

July 2023



# सेवा समाचार

Seva Samachar

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

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

# सेवा समाचार



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

## Thought for the Month: Some 'Buts'

By Swami Premananda

(Contd. from June 2023 issue)

19. It is hard to continue the mighty ocean of worldly existence, but with the name of God one can cross it as if it were a mere puddle made by the cow's hoof.
20. Anger totally destroys the person, but a pretence of anger is useful to maintain discipline or to rectify the dull-witted.
21. Greed leads to hell, but greed to perform meritorious deeds leads to heaven.
22. Practice of the vow of celibacy gives immortality, but this vow can be broken to maintain the clan, as in the case of Sage Vyasa.
23. It is duty to abide by rules and codes of conduct, but these can be bypassed both in haste and in love.
24. Devotees sacrifice even their lives to fulfil their promise to the Lord, but God willingly breaks His promise for the sake of His devotees.
25. Intake of food maintains life, but over-eating endangers life.
26. Poison is lethal, but in order to save life, poison is at times used to nullify the ill-effects of poison.
27. Thorns are painful, but thorn is used to remove a thorn.
28. The Lord kills the wicked, but He liberates them as well.

## Seva Samachar

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- Teachings from Yoga Vasistha
- BECOME A MEMBER





## Some 'Buts' (contd.)

29. Death holds everyone in fear, but for a person of discrimination it is only a change of appearance.
30. Too much of anything is bad, but Ravana and Duryodhana through too much pride and King Bali through giving too much in charity attained the Highest.
31. Others' prosperity gives joy to the good-hearted, but it gives sorrow to the wicked.
32. Friends and loved ones must not be given up for the whole of life, but they must be forsaken if they are an obstacle to one's highest welfare.
33. Food must be taken as medicine to maintain life, but food taken for enjoyment becomes bondage.
34. Contentment is elixir, but contentment in one's highest spiritual practices is an obstacle to growth.
35. Cunningness in spiritual life is not good, but cunningness can be employed to keep one's self away from snares like fame and from the worldly minded.
36. Fire is all-devouring, but it cannot devour air and space, which are the fundamental support of its existence.
37. Name and fame are an ornament for the worldly minded, but for a seeker they are better given up.
38. Maya or Lord's illusive power ensnares everyone, but not a devotee.
39. Needs can be fulfilled, but not wants.
40. Worldly love binds, but love for the Divine liberates.





## The Three Governing Factors of Sadhana

By Swami Sivananda

Many people even after studying classic works on religion and philosophy, do not know what they should do in practice to attain the goal of life, viz., God-realisation, and they seek enlightenment on this. The three things essential for God-realisation are: (1) constant remembrance of God, (2) cultivation of virtues and (3) spiritualisation of all activities.

**(1) Constant remembrance of God:** There may be breaks in the beginning, but by repeated practice, gradually you can have constant remembrance. Constant Namasmaraṇa, mental repetition of God's Name, alone is possible for the vast majority of people. Awakening of Kundalini and raising of Brahmakara Vritti are very, very difficult, but when the mind is purified, they would come automatically.

**(2) Cultivation of virtues:** Of all virtues Ahimsa (non-injury), Satya (truthfulness) and Brahmacharya (celibacy) are the most important. If one is established in one virtue, all other virtues will cling to him. Watch the Vrittis. Introspect. Develop purity in thought, word and deed. In the beginning, practice at least physical purity. Then mental purity will come by itself.

**(3) Spiritualisation of all activities:** Feel you are an instrument in the Lord's hands and that all the Indriyas (senses) belong to Him. Repeat the formula: "I am Thine; all is Thine; Thy Will be done." It is a beautiful formula for self-surrender. You may forget this formula and egoism may assert itself. But introspect again and again and find out your weakness. Try to be established in the feeling, "I am an instrument in the hands of the Lord." Remember the Gita verse:

