

January 2022



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti <sup>REGD.</sup>

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



## New Year Message 2022

### New Year's Message 2022

It is my wish and my blessing, during this auspicious time of year, that we equip ourselves with the tools necessary to traverse the uncertain, ever-changing waters of life to best prepare us for another year of existence on this earthly plane. So that we may always be calm of mind and able to use the great instrument of mind as and when we need, rather than the opposite way around.

Therefore the message for the year 2022 is; release your hold on the reigns of the past and those of the future. Exist in the present.

By doing so, your mind is no longer dragged hither-and-tither, across the grating-rocks of appearance and illusion. For holding onto the past is like trying to rudder a ship with the anchor still piercing the seabed. And, in reaching for a future we become the orchestrators for our own downfall. Those magnificent castle in the sky, no matter how extravagantly adorned, are simply hollow cut-outs in the air.

In reality, little is as truly awful as we can imagine it to be. Even by experience, we see that the troubling-thought of sitting the end-of-year exam is worse than when we sat to take the test. So long as we have paid some attention and made a part-effort to study. In this case, our study requirement is to remain of a focused and balanced mind in the present. Not lost in the baseless-daydreams of past and future. Then, by doing so, we gain a grasp on time itself. Awareness increases and life makes better sense. Discrimination enhances and not only do we find that the anchor has now been raised but navigating our course over the sea of samskaras has gotten easier than we remember it being.

Become the Master-of-Time!

Let go of the reigns that you, yourself, hold onto! Raise the weighty-anchor of groundless-delusion and set sail for radiant, new lands of equanimity and bliss in 2022.

Let love and peace descend upon all beings,

May This Be My Blessing To You All,

# सेवा समाचार



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

## जादुगर

घर जाना मुझे नदी के पार,  
नीर भयंकर अगाध अपार ।

है कोई केवट खेवनहार?

खरचा दूँ करो पार उतार - 1

सोने की नगरी मोतीन के महल,  
आनंद बीथि है बीच में जंगल,

है कोई पथ दिखावन हार?

पहूँचा दो, खर्चा दूँ मन अनुसार - 2

राजा को मिलना है किले के अंदर,  
खाई गहरी, प्रहरी है बाहर,

है कोई उसे मिलावन हार?

भेंट चढ़ाऊँ समेट वेदसार - 3

किसमत से मिले एक जादुगर,  
मरम पढ़ायो, भयो वन भस्मीसार ।

नदी में न जल, किला खुल्ला दुआर,

कारज कियो मेरो अतीव दुस्तर - 4

मत्त वारण देत चरण वारिज में,

कमल नयन! नत अमितवार पद में,

संसार कारण ग्रहण किजो बलमें,

संसार का पार उतार दिजो पल में - 5

## Seva Samachar

- Poem By Swami Premanand
- Thought For The Month By Swami Premanand
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## टिप्पणी

घर - परम धाम, नदी - आशा की अखंड धारा

सोने की नगरी मोतिन का महल - परम धाम

बिच में जंगल - बिच में वाधा देने वाला संसार ही जंगल

राजा - परमेश्वर, किला - माया, अज्ञान

खाई, प्रहरी - माया के सहायक काम क्रोधदि

जादुगर - गुरुजी, मरम - तत्व

मत्तवारण - मतवाला, हाथी - मन

अमितवार - अनेकवार, संसार कारण - मन

बल में - बल पूर्वक



## Thought For The Month

God's Signature  
O' Vitruvius;

Nature's Commander of gross firmament,  
Shored-up by River Maya's bounding stream.  
Lord's will ensconced; in deterministic course,  
Set upon those seas; cause and reverie.

Before Him, there was no other,  
Akshaya Vatt of Pralayam; the first water;  
Preserving corner-stone to sub rosa order.  
Ordnained time-being; built-in divine proportion,  
New world creator; thus its destroyer.

