





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

## Thought for the Month: Abhyāsa

## How the world appears real even when non-existent?

- 'Adhyasa' refers to superimposition or attributing one thing as another. 'Abhyasa' is repetition. The appearance of the gross world is only due to <u>Adhyasa-Abhyasa</u> - repetition of the superimposed ideas.
  - The whole universe is a constant slow changing process. Change is the law of nature, yet mind presents a stable picture to us.
    - The earth appears still but a lot of seismic changes are happening underneath, sun appears still but is actually moving, a stone appears stable but changes are happening inside that we do not see.
- What we see/know (with our senses) as a gross world is only what we have repeatedly seen since our birth and repetition of the same thoughts make it look real and stable.
  - Till now, whatever we have understood as the world is all informative or useless knowledge. In the sense, everything is what we have obtained from others – somebody said so and we accepted it - not our own experience.
  - The day we start questioning and understanding through our own – our discriminative power, Viveka starts shining to guide us and the constant Abhyasa of Vichara enquiry will lead to our own experience of the Self.

In short, repetition of thoughts becomes a habit, habit turns into karma, karma ends up as our history influencing present life through what some refer as destiny or Daivam.

Daivam is nothing but the result of the repetition of our past actions.

# Seva Samachar

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- God Exists
- Always Be Positive
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- Healthcare Activities
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- BECOME A MEMBER





# Abhyāsa (Contd.)

#### Where to start?

- Give up old existing ascertained conclusive ideas
  - Our body identification. Swami Chidanandaji Maharaj often says "I am this body, I am this mind, I am this feeling, I am this thought- a series of identifications, this is greatest error of man and mankind's principal blunder."
  - Belief in the reality of this world is another
  - Repetition of such erroneous ideas in our thinking leads to our continued suffering.
- One word of Guru, if repeatedly practiced, is enough to reach the goal.
- The life of Maharshi Valmiki is often quoted as example in this regard where Sage Narada once met this dacoit in the jungle, who after a conversation with the sage, realised that though he is robbing people only to feed his family, he is committing sins and he alone has to experience the consequences. He left his family to follow his Guru's instruction to continuously repeat "Mara-Mara-Mara" which became "Rama-Rama-Rama" eventually leading to his self-realisation, and the birth of the first and most revered poet (Adi Kavi) of India. Repetition was the key here.

### What is the Abhyasa (Repeated practice) to be done?

- Constantly giving logical reasoning and examples to the mind will help the mind accept the truth and remain silent.
- Listen to the Guru. Practice Vichara to reflect/understand it well and then more importantly practice the ideas in real life.
  - O An example is where one may know that using the spectacles make the vision clear, just listening to the suggestion will not help one has to reflect and understand the usefulness of the glasses, then practice using it in real life which is to pick it up from the box and use them to read.
- In terms of practical techniques, Practice staying as the witnessing self that is seated in the heart-cave or witnessing one's breath or witnessing one's own actions as that of another or sitting on top of a high tower to see the traffic outside any of these practices will help the importance is to be an impartial witness without intervening in the action and whatever you do, keep the body steady and do it continuously as the continuity will continue into the dream and sleep and make you aware of the common factor that remains across waking, dream and sleep state.

#### <u>Jnana Abhyasa – practice a new angle of vision</u>

Ignorant ones are habituated to seeing names and forms while the wise are habituated to see Reality everywhere and in everything. This is the power of Abhyasa of Jnana.

As an example, when one goes to the market to buy mangoes, the ignorant may only see the outer skin colour, etc. but the wise eye sees the pulp inside.

A verse from Sarasvati Rahasya Upanishad, which is daily chanted at the ashram reads

# अस्ति भाति प्रियं रूपं नाम चेत्यंशपञ्चकम् । आद्यत्रयं ब्रहमरूपं जगद्रूपं ततो द्वयम् ।

Every object has 5 aspects to it Asti (Existence), Bhati (Consciousness), Priyam (Bliss), Nama (Name), Roopa (Form) – The first three Asti/Bhati/Priyam (or Sat-Chit-Anand) refer to the changeless Reality that the discriminative eyes of wisdom alone perceive and the next two Nama/Roopa relate to the objects perceived through senses and is subject to change.

Lord Krishna says to Arjuna "Abhyasena tu kaunteya".

