

June 2024



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

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JUNE 2024



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

Thought for the Month: You are Experiencing God

- Swami Premananda

A child curiously asks Gurudev - Why is the Laddu sweet?

Gurudev lovingly replies - क्योंकि परमात्मा मीठा है। (Because Paramatma or God is sweet).

The sweetness of the Laddu is not separate from Paramatma. All the objects or qualities known or experienced through our senses are from Paramatma and due to Paramatma.

Paramatma is present in it in that form at that moment.

Let's see how!

1. Whatever we see in this world as trees, plants, animals, insects, birds, rivers, mountains, etc. are nothing but Paramatma, the forms of the divine only.
2. The sweetness or bitterness in the sounds or words is Paramatma too.
3. Paramatma is the different types of tastes like sweet, sour, pungent, bitter, salty etc.
4. Paramatma is both the pleasant and the unpleasant smell.
5. Paramatma is also the softness and hardness experienced through touch.
6. Paramatma is full of mercy, compassion and kindness. That's why we appreciate kindness, we value compassion.
7. Paramatma is the cruelest of the cruel, so we know cruelty.

Seva Samachar

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- Ashram News
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- BECOME A MEMBER





You are Experiencing God (Contd.)

8. Paramatma is in the ant, so the ant becomes visible to us. Paramatma is in the microorganisms too, so it becomes visible to us (through appropriate apparatus).

9. Paramatma is stone-ness (firmness) of stone, one of Lord's innumerable names is Sthanu (स्थानु).

10. Paramatma is very terrifying too, hence called by the name Bhima.

11. Paramatma is Maharudra, whose roar can silence/stun the whole creation.

12. Both light and darkness is Paramatma, making both visible to our eyes.

Whatever we see or hear or feel is Paramatma only. Yet we say, Paramatma is not visible, we keep searching for Paramatma and run around here and there unnecessarily. It is such a pity.



O' dear, recognize this truth now.

You are experiencing Paramatma at all times.

You are in Paramatma.

You are Paramatma, You are That.



Health Is Above Wealth By Swami Sivananda

Health is the greatest wealth and asset for you. Without good health and strength, you cannot achieve success in life and God-realisation. Without good health, you cannot enjoy life. Good health comes from following definite rules. Those who ignore the rules of health, suffer much and die prematurely. Even for spiritual pursuits good health is the prerequisite. Without good health you cannot penetrate into the hidden depths of the vast ocean of life within and attain the final beatitude of life. Without good health you cannot wage war against the turbulent senses and the boisterous mind.

Health is wealth. Health is a covetable possession indeed. Good health is a valuable asset for one and all. You should have physical as well as mental health. If you do not possess good health you cannot prosper in any walk of life.

Health is that state in which a man sleeps well, digests his food well, is quite at ease, is free from any kind of disease or uneasiness. When you are in a state of perfect health all the organs, viz., heart, lungs, brain, kidneys, liver, intestines, work in perfect harmony and concord and discharge their functions satisfactorily. The pulse rate and the rate of respiration are in perfect order. The bodily temperature is normal. A healthy man smiles and laughs. He is cheerful and happy. He discharges his daily duties with ease and comfort. A healthy man is capable of doing work for a long time without getting fatigued. His bowels move very freely every day. He possesses the highest kind of mental and physical efficiency.

Health is a positive state. It is not simply negation of disease. A healthy man can turn out more physical and mental work. He can practise good meditation for a long time. A healthy man need not be necessarily strong and robust and a strong and robust man need not be necessarily healthy. Health is a gift from Mother Nature or Lord who is the power behind life. Health is your birthright but not disease. It is as natural to be well as to be born.

Health is above all gold and infinite wealth and treasure. It enlarges the soul and opens all its powers to receive instructions and relish virtues. "This Atman cannot be attained by a weak and unhealthy man." This is the emphatic declaration of the Upanishads. Emerson says, "The first wealth is health. Give me health and a day I will make the pomp of emperors ridiculous." He who has good health has nothing more to wish for. He is really a blessed man. Ramalingaswami sings, "I want a life with health and without disease." The first requisite in life is good health. Health is a sine qua non to every kind of enjoyment in life.



