

**JULY 2022**



**सेवा समाचार**

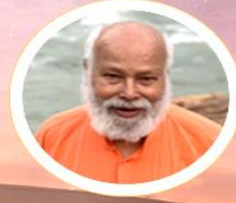
**Seva Samachar**

**Swami Sivanand Seva Samiti REGD.**

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

JULY 2022

# सेवा समाचार



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

## Thought for the Month

By Swami Premananda

The body is said to be the house of disease. This is the root cause of all our problems & miseries. One must know the causes of the problems and the solutions of it. Then only one can live a happy and progressive life with success to attain his aims & objects.

These disease are of two types :-

(1) Adhis & (2) Vyadhis.

Adhis are Concerned with mind and Vyadhis are of the physical body.

The body ( both mental physical ) is the product of the five gross elements i.e. Ether, air, fire, water & earth. These five elements are known as five tanmatras in their subtle form on small measures. Among these five, the air, fire and water in different terms known as vata (वात ) Pitta (पित्त ) and Kaph (कफ ) when are in balanced state, the body works perfectly. When they are misbalanced, they create all kinds of diseases.

The mental diseases are created due to uncontrolled senses; negative qualities such as attachment, hatred, anger, greediness, desires, worries, negative thoughts etc. The physical deceases are created due to impure or spoiled food, impure/unclean houses and having food and sensual enjoyment etc in wrong time, doing forbidden actions, having bad associations, eating poisonous food and drinks etc, being attacked by ferocious animals and when the nerve system works disorderly, being wounded by sharp instruments etc. by some wrong habits, using drugs etc and by misbalanced contact of five elements among themselves. In this way the diseases are caused. Sometimes the mental diseases become cause for the physical ones.

The common diseases are due to mental & physical causes but the disease due to birth & death which is known as Bhavaroga ( भवरोग ) is caused by identifying the body as 'I'. Which has been continued since time immemorial.

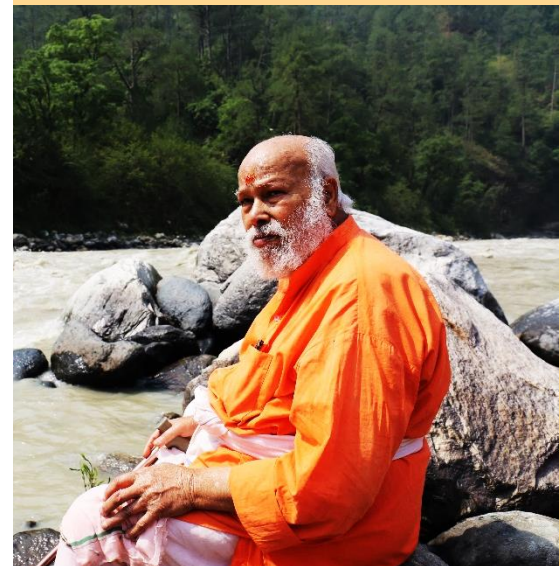
Ignorance is the cause of all kinds of diseases and the self – Knowledge is the cure for all the diseases.

The common diseases are cured by following methods:-

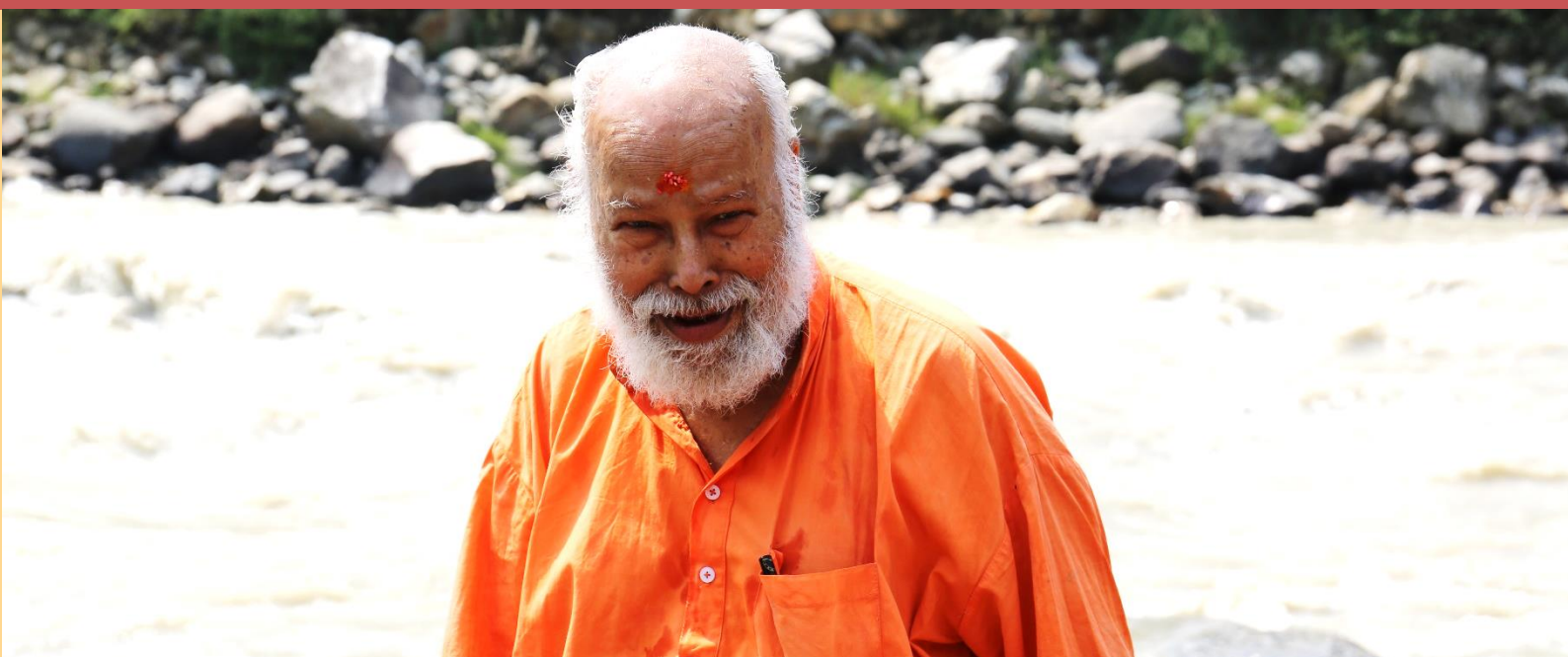
1. Medicines (Ayurvedic, Allopathic, Naturopathic, Homeopathic, traditional herbs, roots, bio chemic, unani etc..etc.