Practice withdrawal of mind from the names and forms/gross world and see the Reality instead, practice seeing with discriminative eyes of wisdom continuously and a time will come when you will succeed.



# God Exists By Swami Sivananda

The notion of God means an absolutely perfect being. An absolutely perfect being must have all the positive attributes, including the attributes of existence. So, God must exist.

The existence of God cannot be proved by scientific experimentation. 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 craving and aspirations.

As we explain everything within Nature by the law of cause and effect, so also 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 jumble of accidents, but an orderly affair. The planets move regularly in their orbits, seeds grow into trees regularly, the 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. Even Einstein, the great scientist, was strongly convinced of the creation of the universe by a Supreme Intelligence.

Everything in Nature has some purpose. It fulfills some function or other. Certainly, every object by itself cannot choose a function for itself. Their different functions ought to have been planned or designated by a single intelligent being or God.

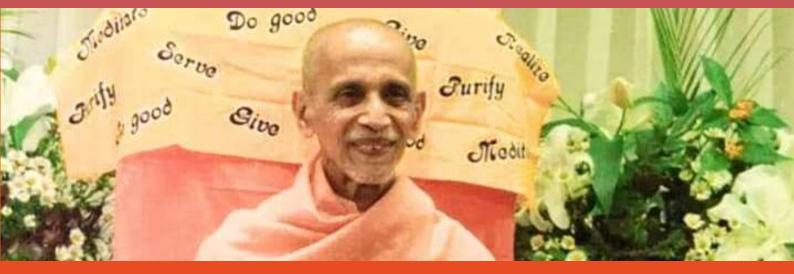
Albeit everything is transitory in this world, people purchase enormous plots of land, build bungalows in various places and erect five-storeyed houses. They want to establish eternal life in this sense-universe. This shows that man is essentially immortal. In spite of the knowledge that everyone has to die, man thinks that he will live forever and make very grand arrangements to live here perpetually. Further, nobody wants death. Everybody wants to live, and takes treatment when ill, spending any amount. Hence, the essential nature of man should be eternal existence.

Even a fool thinks that he is wise. Everyone wants to show that he knows more than others. Nobody likes to be called a fool. Children tease their parents with various sorts of questions. The desire to know is ingrained in them. These indicate that our essential nature is knowledge.

When a man laughs, people seldom ask why he is laughing. On the other hand, when a man cries, everybody asks why he is crying. This shows that our essential nature is bliss. No one wants misery, but everyone wants happiness, and all one's activities in life are directed towards the acquisition of happiness. This also proves that our real nature is bliss. In deep sleep when there are no objects, senses or mind, we feel bliss; hence our essential nature should be bliss. That again is the reason why people ailing from painful maladies even desire to give up their bodies and thus get rid of the pain.

If everyone then is of the nature of existence-knowledge-bliss, there should be an all-pervading principle having these characteristics and different from the perishable, inert pain-giving physical bodies. Therefore, Brahman or God, whose nature is Existence-Knowledge-Bliss (Sat-Chit-Ananda), should exist.

Give up arguing. Remember Him and attain immortality and eternal peace.



# Always Be Positive! By Swami Chidananda

One of the favourite sayings of Gurudev, which he both wrote in his writings as well as quoted in his divine talks was, "Never despair. Never despair. Nil desperandum." And a poet once said, "Hope springs eternal in the human breast." Another poet said, "Tell me not in mournful numbers life is but an empty dream." You have come here to strive and attain. Strive on. Do purushartha. "Heart within, God overhead." Be strong. Be determined and plod on. If thus you do, you will get help from God. That is the meaning of "Heart within and God overhead." In your heart have the right attitude and plod on. Do exertion and then from God help will come.

There are two ways of approaching life. One is diffidence, lack of confidence, negativity: "I don't think I can. It's too difficult. I can't." Another way is: "I can. Whether I can or can't, how can I say unless I first of all try? Then only I can know whether I can or can't." So, to come to a foregone conclusion that I can't is not rational. It is irrational. "Let me give it a fair trial. I will try my best." And if after trying your very best, you do not succeed in attaining the objective, I can assure you, you have not failed. Success may not be yours, but you have succeeded. You have fulfilled a human being's duty.