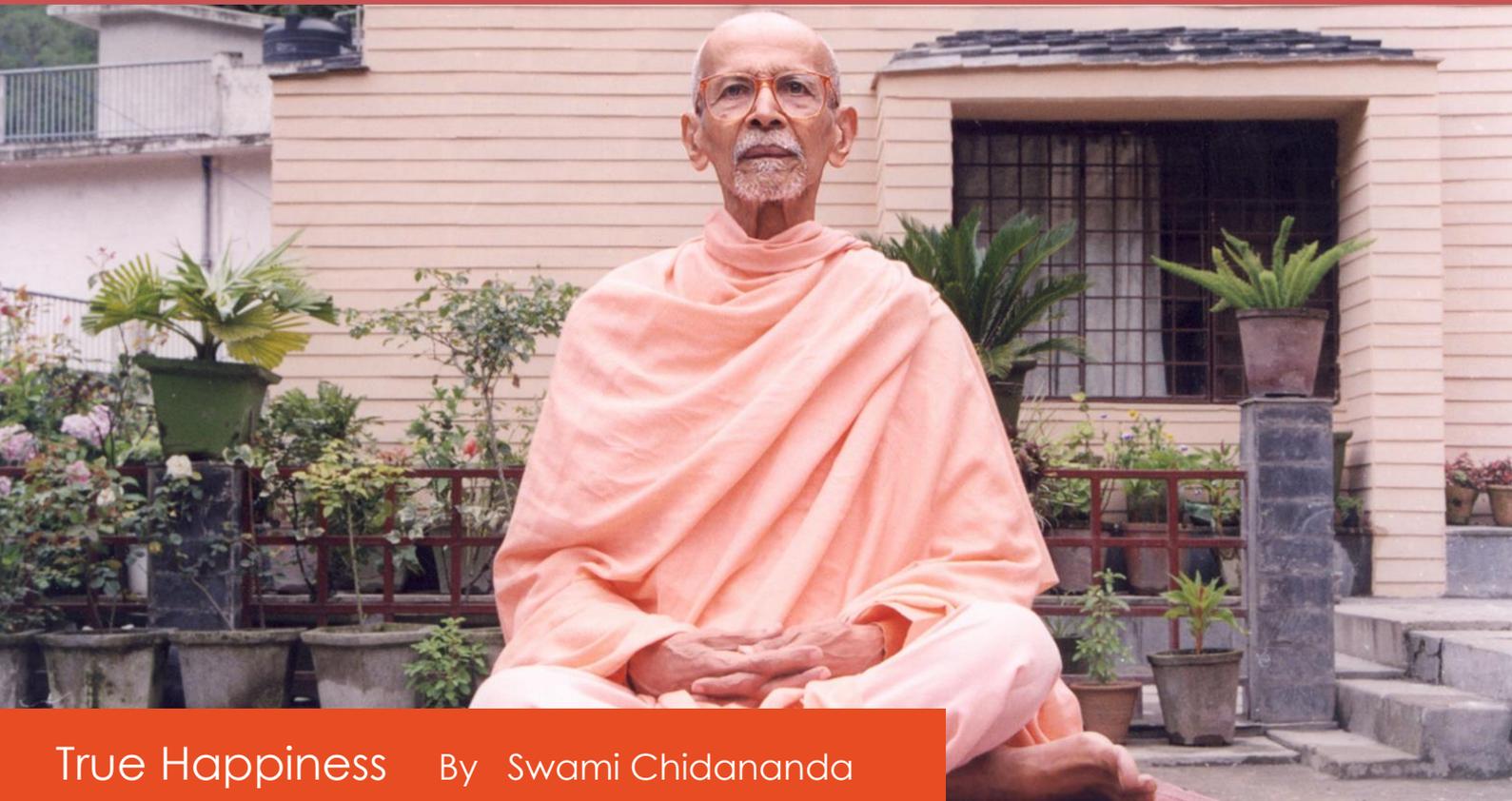
SELF-SURRENDER

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।

यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥

*(Whatever you do, or eat, or offer in sacrifice, or give, or practice as austerity, do it as an offering unto Me.)*





## True Happiness By Swami Chidananda

Desire and want, which arise from the prime delusion, destroy all peace of mind. In a mind devoid of peace how can there be happiness? ***Happiness depends upon peace of mind.***

