

March 2022



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

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

Thought for the Month

By Swami Premananda

WHAT DO YOU BELIEVE?

Do you believe anything in your life? Yes, we believe everything in life but God! We believe our relationships with others without any if-or-but. We believe every step we put ahead without question, or else life becomes impossible to live for a moment! We believe on every breath which goes out will come back in positively. Then only life is possible.

Do we ever think seriously — “How can we believe things which is uncertain, unseen, unknown, unreasonable, un-understood? Nothing in this world is certain. This we know certainly.

Can I say now that our faith is ‘blind’! Yes, this is certain! So why don’t we open our eyes? We have the eyes of discrimination. We can reason out what is perishable and what is imperishable. There is certainly something behind all these uncertainties which works as a substratum for all these passing clouds, which is known as the “sky of consciousness” which is not known, not seen, by these physical eyes but known and seen by the discriminative eyes. We should open our eyes and see and believe that alone, not anything else! Our belief should be reasonable and justified.

This is a month sanctified by annual worship of Lord Shiva. Lord Siva is 'Ashutosh', One who is quick to be pleased. He is pleased by penance. He accepts austerity as a rare flower. He is Himself a world-renouncing, self-conquered Yogi ever absorbed in the transcendental Bliss of the Inner Self. Therefore, such renunciation, self-conquest and inner meditation are most pleasing to Lord Siva. He rejoices to be worshipped through these sublime qualities mentioned herein. For, He is the Lord of Yogins and Yoga is to Him the best offering. Having known this, we must please Him, the Great God, through control of senses, conquest of desires, serene meditation and a renewed dedication to the goal of Self-realisation.

Thus, prepare for the sublime worship upon the forthcoming Holiest of Holy Mahashivaratri. Obtain His Grace and be blessed. May all auspiciousness be unto you.

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Lord Siva and His Worship by Swami Sivananda

O Lord Siva, Lord of Patus or Jivas, O Blue-necked Lord, The Destroyer of Daksha's Yajna, The Beloved of Uma, The Five-faced Isvara, Holder of Trident, Swallower of Poison! Prostrations unto Thee. Through Thy Grace I realised oneness with Thee. Sivoham, Sivah Kevaloham. Chidanandarupah Sivoham.

LORD SIVA represents the dissolving aspect of Brahman. That portion of Brahman that is enveloped by Tamo-Guna-Pradhana-Maya is Lord Siva, who is the all-pervading Isvara, and who also dwells in Mount Kailas. He is the Bhandar or storehouse for wisdom. Siva minus Parvati, Kaali or Durga is pure Nirguna Brahman. With Maya (Parvati), He becomes the Saguna Brahman for the purpose of the pious devotion of His devotees. Devotees of Rama must worship Lord Siva also. Rama Himself worshipped Lord Siva at the famous Rameswaram. Lord Siva is the Lord of ascetics and Lord of Yogins, robed in space (Digambara).

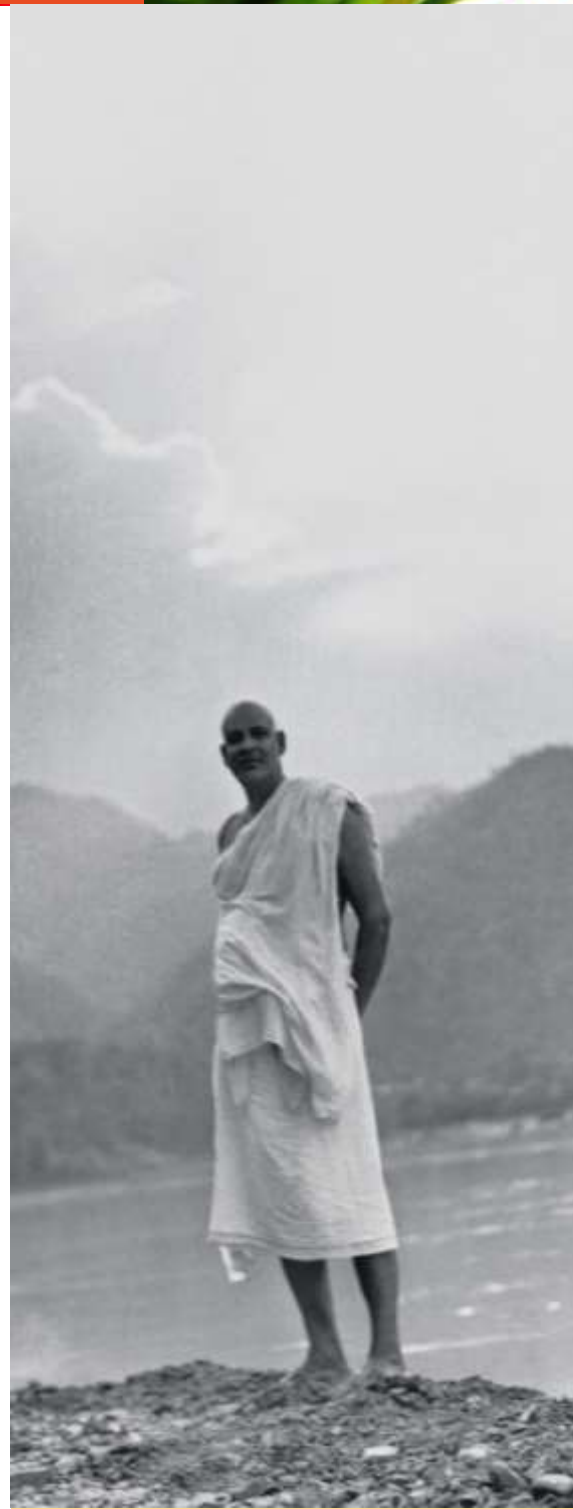
Lord Siva, in reality, is the Regenerator and not the Destroyer. Whenever one's physical body becomes unfit for further evolution in this birth either by disease, old age, or other causes, He at once removes this rotten physical sheath and gives a new, healthy, vigorous body for further quick evolution. He wants to take all His children to His lotus feet quickly. He desires to give them His glorious Siva-Pada. It is easier to please Siva than Hari. A little Prem and devotion, a little chanting of His Panchakshari, is quite sufficient to infuse delight in Siva. He gives boons to His devotees quite readily.