## Seva Samachar

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2. By Mantras :- The sound is energy. The rhythmical vibration of the sound which is scientifically, grammatically composed in a particular way can balance the imbalanced function of the nerve systems. That's how different Mantras cure different diseases .
3. From the experience of the old experienced people.
4. By pilgrimage (means:- change of time, space & situations or conditions in daily routine work of the physical system)
5. By performance of meritorious deeds, selfless service sharing with others, helping others etc.
6. By practising pranayama (Yogic way). by rhythmical exercise of breathing system, the nervous system work properly by which many diseases are cured.
7. By bringing balance in imbalance state of Vata, Pitta, Kapha through regulating food or by advise of doctors .
8. By controlling the mental diseases the physical diseases are cured.
9. By Satsang (good association). One learns many things from association of good people, scriptures, words of experienced people, and good code of conduct etc.  
That helps us curing the diseases.
10. By moderation in eating , drinking, walking, speaking, sleeping , waking etc.
11. By purification of the subconscious mind ( chitta) that means regulating the total functioning process and having steadiness.  
These are the important points by which one can lead a healthy life.  
A good health is our real wealth.  
That's how the saying goes-“ Health is wealth “  
A healthy life is way to be wealthy & wise and happy and peaceful.  
May Lord bless all with good health !  
May Gurudev Guide us all in this path to attain health, wealth, peace, prosperity & Success! OM.

**Swami Premanand Saraswati**



**Majestic View of  
Himalayas From Our  
Ashram**



## International Yoga Day 2022

### THE IMPORTANCE OF MENTAL WELL BEING

The science and art of living life is all about adapting oneself to a phenomenal flux of changing situations, unexpected events & occurrences, challenges & obstacles, conflicting views and above all in our continuous efforts to adjust ourself to other persons. It is this human factor that is really challenging. It is the most vexing of all the other aspects of life that go to make our outer living in this earth plane.

Within the four walls of a domestic setup in one house, one family, there is always a special situation of human relationship and inter-personal relationship between members of this domestic setup. And this gives rise to so many tensions, states of pressure, inner vexations, frustrations, outer confrontations. Sometimes such complications become a source of various states of ill health and much diseased condition of both body and mind.

Nevertheless, we cannot do without the body and the mind. Body is our dwelling place and an instrument of action. The mind propels and directs us in what way to act, and do things—apty the inner director. It is in this context that we must clearly perceive and recognize that these two are the sole instruments at the disposal of each human individual to live one's life and to act and achieve. Whatever needs to be done has to be done through the body and the mind. They are the only tools we have. They are the only endowments which have been given to us to live life, to make maximum out of life, to attain through life. So commonsense makes it clear that whatever a human individual has as an endowment, an instrument, a tool, which makes one a "human being", must be kept healthy. And if it is not kept in a healthy condition, its performance will be degraded. It is the physical body that we share in common with all other living beings, but what makes us unique as a human being, is our thinking, feeling, reasoning faculty.

Now it is perfectly plain, to keep one's unique faculty—the mind in a fit condition so that it is utilized always to achieve best results. It is, therefore, a top priority that every human being has to engage in with intelligence, commonsense and understanding and with all these acumens one can bring upon to bear an important task which is central to life well lived—successfully lived.

How many of us are giving attention to this as a top priority process? How many of us recognize that such attention is imperative and is most important to life that we have to attend to our mind. We have to do everything that we can wisely, to see that it is always in a perfectly fit state. Furthermore, it is not only a top priority which is to be attended to.



### Paschimottanasana



### Prize Distribution On Yoga Day



### Yoga Balancing Performance





**Yogic Dance on International Yoga Day**

### **IT IS CENTRAL TO LIVING OF A LIFE.**

Someone has said, as a man thinketh so he becometh. Mind is pivotal. This famous saying in the Sanskrit language, it is said, Mind alone is the cause of man's bondage or liberation. *Manameva manushyanam karanam bandha mokshayoh.*

This being so, we all should realize to keep the mind always in a positive state, always in a state of active optimism, always full of enthusiasm, full of positivity, full of confidence, full of cheerful disposition which is indispensable for living life with keenness and zest. Only if you are interested in what you are doing, then the performance and the end result becomes very successful. And you thrive upon it (don't drag through it), half-heartedly or half-believing it.