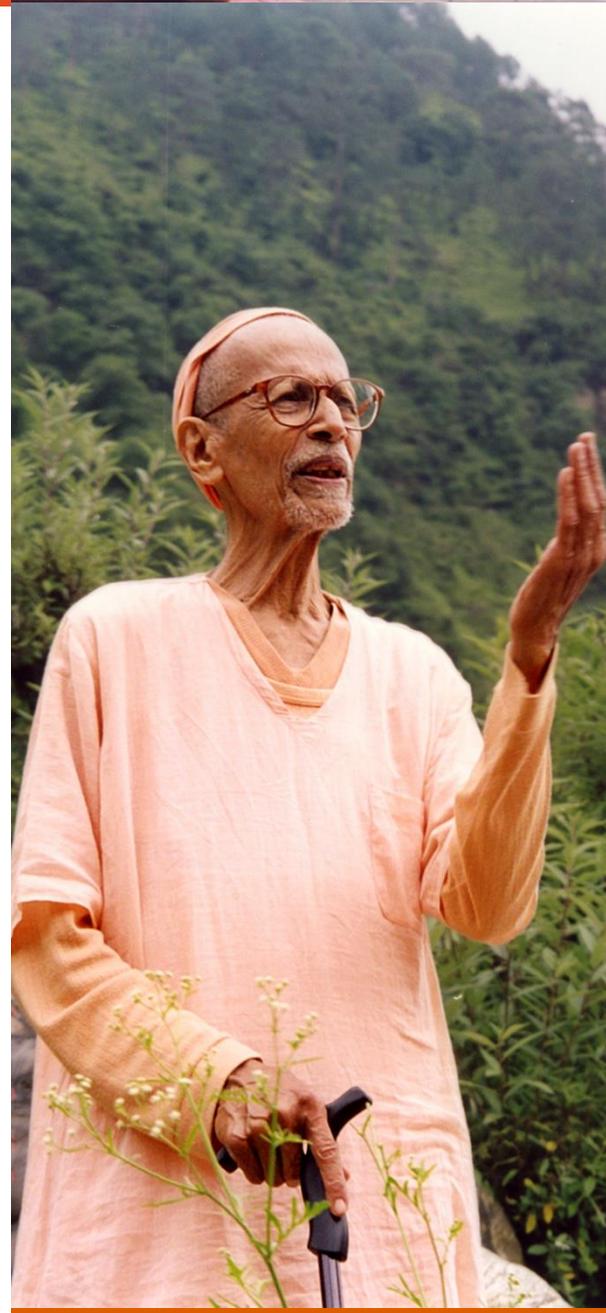
It is in a calm, tranquil state of mind alone that happiness arises, for essential true happiness is your inward spiritual state. Fortunately, or unfortunately, the only media through which, it can be expressed are the intellect and the mind. If these two media are thrown into such a state of agitation that they cannot serve as proper channels for the welling up of this inner happiness, then their condition becomes unfit and unfavourable. It is only when there is peace and serenity in the mind and intellect that inner happiness makes itself felt. The robber of your peace and serenity is the sense of want and desire which arise out of your prime error that happiness depends upon objects.

That is the error in which you start your life. In childhood one is taught that to have a good time means going to places, or doing things, or getting objects and so children grow up in this delusion. The adult that is produced is at the mercy of things which are outside of himself. The grain of proper understanding of this world, as it really is, instilled into young people would grant a rich harvest in terms of happiness and joy.

Simplicity of life is the true secret of happiness. Unhampered experience of joy which lies within comes out of simplicity. Your life should never be complicated with too many things. Due to too many things, due to too many desires, modern man unfortunately has missed this. The religious man always sings. He always dances. He is comparatively care-free and filled with the happiness of simplicity and contentment. Man has the key to happiness in simplicity and contentment.

***A simple and contented life depends more upon God-made things than upon man-made objects. There are hundreds of things that can fill you with happiness if you only have the eyes to see.***

***May your life become radiant with joy and happiness.  
Supernal Happiness—may That be yours.***





## Message to the Students By Swami Premananda

My dear students!

