

**May 2021**



**सेवा समाचार**

**Seva Samachar**

**Swami Sivanand Seva Samiti REGD.**

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

# सेवा समाचार



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

## Thought for the month

by Swami Premanand

### एक भावना (एकोहं बहुस्याम)

एक भावना – उसको रेखाबद्ध किया – आवृत किया,  
बन गया वृत्त – मंडलाकार – विभाजन किया;  
नाम दिया - "मैं और मेरा"

थोडा उसे रंग दिया....बसंती चोला....लाल, पीला, हरा, नीला ।

हवा चली....भली लगी । कुछ कुछ सुनहरी !

ये मेरा रंग रंगीला दुनिया बन गया ।

इसीके अंदर में घुमते रहा । बढते गया मैं ।

मिलजुल कर मैं बन गया पानी पानी ।

बाहर नही निकल पाया; इसी में रम गया मैं । मस्त हो गया मैं ।

मतुवाला बन गया मैं । मैं मुझसे मिलते रहा ।

मिलते मिलते मिट्टी बन गया मैं । फिर बन गया...बवंडर

कुहेरा....धुंधला । इतना धुंधला !!! कुछ भी साफ नहीं....एक घना कुहेरा ।

रास्ता भी साफ नहीं दिखता ! दुर्घटना....मैं अपने आपसे टकराता रहा....

मरमिट गया....फिर उठके खडा होते रहा....

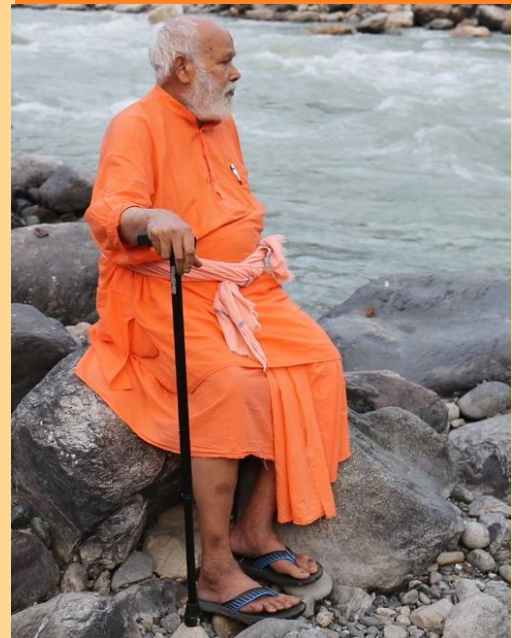
क्या मैं रक्तबीज.....हूँ !

मेरी ये क्या हालत !!! क्या रूप मेरा ? क्या नाम होगा ?

क्या मैं जी रहा हूँ ? मुझे क्या....जीव बोलते हैं ?

### SEVA SAMACHAR

- Thought for the Month
- Who is it That Dreams?
- Mind – The Barrier Between Man and God
- Who am I
- Spiritual Activities
- Dharmarth Chikitsalay
- Vidyarthi Sahayata
- Other Activities
- Become a Member
- Teachings of Yoga Vasistha
- Donations & Contact Details







## Thought for the Month Contd...

हे चित्रपट ! बहुत हुआ.....थक गया हूँ यार !!!

इसीके अंदर ही अंदर दम घूट गया है ।

इसीके अंदर और नहीं घूम सकता हूँ....

मैं चौरासी चक्कर नहीं लगा सकता हूँ....

चक्कर आ रहा है....और नहीं....खोल दे मुझे - खुल्लासा ।

राहत की सांस लेने दे मुझे....अनंत आकाश के तले !

मिटा दे मेरा यह घेराबंदी....मिटा दे उस मेरा घेराको....

मिटा दे मुझे सदा के लिये....मिल जाऊँ तेरे साथ !

रंग जाऊँ तेरे रंग से ; ओ चित्रपट !

भूल जाऊँ मैं....मुझको सदा के लिये !

चाहता हूँ...मुक्ति...मुक्ति, इस घेरा बंदी से ! इस घूटन से !!

इस घांदली से !! इस धोखा से !!!!