There is an interesting story: It was once announced that the devil was going out of business and would offer all his tools for sale to whosoever would pay his price. The devil always does business at night in the darkness of the inner psyche. On the night of the sale, they were all attractively displayed and a bad looking lot they were. Malice, hatred, envy, jealousy, sensuality and deceit and all the other implements of evil were spread out, each marked with a price. And something exceptional apart from all the rest, there lay a harmless looking wedge-shaped tool, much worn and priced higher than any of the others.

Someone asked the devil what it was. Discouragement was the reply. Why is it priced so high? Because, replied the devil, it is more useful to me than the rest. I can pry open and get inside a man's consciousness with that which I cannot with any of the other instruments. Once inside I can use him in whatever way suits me best. It is so much worn because I use it with everybody as very few people know it belongs to me. So, they allow themselves to entertain it, they allow themselves to give a place in them. If they knew, it doesn't belong to god's side, it is devil's, they will think not twice but ten times before allowing it to be entertained inside.

It hardly needs to be added that the devil's price for discouragement was so high that it was never sold. He still owns it and is still using it. It is one thing that prevented him from going totally out of business.

This story seems to be so simple but is so true. And mind is the only thing we have. If we don't keep it fit, full of courage, full of self-confidence, full of positivity we all are aware of what the result is going to be.

Positivity, optimism, enthusiasm, interest all are the ingredients in the mind that becomes best asset to your subjective-objective life. You have to make it an asset not a liability. You have to make it an instrument for overcoming all obstacles not an obstacle in itself. You have to make it an instrument that provides solution to all your problems and not become a problem in itself. If that which is to be provider of all solutions become itself the problem then where are you? And all these things don't come by themselves—they come through intelligence-culture, self-culture, culture of the inner man, culture of the psyche. And this is important not only for your secular life but also for your spiritual life. Not only for your own personal life but also for your social life. All aspects of life. And therefore, it needs your positive and active attention.

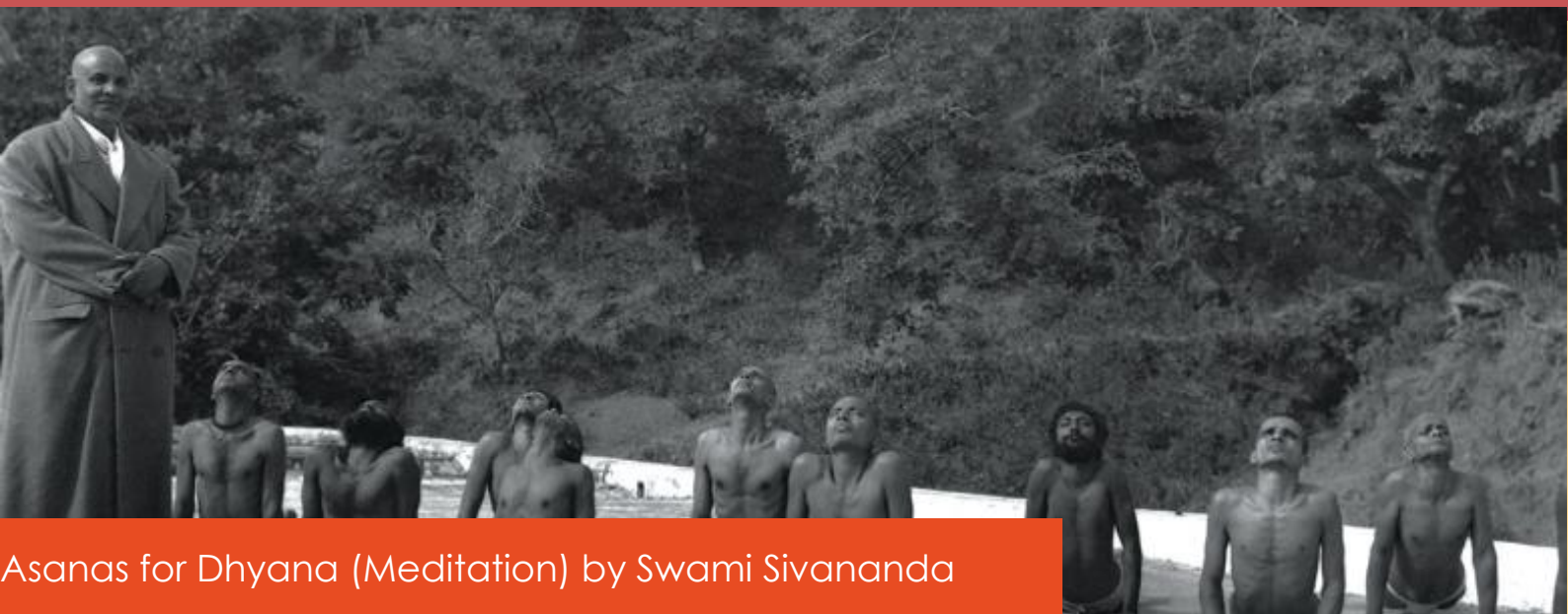
May the grace of the Supreme and the choicest benedictions of the Guru, the Holy Master be upon us all. Reverential adorations to the great universal spirit divine, the one transcendental, eternal, infinite and absolute non dual reality.

