

July 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:

दर्पण में आपका रूप - स्वामी प्रेमानंद

आप सुन्दर हो
आप शांत हो
आप सत्यम् शिवम् सुंदरम् हो
आप अमृतमय हो
आप निष्पाप हो
आप करुणा के सागर हो
आप ज्ञान का भंडार हो
आप अपार अनन्त ज्वाला हो
आप अजर अमर हो
आप पूर्ण-रूप हो (अंशभूत नहीं हो)
आप ही आपको देख रहे हो
आप के ही डर से दुनिया चल रहा है
आप ही यह सब (दृश्य जगत) बन करके आनंद ले रहे हो
आप ही अपने शरीर में सब नाम रूपों को अंकन किये हो

दूसरों को मत देखो, अपने को देखो ।

आप सत्यं शिवं सुन्दरं हो क्या ऐसा सोचना आपको अच्छा नहीं लगता ?
हाँ , ऐसे ही सोचो । आप ऐसे ही हो ! यही है सत्य।

सखी (प्रकृति रानी) आपको सजा (सुसज्जित कर) रखी है श्यामसुंदर के दुल्हन बनाने के लिए..

पुरुष एक ही है, हम सब उनके क्रीड़ा के एक एक गोपी (पात्र) हैं...
गोपियाँ है हम सब

खुद को देखो, जानो और सदा आनन्द में रहो ।

Seva Samachar

- Thought for the Month
- Bhakti
- The Glory Of Sannyasa
- Daily Programme
- Healthcare Activities
- Ashram News
- Mahasamadhi of Swami Atmananda Saraswati
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Bhakti By Swami Sivananda

Make use of this precious human birth for the achievement of this supreme purpose-God-Realisation. Pray to the Lord to make you desireless. But have one strong desire and let it be for attaining Self-Realisation. Through a life of devotion, service, purification, charity, sadhana (spiritual practice) and meditation attain the highest Self-Realisation and dwell in the supreme peace and bliss (Paramananda).

Devotion is supreme love of the Lord, supreme attachment to the Lord. The notion of God means an absolutely perfect being, who has all the possible attributes, including the attribute of existence; so, God must exist. The existence of God cannot be proved by rational arguments. It is purely a question of faith and refers to the intuitive side of man.

The deepest craving, the deepest aspiration in man is for eternal happiness, eternal knowledge and eternal truth. Man should search for some supernatural entity which can satisfy his deepest aspirations.

As we explain everything within nature by the law of cause and effect, so also the nature as a whole must be explained. It must have some cause. This cause must be different from the effect. It must be some supernatural entity, i.e. God. Nature is not a mere chance collection of events, a mere jumble of accidents, but an orderly affair. The planets move regularly in their orbits, seeds grow into trees regularly. Seasons succeed each other in order. Now, nature cannot order itself. It requires the existence of an intelligent being, i.e. God, who is responsible for it.

Everything in nature has some purpose. It fulfils some function or other. Certainly, every object by itself cannot choose a function for itself. Their different functions ought to have been planned or designed by a single intelligent being or God. You cannot explore or probe into the Lila (sportive play) of God. You must accept it with faith and reverence.

What is the nature of God?

God is love and love is God.

God is the source for this world, body, mind, prana and senses.

God gives light to the mind, sun, moon and stars.

God is your only redeemer, refuge.

God is your real father, mother, guru, friend and relative.

God is the only reality.

God is the dispenser of fruits of actions.

God is the designer and architect of the universe.

God is immanent and transcendent.

God is unchanging, undecaying and imperishable.

God is the supreme goal, beauty, truth.



The Glory Of Sannyasa By Swami Chidananda

We, as seekers of Truth, have first of all to bear in mind that there is a twofold aspect in which Sannyasa pervades our life. In its purely spiritual aspect, Sannyasa embodies the highest spirit of Nivritti, viz., the total negation of names and forms, and the masterful and purposeful assertion of the One Reality, beyond all names and forms, Brahman or the Self. This is the highest outcome of the highest Vedantic Sadhana. This is the innermost core of the culture of Bharatavarsha, the highest and the only aim of human existence according to the Hindu genius. Not only this physical universe, but the countless number of universes that exist as a drop in the infinite ocean of Satchidananda, are negated in order to ever remain immersed in the blissful consciousness of the Atman.