You are the future wealth of our human society! The society is making you now. You will make the society in future. You are the part and parcel of the whole human society. If you are good, the whole society will be good. You are the backbone and model of the whole totality. One bad element spoils the whole; but one good may not make the total good. So, it is very very necessary that each and every member of the society is ought to be good to make a healthy, happy, prosperous, harmonious and peaceful society.

Human being is not only dependent on money but also on health, happiness, wealth, comforts and many other aspects of life. A person is known by his actions and the motive behind it, but not by wealth, nor by physical strength etc. The mind, speech and actions constitute the personality. The person is great if his thoughts, words and deeds coincide with each other.  
***One should speak what he thinks, and do what he speaks.***

***The thoughts repeated again and again forms a habit.  
The habit repeated again and again forms your character.  
A character repeated, becomes your fate.***

***So, one should always be watchful not to allow the harmful negative thoughts to enter into the mind.  
You are the master of your fate. As you think, so you become.***

Just as every individual part of the body is taken into count to make a healthy body, so also every individual of the society is taken into consideration to build a healthy society. Just as in the body, each and every part co-operates with each other to keep up the body intact, so also every individuals have to cooperate with each other to keep up harmony, law and order in the society. Everyone has same right to exist as you have. That means you have no right to disturb others in their lifestyle. That is to be in your limits. ***That is called freedom!***

Freedom doesn't mean to disturb others. Do unto others as you wish to be done by others.

As you sow, so you reap. One should not think of a self-centered, limited, small boundary of life like a mean-minded miser, but think for the whole world at large. If you think for the whole world, the world becomes yours.



## Message to the Students (contd.)

***A man with humility, loving heart and feeling for others, who thinks for the well-being of others can achieve anything and everything in this world. He is a friend to every being. The whole world is his family. Nothing is impossible for him.***

Dear children! Try to think, if everyone in this world behaves with others as his family members, then where else is your so-called heaven!

Is it not here! ***You are The creator of your heaven!***

Why don't you think for it instead of thinking for small, limited, sensual, transitory pleasures!

The key to success in life lies in your will power, self-confidence, broad understanding heart, patience, faith and self-effort, positive attitudes, co-operation etc. Your dream will come true! Your fate; nay the fate of the whole mankind is in your clutches.

***Open your hand, you will find it!***

***Open your inner eyes, you will see it!***

***Go ahead, you will get it!***

Tell me now, will you fall a prey to these self-centered misers who think for limited caste, creed, classes of people and fight for small interests with each other?

Will you not wake up now itself to achieve the best?

Will you not write the history of a human paradise?

May Lord bless you all.

May you be crowned with success, with love and hope.



# 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, asana pranayama sessions are conducted daily.
- 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 Vasistha 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!
- 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: 15

**SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE**





## 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.



**Consultation by Dr Panda (AIIMS)**

### Medical Camps:

**General Medicine:** Dr. Prasan Kumar Panda, MD, AIIMS Rishikesh visited the ashram and provided free consultations and medications at the medical camp held on 13<sup>th</sup> and 14<sup>th</sup> of June. Patients with acute or chronic illnesses were highly benefitted from the camp. He continued his service to the patients through tele-consultation. The department acknowledges and thanks Dr. Panda for his selfless service.

**Dental Camp:** 3 days camp was organized from 14<sup>th</sup> June; 21 patients were benefitted from the camp. We thank Dr. Mahesh and Dr. Pooja Bhatt from Rishikesh for their precious time and service to the villagers.



**Dental Camp**



Patients Attended to in Hospital OPD	: 309
Mobile Camp	: 256
Eye	: 71
Pathology	: 50
Panchakarma	: 36
Physiotherapy patients	: 58
Homeopathy	: 3

# Healthcare - Special Event: Gangotri Medical Camp



Under the expert guidance of **Dr. PK Panda from AIIMS Rishikesh**, a free medical camp was conducted on 14<sup>th</sup> June at Gangotri. Sadhus, pilgrims and villagers got examined by our medical team and free medicines were distributed to the patients. The team was able to provide treatment to 78 patients. Common medicines were also distributed to the needy.