See God in All By Swami Chidananda

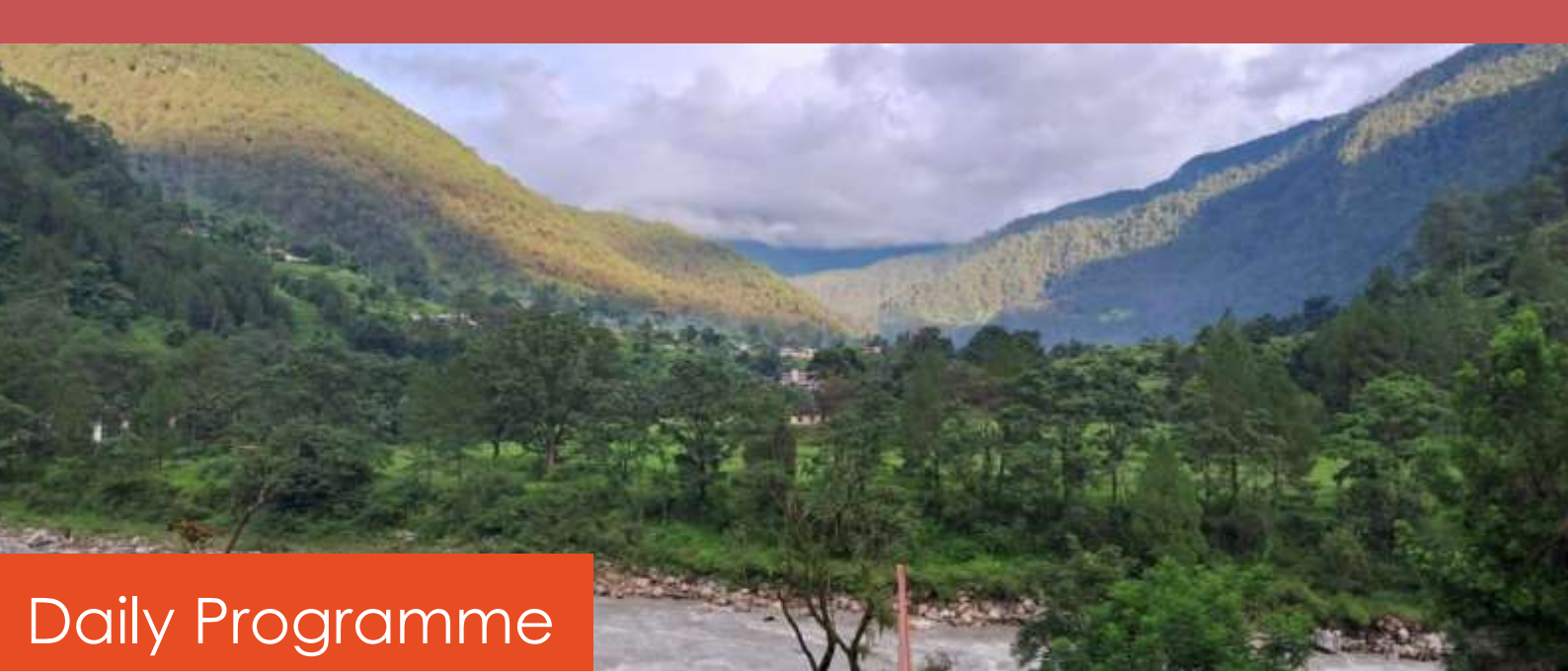
All people deserve our reverence, respect and goodwill. Honour the individuality of others. Not without reason that Lord Krishna washed the feet of the guests who came to attend the rajasuya yajna of Yudhishtira. Not without reason did Lakshmana never lift up his face and look at Mother Sita. Not without reason did Sri Ramakrishna go and sweep the hut of a harijan. The living presence of God in all beings should be the basis of our attitude and behaviour towards others; our approach to the world.

In one little verse, Sant Tulasidas has given the whole of what I have been saying: “Siyaramamaya sab jag jani karaun pranam jori juga pani – I bow with my folded hands, knowing that this whole world is pervaded by my ishta devata, Sita and Ramachandra.” And, Arjuna experienced this when the glorious vision of the Cosmic Form was bestowed upon him in the eleventh chapter of the Srimad Bhagavad Gita. Beholding the Cosmic Form, Arjuna could do nothing but go on bowing, bowing, bowing, filled with awe and reverence. He did not know where to bow; everywhere he looked, he saw only God. So he bowed in all the ten directions. He said: “I bow to Thee in the front, in the back, to the right, to the left, above, below, on all sides. I bow to Thee everywhere – sarvatah pani padam (with hands and feet everywhere.)”

This should be the basis of the vision, it should be the approach, the attitude, the behaviour of the true, sincere, spiritual seeker and aspirant who really wants to attain the cosmic vision in and through one’s life, who does not set the vision aside only for the period of his special study and meditation and reflecting “Oh yes. God is everywhere.”

A great realised saint of Andhra Pradesh wrote a book called Vyavahara Vedantin. He says that Vedanta is not meant for your study place or your meditation room; it is meant for the field of your daily activity. This should be the vision. This should be the truth upon which you base your life. This should be your inner feeling, attitude. For the sake of the sentiments of others, you may keep it within yourself; you may not demonstrate it, or it may also become an ego-trip. It is not necessary that others know, but all throughout your waking state, in the midst of vyavahara, this awareness should be there: “I am in God, God is within me; God is within all. I am dealing with God; the whole thing is heightened by this Presence.” — This Bhava Advaita should always be there.