May the divine grace and the benedictions of the supreme grant us success in our efforts to make ourselves ideal human individuals and also success in our constant struggle and effort to adjust, adapt and accommodate.

**Swami Yatidharmananda**

**General Secretary**





## Asanas for Dhyana (Meditation) by Swami Sivananda

Four Asanas are prescribed for the purposes of Japa and meditation. They are Padma, Siddha, Svastika and Sukha.

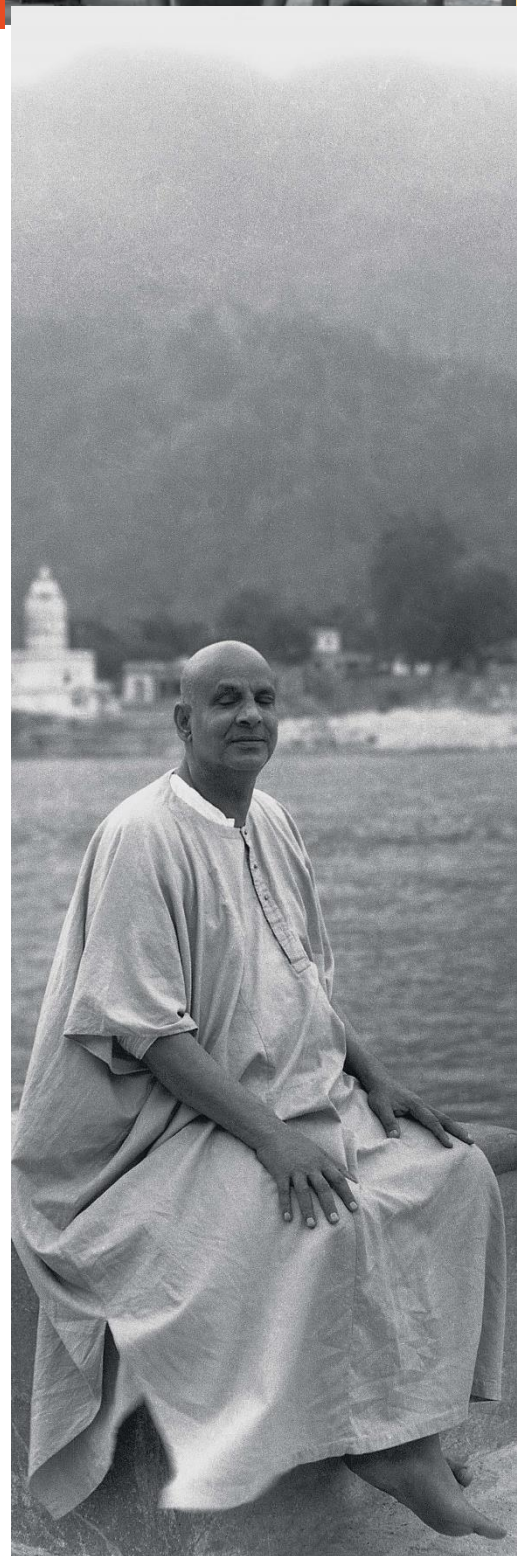
You must be able to sit in any one of these four Asanas at a stretch for full three hours without shaking the body. Then only will you get mastery over the Asana (Asana Jaya). Then only can you take to the practice of Pranayama (control of breath) and Dhyana (meditation). Without securing a steady Asana you cannot further get on well in meditation. The steadier you are in your Asana the more you will be able to concentrate and make your mind one-pointed. If you can be steady in the posture even for one hour, you will be able to acquire one-pointed mind and feel thereby infinite peace and Atmic Ananda inside.

When you sit on the posture, think: I am as firm as a rock. "Nothing can shake me." Give these suggestions to the mind a dozen times. Then the Asana will become steady soon. You must become as a living statue when you sit for Dhyana. Then only there will be real steadiness in your Asana. In one year by regular practice you will have success and you will be able to sit for three hours at a stretch. Start with half an hour and gradually increase the period.

If there is severe pain in the legs after some time, unlock the legs and then shampoo them for five minutes and sit again in the Asana. When you advance you will not experience any pain. You will experience on the other hand immense joy. Practice the Asana both morning and evening. After sitting in the Asana close eyes and concentrate on the Bhrukuti or Trikuti (the space between the two eyebrows) or in the Anahata Chakra (lotus of the heart). As the Trikuti (Ajna Chakra) is the seat of the mind, the mind can be quite easily controlled if you concentrate gently on this spot. Ekagrata (one-pointedness of the mind) supervenes quite readily. Concentration at the tip of the nose (Nasikagra Drishti), also has the same advantage, but it takes more time for the focusing of the mind. Those who cannot concentrate either at Bhrukuti or the tip of the nose may concentrate at any other outer point or inner Chakra of heart, head, neck, etc. Gazing at Trikuti (Ajna Chakra) is also called Bhrumadhya Drishti. Keep the head, neck and trunk in one straight line. Stick to one Asana; either Padma, Siddha, Svastika or Sukha and make it quite steady and perfect by repeated attempts. Never change the Asana. Adhere to one tenaciously. Cling to it like a leech. Realize the full benefits of one Asana for meditation.