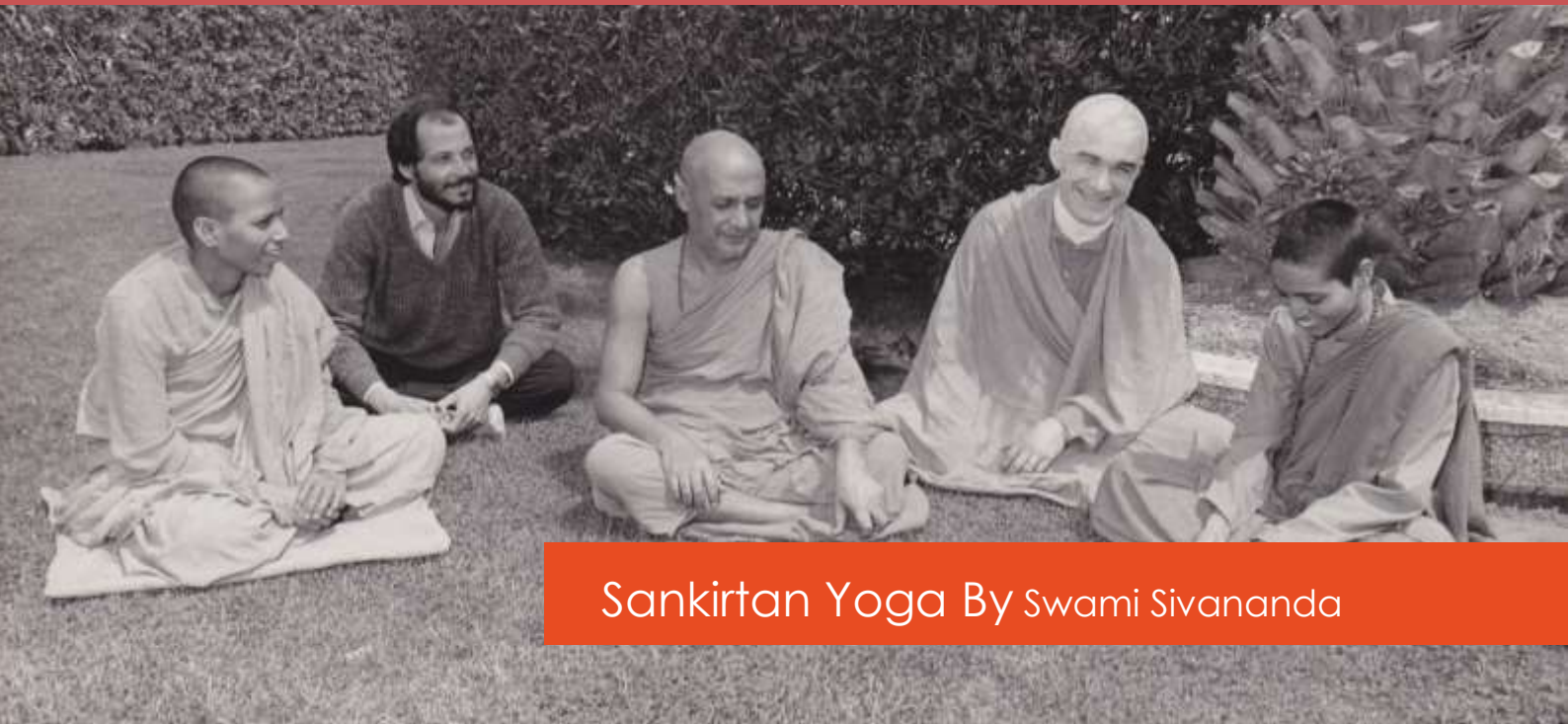
Once helmsman for celestial navigation,  
Polaris, to countless other self's.  
Instinctive life; that grew then someday flew,  
As leaf, bark, the birds or breath.  
Despite the many lives; salvaged by Him,  
Between the jetsam floating adrift.

Now, surrendering from season's-siege;  
Departed; drifting battle-scenes.  
Similarly, whilom farers swayed,  
Inside weathered, storm-proof limbs;  
Before, forever taking leave.

Life's ever-fragrant blossom; carried onward,  
Over, Indra's deathless-breeze,  
His wind that lifts the wings; of Kakhbushundi;  
The last to fly, our hallowed; rotting tree.

Fathomless, untold stories;  
Depending upon; Whomever hold the reigns.  
Yet, as the laugh of Kalbhairav; goes ringing out,  
God's signature; Solely remains.





## Sankirtan Yoga By Swami Sivananda

Sankirtan Yoga is the easiest, quickest, safest, cheapest and best way for attaining God-realisation in this age. People cannot practice severe austerities now-a-days. They do not have the strength of will to practice Hatha Yoga. They cannot maintain perfect life-long Brahmacharya. They do not have the prerequisites for Raja Yoga. They are not endowed with the keen intellect necessary for Jnana Yoga or Vedantic Sadhana. But this Sankirtan Yoga or the Yoga of Singing Lord's Names is within the reach of all.