शांति....शांति....शांति

हरि ॐ







सेवा समाचार

# Who is it That Dreams?

BY SWAMI SIVANANDA

If you ask any man in this world, “Who is it that wakes up? Who is it that dreams? And who is it that sleeps?” He will answer, “It is I that wake up; it is I that dream; it is I that sleep.” If you ask him “What is this I?” he will say, “this body is the ‘I’.

A psychologist will say that the mind, which has its seat in the brain, is the ‘I’. He says that the mind is inseparable from the brain and it perishes along with the physical body.

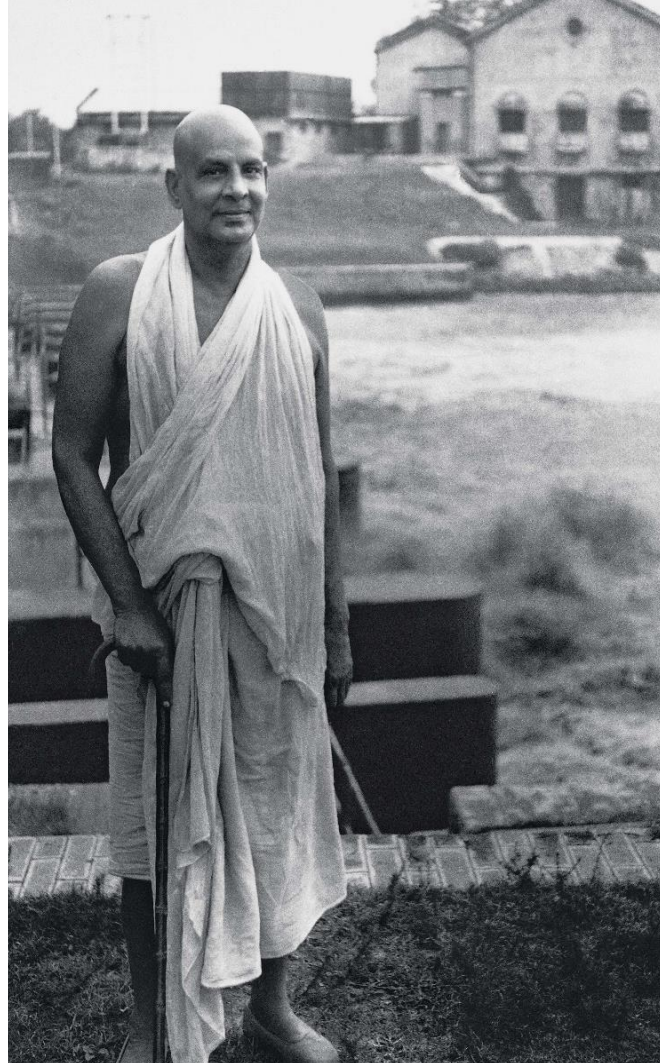
The metaphysicians and the spiritualists hold that the mind continues to exist somewhere after the death of the body. According to psychologists, metaphysicians and spiritualists it is the mind that wakes up, dreams and sleeps and this mind is the ‘I’.

A Theologist says that there is a soul which is quite independent of the body and the mind and it is this soul that wakes up, dreams and sleeps and the soul is the ‘I’. This soul enters another body in accordance with the law of Karma.

A Vedantin says that neither this body nor the mind nor the soul is the ‘I’. There is one pure consciousness or Atman in all beings which is Infinite, Eternal, all-pervading, self-existent, self-luminous and self-contained which is partless, timeless, spaceless, birthless, and deathless. This is the real ‘I’. This ‘I’ never wakes, dreams or sleeps. It is always the seer or the silent witness (Sakshi) of the three states of waking, dreaming and sleeping. It is the Turiya or the fourth state. It is the state that transcends the three states.

It is the false or relative ‘I’ called Ahamkara or ego or that Jiva that wakes up, dreams and sleeps. The waker, the dreamer and the sleeper are all changing personalities and unreal.

The real self, the real ‘I’ never wakes up, dreams and sleeps. From the point of the Absolute Truth or Paramartha Satta no one wakes up, dreams and sleeps.



Furthermore...,

Waking experience is a perception. Dream experience is a memory. As perception precedes memory, waking precedes dream. Whereas waking experience is independent of dream experience and its effects, dream experience is the result of the impressions of waking experience. There is a kind of order or system in the waking experiences, at least more than in dream. Every day, the same persons and things become the objects of waking experience. There is a definite remembrance of previous day's experiences and of survival and continuity of personality in waking experience.