To realise this great end and aim, our ancient sages and saints have interwoven and blended into the fabric of our social life the four Ashramas, viz., Brahmacharya, Grihastha, Vanaprastha and Sannyasa, to effect a gradual unfoldment of this spirit stage by stage in the life of an individual. In the Brahmacharya Ashrama or the student-life one has to live with his Guru, give up all distracting thoughts and give himself up completely to the study of scriptures, living a life of self-control, purity, simplicity, austerity, attention to studies and obedience to and service of the preceptor. In the next stage, he lives an ideal life of a householder, with selflessness, self-sacrifice and self-effacement as his mottoes. This is the preparation for the next stage, viz., Vanaprastha, where he has to discipline himself to enter the life of Sannyasa.

In the Sannyasa life, meditation and collecting food for his livelihood were the Dharmas enjoined upon the man who had done all his duties to society, to the nation, to his own family and to his friends. He has now no more attachment and has but to fulfil the one great duty, i.e., of meditation upon the Self, and realisation. Thus, in the last stage of the social order, viz., Sannyasa, we have the highest spirit which embodies the soul's upsurge from finitude to infinitude. This is the natural and dynamic movement of every soul which strives to break all finite bonds and cast aside all traces of attachment; and, completely shattering the illusion of duality and phenomenal existence, it strives to soar into the splendour of Atman-consciousness.

This innate urge of the individual is the spiritual aspect of Sannyasa for which no social order exists. It depends upon the intensity of the soul's urge, upon the thirst for Self-realisation which seizes the Jiva that has been awakened to the transient nature of the phenomena and to the ever-present Reality that is its very nature.

The real meaning and the true glory of Sannyasa can be best understood by devoutly observing saints and men of God who are the living embodiments of the highest and the best in Sannyasa. They personify Sannyasa in the truest sense of the term. Gurudev Sri Swami Sivanandaji Maharaj is verily the greatest exemplar of the true Sannyasa spirit. Every act of his is the illuminating revealer of the secrets of real renunciation.



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: 18

- 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: 46





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	: 665
Eye	: 339
Dental	: 200
Mobile Camp	: 127
Panchakarma	: 215
Physiotherapy patients	: 317
Homeopathy	: 58
Pathology Tests	: 59
Ambulance Seva to patients	: 5



Registration and OPD



Dental



Health Kiosk

**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



Prayer to Lord Dhanvantri



Waiting area



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.

From 27th June 2024, under the skilled leadership of Dr. Chirag Bahuguna, 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: 82