There is infinite Sakti or power in the Lord's Names. It will remove all impurities from your mind. Vedantins say that there are three kinds of obstacles to Self-realisation – *Mala*, *Vikshepa* and *Avarana*. To remove them they prescribe Nishkamya Karma (selfless service), Upasana (worship) and Vedantic Nididhyasana (intellectual enquiry). This Sankirtan alone can achieve all these together. Sankirtan removes the impurities of the mind (*Mala*); it steadies the mind and checks its tendency to vacillate (*Vikshepa*); and ultimately it tears the veil of ignorance too (*Avarana*), and brings the Sadhaka (aspirant) face to face with God.

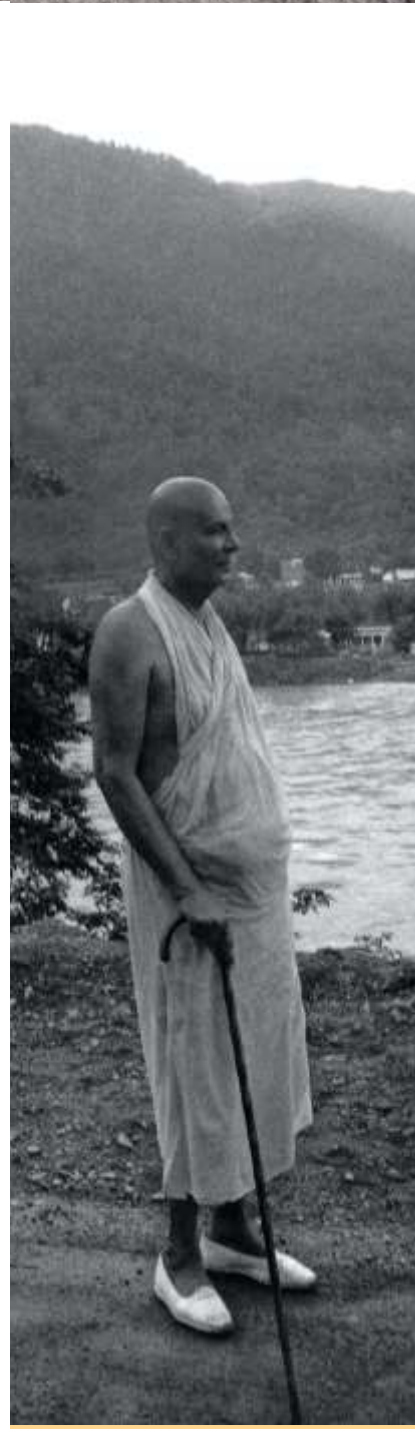
Maya is so powerful that she deludes you every moment. Every moment she makes you feel that there is pleasure only in the sense-objects and nowhere else. You mistake pain for pleasure. This is the work of Maya. Beware. Remember *Janma-mrityu-jaravyadhi-duhkha-dosha*, – this world is full of the pains of birth, death, old age, disease and misery. There is no pleasure in these finite objects. *Yo Vai Bhuma Tat Sukham*. You can have Bliss in the Infinite alone. Sankirtan will enable you to realize this Infinite here and now. Sankirtan will save you from Maya, from delusion. Therefore sing the Names of the Lord always.

Let us, therefore, sing the Maha Mantra:

Hare Rama Hare Rama, Rama Rama Hare Hare,  
Hare Krishna Hare Krishna, Krishna Krishna Hare Hare

This is the great Mantra which is specially meant for the people of Kali Yuga (this modern age of destruction) . Narada went to Lord Brahma and said: "O Lord, the people of Kail Yuga will not be able to practice austerities, nor to perform the Yajnas (sacrifices), nor to pursue the path of Vedanta. Kindly have mercy on them and tell me some easy way by which they can attain God." Lord Brahma in His Supreme Compassion and Mercy gave this Maha Mantra by repeating which people of the Kali Yuga will attain Self-realization.

Therefore, sing the Lord's Names; serve, love, give, meditate, realize; be good and do good (this is the essence of all scriptures); be kind and be compassionate; enquire "Who am I ?", know the Self and be free. May God bless you all with health, long life, peace, prosperity and Eternal Bliss.





## The Best Part of Knowledge By Swami Chidananda

The whole of the spiritual life is an acquiring of spiritual knowledge. The *guru* is a source of spiritual knowledge: Scriptures are the source of spiritual knowledge. Special books on specific topics or aspects of the spiritual life and *sadhana* are also a source of spiritual knowledge. The function of knowledge is to remove ignorance. It is knowledge itself that does this function of getting rid of ignorance and taking its place. It removes darkness and brings light.

