

**APRIL 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 Cleaning the Dustbin

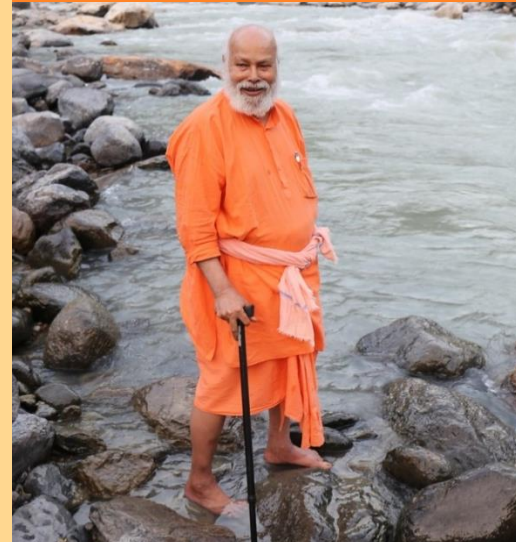
by Swami Premanand

Our brain is just like a dustbin. When the prana vibrates in the minute-cavities of the brain, it creates some waves and these waves are called thought waves. Because prana does not vibrate regularly in order, the thought waves becomes different from each other. These waves go out, by the windows of senses of knowledge and associate with their respective objects (the eyes with form, the ear with sound etc.).

They bring about some haphazard memories or impressions of the objects and collect them in a subtle-most part of the brain. This subtle form of the gross brain is understood as subconscious mind or chitta— invisible to physical eyes. This CHITTA is meant here as DUSTBIN. It collects all kind of unnecessary impressions (garbage) which is the cause for all sorts of problems and miseries in life. We have to clean this dustbin in order to have a happy life.

### SEVA SAMACHAR

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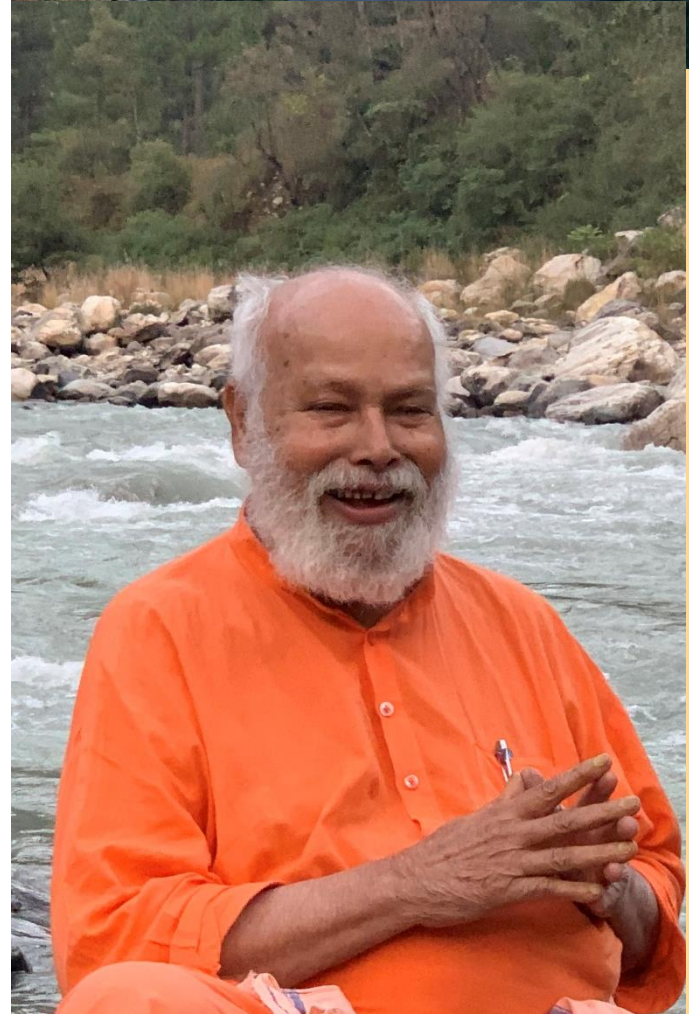
## Thought for the month

### Cleaning the Dustbin(contd.)

This process of cleaning is otherwise known as purifying the mind. Gurudev says, Serve—Love—Give—Purify and then only meditation is possible. Just as we write something on the blackboard and erase it then only we are able to write something new—so also we have to clean the dustbin in order to use it again properly.