Cataract Surgery done for: 31



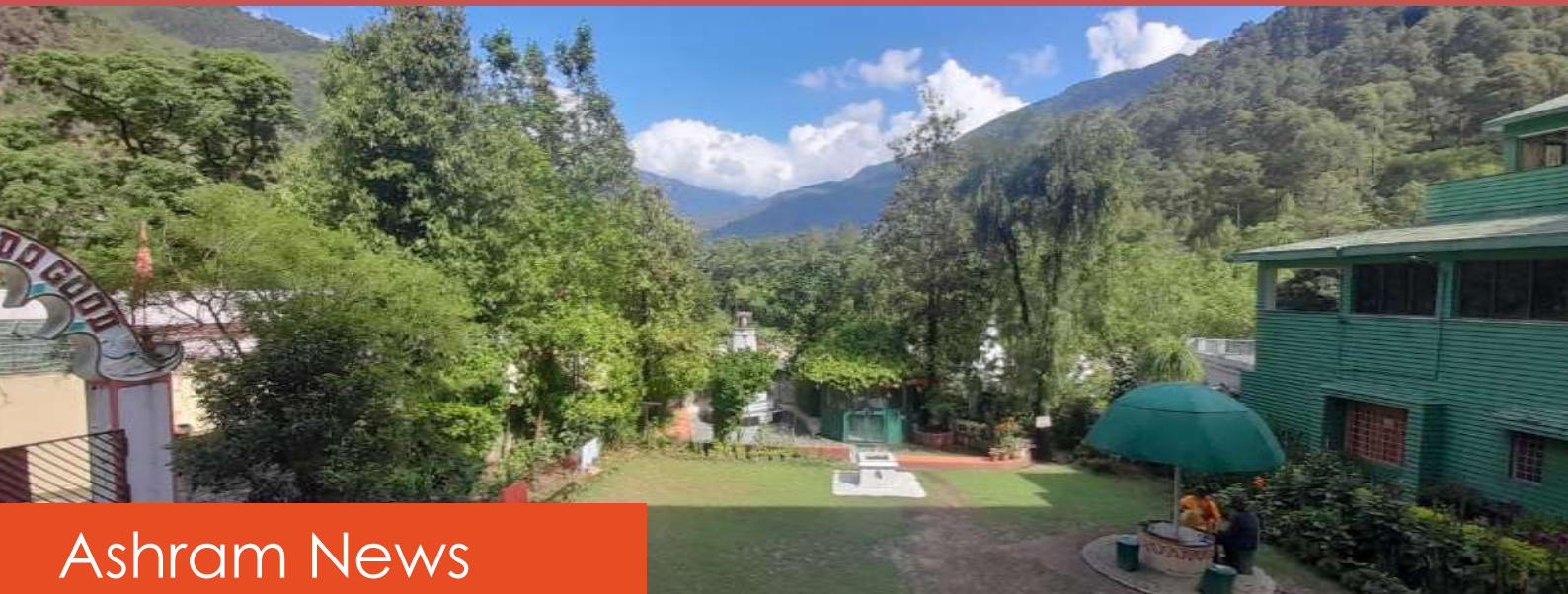
Pre-operative preparation



The Operating Room



Post-operative treatment



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	:	101
Foreign guests	:	01
Ashram inmates	:	25

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: 75

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	:	5

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: 19



Satsang



Swamiji grooming the students



Cows enjoying the warmth of morning Sun

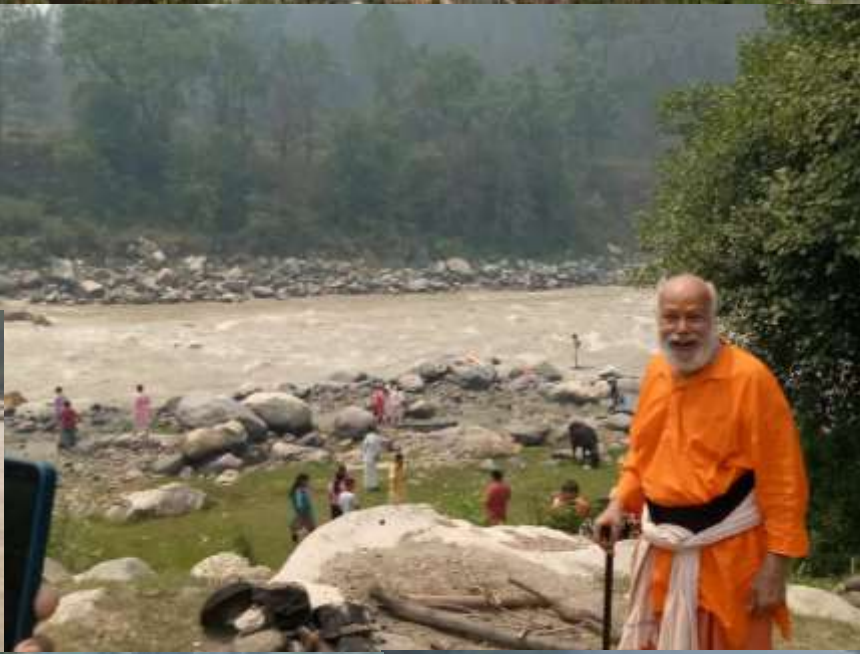
Glimpses of events in June

The auspicious **Sanyas Diksha Centenary day of Gurudev** Sri Swami Sivananda Saraswati on 1st June was celebrated by Swamiji, inmates and children of the village by camping at the picturesque Sangam Chetti. This was followed by prayers, lively Kirtans and delicious snacks in the evening.



Ganga Dussehra, also referred to as Gangavataran, was celebrated with great zeal on Sunday, June 16, 2024. The festival commemorates the descent of the sacred Ganges River from the Heavens to the Earth.

After taking a holy dip, ritualistic worship and offerings were made by priests and devotees. The banks of the holy river got filled with sacred chants that echoed in the hearts and bestowed inner peace and joy.



