

**March 2024**



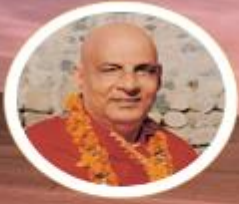
# सेवा समाचार

Seva Samachar

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

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# सेवा समाचार



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

## Thought for the Month:

### The Cyclic principle of Manifestation

The world is the manifestation of the Absolute. The process of manifestation is called creation, and during this process, the Absolute – after being reflected in Maya – is going through a transformation from a very subtle ethereal state to a gross level state.

But if there is creation, there must also be a way back to the Absolute. This is the main purpose of this Universe to get back to the starting point. This is a cyclic process, as everything in Prakriti.

The creation is a process where a very subtle state becomes more and more gross, and when the process is reversed, the gross becomes more and more subtle.

#### ***The process of creation in cosmic and individual level***

The Raja Yoga Sutras of Patanjali beautifully explains the process of creation.

First Purusha (Brahman) is reflected in the form of Prakriti or nature, which is a balance state of the Trigunas (Sattva, Rajas, Tamas). This state is called 'Without Mark' because of the absolute balance state or introvertness.

When the evolutionary process begins, the Gunas become imbalanced and the Cosmic Mind (Mahat) appears. This is the state of 'With Mark'.

From Mahat, the Ahankara (ego principle) and the 5 Tanmatras (subtle elements – Sound/Shabda, Touch/Sparsha, Vision/Roopa, Taste/Rasa, Smell/Gandha) are manifested, but it is still without form and name. So, it is called 'Undefined'.

From the Undefined state, the 5 Bhutas (gross elements – space/Akash, air/Vayu, Earth/Prithvi, water/Jal, fire/Agni), the 5 senses, the 5 organs of action and the mind are created, and because of the Bhutas it is a 'Defined' state.

*The more the limiting factors, the more gross it becomes.*

If we see it in individual level, first the Chitta appears (parallel to Mahat), then Ego (parallel to Ahaṁkāra), then mind and senses (Subtle elements) and finally the physical body (Gross elements).

## Seva Samachar

- Thought for the Month
- Techniques Of Thought-Control
- Not a Rosy Path
- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





## The Cyclic principle of Manifestation (Contd.)

If we study only the creation of the elements, we can also see this process, that the finer becomes more and more gross. First ether or space appears which has only one Upadhi (limiting factor): sound. From ether – when sound moves – becomes air, which has two qualities: sound and touch. From air – when moves – becomes fire, which already has 3 qualities: sound, touch, colour. From Fire becomes water with 4 qualities: sound, touch, colour, taste. From water becomes the earth with 5 qualities: sound, touch, colour, taste and smell. (Swami Krisnananda: The Philosophy of the Panchadasi).

### ***The other direction***

From gross level we also can see a process which leads us from gross to subtle. In cosmic level it is called dissolution, in individual level it is called liberation or introvert process of the mind. As the elements dissolve from the grossest level to the subtlest (earth – water – fire – air – ether), the mind also reaches subtler and subtler states until it reaches the absolute balance state.

### ***The cyclic process of the world***

We can understand gross and subtle form better through examples on worldly level.

Imagine earth element as a soil. Soil is like clay, and over a period of time, through continuous and repeated compression, it becomes a stone. After a while, the stone begins to erode and becomes sand. From sand we get soil again.

With the water element, it is also the same. If water freezes, it becomes ice. Ice is a gross form. When warmed up, ice melts into water, and if further heated, water evaporates. And if it gets colder, vapor changes back to water again.

The three factors of the cycles are time, space and condition.

There is a gross and subtle form of our world, but we only can see one, and by the above-mentioned creation process we can understand these phenomena. Gross world is visible as it is defined by names and forms, and subtle world is invisible as it is undefined. As soon as we begin to turn our mind inward toward introvertness, the subtle forms of the world become closer to us. And finally, we reach the absolute balanced state where the world withdraws itself into its unmanifested form, where neither the gross nor the subtle level is present.



## Techniques Of Thought-Control By Swami Sivananda

The following are some of the auto-suggestions for controlling your thoughts:

- (1) I shall not think of anything.
- (2) I shall get peace, if I do not think of anything.
- (3) My will is growing strong. I can control my thoughts.
- (4) I will get perfect peace when I am thoughtless. I eagerly long for that thoughtless state.