When we see the starting point of our creation, it started with the thought in the absolute as it were, “I am one; let me be many”. This thought is nothing but an imbalanced state of the original balanced state of the universal mind. These thought vibrations go on continuously multiplying, changing, progressing, transforming, and accumulating, grossifying and so on. This happens as an all-round process in all directions, when seen from different angles of vision—one object is seen differently.

These thought waves are named differently as primordial sound—pranava, the ‘trigunatmika mula prakriti’, parashakti, chitti, mahamaya or still differently as universal mind, nature, creative power etc.; which are basically only one process. The basic fundamental



**nature of this process are also named differently as mala, vikshepa, avarana etc. or changing phenomena, creating differences or dividing process, multiplying process or limiting process etc. All these analytical vision ends in one word that is called ‘creation’ or visible world with names and forms only.**

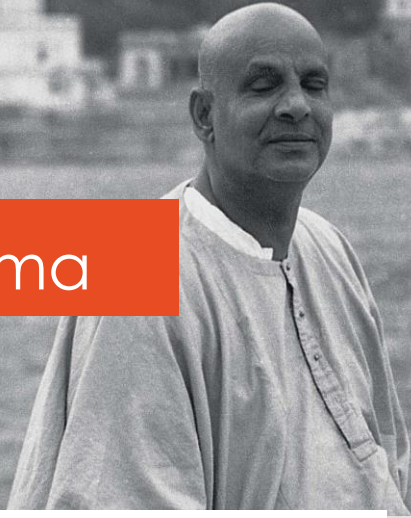
**Now, we have to erase all these thought waves from the screen-mind. Which is being seen as some solid names and forms of the visible world outside. These names and forms are also called chitta vrittis in yogic terms. These names and forms are the garbage of the dustbin-mind. The bin is made up of very useful and costly element-gold. When it is cleaned properly, this can be, this should be used for better purpose. When cleaned; it glitters brightly. Use it to keep diamonds and pearls etc. but not garbage. The name of God is diamond. May Lord bless you to use such valuable bin properly.**

**Of course, there are many different methods given by our scriptures. Any method suitable to you may be followed according to your choice. When you know clearly what to do, this clarity gives you success. May Lord bless you to purify your dustbin, meditate on the God, the supremely pure state of existence! May Gurudev guide you to achieve the goal in this very life!**

सेवा समाचार

# The Law of Karma

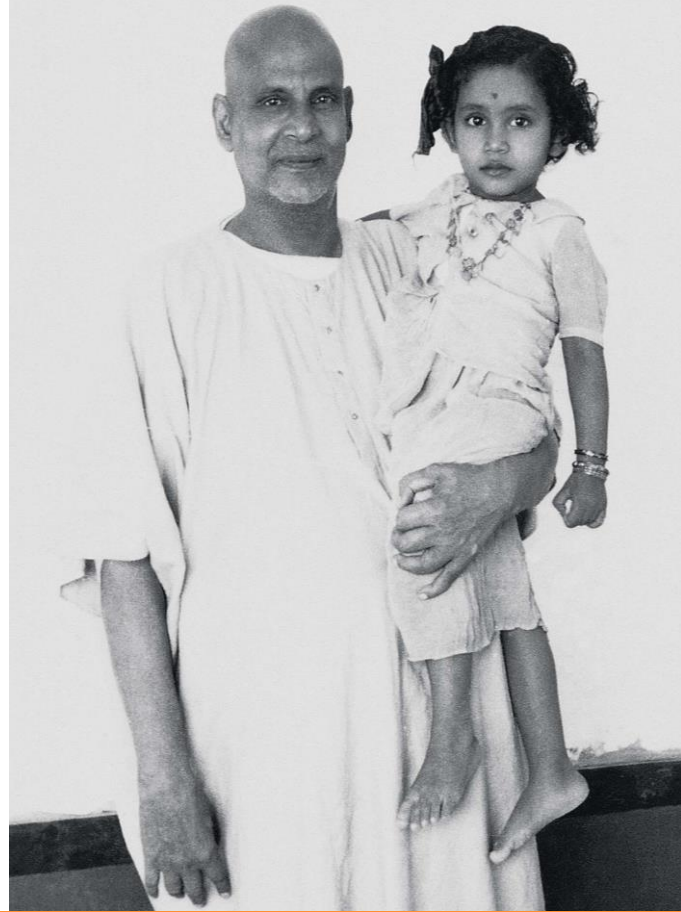
BY SWAMI SIVANANDA



As a man sows, so he shall reap. This is the Law of Karma. It expounds the riddle of life and the riddle of the universe. It brings solace, satisfaction and comfort to one and all. It is a self-evident truth. Every sensible man will have to accept it. There is no other go.