Pujya Swami Premananda Ji's 86th birthday was observed with great enthusiasm and fervour on the 12th of June.

Celebrations began from the morning of 11th through worship and Akhand Mahamantra Kirtan (24 hours continuous chanting). Pūrṇāhuti was performed on 12th. This was followed by worship at the temple, Guru Paduka Puja, Kirtans and a big Bhandara, which was greatly enjoyed by Mahatmas of Uttarkashi and locals alike.

The children of the Ganeshpur village, inmates and staff presented various cultural programs that continued till late in the evening.



Akhand Kirtan by priests and inmates



Swamiji garlanding the deities



Celebration at the hospital



Guru Paduka Puja on 12th June



Puja and Kirtan by the Mahatmas



Cultural program in the evening



International Yoga Day was celebrated on 21st June in the ashram. Junior yoga students performed several yoga asanas, while the senior students made innovative and graceful performances by weaving the postures into musical dance. Swamiji explained how yoga is not just asana pranayama but it is our very life. Yoga means to unite and every act including eating is yoga. The program concluded with musical performances and dinner.



Sri Swami Atmananda Saraswati attained Maha-Samadhi on 24th of June



Born in Karnataka, India on Feb 19, 1941; his pre-monastic name was Srivatsa. He was the youngest of two brothers and three sisters.

During his final year at the Bangalore Engineering College, in 1959, there was an All-India Divine Life Conference. Srivatsa's spiritual samskaras were awakened; he met Swami Sivananda and began studying spiritual teachings. Srivatsa's professors pleaded with him to take the final exams, but his mind was already immersed in spiritual and devotional practices. Despite not preparing for the exams, he took the exams and succeeded with high honors.

As the exams were completed, a senior disciple of Swami Sivananda was travelling to Rishikesh. Srivatsa declared his intention to renounce the world and accompanied Swami Venkateshananda. He became deeply absorbed in sadhana and Vedantic scriptures. He was initiated, age 20, into the holy Sanyasa order in 1961 by Sri Swami Sivananda Saraswati, along with Swami Premananda Saraswati; and was given the name Swami Atmananda Saraswati. He later met a venerable saint, Swami Durgananda, with whom he studied sacred chants and rituals, until Swami Durgananda's Samadhi at age 103.



Swami Atmananda became chief priest of the Durga Mandir in Rishikesh. Swami Bhimasen and Pandarung helped him manage the mandir. In 1970, he had the opportunity to travel to the USA with an American devotee. He lived there until 2018 when, upon the insistence of Swami Premananda ji, he moved back to India, age 77, to the Sivananda Ashram in Uttarkashi (Himalayas).

He made friends and disciples wherever he went, teaching scriptures, mantras and meditation to whomever joined him. He taught classes at University of Colorado in 1973; was the central dedicated server at the Hindu Temple in Flushing, NY in the late 1970s; lived in New Jersey, New York, Minnesota (1997-2016), Colorado, Florida and California.

Swami Atmananda was a Sanskrit scholar; he had a deep knowledge of the ancient Vedantic scriptures. He could chant memorized scripture for hours, rarely needing to refer to printed text. He was frequently invited to speak at spiritual gatherings; a favorite place was the Sivananda Ashram in the Bahamas.

He was real Viswamitra (Universal friend) to one and all. He was real renunciate who had Nil Bank balance inspite of having so many friends all over the world.

He embodied a quiet spiritual fervor that was deep and steady. He focused his energy on the Divine Mother Durga.

His iconic exhortation was always: **Jai Durge!**

He attained Mahasamadhi at 3 AM on 24th June (Monday). The departing was really wonderful, the realized soul departed from his mortal coil in awareness and peace, with the name of the Divine Mother on his lips.

We hope and pray that through his Universal form, he will continue to inspire, guide and protect his countless devotees and disciples forever.

Om Shanti!





Teachings from Yoga Vasistha: **World beyond Creation**

Whatever we know, is perceived by the senses and understood by the mind. This world is nothing but the projection of the mind. The world is not true, as it is always changing.

But before creation there was only One, the Absolute. At that time mind was not created. So, whatever existed before creation, it is beyond our understanding. But we know, we have to believe that there was something before creation. There had to be 'one' because many comes from the multiplication of one. You only can see forward, as your eyes are looking that direction. You cannot see what is behind you. But you have to believe, and you know that there is something behind you. Also, you only can see one side of a coin at a time. But you know that its other side is also there.