Each thought, by itself, is extremely weak, because the mind is distracted into countless and ever-varying thoughts. The more the thoughts are restrained, the more is the mind concentrated and, consequently, the more does it gain in strength and power. Destroy the evil thoughts one by one. It doubtless needs patient work.

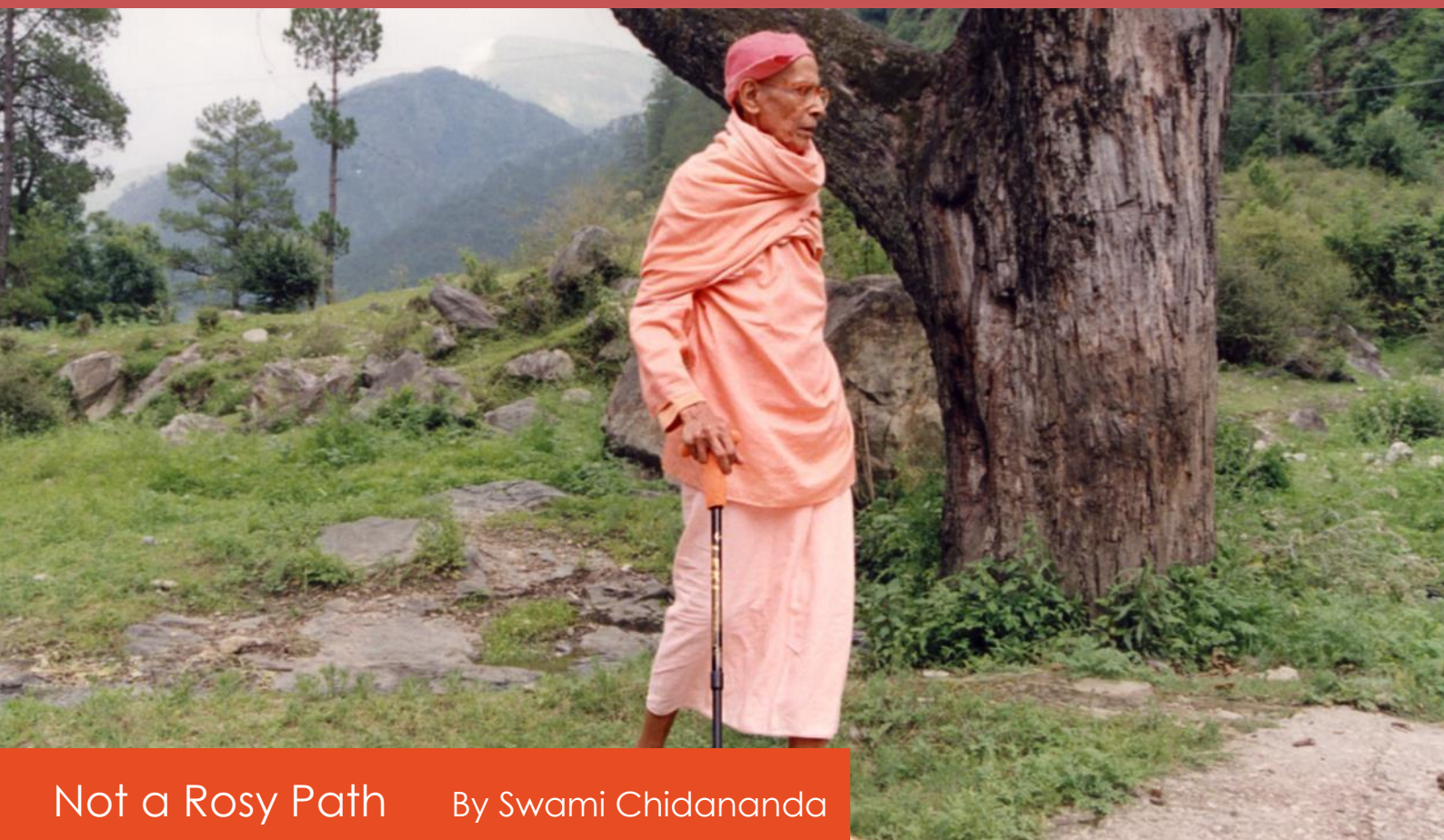
As soon as you slowly wake up in the morning, the first thought that comes is 'I'. Then comes the memory of the events of the previous evening. The strong thoughts that float in the mind this evening slowly emerge out the moment you rise from your bed in the following morning and materialise. Then come the thoughts that are to fructify in the course of the day. Watch this carefully.