A close study of this law gives encouragement to the hopeless man, to the desperate and ailing. Destiny is created by man's thoughts, habits and character. There is every chance for his correction and improvement by changing his thoughts and habits. The scoundrel can become a saint; the prostitute can become a chaste lady; a beggar can become a king.

The Doctrine of Karma only can explain the mysterious problem of good and evil in this world. The Doctrine of Karma only can bring solace, contentment, peace and strength to the afflicted and the desperate. It solves our difficulties and problems of life. It gives encouragement to the hopeless and the forlorn. It pushes a man to right thinking, right speech and right action. It brings a brilliant future for that man who lives according to this universal law. If all people understand this law correctly and discharge their daily duties carefully, they would rise to sublime heights in the ladder of spirituality. They will be moral and virtuous and have a happy, peaceful, contented life. They can bear the burden of Samsara with patience, endurance and strength of mind. There will not be any room for complaint when they see the inequalities in birth, fortune, intelligence, capacities, etc. There will be heaven on earth. All will rejoice even in suffering. Greed, jealousy, hatred, anger, passion will vanish. Virtue will reign everywhere. We will have a glorious Satya Yuga now with peace and plenty everywhere. Blessed is the man who understands and lives in the Law, for he will soon attain God-consciousness and become one with the Law-giver! Then the Law will no longer operate on him.



**Furthermore,** By doing selfless service you purify your heart. Egoism, hatred, jealousy, ideas of superiority and all the kindred negative qualities will vanish. You will develop humility, pure love, sympathy, tolerance and mercy. Sense of separateness will be annihilated. Selfishness will be eradicated. You will get a broad and liberal outlook on life. You will begin to feel oneness and unity. Eventually you will obtain knowledge of the Self. You will realise One in all and All in one.

Generally people are impatient and they expect Siddhis after doing a little service. The real Karma Yogi who serves people with humility and *Atma Bhava* (seeing God in every face) becomes a real ruler of the world. He is honoured and respected by all. The more service you do with *Atma Bhava* the more power, energy and capacity you get. Practice this and feel.

If you really want to grow in the spiritual path you must do all sorts of service daily till the end of your life. Then only you are safe. Do not stop doing service when you have become a famous Yogi. The spirit of service must enter every nerve, cell, tissue and bone of your body. It must become ingrained in you. Then only you will become a real, full-blown, practical Vedantin. Is there any greater Vedantin or Karma Yogi than Lord Buddha? He still lives in our hearts, because that spirit of service was ingrained in him and he spent his whole life in serving others in a variety of ways. He is indeed a magnanimous soul, one without a second. You can also become a Buddha if you apply yourself diligently to selfless service with the right mental attitude.

# सेवा समाचार

BY SWAMI CHIDANANDA

## Gurudev & Karma Yoga

"Serve all. Love all. Service of humanity is worship of God. There is no greater yoga than service of mankind."...These are the sterling utterances of Gurudev. He was an embodiment of karma yoga.

Even when he was a monk in absolute seclusion, not speaking to anyone, engaged in intense spiritual sadhana—penance, meditation, introspection, study, silence—he used to go and work one hour a day or more at a little medical dispensary in Laxmanjula. Being an embodiment of selfless service as well as a qualified doctor, he was an ideal servant of the suffering and the sick, the yatis and the sadhus living nearby.

All Gurudev's life after Self-realisation, after becoming an enlightened sage and shining as a great light of the Himalayas, was a saga of selfless service—service of the poor, service of the suffering, service of the sick, service of the distressed, service of spiritual aspirants and seekers, service of all humanity, service of the whole world. In diverse, numerous ways, his entire life was one great, continuous stream of selfless service. He had even forgotten how to think of himself; he could only think of others. He lived thinking of others: "In what way can I be of benefit, in what way can I serve?" That was Gurudev Swami Sivanandaji Maharaj.

Rare it is to find a parallel to the type of life—of lofty, sublime selflessness and total, wonderful, dedicated selfless service of all God's creatures—that Gurudev was and placed before us as an ideal. It is to this embodiment of selflessness and selfless service, this great expounder of nishkama-karma-yoga, who boldly declared, "Service of humanity is worship of God," that we pay our homage. May his blessings be upon us all!