The consciousness of this continuity, regularity and unity is absent in dream. Dream is less real than waking, in as much as the direct contact with the external world of waking experience is absent in dream. Though there is an external world in dream also, its value is less than that of the world in waking. Though the form of the dream world agrees with that of the waking world, in quality, the dream world is lower than the waking world. Space, time, motion and objects, with the distinction of subject and object, are common to both waking and dreaming. That the waking world has relative reality does not prove that it is real in the absolute sense. From the standpoint of the highest reality, waking experience also is unreal. As dream is transcended in the state of waking, the world of waking too, is transcended in the state of Self-realisation.



सेवा समाचार

BY SWAMI CHIDANANDA

## MIND - THE BARRIER BETWEEN MAN AND GOD

It is universally acknowledged that the mind is the only link between man and the body, and between personality and the external world. Right from childhood man learns everything about the universe through the mind. Senses just feed data to the mind. It is the mind which actually correlates the data and produces knowledge. The East says that the mind is also the greatest barrier lying between man and the true source of his being. It is the barrier which for ever denies him access to the experience of infinitude. It is the limit within which the human being is confined and cramped into the dimensions of a narrow-individualised personality. Struggling to expand and go beyond this limited range of consciousness, man is strongly opposed by his finite mind.

To understand, control and finally overcome the barrier of the mind is the most important business in the life of man. The mind has to be overcome. At the back of you there is that Consciousness of a perfect state of being where no sorrow touches and where there is no fear. There is that unchanging Reality which lies behind the fleeting experience of this phenomenal world, just as there is an immovable screen present behind the flitting, flickering figures of a cinema show - a screen which remains unchanged by the rapid shadow-play cast upon it and remains unaltered even when the play is finished. In the same way, behind all finite experience, there is that changeless, infinite substratum of indescribable pure Being. That is indestructible. That state of changeless imperishability is your true basis. That is your eternal abode. That is a state of freedom, fearlessness and joy - and that is blocked off from you by the barrier of the mind.



### THEME OF THE MONTH—Teachings of Bhagavad Gita.

**Arjuna suffered intensely, in an acute state because he took all his mental conditions, strong emotions and sentiments, in regard to his sense of duty to the Pandavas and attachment to the Kauravas as real, to have some reality, *sat*. And, he thought himself to be the experimenter of all these terrible ups and downs that were taking place inside the 'antahkarana'. He identifies himself with them. He thought; "This is happening to me", because at that time he was in a state of ignorance of his own true nature. He had no *jnana* of his *svarupa* which is eternal and without attributes. It is beyond the body, the sense, the *pranas* and the four-fold interior instrument consisting of the mind, intellect, ego and memory.**

**Arjuna did not know it. Therefore, he thought that these passing phenomena were real, whereas in fact, they have no reality. They were the product of *maya*; they were simply illusory things. Reality was his Self. But, his entire interior was clouded, so he took the passing, the evanescent, the unreal, to be real. All these silly sentiments and moods became, for him, a tangible reality and allowed it to affect him in such a terrible way - weeping and wailing, profuse tears flowing out of his eyes, throat choked with emotion. He had no awareness of his own Reality, that is above and beyond. The eternally pure and eternally free.**

## Who Am 'I'

Swami Ramaswarup, received birth in the small village of Bhatpara, located on the banks of the Hooghly River, in West Bengal.

Ratikant Pattanaik, as he was formerly known, was born into a pious family and found himself to be the sixth-child, amongst four elder brothers and two sisters.

His spiritual voyage commenced, largely, through the blessings of his Uncle, Swami Raghunathananda. Already, influenced by the teachings of Swami Vivekananda and Sri Ramakrishna Paramhansa, Swami Raghunathananda widened the divine-doors by allowing the young Ratikant to accompany him on his duties at the Sri Raghunath Jew Temple, where he was a trustee of the 500year old place of worship. In this reverently conducive environment, stories of Bhakta Prahalada and Bhakta Dhruv engaged and inspired the future Swami, having a most-influential impact upon the direction of his later course of life.

In 1969, a meeting with Swami Premanandaji, warranted earnest Ratikant entrance to the revered Sivananda Ashram. And, on 2nd February 1970, He joined the Ashram in complete, serving various departments, before finally gaining opportunity to attend to Sri Swami Chidanandaji Maharaj, in 1971.