When a thought hovers in the mind, fulfil it. Do not allow it to linger on for a long time. It will frequently recur again and again. It will be a source of great trouble. Whenever a thought flashes out to write a letter to your friend, then and there finish that piece of work. Do not procrastinate it.

There are four ways of destroying evil thoughts. A Jnana Yogin (student of the path of Knowledge) does it by living in OM or Truth. He destroys the evil thoughts by Vichara and attitude of indifference. He says, "This has nothing to do with me. I am Satchidananda-Svarupa, Sivoham, Sivoham. These impulses belong to the mind. I am distinct from the mind." A Bhakta destroys the same by prayer and self-surrender. He says, "O God! I have surrendered myself, the fruits of all actions and the actions themselves to Thee. Give me strength to drive away and destroy these evil thoughts." He gets help from God through self-surrender. God sublimates the sex-impulse into Sattva or Ojas (spiritual energy). The Raja Yogin destroys evil thoughts either by destroying the Vrittis as they arise or by substituting opposite, positive thoughts of Sattvic nature, by supplanting sublime thoughts in their stead (Pratipaksha-Bhavana).

**Brahma Vichara:** The first and foremost of all thoughts-the primeval thought-is 'I'. It is only after the birth of this thought that any other thought can rise at all. It is only after the first personal pronoun 'I' has arisen in the mind that the second personal pronoun 'You' and the third personal pronoun 'He', etc., can make their appearance. If 'I' vanishes, 'You' and 'He' will disappear by themselves. Eradicate this false little 'I' of an illusory nature through proper Brahma Vichara. There is no other way.

Thinker is different from thought. Remember this. This gives the clue to the fact that you are the silent witness of the modifications that arise in the mind. You are Kutastha Brahman. You are Pratyagatman.



## Not a Rosy Path      By Swami Chidananda

Gurudev says, "There is no royal road in spirituality. Adversity develops the power of endurance and will-force. Adversity develops fortitude and forbearance. All the prophets, saints, Bhaktas and Yogins of yore had to struggle hard against adverse circumstances. God puts His devotees under severe tests and rigorous trials."

Nothing that is worthwhile is to be achieved without undergoing a corresponding amount of pain and suffering. No enduring ideal can be attained without toil and sweat. The seed splits and perishes to put forth the plant. The flower lays its life to give place to the sweet fruit. It is in the furnace that gold emerges from the ore. Even so, the spiritual path demands a rigorous Tapas and heroic endurance at one time or other. A grim endurance of all vicissitudes and a dogged resolution to persevere to the end are essential if one has to realise the Ideal.

Once a wandering saint of Madurai was accosted by an irreverent and arrogant merchant who jocosely asked the saint which was the superior of the two; namely the beard of the saint's chin or the tuft of hair on the tail of a donkey! The saint looked up silently at the questioner for a few moments and quietly resumed his wanderings.

Several years had passed away when the merchant was one day summoned urgently to the saint's presence. The waggish merchant, having long forgotten all about his sacrilegious humour of bygone years, went wondering what the matter might be. He found the venerable saint on his death-bed and at his approach, the dying one raised himself slowly, and whispered to the merchant thus, "My good man! You asked me a question several years ago. Well, my beard is superior to the donkey's tuft; so you have your answer and forgive me for my delay."

The merchant asked why, after years of silence, the saint chose to give an answer to the impertinent query now, during his last moments. The saint, with great humility replied, "Precisely because these are my last moments. Doubtless I might have even then answered you as I do now, but I dared not; for my dear brother, so very mysterious, so incomprehensible, is the Lord's illusive power that I knew not what I would do or be the next moment. Man's achievements are of no avail before Maya's charms. She reigns supreme on the stage of the divine play. None can dogmatically say that he is beyond all temptation. It is the Lord's grace alone that not only makes a man pure but also keeps him pure to the end. Man on his part is but to exercise a constant humility and an active vigilance. All these several years I have striven to keep myself spotless and devout, putting faith on His love and mercy to maintain my purity. I have now but a few moments more to live and there is no chance of a slip; therefore, with my last breath I answered you confidently." And the saint sank back and gave up his body.