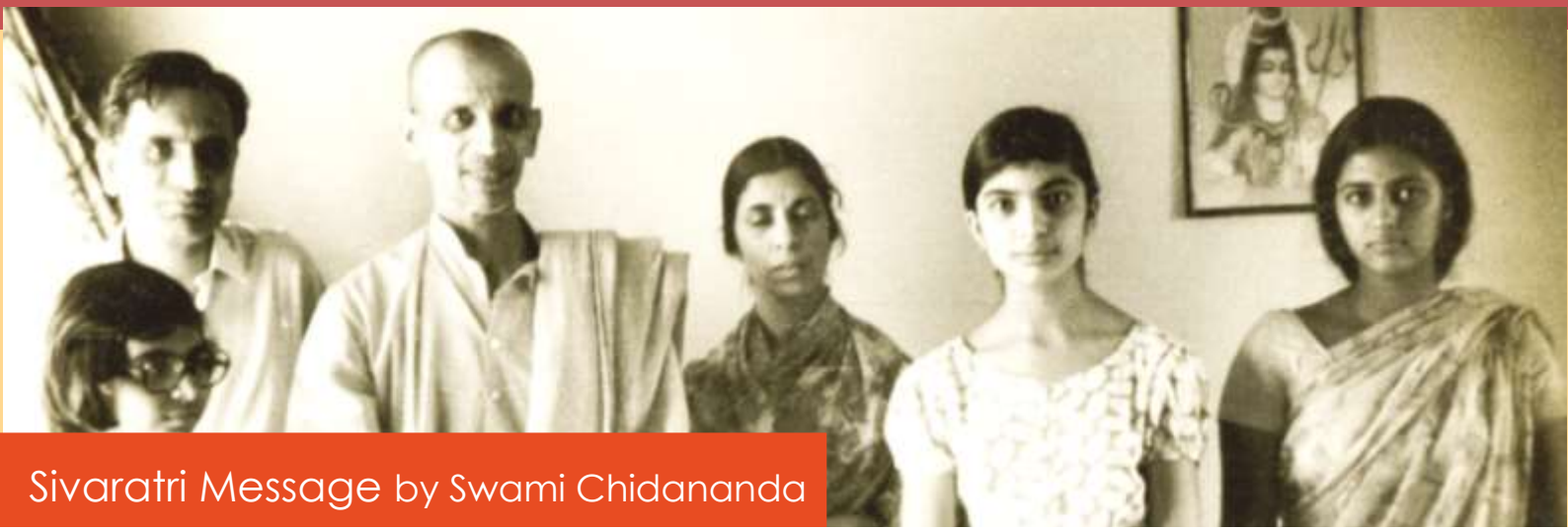
Lord Siva is the God of Love. His grace is infinite. He is the Saviour and Guru. He is engaged in freeing the souls from the thralldom of matter. He assumes the form of Guru out of the intense love for mankind. He wishes that all should know Him and attain the blissful Siva-Pada. He watches the activities of the individual souls and helps them in their onward march.

Lord Siva is an embodiment of wisdom. He is the Light of lights. He is Parama Jyoti or Supreme Light. He is self-luminous or Swayam Jyoti. The dance of Siva represents the rhythm and movement of the world-spirit. At His dance, the evil forces and darkness quiver and vanish.

Siva means that which is eternally happy or auspicious, Parama-Mangala. Om and Siva are one. Mandukya Upanishad says: *Santam Sivam Advaitam*. Even an outcaste can meditate on the Name of Lord Siva.