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

The Bhagavad Gita is a message addressed to each and every human individual to help him or her to solve the vexing problem of overcoming the present and progressing towards a bright future. This holy scripture is not just an "old scripture", nor is it just a book of "religious teachings", nor even a Hindu holy book. It transcends the bounds of any particular religion or race, and is actually divine wisdom addressed to mankind for all times, in order to help human beings face and solve the ever-present problems of birth and death, of pain, suffering, fear, bondage, love and hate. It enables man to liberate himself from all limiting factors and reach a state of perfect balance, inner stability and mental peace, complete freedom from grief, fear and anxiety. Within its eighteen chapters is revealed a human drama. This is the experience of everyone in this world, the drama of the ascent of man from a state of utter dejection, sorrow and total breakdown and hopelessness to a state of perfect understanding, clarity, renewed strength and triumph. Each discourse holds for you an invaluable new lesson and imparts a new understanding of yourself in a marvellous way. The mystery of man, this world and God, is explained as perhaps nowhere else. The workings of your mind—the real problem to your welfare and happiness—how to overcome it, what the path to blessedness is, as also the path to perdition, the secret of self-mastery and the way to peace amidst your daily activities and duties—all these and more you will find in this great treasure. It is yours by which to enrich your life.

सेवा समाचार

BY SWAMI RAMASWARUPANANDA

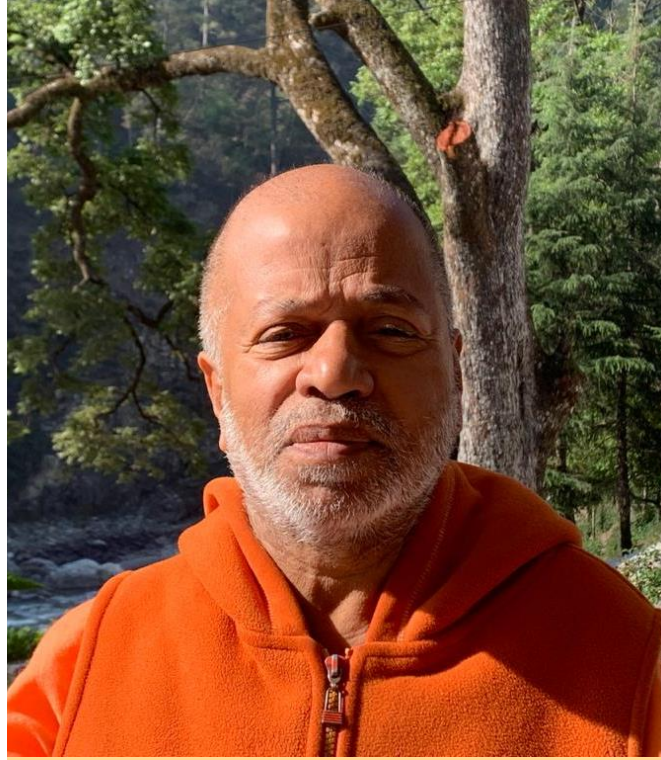
## My First Darshan

I was crazy and now I am crazier and I want to be the craziest in order to receive the love of my beloved Guru Swami Chidananda ji Maharaj.

In February 1970, I joined Sivananda Ashram, the Headquarters of the Divine Life Society, near Rishikesh. After a long inner journey and outer travel, I rejoined in 1971. From the year 1969 to the end of 1970 Guru Maharaj was away on a world tour, Pracharayatra. In the third week of December 1971, he was scheduled to return to Shivanandanagar and a grand reception was planned. Swamiji Maharaj was brought in a decorated open jeep in a procession from Rishikesh up to the main entrance gate of Holy Sivananda Ashram where a big crowd had gathered.

To get a better view for the first darshan of Guru Maharaj I positioned myself on the upper level from the road, behind Om Kutir. Years later, at a Satsang in Maryland, USA, somebody asked me, "What was your first darshan of Guru Maharaj? Please tell us."

I am seeing in my memory now Guru Maharaj, like a lion walking majestically up the steps leading to Vishwanath Mandir. When he reached the upper level, there was a rain of flowers on him. Then he entered the Bhajan Hall for a short welcome satsang.



I was serving in the Yoga Vedanta Forest Academy (YVFA) Press rearranging the blocks in a register of Parama Gurudev Swami Sivanandaji Maharaj. Swamiji Maharaj used to come to the Bhajan Hall for satsang and morning darshan at 10 am daily. I was waiting like a Chataka Pakshi to get a few glimpses of him. Before one such darshan I put a note on his desk, "I am a sick person of the disease called Bhava-Roga. And you are Bhava-Roga-Vaidya. When will you start your therapy?" There was announcement that Guru Maharaj will meet the staff of YVFA Press on 23<sup>rd</sup> December at 10 am.