Thus, spiritual life is for eternity and realisation is infinite. The same high pitch of purity and discipline has to be maintained if life is to mean anything at all. No relaxation of vigour and caution can be afforded. The great lessons of genuine humility and an unremitting caution have to be firmly grasped and borne in mind by everyone who would make any headway on the slippery path that leads from "darkness to Light," from "the unreal to the Real," and from "mortality to Immortality."



## 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 often conducted and is attended by students from nearby villages.
- 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: 145**



**Rudra Abhishek**



**Evening Prayers**



**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 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	: 492
Dental	: 28
Eye	: 294
Homeopathy	: 20
Mobile Camp	: 142
Panchakarma	: 87
Pathology Tests	: 136
Physiotherapy patients	: 182
Ambulance Seva to patients	: 02



**Ayurveda is the science of life. It is a distinct Veda.  
It shows the way to remove diseases, to keep up sound health and attain longevity.**

# Healthcare Activities: Eye Camp



Registration



Lens diagnosis

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.

On 2<sup>nd</sup> February 2024, under the skilled leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology), a 3-day camp was conducted, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling.

Timely follow up was done and all the cases were found successful.

No. Patients -- OPD: 117

Cataract Surgery done for: 71





Ophthalmologist at OT



Post operation checkup



Counselling and distribution of medicines, glasses



## Healthcare Activities: Orthopaedic Camp

On 20<sup>th</sup> February 2024, a successful Orthopedic Camp was held at the hospital by visiting Ortho. Surgeon Dr. Dinesh Bharad from Porbandar, Gujarat. About 70 patients from several villages of Uttarkashi district were examined and provided remedies during the camp.



