demonstrate the importance of right values like respecting people, keeping promises, protecting the weak and following the path of righteousness by all means.





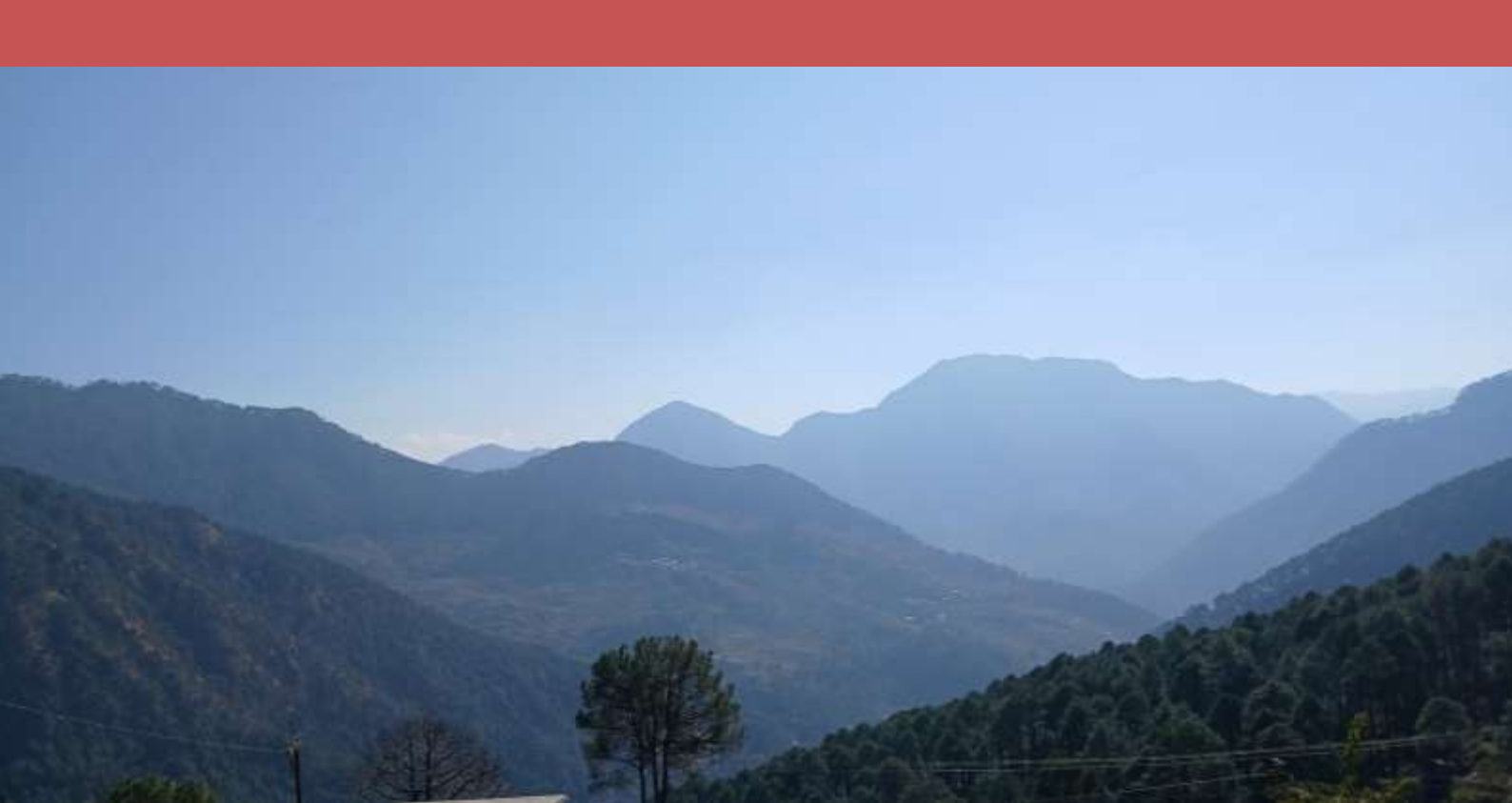
Dev Deepavali was celebrated on the Kartik Poornima, the full moon night, through lighting of earthen diyas in the temple, near Tulasi devi and at the banks of Mother Ganga. The priests performed puja and aarti in the evening. Dev Diwali commemorates Lord Shiva's triumph over the devil Tripurasura. It is believed that on this auspicious day, the Gods and Goddesses descend on Earth to take a dip in the sacred Ganga. Kartik Purnima is one of the most auspicious day to worship Lord Vishnu and Lord Shiva.



Satsang with Swamiji is always full of depth and humour. Swamiji answered to a range of questions from visitors related to his childhood, his personal experiences with Gurudev Swami Sivananda ji, his journey in the spiritual field to importance of undertaking pilgrimages, about Brahma Vidya and the different paths that lead to the truth. He shed light on a lot of misconceptions like action and inaction, karma and afterlife etc. and helped seekers overcome their fears and anxieties.

The village children come to ashram for evening prayers and kirtans. They share a special bond with Swamiji that is inexpressible in words. The celebrations after Satsang, the fun moments, the joy of giving and the acts of sharing can never be missed.





Teachings from Yoga Vasistha: Why "I" suffer

For every action or event, the whole world has to co-operate; we are dependent on the whole world.

अधिष्ठानं तथा कर्ता करणं च पृथग्विधम् | विविधाश्च पृथक्चेष्टा दैवं चैवात्र पञ्चमम् || B.G. 18.14 ||
adhiṣṭhānaṁ tathā kartā karaṇaṁ cha pṛithag-vidham | vividhāśh cha pṛithak cheṣṭā daivaṁ chaivātra pañchamam

Yet, Bhagwan says - you have to help yourself; nobody else can help you.