After that, he never looked back.

On Ganesh Chaturthi, in 1971. Swami Chidanandaji furnished, 'Brahmacharya initiation', onto the young aspirant and Ratikant Pattanaik, from that momentous day onward, became known as Ramaswarup Chaitanya.

## "Om Namō Narayanaya"

### My First Meeting with Swami Premanandaji

Though I wished to Join the Sivananda Monastic Order, Sri Mohanti counselled me to wait until I could meet Sri Swami Premanandaji from Uttarkashi who was expected at his place for satsang. I waited patiently. The day finally arrived sometime in October 1969. Bhajans, kirtans and discourses were held on the terrace of Sri Mohanti's house in Cuttack. I eagerly waited for an opportunity to speak to Swamiji. Sri Mohanti had apprised him about my wish to become a monk and had fervently requested him to guide me. I told Swami Premanandaji that I wanted PEACE & HAPPINESS, which the world driven by the senses could not give me. When he asked If I had parental consent to take sannyas, I answered his question with question: Did you ask permission from your parents? His response was no! I passed all tests. Swamiji wrote a letter of recommendation to Swami Dhyananandaji, the then assistant of Sri Swami Chidanandaji Maharaj, and thus, I joined the ashram.





## Samiti Activities

### Spiritual Activities

- Day starts 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.
- Daily discourse of Yoga Vasishta, unfolding its essence word by word is being taught by His Holiness Swami Premanand. Session is also streamed live on Youtube. Approximately 100 devotees from different parts of the globe join the online discourse and question answer session through google meet.
- All festivals of its type starting with Janmashtami, Navratri, Diwali, are celebrated with all pomp and glory, with everyone contributing wholeheartedly towards putting service in organizing those.
- 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.





सेवा समाचार

## HEALTHCARE ACTIVITIES

# Sivanand Dharmarth Chikitsalay

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. Due to covid-19 the **mobile camp** program is on hold.

Panchkarma building is functioning well for male and female. The **Tele Medicine** facility having connectivity with **AIIMS Rishikesh** serves many chronic patients.

During Corona lockdown only emergency cases were attended. From September first week the hospital started working regularly with all mandatory precautions.

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.

<b>Patients Attended to in Hospital OPD</b>	:	<b>554</b>
<b>Eye patients</b>	:	<b>193</b>
<b>Dental patients</b>	:	<b>114</b>
<b>Mobile camp patients</b>	:	<b>90</b>
<b>Panchakarma</b>	:	<b>343</b>
<b>Physiotherapy patients</b>	:	<b>174</b>
<b>Veterinary medicines distributed</b>	:	<b>02</b>
<b>Pathology Tests</b>	:	<b>16</b>
<b>Ambulance Seva to patients</b>	:	<b>05</b>
<b>Homeopathy patients</b>	:	<b>37</b>



**'Your own Self-Realisation is the greatest service you can render to the world'. – Ramana Maharshi**





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.

**Total No. of Students Supported, in the month of April: 20**

**Computer education:** Computer classes remained closed due to corona virus lock down. But after 17<sup>th</sup> may computer class is reopened, adhering all the preventing measures of corona virus. Due to covid-19 Yoga class was closed but since 18<sup>th</sup> of May again we have started the yoga class with all the anti-measures of corona virus.

**Number of students in Yoga class : 45**

**Number of students in Computer class : 22  
(in 2 batches)**

**Hostel**

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

**No. of students staying in the Ashram : 10**







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 17th & 18th April in the leadership of Dr. Dinesh Singh, MBBS, MS (ophthalmology) such a camp was conducted.



### No. Patients : 40 Cataract Surgery done for 34

1. All patients detected with cataract during routine checkup are being out called by our ophthalmologist Sri 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. SCIS 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 and medicine





## Other Activities

### Hospitality

Due to Covid 19, Char Dham yatra was not allowed. Only local people were allowed to visit Gangotri temple. So ashram also received almost no Padyatri Mahatmas & needy Padyatris of Chardham Yatra are given privilege of rest in the Ashram for a few days, along with food and medicines. Foreign 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.