Registration and Dispensary



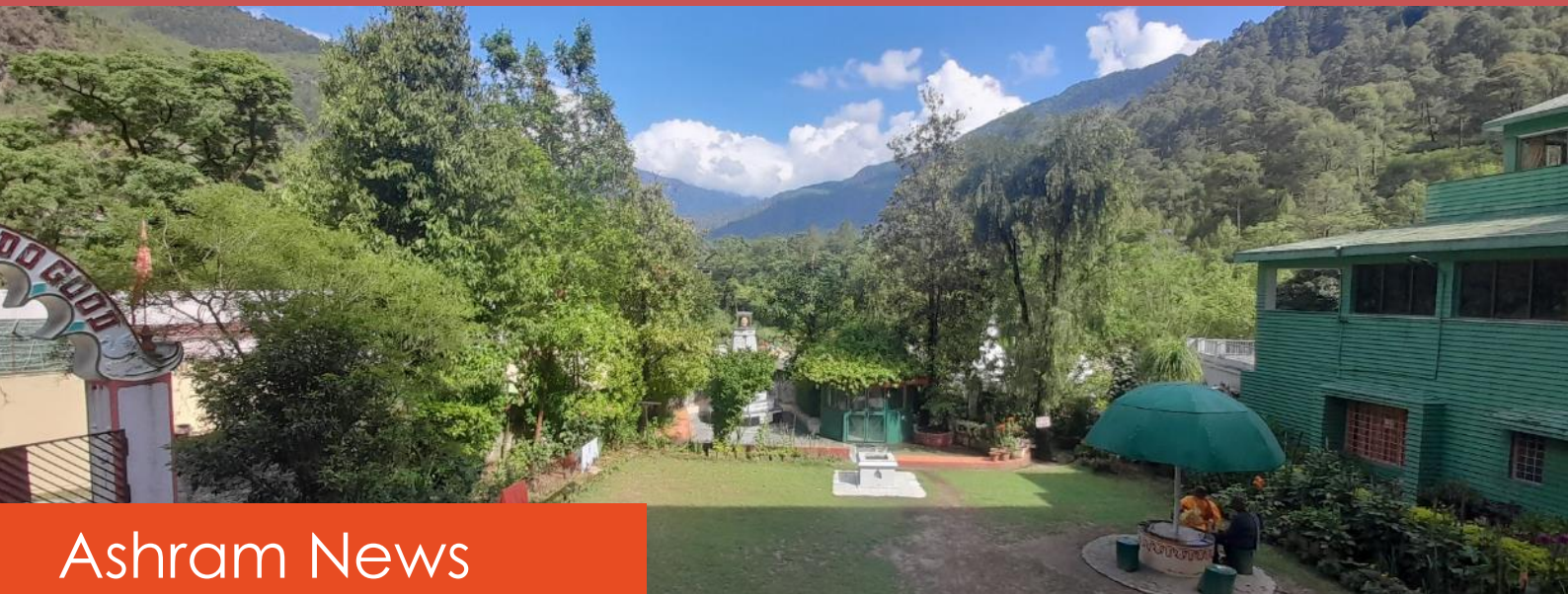
Dr. Dinesh Bharad at the camp



## Mobile Camp

Like every month, the team conducted several mobile camps in February. They also visited few snow-covered hilly villages where providing regular medical facilities sometimes becomes challenging. Free health checkup, consultations and treatment were provided to the patients.





# 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	:	09
Foreign guests	:	06
Ashram inmates	:	20



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: 50**

## 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

## 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.

On National Science Day, the students of Govt. Inter College at Bhankoli were encouraged and supported through various competitions and prizes..

**Total No. of Students supported in the month of October: 57**



Educational support through Competitions and Prizes



With students at Govt. Inter College in Bhankoli

# Glimpses of Saraswati Puja, Satsangs and other events



**Bhajans Kirtans are uplifting, joyful, delightful**



**Visitors after a memorable satsang with Swami Atmananda ji**



**Maa Saraswati, the goddess of knowledge, art, music, and wisdom was worshipped on 14<sup>th</sup> February, the day of Basant Panchami, with great enthusiasm by inmates and students. Books and musical instruments were also placed before the deity. Everyone offered prayers and sought her blessings for success and enlightenment.**



**Swami Yatidharmananda Ji visits Sanskrit Mahavidyalaya at Uttarkashi for consecration ceremony of Maa Saraswati**



## Teachings from Yoga Vasistha: **Introvertiness is Bliss**

Guru Vasistha Ji says that we should strive to be introvert, for it leads one to the Supreme state. In the relative world, an introvert person is thought to be one who is quiet and introspective, and is less dependent or affected by external environments. Since introvert person doesn't like socializing, it is considered a negative or unfavourable trait in the relative world. However, for a seeker, this quality leads to blessedness; for there is no end to extrovertness, there is no end to names and forms, there is no end to thoughts and memories or information that is there in the storehouse called Chitta over lifetimes.

To understand extrovertness and introvertness, let's imagine a cone with a flat circular base and a curved surface that tapers smoothly to a point called the apex. The apex is the central point which is perfectly stable and free of disturbances, and all vibrations or all names and forms can be imagined in the surface and area of the cone. Introvertness is being near or moving towards the centre. Extrovertness is moving away from the apex; and the farther we move away from the apex, the more are the vibrations or disturbances in different directions. If we move towards the apex, we come to an end point where we can rest in peace but the journey away from apex is endless.

All names and forms are supported by absolute existence (Sat), knowledge of it (Chit) and Bliss of existence (Ananda). This support is not seen outwardly, just like the foundation of a building. The knowledge of the absolute can be called experiential knowledge or eternal knowledge and the knowledge gathered through senses is informative knowledge. When experiential knowledge is expressed, it leads to extrovertness. In introvertness, there is no expression; the truth is experienced in silence as silence is the language of reality. So, if one wants to enjoy bliss, one needs to become introvert. As the body and mind sense is withdrawn, all names and forms disappear and what remains is the substratum, just like if the pot is broken, the name and form disappear and what remains is the unlimited sky and air.