We all lined up at his kutir, Yoga Sadhana Kutir, 1<sup>st</sup> floor. (I am writing about my love affair for the first time and you are reading it for the first time, so please bear with me!) He was sitting on the floor. Ajanu Bahu welcoming us like Lord Jagannath. When my turn came I bowed down and gave him a letter. "Oh Divine Master, make me a leprosy patient so I can get your love."

One sevak was helping him with to give each one of us, a packet of prasad and another one to give us an envelope of money. Thakur Paramahansa Ramakrishna had said—a sadhak should be careful of Kamini, Kanchana and Kirti. Remembering this teaching, I took the prasad and slowly returned the cover. Swamiji took it and put it under his seat. Nobody knew this love affair. So, now he is taking care of his beloved spiritual son, Swami Ramaswarupananda.

सेवा समाचार

## 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.



'The World is an Illusion, Castles in the Sky. But, For So Many Lifetimes we Have Imagined the Dream to be Reality. We Identify With Names & Forms in the Relative World & the Birdcage of the Body, Rather than the Bird.'

'The Absolute Truth'

सेवा समाचार

HEALTHCARE ACTIVITIES

DO GOOD  
REG. NO.14  
SIVANANDA DHARMARTH CHIKITSALAYA  
ॐ  
SIVANANDA ASHRAM GANESHPUR  
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## 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.

<b>Patients Attended to in Hospital OPD</b>	:	<b>746</b>
<b>Eye patients</b>	:	<b>236</b>
<b>Dental patients</b>	:	<b>262</b>
<b>Mobile camp patients</b>	:	<b>180</b>
<b>Panchkarma</b>	:	<b>472</b>
<b>Physiotherapy patients</b>	:	<b>149</b>
<b>Veterinary medicines distributed</b>	:	<b>0</b>
<b>Pathology Tests</b>	:	<b>49</b>
<b>Ambulance Seva to patients</b>	:	<b>05</b>
<b>Homeopathy patients</b>	:	<b>139</b>



"Everything is Created by Mind & Mind is a Changing Phenomena".





## Panchkarma Camp



स्नेहन - {सर्वांग - स्थानिक - बाह्य - आभ्यंतर}

सर्वांग स्नेहन प्रायः आश्रम में बनाए हुए तेल से किया जाता है। तिल तेल, विषगर्भ तेल, सहचर तेल, सर्षप तेल, महामाष तेल, निर्गुण्डी तेल, महानारायण तेल इत्यादी तेलों का उपयोग यथा रोग और रोगी की प्रकृति के अनुसार सुनिश्चित करते हैं।

जिस रोगी को सर्वांग स्नेह की आवश्यकता हों उसे सर्वांग स्नेहन अन्य का स्थानिक स्नेहन ही करें। पादाभ्यंग, कर्णपूरण, अक्षितर्पण, शिरोभ्यंग भी रोग और रोगी की प्रकृति के अनुसार करें। यह सारे बाह्य स्नेहन के अन्तर्गत ही आता है।

आभ्यंतर स्नेहन के अंतर्गत रोगी को स्नेहपान कराया जाता है। घृत तथा तेल पान कराया जाता है। गो घृत, वासा घृत पंचतिल घृत, शतावरी घृत, बला घृत तथा तिल तेल और नारियल तेल का प्रयोग आभ्यंतर स्नेहन के लिए किया जाता है।

स्वेदन - स्नेहन के पश्चात रोगी को स्वेदन कराया जाता है। स्वेदन - सर्वांग स्वेदन, नाडी वाष्प स्वेदन पोट्टली स्वेदन, पिंड स्वेदन, वालुका तथा नमक से स्वेदन आश्रम में कराया जाता है। स्वेदन से शरीर में हल्कापन आना, वेदना शमन आदि से रोगी बेहतर महसूस करने लगता है।

स्नेहन तथा स्वेदन यथा पंचकर्म के पूर्वकर्म में आते हैं। इन्हें पंचकर्म से पहले करने से दोषों का चलायमान होना और दोषों का कोष्ठगत होना शुरू होता है। जब प्रकुपित दोष चलायमान होकर अपना अपना स्थान संश्रय होने की जगह से कोष्ठगत होते हैं।