But...What is the best part of knowledge? We may say that knowledge by itself is undivided—it is one integrated thing—but there are parts of knowledge in relation to us.

The first part of knowledge is that we now know something that we did not know before we acquired this knowledge. The *guru* gives blessings in the form of the knowledge that has the power to gradually liberate us. Thus, you did not know, and when you got the knowledge, you knew. So knowing is a quintessential part of knowledge—enabling us to know things that we did not know until it came into our experience. Knowing, therefore, is the essence of the matter.

However, what is the difference between a person who does not know and a person who knows? That is the next part of knowledge—when the knowing of the knowledge makes a difference in the person. The person is more perceptive, more understanding, more tolerant, more sympathetic. They act with a greater spirit of give and take. Knowledge can do all these things, but there is a big IF. That big IF is that knowledge can do all these things only if the person allows this knowledge to have a transforming effect upon their being. They become a better person because before they got the knowledge they committed many errors. After they acquired this knowledge they begin to avoid all those errors. They act in a different way, a better way, a nobler way. And there is still a better part of knowledge. This change must become a social asset. It must become a value that has an effect in terms of other people's well-being. Out of becoming a knowing person and then a changed person, we turn this knowledge and its knowing and being into a social asset, a value in human relationship—a value not only to our own self-culture, self-evolution and ethical and spiritual progress, but a value also in terms of the well-being and happiness of others.

Perhaps this is the best part of knowledge—the doing part of knowledge—bringing knowledge into actual manifestation in a creative pattern of human relationship, behaving with others so that every act that you do becomes a source of benefit to others.





Vanprastha By Krishna kant Tripathi

## हरिओम् नमो नारायण

श्री सद्गुरु भगवान की जय, सच्चिदानंद भगवान की जय, सद्गुरु कृपा से मैं आश्रम में आकर कुछ माह से सेवा में लगन लगाया हूँ। वर्ष 2017 में सेवानिवृत्त होने के पश्चात कुछ दिन योगासन प्राणायाम ध्यान का प्रशिक्षण लेकर शरीर शुद्धीकरण में लगाया तत्पश्चात मन हुआ वानप्रस्थ में चलने का। ईश्वर की प्रार्थना रंग लाई और मैं तीर्थयात्रा करते-करते शिवानंद आश्रम गणेशपुर पहुँच गया ! प्रथम आगमन 2019 में 6-7 दिन ही प्रवास में रहा पुनः 2020 में 15 दिवस एवं 2021 में 9 जून से अब तक स्वामी जी की शरण में सेवारत हूँ।

मुझे ज्यादा समझ नहीं है कि साधना क्या है ? बस ईश्वर आराधना, सद्गुरु एवं जनसेवा के माध्यम से स्वयं को सतमार्ग, सत्कर्म की ओर लगाया रहता हूँ। इस प्रयास में रहता हूँ कि कम से कम आवश्यकता से ज्यादा से ज्यादा कर्म कैसे करूँ। प्रकृति के नियमों का पालन करते हुए सात्विक जीवन का प्रयास एवं अध्यात्म को समझने की ओर अप्रसर रहता हूँ।

ईश्वर की बड़ी कृपा है मुझ पर कि उन्होंने मेरे गृहस्थ जीवन का सफलतापूर्वक समापन करा कर वानप्रस्थ के लिए रास्ता सुलभ बनाया, यह मेरा सौभाग्य है कि मैं समय पर इस मार्ग में आ गया और मुझे आश्रम और स्वामी जी का आशीर्वाद मिल रहा है। मैंने शेष सम्पूर्ण जीवन सेवाभाव से कर्म करते हुए ईश्वर आराधना में ही लगाए रहना जीवन का उद्देश्य बना लिया है। ईश्वर से मात्र यही प्रार्थना है कि वे मेरे उद्देश्य में सफलता दिलावें यही विनय है। श्रीमद् भागवत, गीता में श्री कृष्ण जी द्वारा अर्जुन को मन, वचन और कर्म का शुद्धिकरण कर सब्द्राव, सुविचार से सत्कर्म करना ही साधना का मार्ग बताया है। शुद्धिकरण से सिद्धि प्राप्त होती है और आत्मसाक्षात्कार होता है। मनोनाश, वासनाक्षय, संकल्प त्याग और स्थिर चित्त होकर सन्यास योग में स्थित होना ही ब्रह्मार्पण है। हरि ओम् तत्सत्।



## Daily Programme

- Our Day begins 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.
- Now, with 864 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premananda at 9:30 Am in the Bhajan Hall or online to experience the magic of one of the most significant pieces of text ever to be written!
- All notable festivals of the Hindu calendar are celebrated with pomp and glory, this month saw Xmas being recognized with everyone contributing wholeheartedly toward the festivities and bhandara.
- 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.
- Every Monday Rudra abhishek and Mahamrityunjaya are conducted in our Shiva Temple that all are welcome to participate in.