To be introvert, one has to stop the outgoing tendency of the mind and practice concentration on one point or one thought/idea. The nature of the mind is movement; hence it is natural for it to hop from one thought or idea to another. But the seeker has to repeatedly practice to bring it back or hold a single thought; and with regular, continuous, sincere and persistent practice, slowly the thought waves subside and one achieves one-pointedness. Several methods are prescribed in the scriptures like Dosh Drishti or finding fault with the objects, Vairagya or dispassion and Tyaga or renunciation of worldly objects (i.e. objects perceived through 5 senses and mind), Chitta Vritti Nirodha or stilling the fluctuations and modifications of the mind, Pratikpaksha Bhavana or cultivating the opposite mental attitude of negative or distractive thoughts etc. Our primary goal is to attain steadiness and purity (purity is oneness, where there is no mixture, no two/many-ness). But how to do our duties, which is a sign of extrovertness, by being introvert? For in complete introvertness, there is no expression! Guruji advises us that let the body, mind, senses perform their duty to fulfil the needs of the time, place and situation through force of momentum while "I" remain a silent witness, egoless, Akarta, Abhokta, Asanga (non-doer, non-enjoyer, unattached). Innumerable bubbles be formed on the water surface and get dissolved; these bubbles get formed due to several factors but it's previous, present and future state is water only. Irrespective of its current temporary form and how it remains in that form or what it does, it was, is, will be water only. Similarly, our true state is steadiness, we have taken a form to fulfil certain desires, we have some duties in the world. But who really acts! In reality, several factors contribute towards the fulfilment of any work, while the ego makes us wrongly think "I" as the doer/enjoyer. If we dig deeper through contemplation, give up our foolishness and accept the reality that nothing can be performed without the support of the entire nature; everything is a play of energy and the nature or Prakriti performs actions by imbalancing the 3 Gunas (Satta, Rajas, Tamas), it also gives momentum to the body, mind, prana which acts in co-operation to perform an activity, then we can act wisely and the duties will get automatically fulfilled. Without ego and attachment, the body (both gross and subtle) will do its job while we can continue to remain undisturbed, unmoved.

Just as the sky is not impacted by clouds or smoke, similarly a wise man is not impacted by the world. The presence (or absence) of any object is not cause of enjoyment of pain or pleasure, it is the relationship with the object that causes pain and pleasure and if we can break the relationship by any method, then, like a wise man, we will be able to outwardly remain within the worldly processes, rest in the self or heart and as a silent witness, enjoy the play of nature.

## BECOME A MEMBER

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

## MEMBERSHIP DETAILS

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

My details:

**Name :**  
**AGE:**  
**OCCUPATION:**  
**ADDRESS:**  
**PHONE NUMBER:**  
**EMAIL:**

Please send us the above information by email to:  
[swami.premananda@gmail.com](mailto:swami.premananda@gmail.com)

## MEMBERSHIP PLANS

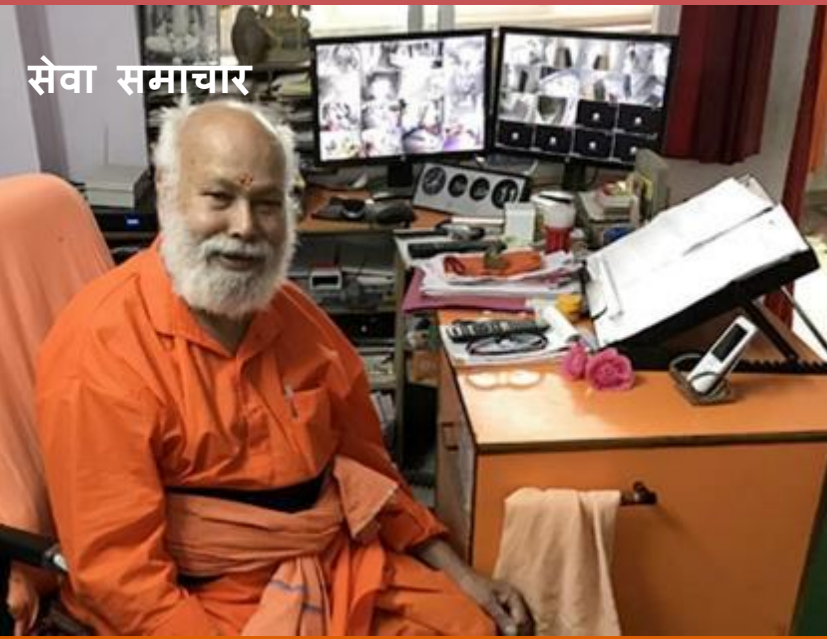
- LIFE MEMBERSHIP:  
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:  
RS. 200 PER MONTH OR  
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA

[www.sivanandsevasamiti.org](http://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](mailto:swami.premananda@gmail.com)



## SWAMI SIVANAND SEVA SAMITI

### ADDRESS

SIVANANDA ASHRAM,  
CHIDANANDA KASHI, GANESHPUR,  
UTTARKASHI - 249193,  
UTTARAKHAND, INDIA.

### EMAIL:

swami.premananda@gmail.com

### WE ARE ON THE WEB!

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

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

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

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

### SUPPORT US:

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