## Spiritual Activities:

### ❖ Rath Yatra Celebrations

**Annual Rath Yatra (Chariot) festival** commenced on 20<sup>th</sup> June where Lord Jagannath, Lord Balaram and Goddess Subhadra were taken in a chariot from Ashram's Kunj Bihari temple to their garden house where they stayed for 9 days. The festival culminated with "Bahuda Yatra" or return journey on 28<sup>th</sup> June. The ashramites, visitors and villagers came together for the rituals and pulled the ornate chariot with great zeal and enthusiasm in a procession. Special prayers were offered to Lord Jagannath on all these days for the welfare of all beings. All devotees and visitors enjoyed the Mahaprasad of Lord Jagannath.





## Spiritual Activities:

### ❖ Akhand Ramayana Path

**Akhanda Ramayana Path** or uninterrupted recitation of the entire Shri Ramcharitmanas, written by Goswami Tulsidas, was held on 22<sup>nd</sup> and 23<sup>rd</sup> June in the ashram by Dr. Jugesh Gujral and team from Bareilly. The ashramites and villagers actively participated in the program. This was followed by joyous Kirtans, Havan and Bhandara.





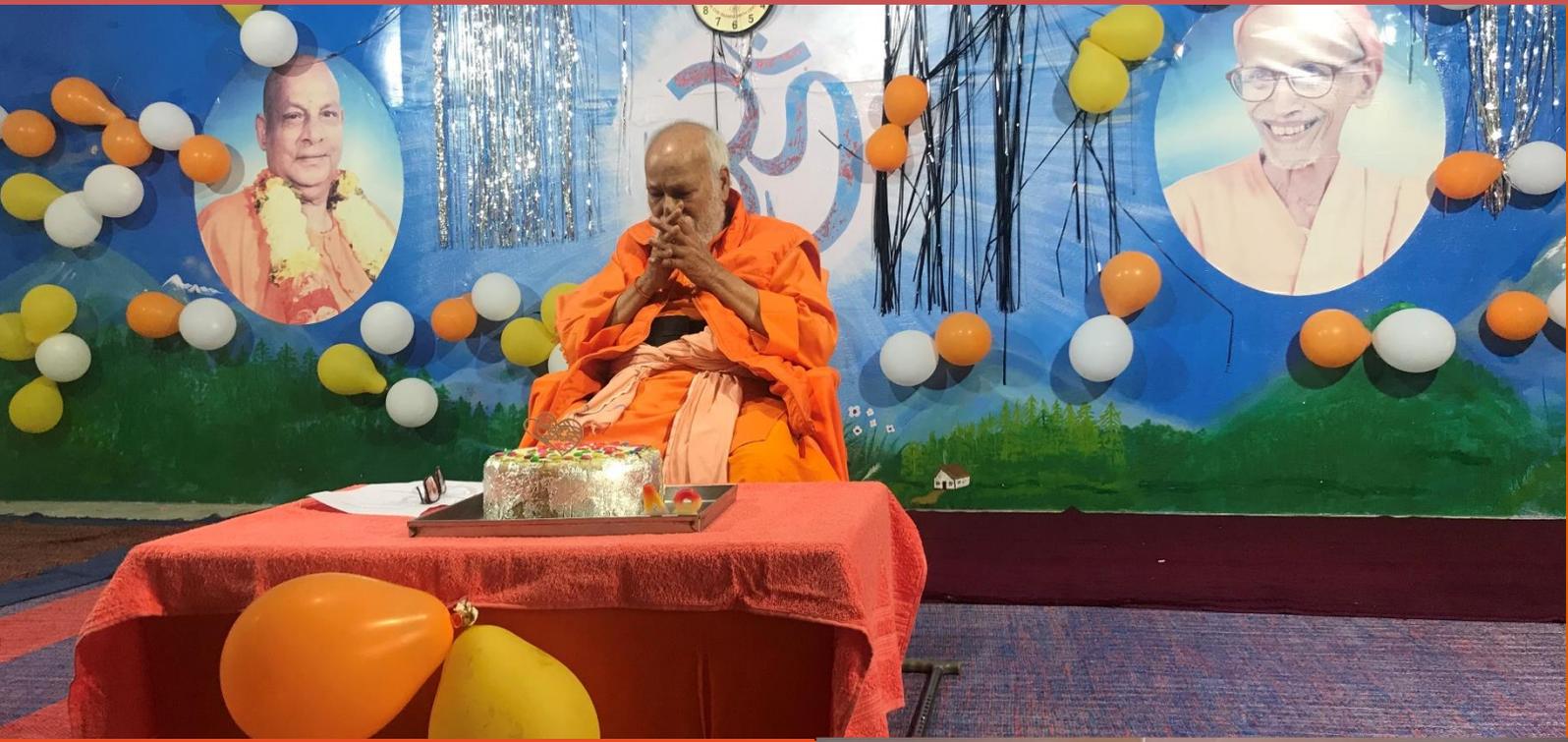
## Annual Events:

- ❖ International Yoga Day



International Yoga Day was celebrated on 21<sup>st</sup> June by the students from the Ganeshpur village with great enthusiasm. The program commenced with prayer and was followed by presentation of basic yoga postures and pranayama. Swamiji stressed on the necessity for regular practice to maintain mental and physical health.





## Annual events:

### ❖ Swamiji's Birthday Celebration

84<sup>th</sup> birthday of Swamiji was celebrated on 12<sup>th</sup> of June with great exuberance by the Sanyasis and Sadhus from several ashrams of Uttarkashi, the devotees at the ashram and the villagers.

Special Rudra Abhishek and Havan were performed at the Gangadhar Mahadev temple in the morning for peace and well-being of all devotees and the universe at large.

Guru Paduka Puja and Kirtan was also conducted at the Yoga Hall, in which everyone joyously participated. This was followed by a delightful and tasty Bhandara.





## Annual events:

### ❖ Swamiji's Birthday Celebrations (contd.)

There was beautiful song, Garhwali dance and Yogic dance performances in the afternoon. This was followed by enlightening talks by Pujya Swami Atmananda ji Maharaj and Pujya Swami Premananda ji Maharaj. However, as Pujya Atmananda Swamiji mentioned, Swamiji's birthday was being celebrated not just by the few assembled people, the whole nature came forward to celebrate His birthday in their own ways. Nature's wonders were observed throughout the day. The program concluded with a Resolution to "Do Good" unto all beings, Prayers for the Universe, Blessings and Prasad distribution by Swamiji.





# Ashram News

## Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram in the month of May 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	:	128
Foreign visitors	:	06
Ashram inmates	:	18

## 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: 60**

## 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	:	5
Total No. Of Calves	:	4

## Yoga Asana

Regular Yoga asana classes are taking place under the guidance of Pujya Swamiji.

Total No. of students	:	17
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**Spiritual guidance to visitors**



**Free Food for All**



**Yoga asana class**



## Teachings from Yoga Vasistha: Causes of miseries in this world

Guru Vasistha ji explains the nature and causes of miseries and sorrows to Sri Ram ji by sharing his interactions with an ascetic named Manki. Manki ascetic was tired of life in this world, it's miseries and problems, and requested Sage Vasistha the way to freedom from sorrows of life. Vasistha ji explains that life appears to be a problem only because of ignorance, which is due to not having knowledge of reality. When reality is forgotten, name and form appear, along with the concept of time, space and situations. Thus, the forgetfulness results in manifestation of the world. Vasistha ji delves deeper into the problem and explains that this ignorance has four forms, the first two being Samvedan and Bhavan, which further leads to Vasana and Kalna.

Samvedan, in general means feelings towards others, we share the sorrows and happiness of others. Feelings towards others (person, parts of body or objects) can only arise when there is a relationship between "two". These relationship between the two is perceived through the senses in the form of happiness and sorrow, pleasure and pain. Thus arises the concept of duality, me and mine. We say my body, my family, my friend, my house etc. and establish relationships with each of them. As soon as duality arises, the absolute truth or oneness gets veiled.