## Supporting The Community

Children from the local Vivekananda school

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. With the cold-season fast approaching warm clothing, blankets, socks and hats were distributed to those in need.

**No. of students supported in the month of December: 12**

Due to the chilly weather conditions our regular yoga classes have been placed on hold until the warmer month of March. Likewise, our daily computer classes are also on pause until the coming New Year.

### 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: 07**

Not only students though!

Also, some of the wonderful persons associated with the ashram kindly performed Narayan seva toward its ashramites by donating blankets and other warm items to help battle the Uttarkashi cold, during the winter months.

Here at the ashram we rejoice in several special occasions, both Hindu or otherwise, for all seekers. And, December marks the birth of Lord Jesus, therefore to honour this key date a bhandara was made, prayers were performed and fireworks lit up the sky.

To further develop the skill set of our expert doctors and hospital staff, training at Bhaktivedanta Hospital in Mumbai is being conducted for three-weeks.



Nag Devta visting the ashram



Two ashram students



Narayan Seva



Dr. Palavi conducting panchakarma training, Mumbai



## 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. 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.

Patients Attended to in Hospital OPD	:	361
Eye patients	:	223
Dental patients	:	56
Mobile camp patients	:	222
Panchakarma	:	125
Physiotherapy patients	:	234
Veterinary medicines distributed	:	03
Pathology Tests	:	00
Ambulance Seva to patients	:	11
Homeopathy patients	:	23



**All the problems of the life are due to the idea of dualism! There is no problem in the ONE.**



Eye Camp

Eye Camp patients before surgery



PCR-test



Patients pre-operation



Swami blessing eye camp



## 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 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 3th & 4th December in the leadership of Dr.Om Prakash Verma, 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 Doctor 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. SCIC 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 Medicines.



**Surgery in progress**



**Eye operation**



**Pre-surgery analysis**



**Doctors at work**



# Ashram News

## Hospitality

Ashram received very few Mahatmas 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 to their spiritual practices. Ashram provides free food and accommodations to all these guests. Christmas festivities filled the ashram this year, bringing even more joy to ashramites and those involved.

Indian guests	:	17
Foreign visitors	:	03
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	:	4
Total No. Of Calves	:	2

December was a month of birthday celebrations, not only for Jesus!

Here at Sivananda Ashram we cherished many birthday moments with our extended family. A collection of local children, ashramites and a resident Swami all celebrated another year of existence with us.



**Christmas angels**



**Rudra Abhishek**



**Birthday Party**



**Happy cows**



## New Year Celebration 2022



New Year 2022 was celebrated in style at the ashram by Swamiji, ashramites and friends from the surrounding areas.

A wonderful bandhara was held, before music and dancing out on the forecourt, next to a roaring fire!



## Teachings from Yoga Vasistha: What Happens to the Soul After Death?

You are what you think.

Our varied collection of desires create thoughts which then manifest into action. In turn, these actions produce further thoughts that, once repeated enough, become our habits. Those habits define our personality and this personality is taken as our identity. An identity which is ever-changing and colouring the world we perceive, but nicely condensed into a single-name and form, for our daily transactional purposes.

Using this idea as a lens to peer through, let us look at the subject....

What happens to the soul after death?

Many a religion or philosophical sect has profited from having confessed 'insider-knowledge', in answer to this. Some limit their flock to the meagre choice of celestial Heaven or fiery Hell. But, Vedanta has variety. Whatever remaining or newly created vasanas are there, those direct the deceased-self through a series of fantastic realms, either good or bad depending upon past deeds, until a certain quota of karma, or rather our desires are exhausted. Then a new body, formed by the mind from the 5-elements, is inhabited to continue the on-going process of birth and death. So the choice is yours - Whichever faith you subscribe to will guide you. Case-closed.