Our existence is limited to our 5 sheets, 3 bodies, mind and prana. Whatever happened before their creation, we are not aware of it. We only can think in time and space and the 'one' is beyond time and space.

In the pre-creation state, there was only one, and it was perfectly clear and transparent, and it was dazzling and glowing, too. There was no movement, no distraction. Like when the clear air in the desert becomes dazzling, we see water but actually it's a mirage. This dazzling and glow create the problem. It is the reason for creation. It is the cause of the creation of space, time and conditions. We call this pre-creation state Hiranyagarbha, the cosmic egg. When the One seems to multiply due to the effect of the mirage, this is called the hatching of the cosmic egg.

The sound that is created when the cosmic egg is broken is nothing but the cosmic energy that is the vibration created by the unsteady state. So, the chattering is nothing but cosmic energy which is nature itself (prakriti). This energy was initially one wave and it multiplied. This first wave is the egg itself. When the egg was opened, a blast happened, this blast became an audible sound. As long as the egg did not open, the sound was not audible because there was no movement. Without movement, we can't hear anything. Because sound can reach our ears by movement. If it doesn't move, it doesn't get heard. The sound is there even if it can't be heard. Sound is nothing but a process, a vibrational process, which is just energy.

Energy starts from absolute steadiness and propagates by multiplication. The process begins, the energy starts manifesting, nature becomes perceptible, it becomes clearer and clearer, but at the same time it becomes more and more confusing. The thought-wave, which is the cosmic mind, becomes three: sattva, rajas and tamas, the creative, protective and destructive powers, or willpower, knowledge power, creative power, so it starts to become dazzling. Differences start to emerge, that's what makes different opinions. When one wave becomes many, the process begins (movement, change), steady becomes unsteady. Between the two there will be space, and the relation between two creates time.

Objects are created, space is created between them, differences are created, time is created. This is what we think of the pre-creation state using our only tool, our logic.

We see this world through our own eyes (viz. the five senses), but the "I" is constantly changing. The person of yesterday is different from the person of today. Anything I say or believe is true now but tomorrow I may perceive something differently. Not only does a person change with time, but every person is different. My world is different from yours.

The mind is a changing thing, what it sees is also changing, so not real. We have to introspect ourselves. We have to ask the question 'Who am I?'. If we reflect on this, desires disappear, differences disappear, only the Absolute One remains.

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

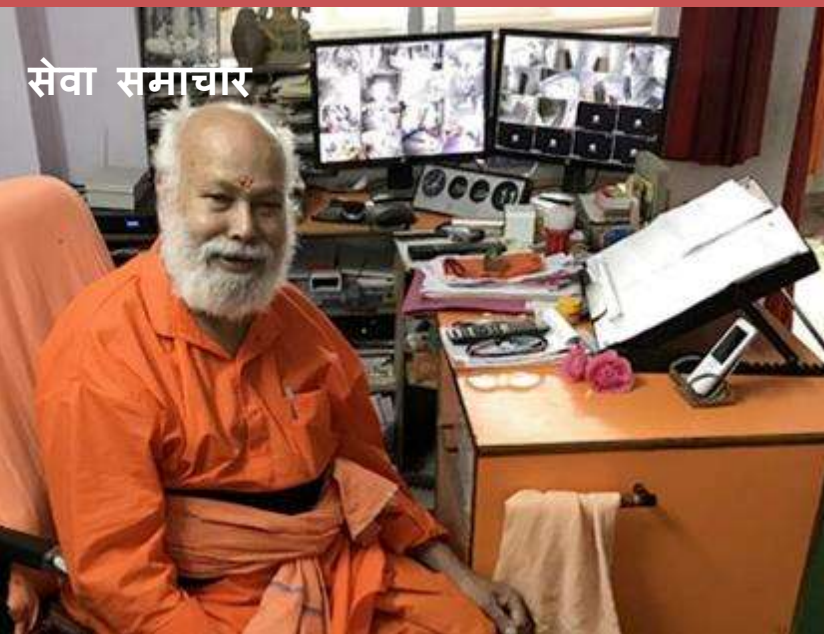
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

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.