Indian guests	:	21
Foreign visitors	:	01
Ashram inmates	:	24

### 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	:	6
Total No. Of Calves	:	2







## Navaratri



**To celebrate the Feminine-Divine aspect of existence; Sivananda Ashram, Ganeshpur held a wondrous 9-day festival, in Her honour. Daily Puja was held, along with Yagna, Bhandara and a whole load more exciting activities and fun!!  
Jai Maa!**







सेवा समाचार

## Ram Navami



**The yearly Ram Navami event and associated revelry; brought Navratri to a pinnacle and a spectacular finale. Nag Devta, blessed the attendees with his gracious appearance, followed by a delicious bhandara. All, thoroughly enjoyed the auspicious occasion and everyone finished the day looking forward to the annual event to return in 2022!**



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
- **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**

## 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**



सेवा समाचार

# Teachings of Yoga Vashisht

BY SWAMI PREMANAND

We constantly find ourselves in the same position, again and again. A space filled with anxieties, despair and pain. But, like deluded lunatics we continue to return and identify with the same causes that have always created these; 'oh, so-real', but, ultimately illusionary agonies.

But, in Truth; lies your liberation from this made-up world, its stinging-delusion, futile 'seeking' and all those 'unquestionable-questions' and doubts.

When the senses, body, mind and ego have been removed from the equation and you're left standing in your own self-effulgent light, then you realise. You realise that; 'You Are That'.

None, of the ignorance and nonsense that you've carried with you can remain. It all falls away. The deceptive world comes to an end. Game over. How can there be anymore questions; when you realise that this body is temporary; that it may get sick; and, it has its limitations? How can our 'Castles in the Sky' still stand when their substratum has been ripped away from them? They collapse as quickly as they are created. And, once you realise that your ego, that 'I', was nothing more than a character in a play, acting a role you can finally switch off the 'stage-lights'; and, finally get some proper rest.



## Nothing Left

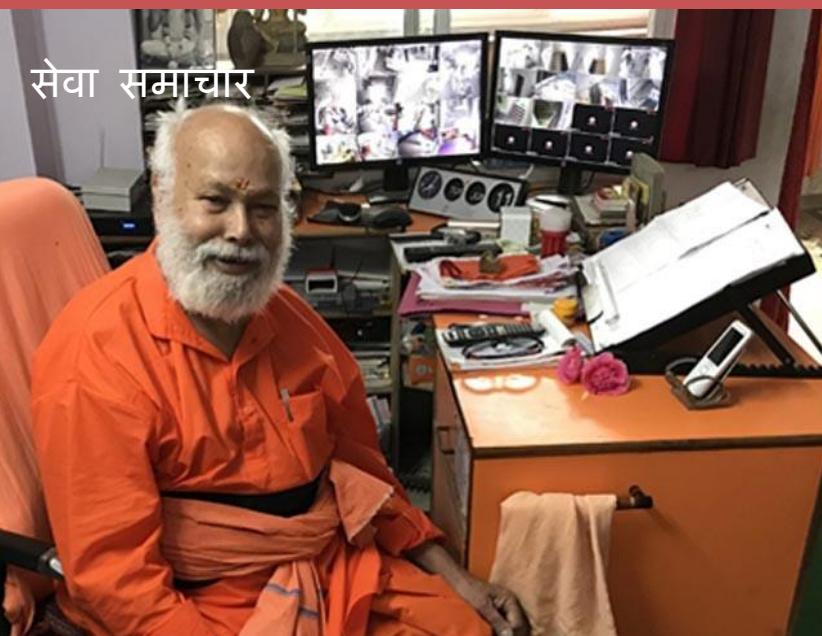
**Here's to the ever-dreaming lunatics,  
Above their stations; all along,  
These deluded souls; I love the most;  
For the unique spirit; in their songs.**

**Concoctions of bogus nonsense;  
Disney films; believing any-thing;  
And, an always happy laugh.  
They make me smile; and forget myself,  
So, find a place; within my heart.**

**Along, dimly-lit asylum corridors,  
They frequently; trip themselves and fall,  
But, bounce straight back-up;  
From the lightless-depths;  
Like nothing happened; to them at all.**

**For this reality to them; is just a game,  
They've lived elsewhere all along,  
That's why there's no pain; suffering; or wasted tears,  
Only colour; in their song.**





## 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.