Because you are made in the image of God, you are not a bundle of negativity. God is all that is positive, all that is auspicious, good and beautiful. There is no negativity in God, and you are made in His image. You have potential for all that is positive and positive only. You should not belie your divine nature. At every step, in all things, your life should prove your divine nature.

Therefore, it behooves you to always take a positive attitude towards life. Always have a positive view of things, not a negative one. Have a positive attitude towards life, and in your daily life always move forward by taking a positive approach to life, never a negative approach. Then your heart is in the state that the poet implied when he said, "Heart within and God overhead."

And it is for such a heart that we should pray to Lord Karthikeyan or Skanda Bhagavan: "I have full trust that You will be my leader, that Your grace will be my guiding force and a leading light in my life day by day. So, with Your help there is nothing that I cannot do. With Your help, O Lord, all things are possible for me. And I will take Your help for granted because You are grace. You are love and compassion. You are ever ready to bestow Your grace upon all sincere seeking sadhakas. Being certain of this, I shall strive, having full trust that You will help where help is needed."

Therefore, of the two attitudes, a positive and negative attitude towards life, of the two approaches, a positive and negative approach to life, and of the two ways of viewing things, a positive and negative view towards all things, the wise sadhaka always takes the positive approach—which is the right approach—and never takes the negative approach which is the wrong approach.

Hope is a divine quality. Determination is a divine quality. It is a manifestation of Sakti. Therefore, it is our duty to ourselves and to God to always keep our interior in a positive state. It is our duty to always take a positive view of things. It is our duty to always take a positive approach towards life, and it is our duty to always move forward keeping in our heart a positive attitude towards life and actions.

This is the right attitude, and this you must adopt. And this will help you to succeed in your life!



- 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 Vasishta 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 often conducted and is attended by students from nearby villages.
- 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: 44



Bhandara



# 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 cloud enabled touch screen Health ATM is available. It has a capacity to conduct more than 50 types of tests and 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 : 407

Eye : 244

Mobile Camp : 243

Panchakarma : 326

Physiotherapy patients : 266

Homeopathy : 63

Pathology Tests : 66

Ambulance Seva to patients : 2





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.

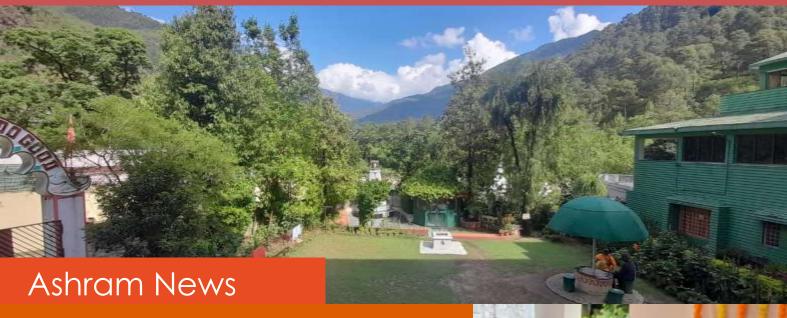
On 1<sup>st</sup> February 2025, under the skilled leadership of Dr. Chirag Bahuguna, MS (ophthalmology), a 2-day camp was conducted, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling.

Timely follow up was done and all the cases were found successful.

No. Patients -- OPD: 103

Cataract Surgery done for: 52





## **Hospitality**

Visitors and Mahatmas, on their way to Mukhba temple, The Winter Abode of Goddess Ganga, 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 : 11
Foreign guests : 03
Ashram inmates : 27

### **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: 40

#### 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

#### 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: 7



# Glimpses of Saraswati Puja, Maha Shivaratri and other events



Mother Saraswati, the embodiment of divine wisdom, creativity, supreme truth, sacred sound and purity, was worshipped with great enthusiasm and devotion on 2<sup>nd</sup> February, the day of Vasant Panchami by ashramites and students. Everyone offered prayers to the Goddess by chanting The Sarasvati-rahasya Upanishad (The Secret Knowledge of the Goddess of Wisdom) and other mantras, and sought her blessings for success in learning, intellectual growth and enlightenment. After puja, all heartily partook the special prasad comprising traditional dishes and sweets, and delectable snacks in the evening





Mahashivaratri is a very auspicious day dedicated to worship of Lord Siva, it celebrates the mystical union of Siva (consciousness) with Shakti (energy). It represents harmony of creation, victory of wisdom over ignorance; it is a time for self-reflection, to dissolve limitedness and to extend love and generosity, and to seek blessings for spiritual awakening. It is observed annually on the 13th and 14th day of the Maagha or Phalguna month of the Hindu calendar, which was on 26<sup>th</sup> February as per English calendar.