This is our great adesa: bhavadvaitam sada kuryat (One should always have the attitude of unity).



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 daily conducted and is attended by students from nearby villages.

Total No. Students: 32

- 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: 15



Aarti at Kunj Bihari temple



Yoga session



Annakshetra



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	: 637
Dental	: 189
Eye	: 292
Homeopathy	: 20
Mobile Camp	: 101
Panchakarma	: 254
Pathology Tests	: 96
Physiotherapy patients	: 289
Ambulance Seva to patients	: 02

Registration and OPD



Dental



Health Kiosk



If you truly treat your body like a temple, it will serve you well for decades

Healthcare Activities: Mobile Camps

Like every month, the team conducted regular mobile camps last month as well.

Free health checkup, consultations and treatment were provided to the patients of several villages where regular medical facilities are not easily available.



Siddha and Varma Therapy camp

Dr. Saravanambigai P N from Chennai visited the ashram and voluntarily served the hospital by providing consultations and training staff and inmates about healing through Siddha, Varma, Yoga & Naturopathy therapies and Ayurveda recommended diet. With her great service minded attitude, she went ahead to teach common remedies in nearby villages of Gangotri.



Panchakarma dept



Pranayama and mudra session for inmates



At the hospital

Healthcare Activities: Eye Camp

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 Sewa ground towards welfare of rural communities around Uttarkashi hilly villages.

On 3rd May 2024, under the expertise 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 --

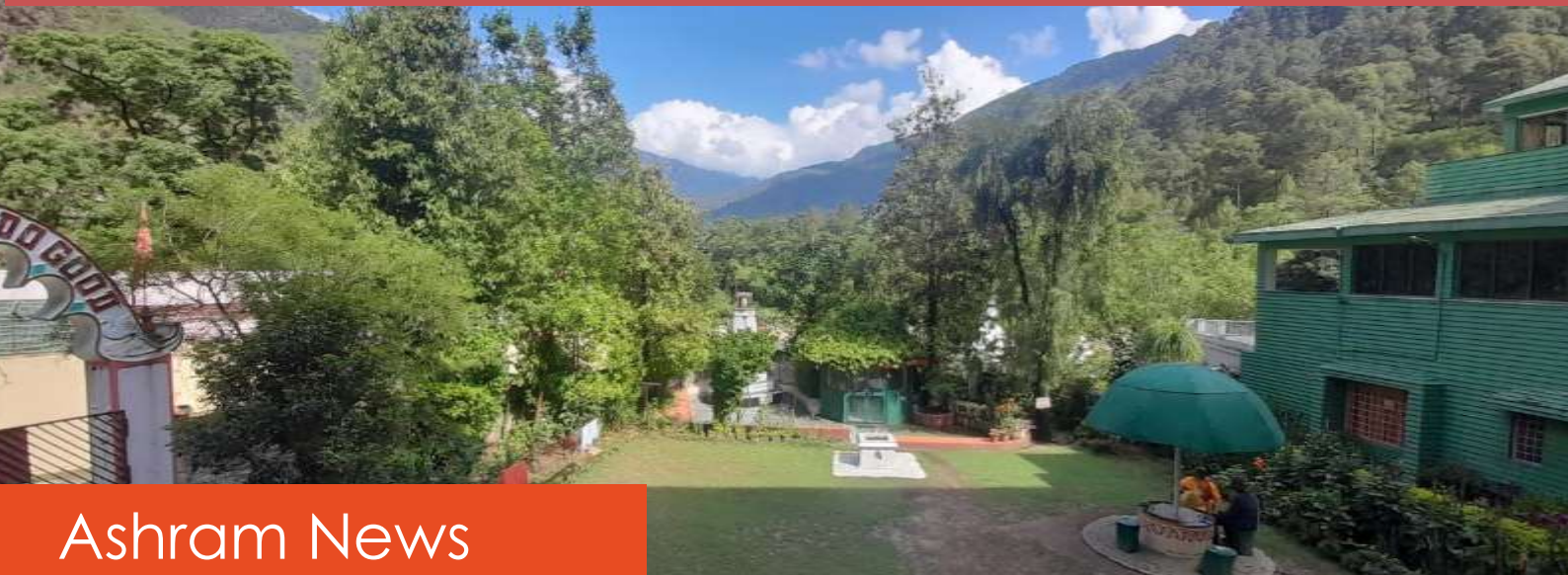
OPD: 117

Cataract Surgery done for: 52



Healthcare Activities: Eye Camps (contd.)





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	:	73
Foreign guests	:	04
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: 65

Goshala

A team of Ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also, a regular check-up and medical support is being provided by the Veterinary Department of our Hospital Wing.