Bhavan is the preliminary thought process. Any thought process is a changing process, which are basically different forms of vibrations that disturbs the stability, the absolute equilibrium state. Just as we can't see deep inside a clear water body if there are ripples on the water surface, similarly, when vibrations (thoughts) occur, it causes disturbances and covers the underlying reality. Just as in a prism, we can see reflections of all objects around it due to its purity, similarly the truth can only be seen if there is absolute purity and stability. From another perspective, the reflections of water or waves in the water is not different from itself.

सेवा समाचार

BY SWAMI PREMANAND



## Teachings from Yoga Vasistha: Causes of miseries in this world (contd.)

Similarly, the world, which is nothing other than the truth itself, reflects within itself due to its purity, transparency, all pervasiveness. In a lens house, the actual object gets reflected through multiple lenses and assumes manifold forms. This causes misunderstandings and the actual object is not seen in its real form. In the same manner our thought process makes us misunderstand the truth.

Vasana occurs due to repetition of a particular thought. The more the repetition, the stronger is the desire. Desires cause attachment, restlessness and ones' whole life is spent in fulfilling the desires. Desires when unfulfilled cause pain, sorrow and suffering. These desires further become a cause for bondage and the being is eternally tied up in fulfilling the endless desires. In this manner, the world becomes a place of miseries.

Kalpa has got many aspects, but it can be broadly understood as project plans. It is developed out of all these, which continues the process endlessly. To fulfil the desires, one keeps making several plans and works towards its implementation. The Vasanas produces momentum to act, which results in karma or action. Every action has a reaction, so one has to enjoy the fruits of the actions, which in turn results in more actions or desires. Often the desires are not limited to one's lifetime. The unfulfilled desires are carried over and acts as a catalyst for next birth. Also desires to enjoy in heaven makes one assume subtle bodies suitable for the Loka and when the fruits of good actions are exhausted, one has to take rebirth again. In this way the cycle continues, and one gets trapped in the cycle of actions, desires and rebirth, resulting in endless miseries and sufferings.

सेवा समाचार

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](mailto:swami.premananda@gmail.com)

[info@sivanandsevasamiti.org](mailto:info@sivanandsevasamiti.org)

## MEMBERSHIP PLANS

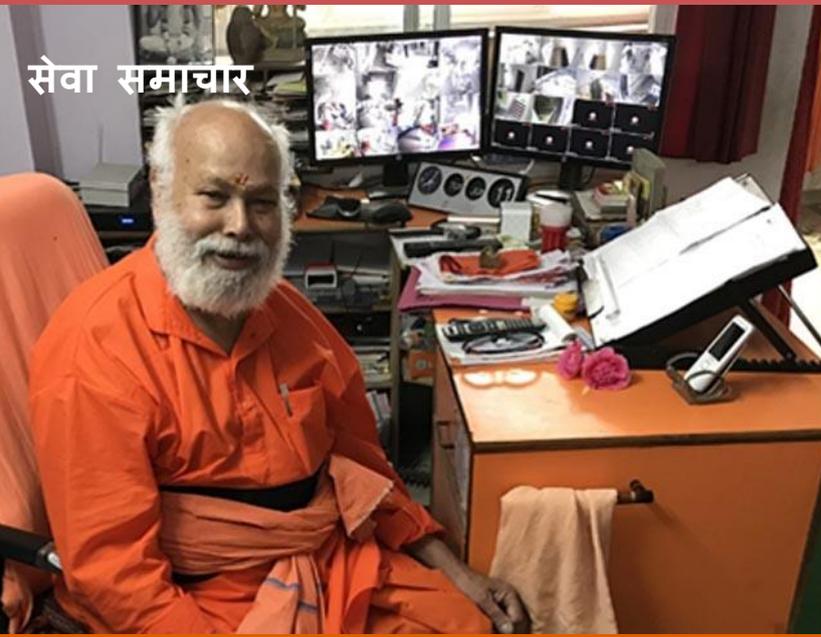
- LIFE MEMBERSHIP:  
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:  
RS. 200 PER MONTH OR  
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA

[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, UTTARAKHAND, INDIA.

### PHONE NUMBER:

+91 9411370533

### 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.