### BENEFITS

Books on Hatha Yoga eulogies the merits and advantages of Padma and Siddhasanas to a very high degree. He who sits in any one of the Asanas even for 15 minutes daily with closed eyes, concentrating on God at the lotus of the heart, destroys all sins and gets Moksha quickly. These Asanas increase digestive fire and give good appetite, health and happiness. They remove rheumatism and keep the wind, bile and phlegm in proper proportion. They purify and strengthen the nerves of the legs and thighs. They are suitable for keeping up Brahmacharya.







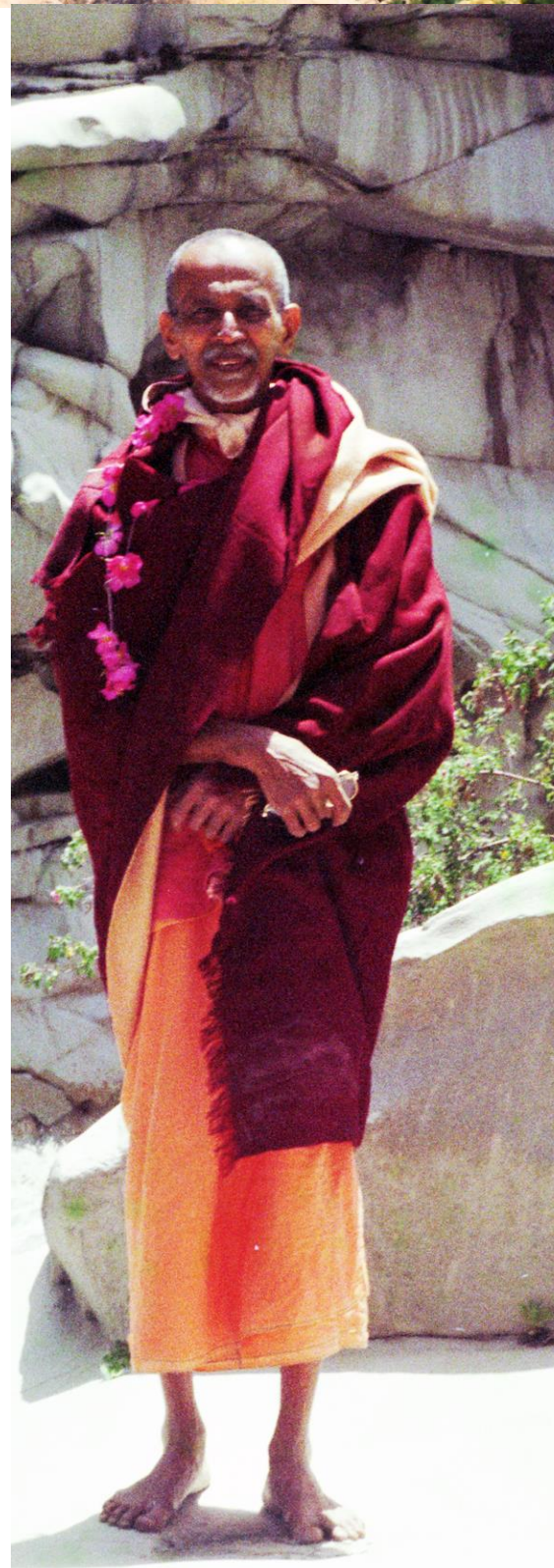
## Everything Is Yoga by Swami Chidananda

Worshipful homage to that supreme, eternal, universal Being who revealed himself in a glorious personal form comprising total Divinity as the world teacher, Lord Krishna, and who revealed himself in and through the Gita wisdom teachings that he imparted for all mankind, for all times, through his beloved devotee and disciple, the warrior prince Arjuna. He not only revealed his divine nature through his Bhagavad Gita teachings, he also revealed how man can realize him fully, can experience him and ultimately how man can merge himself in him to become one with him. All this he taught within the compass of 700 brief verses contained in 18 chapters.

And what is his main teaching? What is his main method of attaining the supreme human experience of our essential non-differentiation from him, which experience liberates us forever from all sorrow, all confusion and delusion and liberates us once and for all from a return to successive birth, death and rebirth in this mortal world? What is this method?

We all know that classical Indian spiritual tradition speaks of four yogas—channelizing our action potential through karma yoga for God-realisation, channelizing our sentiment and emotion potential for realizing God through bhakti yoga, channelizing our mind's power of concentration for attaining God-realization through raja yoga, through meditation, and channelizing our intellectual potential of analysis, logic, discrimination and reasoning to attain illumination through jnana yoga. But in the Gita we witness a strange phenomenon in that 18 yogas are mentioned, one for each chapter. It speaks only about yoga. What is this strange phenomenon? There are four classical yogas and here we have 18 yogas. Everything is yoga. He covers the whole of human life in His teaching.

What is that central teaching? The central teaching is that, in fact, all life is yoga. Life is to be lived as the great sadhana, the great yoga. All actions constitute yoga. Everything that you think is yoga. Everything that you speak is yoga. Everything that you do is yoga. That is why everything that you think should be thought of as yoga. That is why everything that you utter should be regarded as yoga. That is why everything that you do must be done as yoga. There is nothing else in life except yoga and yoga alone. All of life is yoga. Life is a great sadhana. Life is a supreme yoga, every part of it. Life is to be lived as such. That is why it was given. Each and every one of our actions from morning till evening should have a Godward thrust; they are to be engaged in for attaining illumination. Everything in our life is and ought to be enlightenment oriented. Breathing, sitting, standing, running, resting, working, lying, waking, dreaming, sleeping, all constitute that one single process—yoga. So there are not merely 18 yogas. There are innumerable yogas every moment. Everything is to be regarded as yoga; it is not just eighteen. The number of yogas is legion. This is to be grasped. This is the great truth about you, about each and every one of us. May the grace of the Supreme and the benedictions of revered and beloved Holy Master Gurudev Swami Sivanandaji enable us to fully recognize this truth, fully assimilate this truth, fully live in the light of this truth, and thus become the Truth. May God bless us all!