Total No. Of Cows	:	6
Total No. Of Calves	:	3

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: 20





Teachings from Yoga Vasistha: **Do not desire worldly objects**

There is a basic confusion regarding the existence or non-existence of the world. The wise say that this universe is nothing but the appearance of the Absolute, it is just the adjective of it, this way it cannot be real.

There is another explanation from the wise: something which is always changing, not steady cannot be true, as truth is eternal, it has no beginning and no end and it is always steady.

But there is an opposite theory: the universe was made by the Absolute from the Absolute itself, so the Universe is nothing but the Absolute.

In this sense we may think that if everything around us is the Absolute or God, then it is real. So the world and the Absolute cannot be separated, as we cannot separate the blue colour from the sky or the body parts from the body – they belong together though they seem different. In this way the experience (joy and sorrow, Bhoga) is nothing but the experience of the Absolute.

So, which theory is true? Is the universe real or not?

How do the wise dispel doubts?

The world we experience cannot be real. Experiencing is happening through the senses. The five organs of knowledge, the jnana Indriyas, are not perfect. For example, one who has poor eyesight or jaundice sees objects differently from one who does not. It is also possible that the same person can smell a rose one day, but when his sense of smell deteriorates, he smells something else.

So whatever information reaches the Antahkarana, we can be sure it is not real. When we use the Indriyas, we have experiences of objects around us, whether they are good or bad (pleasure or pain). These false experiences eventually create the desire we feel for an object that is not really what it seems to be.

So, on this basis, the wise say that we should not satisfy our desire for the objects, but instead get rid of them.

How to go beyond desires?

It's a natural process, as our knowledge of the absolute increases, our duality weakens. It works in the same way that we are body-conscious during the day, but during the process of falling asleep at night, this body-consciousness gradually fades away. In this example, body consciousness means ignorance, and the loss of body consciousness means the loss of the sense of duality.

As duality diminishes, the true nature of worldly objects begins to reveal itself, so the desire to possess them gradually fades. However, the process of acquiring knowledge is usually a very slow one, so the disappearance of duality is also a slow process.



Teachings from Yoga Vasistha: **Do not desire worldly objects (contd.)**

Another method for overcoming desires is based on logic and analytical thinking. Its most important element is contemplation. Whatever we hear, see, experience, we should contemplate on it in order to get a 360-degree view of the object, not just one perspective.

So when we look at an object from all angles, we find that it is not what it first appeared to be. The desires that arise in us are the consequence of what we experience through our faulty senses, but as soon as this narrowed vision is opened up, the desire loses its significance.

For example, we may feel a desire to pluck a beautiful, fragrant flower in the garden because we have had a positive experience of it and have an awakened desire to possess it. However, after proper contemplation (in Vedanta, it is called the neti-neti method), we realize that this flower does not provide us with any pleasure, or if it does, it will later cause us pain (for example, it will attract nuisance insects to our room with its smell, or it will simply wither away). The desire that arises within us is for lasting pleasure, and once we discover the impermanence of the desired object, we will feel dispassion. This is called Vairagya.

Dispassion can be Para or Apra Vairagya. The supreme all-embracing dispassion can be attained gradually by going through the steps of Para Vairagya.

How does a wise man see the world?

Desires arise through repeated experience of objects perceived through the Jnana Indriyas, first at the subconscious level in the form of Vasanas, Sanskaras, and then at the conscious level in the form of gross desires. The sages who have attained the highest state of Vairagya can transcend this, for they understand and experience the fault of worldly objects and the senses. One who attains dispassion is content with what he receives and sees everything equally. He lives only in the present, not worrying about the past or the future. Worldly objects no longer arouse desire in him.

How to recognise the wise?

Vasishtha says: „While he is full of joy in himself, he is unconcerned to all others about him. There is also a shade of heavenly sadness settled in his outward face, and a distaste or detachment to everything in his mind. It is then that the current of desires ceases to flow in his heart, and his mind is elevated with the sense of his liberation. Whose soul is serene and his intellect unclouded by the doubts of unity and duality, his desires turn to detachment and all thoughts remain concentrated in the Lord. He resides calmly in the tranquility of the Supreme Soul whose knowledge of duality has entirely subsided in his intellect, whose belief of unity is not mixed with any other thing, and who is quite at ease without any uneasiness.”

When will the unreal world finally end?

If the wise have attained total desirelessness, they still exist in this unreal universe. But why? The answer lies in karma. There is a so-called Prarabdha Karma, which is the karma of our past actions, the fruits of which we have to reap. Whatever we have done in the past, if the action was done for selfish purposes, we must collect its rewards, whether they are pleasure or suffering. The sages also need to finish these karmas and once their Prarabdha karma runs out, they are freed from the bondage of samsara.

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.