उद्धरेदात्मनाऽऽत्मानं नात्मानमवसादयेत् | आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः || B.G. 6.5 ||
uddhared ātmanātmānaṁ nātmānam avasādayet | ātmaiva hyātmano bandhur ātmaiva ripur ātmanah

Is there any contradiction in the above 2 slokas?

First let's look at the meaning of the above two slokas from Gurudev's commentary and Vasistha ji's exposition of the same in Yoga Vasistha.

B.G. 18.14 - For accomplishment of any action with the body, speech and mind, whether right or the reverse, the five causes are - the seat (body), the doer (Nature does actions but through delusion the individual soul takes to himself the credit and becomes Karta), the various senses (such as the organ of hearing, by which the individual soul hears the sound, etc. organs of knowledge and action and the mind), the different functions of various sorts (play of energy in organs and senses), and the presiding deity (such as the Sun by whose help the eye performs its functions).

B.G. 6.5 - One should raise oneself by one's Self alone; let not one lower oneself; for the Self alone is the friend of oneself, and the Self alone is the enemy of oneself. Practice Yog. Discipline the senses and the mind. Do not sink into the ocean of Samsara (transmigration). Do not become a worldly-minded man. Do not become a slave of lust, greed and anger. Rise above worldliness, become divine and attain Godhead. The lower mind or the Asuddha Manas (impure mind) is your real enemy because it binds you to the Samsara, and the higher mind or the Sattvic mind (Suddha Manas or the pure mind) is your real friend, because it helps you in the attainment of Moksha.

कर्म प्रधान विश्व रचि राखा | जो जस करहि सो तस फल चाखा || - Goswami Tulsidasji in Ramcharit Manas.

As you sow, so you reap. You get paddy if you sow paddy seed and not sugarcane.

The world is created based on karma, whatever one does, so is the result.

The whole world has to get together for an action, and every action has reaction. This reaction is enjoyed by the doer, whosoever it is.
(to be continued)

सेवा समाचार

BY SWAMI PREMANAND

तु चला - 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

MEMBERSHIP PLANS

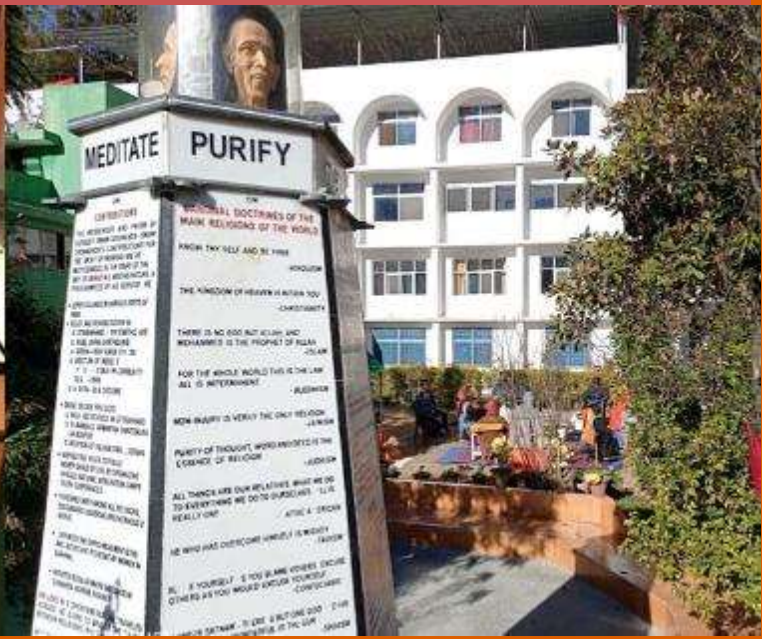
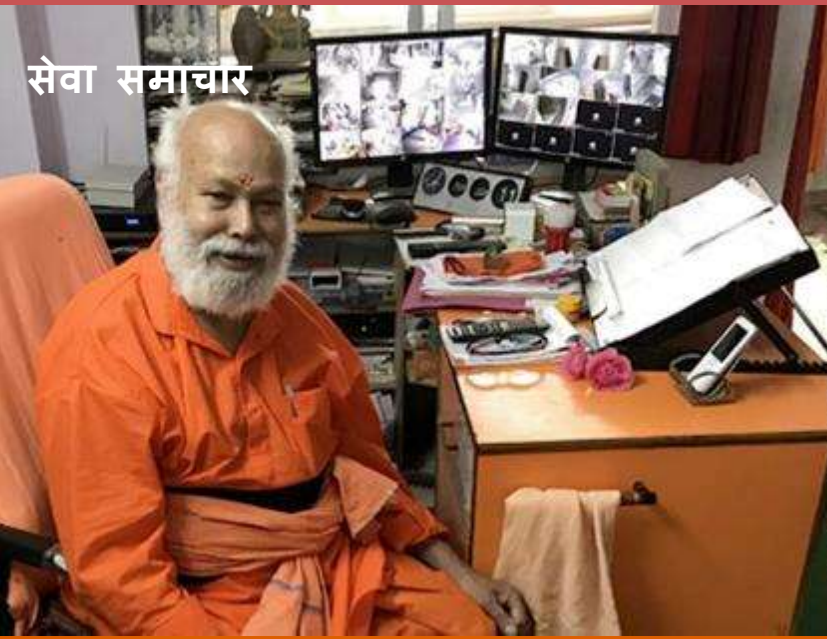
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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.