## Panchkarma Camp



तब वमन, विरेचन, बस्ती, नस्य तथा रक्तमोक्षण से उन्हें शरीर से बाहर निकालने की प्रक्रिया हम कर सकते हैं। इसलिए किसी भी एक या अनेक कर्म अगर हम करना चाहते हैं, तब स्नेहन तथा स्वेदन करना आवश्यक होता है।

बिना स्नेहन-स्वेदन के पंचकर्म करना वर्जित है। लेकिन अगर दोषों का उत्क्लेश हुआ है और तीव्र आतुरावस्था है तब स्नेहन स्वेदन, पथ्यापथ्य के बिना ही आवश्यक कर्म को करना चाहिए। वमन और विरेचन हम अभी नहीं कर रहे हैं। रक्त मोक्षण भी नहीं कर रहे हैं।

बस्ती- निरूह बस्ती, अनुवासन बस्ती, यापन बस्ती, मधुतैलिक बस्ती, पिच्छा बस्ती यह हम यहाँ करते हैं। आमतौर पर निरूह बस्ती और अनुवासन बस्ती ही कराये जाते हैं। अपितु इतर प्रकार के बस्ती आवश्यकता के अनुसार करते हैं। निरूह बस्ती शोधन का कार्य करती है। और अन्य प्रकार स्नेहन का काम करती है। बस्ती चिकित्सा को उत्तम चिकित्सा तथा अर्ध चिकित्सा कहा गया है- आधी बिमारी तो बस्ती चिकित्सा से ही दूर हो जाती है।

नस्य- नस्य का मतलब नाक में औषधी प्रयोग करना। शोधन तथा शमन यह दो प्रकार नस्य के हैं। चूर्ण या स्वरस से जो नस्य होते हैं वह शोधन नस्य है। तथा घृत एवं तेल से जो नस्य किया जाता है वह शमन नस्य है। अणु तेल, पंचेद्रिय वर्धन तेल, षडबिंदू तेल तथा गोघृत से नस्य किया जाता है। शिरोधारा – मानसिक तनाव, अनिद्रा, चिडचिडापन, अति रक्तचाप, वातव्याधी, हद्रोग आदि में शिरोधारा विशेषरूप से प्रयुक्त होती है। वचातेल, तिलतेल, तक्रधारा, वचामांस्यादि दुग्धधारा तथा कषायधारा का प्रयोग व्याधिनुसार आश्रम में किया जाता है। कटि बस्ती, जानुबस्ती, उदरबस्ती, अक्षि तर्पण आदी प्रयोग भी आवश्यकतानुसार होते हैं।

आश्रम के चिकित्सालय में आयुर्वेदीय औषधी चिकित्सा तथा पंचकर्म चिकित्सा का प्रयोग रोगियों के रोगों के लक्षणों के अनुसार किया जाता है। गत कई वर्षों से हमने यह पाया है कि आयुर्वेदीय चिकित्सा पध्दती से मिलने वाले लाभ के कारण पंचक्रोशी तथा दूर दूर से रोगी चिकित्सालय में आते हैं।



# Vidyarthi Sahayata

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 : 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 and seekers.