The celebrations started with puja and hoisting of Dhwaja or flag at that the Gangadhar Mahadev temple in the morning. The Dhwaja symbolises link between the earth and the higher cosmos, and is believed to bring strength, protection and blessings.

Devotees kept fast, performed Puja and Abhishek of Lord Siva in all the four Prahars during the night and chanted various Shiva Stotrams and other devotional hymns. Aarti and Havan were performed and divine blessings were invoked for welfare of all beings. The following morning, devotees broke their fast by partaking prasad.







# Teachings from Yoga Vasistha: Universe Fair (ब्रह्माण्ड मेला)

In the last issue, we had a rare opportunity to fly into space and visit the vibrant and exciting Brahmand Mela (Universe Fair); we had a delightful time at the fair, watching so many universes, that too without physically going anywhere or spending a penny. Now let's see what's more in store! Definitely, the Universal spectacle is incredible, it's much more magnificent than we could dream or imagine. And the fact that these countless creations are unaware of each other's presence makes it more fascinating.

While moving around in the space full of infinite creations, Vasistha ji located a sound and saw a radiant, illumined and highly learned woman who was singing hymns of praise for the sage. But Vasistha Ji decided to move on for he was enchanted and curious by the diverse creations, he wanted to roam around more and more to see the magnitude of creation. He saw many more diverse universes. In some, the moonlight is hot and Sunlight is cool, somewhere poison is health giver and nectar killed, elsewhere there is visibility in darkness and blindness in light, some universes have species without any gender diversity, in some universes the beings have one or few senses, some universes are formed of one or two elements only. All these creations are inhabited by beings that have adapted by the conditions prevalent in them.

Vasistha Ji saw many more such diversities but being a sage, whose mind is totally free and unattached and who possess a very pure intellect that is free from external influences, egoism and distractions, he soon realized that all this is delusion, illusory perception, all these are arising in consciousness through consciousness as consciousness, and there is, in reality, only pure consciousness. So, he abandoned the idea of seeing the diversity and immediately everything vanished from his sight. As he remained established in infinite consciousness, he saw that all these universes are in consciousness, they are consciousness, consciousness alone exists; thus, he saw everything as consciousness.

The creations are enveloped in ignorance or delusion, one creation is unaware of another like two people sleeping next to each other is unaware of each other's dreams. In these diverse creations, with thousands of Brahmas, Vishnus and Rudras, countless Vasisthas, uncountable yugas and cosmic ages, it is consciousness only that is shining there as those objects. The space of consciousness or Chidakash alone exists everywhere at all times, and that itself is called the world. The perception of objects, the diverse names and forms are delusion; everything is pure, infinite, indivisible consciousness, and this truth can be experienced by seers with pure, enlightened intellect. Vasistha ji tells us through Rama that all these names and forms arise due to repeated perception of diversity, and when the realization of truth arises, there is only infinite consciousness where all names and forms disappear and Brahman alone exists. The appearances of diversity, which we call world, manifests due to the light of Brahman and due to the purity and transparency, it appears shiny; it's like we see the ocean sparkles with light from the Sun or the we see a spectrum of colors when light passes through a prism. Experience of existence and absence are just ideas; even the idea of creation or dissolution, birth and death, yugas are some sounds without meaning or value. In reality, there is no division, coming or going, everything is within the infinite consciousness, everything is witnessed within the self which assumes the form that is being witnessed. Just like we can see our body from head to toe with closed eyes, Vasistha Ji saw everything with the eye of consciousness.

Since Brahman is indescribable infinite indivisible indestructible pure conscious, in Brahman there is neither knowledge nor ignorance, there is neither bondage nor liberation. Realization of this truth is called liberation or Nirvana or Moksha or Kaivalya.



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:** 

Pease 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



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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 <a href="mailto:swami.premananda@gmail.com">swami.premananda@gmail.com</a>. All donations should be sent with full name, address, and PAN Card Details.