सेवा समाचार

## 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 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 1005 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premanand at 9:30 Am in the Bhajan Hall or online to experience the magic of one of the most significant pieces of text ever to be 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](#).
- Navratri, Ram Navami and all other 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: 10**



**Morning Chanting**



**Sundarkand Path On Saturdays**





**Students meeting with General Secretary**



## Supporting The Community

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

### Yoga Practice:

Swami Sivanand Seva Samiti is now blessed by the presence of Sri Krishna Kant Tripathi ji. Yoga classes conducted by him and continued throughout the month of April.

Number of students in Yoga class : 17

Total No. of Students Supported,

in the month of June : 10

### Hostel

The Hostel wing of the ashram is providing free accommodation, food and necessary educational aids to the identified needy students and seekers.

No. of students staying in the Ashram : 08



**Ashram supports Students**



**Ashram Inmates**



**Our Future Yogis**





## 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.

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

Patients Attended to in Hospital OPD	:	660
Eye patients	:	165
Dental patients	:	01
Mobile camp patients	:	46
Panchakarma	:	256
Physiotherapy patients	:	328
Veterinary medicines distributed	:	02
Pathology Tests	:	45
Ambulance Seva to patients	:	06
Homeopathy patients	:	73



### Homeopathy



### Physiotherapy



### Dispensary

Accept your mistakes, you will soon reach perfection





## Eye Camp



Eye Camp – Registration Desk

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 endeavour from Swami Premanand ji on a philanthropic ground towards welfare of rural communities around Uttarkashi hilly villages. Eye camp has become a monthly activity and jovial selfless service which is actively taken by all ashram inmates, Doctors, residents, Students to make it a success.

on the 17,18 June in the leadership of Dr.Om Prakash Verma, MBBS, MS (ophthalmology) such a camp was conducted.

**No. Patients : 26**

**Cataract Surgery done for : 17**

1. All patients detected with cataract during routine checkup are being out called by our Doctor Suresh Aswal and informed about Eye camp.
2. Eye camp starts with blood test for sugar, reading of eye lens with A-SCAN, with its necessary evaluation and investigation.
3. Post approval from our Surgeon, eyes are dilated and made ready for surgery.
4. SCIC technique, modern technology PHACO machines are being used for the surgery.
5. Patients are bandaged with eye patch and kept overnight and given free food, Night stay, with free Blanket.
6. Subsequent Day, patients are treated with Eye Drops, Eye Glass



Eye Testing



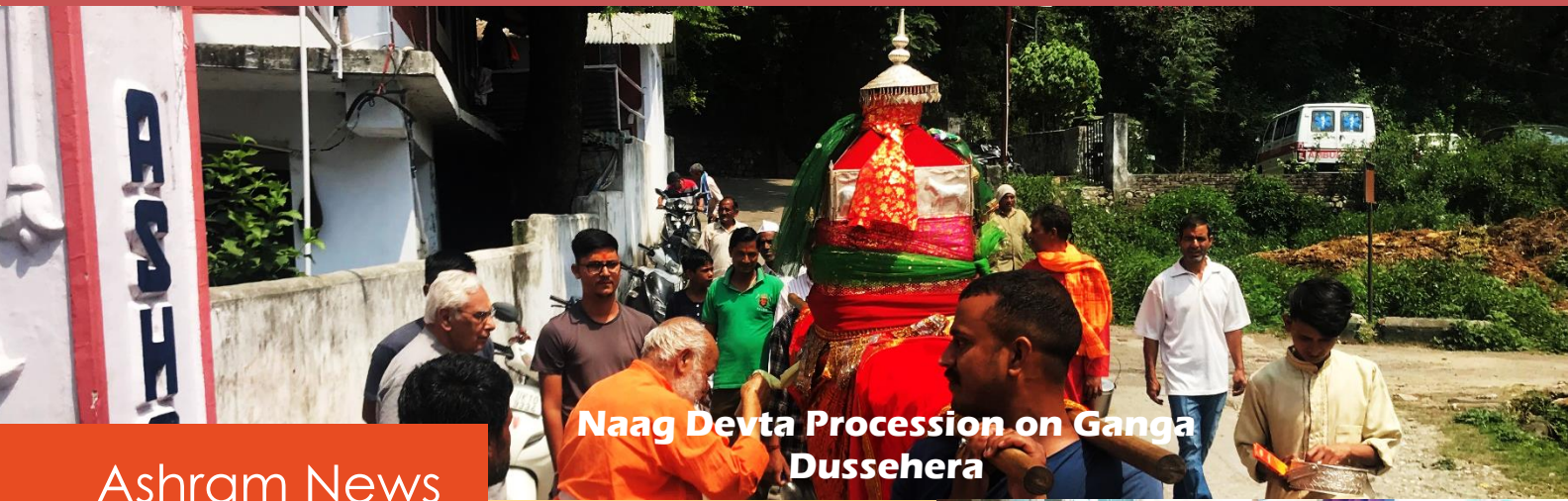
Eye Camp – Form Filling & other formalities



Eye Operation Theatre (O.T)







**Naag Devta Procession on Ganga  
Dussehra**

## Ashram News

### Hospitality

As the travelling in to Uttarakhand slowly opened up, ashram also received very few Padyatri Mahatmas & needy Padyatris of Chardham Yatra. 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 to their spiritual practices. Ashram provides free food and accommodations to all these guests. Every Monday Rudra Abhishek and Mahamrityunjaya are conducted that all are welcome to participate in.