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



सेवा समाचार

## New Activities

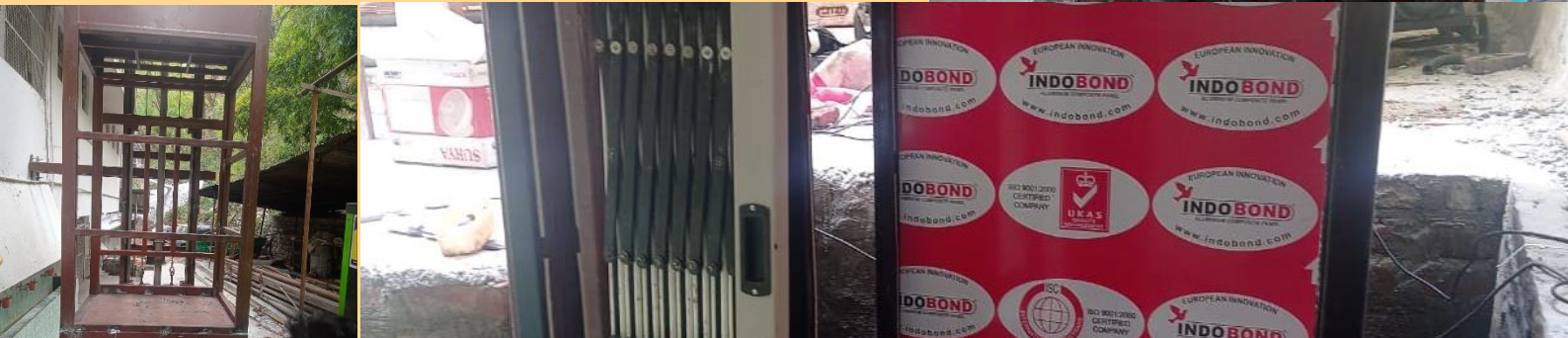


Sivanand seva samiti has extended their humanitarian mission to an extra mile by constructing LIFT for the patients. This had been a cumulative and cohesive effort in the welfare of all patients who were helpless in climbing stairs while staying during treatment.

Lift needed lot of restructuring in terms of deallocating central space, dismantling the existing structure and accommodating the new shaft keeping the compact and safety of patients in mind.

All helping staff, including ashram inmates, support staff lend their help in building the entire ecosystem. This needed special attention in terms of building concrete basement, vestibules at all floors and friendly push mechanism to ensure the long-lasting safety.

Swamiji and our trustees left no stone turned, right from finalizing lift, collecting fund, organizing administrative control day and night and fulfill mission in line of their philanthropic pursuit

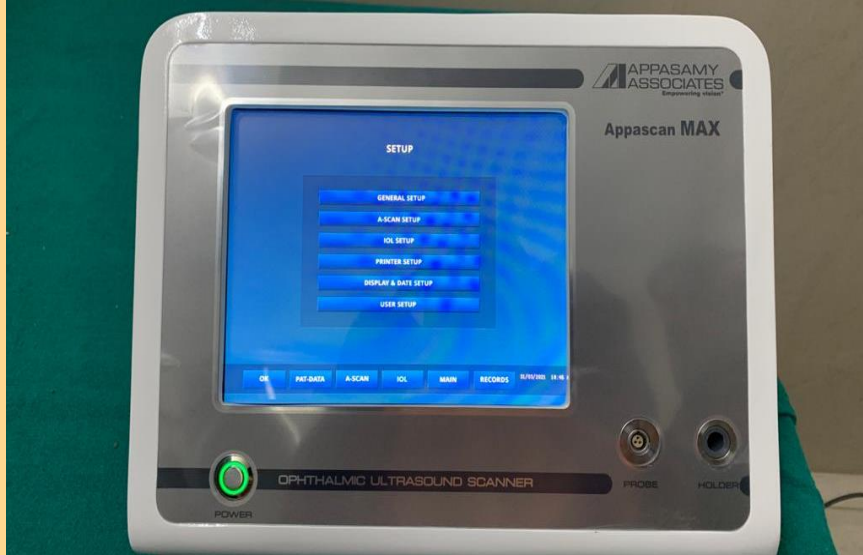
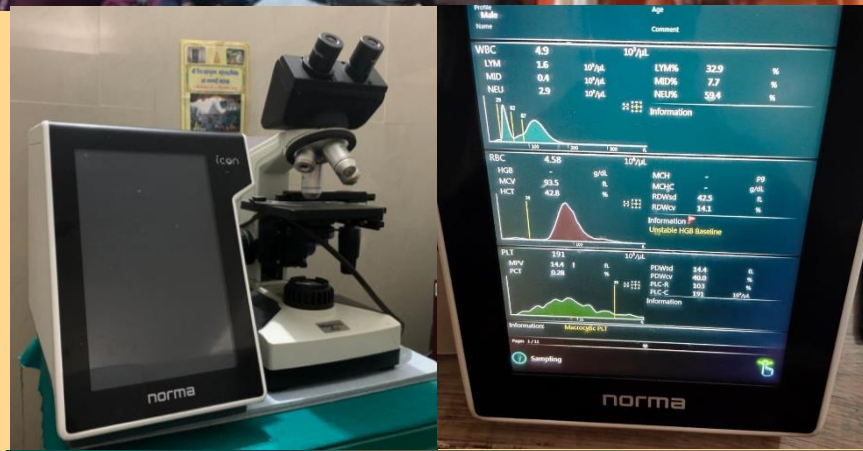


सेवा समाचार

## New Activities

To enhance the services rendered by the Sivanand Dharmarth Chikitsalaya, the Swami Sivanand Seva Samiti inducted several New Medical Equipments at our Hospital. Induction of these equipments will enable the hospital staff to better our seva to the patients. These equipments are:

1. Panchakarma Steam Equipment
2. CBC Blood Test Equipment for Pathology Lab.
3. Eye Scanning Equipment
4. Treadmill for Physiotherapy
5. Dental Xray Equipment



सेवा समाचार

## 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	:	35
Foreign visitors	:	01
Ashram inmates	:	16

### 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





## MAHA SHIVARATRI



Our Ashram celebrated the Maha Sivaratri festivities with full of enthusiasm and vigour. Enjoyed by all Ashram residents and persons from the local area. Lord Shiva was thoroughly honoured throughout the day and night with a riveting Bhajan and delicious Bhandara organised in His honour.