Alas, this idea and logic does not hold water with the Absolute Truth. There is a floor in our equation! A vital error made at the very start that has misconstrued the final answer. Albeit, should this blunder be removed, the rest of our workings are perfectly sound. The mistake is that, we have assumed everything on face-value. We forgot that we are a thought within a thought. And, now we are trying to figure some-thing or other out, at some-time or other, in some-place or other about the thing that created this being!! Impossible! Confusion and delusion is the job of the mind and it does its work very well. The only way to defeat the mind is to not think! Don't even enter into conversation with it. For as soon as you give importance to its ramblings you are limited to this birth and death cycle.

There is no 'after death' because there was no before birth. You did, are currently and always will exist. Even if the universe turns to fragile-ash, like the paper thrown onto the flames of a fire, you will remain. Not as you the Indian person, husband, part-time yoga class attendee of now but as the formless, unchanging Self.

Correct the formula and never forget....Tat Tvam Asi

**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**

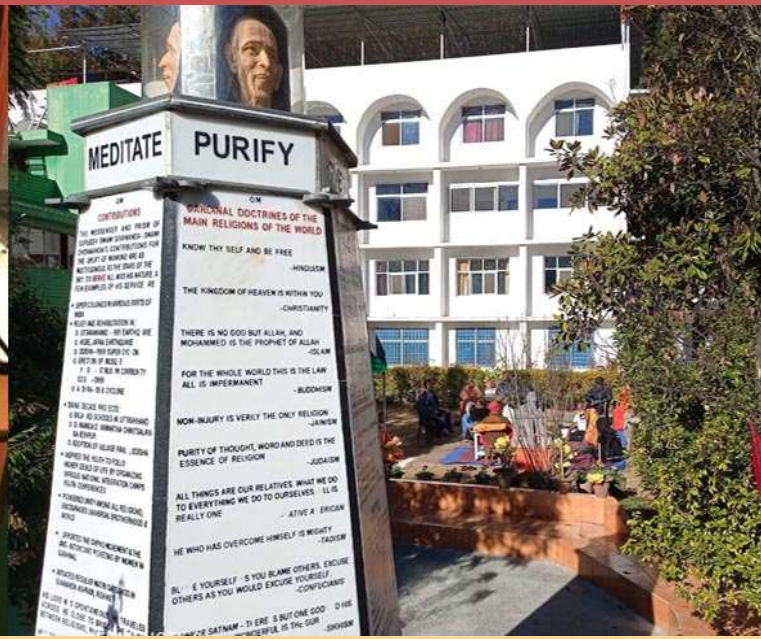
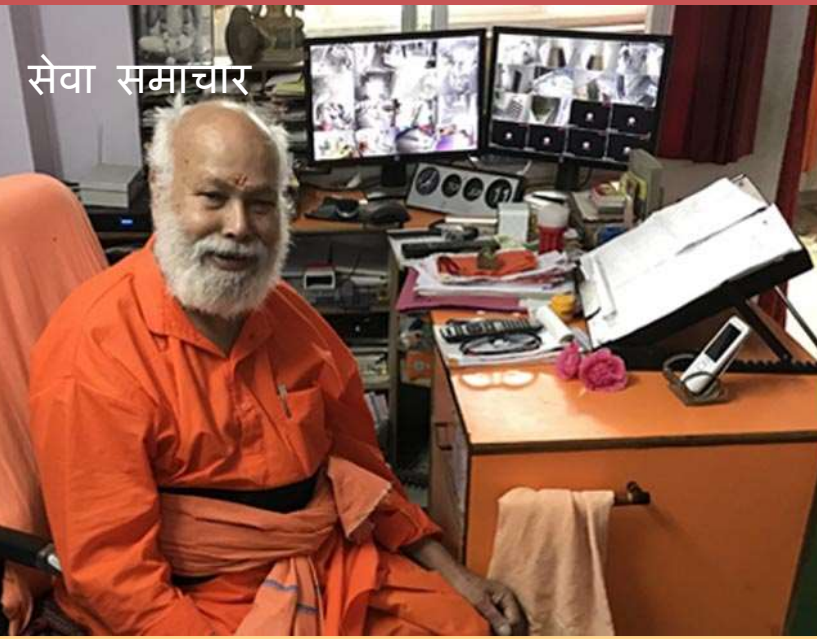
[www.sivanandasevasamiti.org](http://www.sivanandasevasamiti.org)

**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**





## SWAMI SIVANAND SEVA SAMITI

### ADDRESS

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## WE ARE ON THE WEB!

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

[click here for our Youtube Channel](#)

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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.