Indian guests	:	104
Foreign visitors	:	03
Ashram inmates	:	45

### 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: 80

### 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



**Kerela Group having Interactive  
Satsang with Swamiji**



**Prabha (Our Computer Teacher )**



**Divine Bhandara**



**Gangadhar Mahadev Pooja**



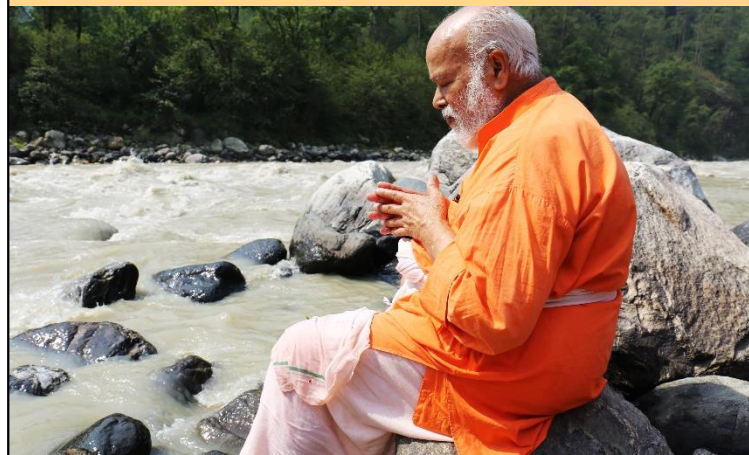


## Ganga Dussehra 2022

To Honour and celebrate the descent of Ganga Maa down upon the Earth and the Three Realms, our Ashram marked the event with a noteworthy ceremony held on her Blessed Banks. A 'Birthday Present' was devotedly filled with all sorts of favourable and divine-trinkets and treasures, worthy of Maa Ganga (before being offered into Her flowing waters). Swamiji presided over the festivities, instilling the deep – reverence of such an event into the attendees. Mother Ganga flows for over 2500kms through the Himalayas and India, providing sustenance for countless scores of people and their livelihoods.

**JAI MAA GANGA!!! JAI MAA GANGA!!!**

### Puja of Divine Mother - Ganga



### Swamiji in a contemplative mood



### Returning after the Celebrations!



### Taking the aarti



**Cake Cutting Ceremony**

## Swami ji's Birthday Celebration

Alongside, Ganga Ma's Birthday we also celebrated the Birthday of another 'Gift from God', our very own swami Premanandaji.

The festivities continued throughout the day and into the evening. Celebrations include Gurudev's paduka puja, bhajans, divine bhandara, some fantastic local dance & cultural program and birthday wishes from around the globe, wanting to wish Swamiji on this special- day.

**Gratitude to Swamiji- by Pari**

**Pahadi Raas Dance**

**Pahadi Traditional Dance On Swami ji's Birthday**

**Local Group Dance**






Gurupaduka Pooja





## Teachings from Yoga Vasistha : Perception of Sensible Objects



Even the lotus - born Brahmā, had been without his organs of sense at first. (Brahma the creative power of God, was purely a spiritual Being, and necessarily neither had a gross body nor any of its organs as we possess). As Brahma the collective agent of creation was endued only with his consciousness – Samvid, for the performance of all his functions; so are all individual personalities endowed with their self - consciousness only, for the discharge of all their necessary duties. Know that as the living soul, dwelling in its body in the mother's womb, comes to reflect on the actions of the senses, it finds their proper organ supplied to its body immediately. Know the senses and the organs of sense to be the forms of consciousness itself, as in the case of Brahma, who represents the collective body of all individual souls. At first there was the pure consciousness in its collective- form in the Divine Intellect, and this afterwards came to be diffused in millions of individual souls from in sense of egoism. At first was the Divine soul "that I am all that I am" and afterwards became many as expressed in the Vedic text "aham bhusyam". It is no stain to the pure universal, undivided and subjective Divine spirit, to be divided into the infinity of individual and objective souls; since the universal and subjective unity comprises in it innumerable objective individualities which it evolves of itself. (in its self manifestation in the universe). The objectivity of God does not imply his becoming either the thinking mind or the living soul; nor his assuming upon him the organic body or any elemental form. (Because the Lord becomes the object of our meditation and adoration in his spirit only). He does not become the Vidya or Avidya - the intelligible or unintelligible, and is ever existent as appearing non-existent to the ignorant; this is called the supreme soul, which is beyond the comprehension of the mind and apprehension of senses. From him rises the living soul as well as the thinking mind, which are resembled for the instruction of mankind, as sparks emitted from fire. From whatever source ignorance (Avidya may have sprung, you have no need of inquiring into the cause thereof; but taking ignorance as malady, you should seek the remedy of reasoning for its removal. After all forms of things and the erroneous knowledge of particulars, are removed from your mind; there remains that knowledge of the unity in which the whole firmament is lost, as mountain is concealed in an atom. (The infinity of Deity, envelopes all existence in it). That in which all the actions and commotions of the world, remain still and motionless; if they were buried in dead silence and nihilist; is surest rock of your rest and resort, after feeling from the bustle of all worldly business. The unreal or negative idea of ignorance, has also a form, as inane as it is nothing; look at her and she becomes a nullity, touch her and she becomes a nullity, touch her and she perishes and vanishes from sight. (Avidya like Ignorant is of the feminine gender, and delusive and fleeting as a female). Seek after her, and what can you find but her nothingness; and if by your endeavour you can get anything of her, it is as the water in the mirage (which kills by decaying the unwary traveller). As it is ignorance alone that creates her reality, her unreality appears as a reality, and destroys the seeming reality at once. (Avidya or Ignorance is the Goddess of the agnostic sādhas who worship her, under the name of Maya Illusion also). Agonism imputes false attributes to the nature of the Deity, and it is the doctrine of the agnostics to misrepresent the universal spirit under the forms of the living soul and the perishable body. (from their ignorance of the supreme). The imaginations of your mind, causes the body to grasp your soul as a shark, and the desire of your soul is as a ghost, that lays hold