OM MAHADEV!

सेवा समाचार

## Holi Celebration



Our Ashram celebrated the Holi festival with full vigour. Enjoyed by all Ashram residents and children from the local area, we thoroughly enjoyed throughout the day and night with colours, dance, music and delicious prasad.



**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**

# Teachings of Yoga Vashisht

By SWAMI PREMANAND

To navigate an effortless path through our relative world, one should understand, accept and act concurrent with the basic laws of existence.

This world is ever-changing. It is illusory. A mirage of names and forms that obscure the Absolute Truth. Yesterday, you played the 'Daughter', today the 'Wife' and tomorrow the 'Grandmother' as situations dictate but throughout; your awareness of Being has remained ever-present, ever-same.

Your knowledge and intellect has changed over the years. You have dropped one idea for another; lesser-ignorance has destroyed grosser-ignorance as the self-effulgent light of wisdom removes the opaque coverings of deception. But, it is realisation of this process that provides the breathing-space between our tightly-held beliefs and personal worldview and the Absolute Reality. Carving out a steadfast vessel to carry us safely over the confusing, delusive and at times painful world we may experience.

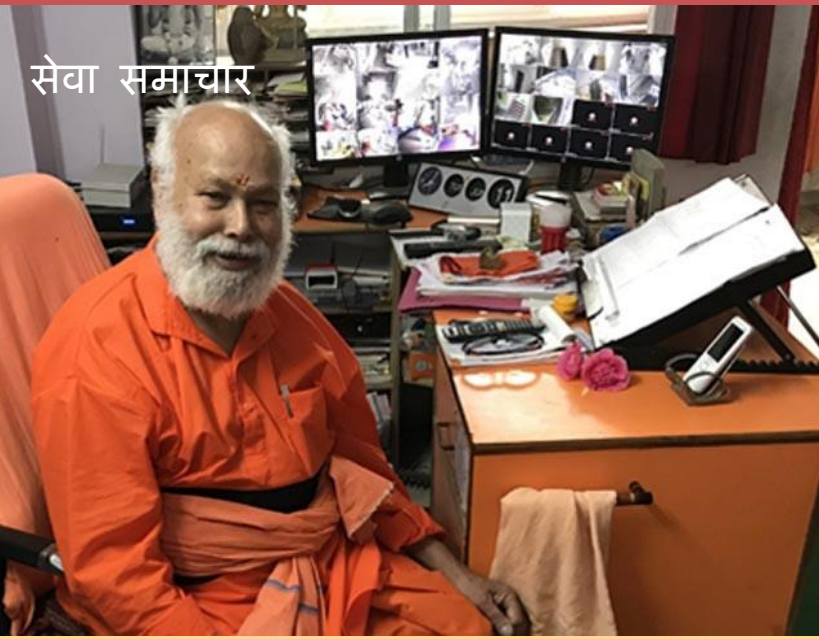
Remember, knowledge is an attribute of the Supreme Power, a reflection of The Absolute. Understand, accept and act with devotion and sincere concentration toward realising this and you will naturally become meditative, single-minded in your thoughts and find yourself in the state of 'Shunya', a positive benchmark upon the path of Realisation.



## Unity

'Oh, My Dear, what have you done?  
Pray, what are we now to do?  
The joy, the love and other virtues; I instilled;  
Seem lost, buried somewhere;  
Deep inside of you.  
These lands do not belong to you,  
These sweet animals are not your slaves,  
And, from my fatherly abode above,  
I weep and feel like; I'm the One to blame.

Without the waters, birds and trees;  
Nor can either you exist,  
Condemned to even-suffering circles,  
You only hope;  
Realise these truths, And, restore this world;  
It's Ever-Present Bliss.  
Oh, My Dear, I love you more; than you will ever know,  
But, please return my caring-grace;  
And, express it would the life; surrounding you.'



## 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.