on children in the dark. It is the mind, the understanding and egoism joined with the five elements or tanmatras, that from the purayastaka or ativahika body, composed of the octuple subtle properties. The bodiless or intellectual soul, is finer than the

vacuous air, the air is its great Arbor, and the body is as its mountain. (i.e. It is more subtle than the empty air and sky). One devoid of his passions and affections, and exempt from all the conditions of life, is entitled to his liberation; he remains in a state of profound sleep (hypnotism), wherein the gross objects and desires of life, lie embossed and buried forever. The state of dreaming is one, in which the dreamer is conscious of his body and self-existence; and has to rove about or remain fixed in some place, until his attainment of final liberation. Sometimes the sleeping and often the dreaming person, have both to bear and carry with them their ativahika or movable bodies, until they obtain their final emancipation from life. The liberation that the living soul has by means of its intelligence, is again of two kinds: the one is termed emancipation from life or "JIVAN MUKTA", and the other is known as the release from the burden of the body or "DEHA MUKTA"

The living soul (passing through the doors of bodily organs) becomes united with the outward object, when the one becomes the percipient and the other the object of its percipience; and then the entity of both of these, namely of the inwards soul and the outward object being pervaded by the all-pervasive Intellect of god, they both become one and the same with the common receptacle of All things blend in the Divine unity. Hence the belief of the receiver, received and reception, are as false as the water in the mirage and there is nothing that we can shun or lay hold upon as desirable or disgusting, when they are all the same in the sight of god. All things whether internal or external, are manifested to us as parts of the one universal and intellectual soul; and all the worlds being but manifestations of the Divine Intellect, it is in vain to attribute any difference to them. All of us are displayed in the Intellect, which contains the inner forever.



सेवा समाचार

तुम चलाओ 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  
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

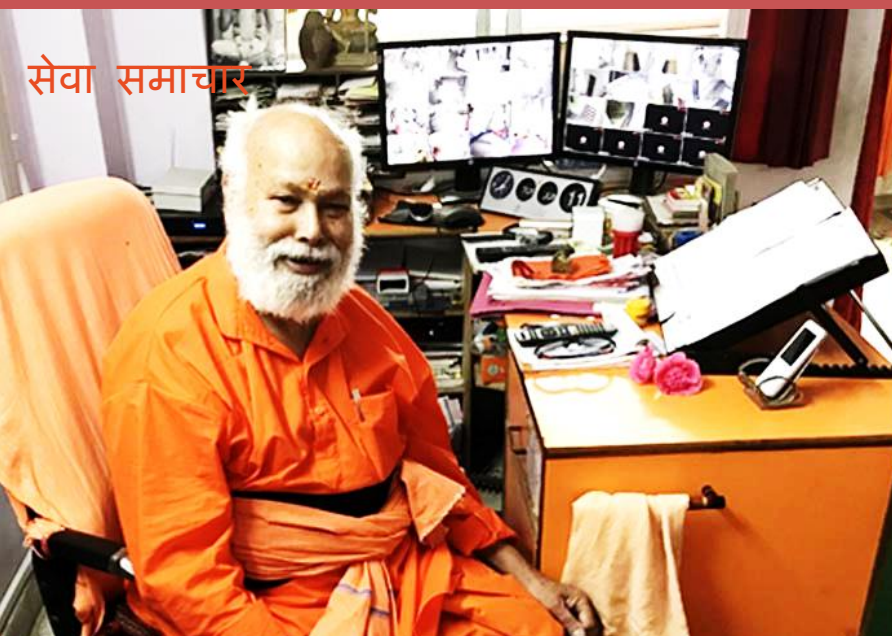
[www.sivanandasevasamiti.org](http://www.sivanandasevasamiti.org)

**Become part of the Seva Activities**

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

[click here for our Youtube Channel](#)

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**Swami Sivanand Seva Samiti** is rendering one of the greatest services to humanity and mankind through **Sivanand Dharmarth Chikitsalaya**. 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.