Lord Siva is the Supreme Reality. He is eternal, formless, independent, omnipresent, one without a second, beginningless, causeless, taintless, self-existent, ever free, ever pure. He is not limited by time. He is infinite bliss and infinite intelligence. Lord Siva is the God of Love. His grace is boundless. He is the Saviour and Guru. He is the Beloved of Uma. He is Satyam, Sivam, Subham, Sundaram, Kantam. He is the Supreme Light that shines in your heart. Meditate on His form. Hear His Lilas. Repeat His Mantra *Om Namah Sivaya*. Study Siva Purana. Do His worship daily. Behold Him in all names and forms. He will bless you with His vision.





Sivaratri Message by Swami Chidananda

In this country, the worship of Lord Siva is a symbol of supreme aspiration of man for the attainment of that perfection of which the Lord is the embodiment. Amongst others, renunciation and establishment in Self-Consciousness are the two great features attributed to Lord Siva. Supreme attainment is the fruit of supreme abandonment. Lord Siva is represented as one who is ever Self-Consciousness, which means that God is never different from Himself, never dividing His being into self and non-self. He is fullness, the Goal of all, where all can find their wishes and ambitions completely fulfilled. Lord Siva is Truth itself, (*Sat-Chit-Ananda*) which has to be reached through the means of the negation of untruth, viz., renunciation.

A sincere aspirant on the Path to Salvation, the pre-requisite of which is renunciation, may hold with advantage Lord Siva as one's ideal. That man who does *Tyaga* of the ephemeral objects of the world and sense-pleasures for the sake of knowing the ultimate Truth is indeed a clever man. It is like throwing away a counterfeit for getting a gold coin. He knows that what is thrown away is just nothing, and what is going to be attained is something grand and unique. The secret of Yoga (spiritual practice) is not merely *Tyaga* of *Bhoga* (renunciation of pleasures), but it is the attainment of *Mahabhoga*, the Supreme Bhoga, the everlasting, unchanging, supreme happiness, the greatest of all Bhogas. An aspirant, who is well set on the path of Yoga, knows that if all the pleasures of the three worlds are heaped together on one side and on the other side an infinitesimal speck of that supreme Bliss of the Atman is kept, the latter will by far outweigh the former. This is one definition of Yoga (spiritual practice) from a particular point of view, and we have other definitions also. There are positive and negative definitions, too. At the outset, questions such as: Should we study Yoga at all? Why should we study and practise Yoga? may arise in our minds. If these questions are to be adequately answered, we have to try to find out what is the origin of Yoga and how it came about;—because all things have an origin. Let us take a simple example. Suppose a child is watching the mother sewing. When you sew, a thimble is put on the finger. "Why are you putting on the thimble," asks the child. The mother explains that it is put on in order that in the event of the needle happening to prick the finger accidentally, it will not cause pain or bleeding. We try to apply that principle to spiritual practice.

And far back, beyond history, there was felt an ancient need by man at the beginning of things. What was that? This is very emphatically seen in the life of Buddha whose philosophy is Nirvana, viz., absolution from all pain and suffering. He found all people suffering and in order to fulfill a need he strove. Similarly the ancients went through human life itself and found that all life is full of defect, full of pain; and this started an agitation in their minds: is there any way of getting over these imperfections and limitations? Is there any way of going beyond these sorrows and tribulations? They found ultimately that the body is subject to six kinds of variations. It has birth, growth and change, disease and decay, and ultimately it dies. When human life is bound by birth and death, in between these two terminals, there is this suspension of life. In this uncertain life of man, then, what little pleasures he can obtain from objects is obstructed by disease, change and decay. Is there any method of getting rid of the imperfection of this earthly life? The ancients were very practical people; and even now the true Hindu is a very practical man. This practical mind at once began to make researches. By persistent efforts, the sages of yore in this country, ultimately plumbed the very depths of human thought and experience and came face to face with Truth beyond all sorrows and limitations, beyond all bond, and finally plunged into an ecstatic experience of supreme Bliss. This knowledge they propagated to others, and from the heights of their experience they gave the call to the mortal world. From an observation and close study of human life, and the vexations, pains and afflictions that beset it, there arose an urge in them to find out a path that will enable them to transcend the miseries of life and death. They felt an extreme urge to discover that unblemished life, and as an answer to this human want came Yoga, the practical method of spiritual practice to take one beyond sorrow, to bestow upon man perennial bliss: *Sarva-duhkha-Nivritti* and *Paramananda Prapti*—the removal of all sorrows and the attainment of the supreme delight. So Yoga came as a consequence of a deep felt want of man, when he realised the sorrows of mundane existence and felt the need for a path that will lead one to higher consciousness, where he will experience great peace and an eternal life of perfection. And a preliminary prerequisite for this Yoga practice, a life Sadhana, is renunciation in thought, word and deed, of all that is base, mean and unsublime, the short lived pleasure of material existence.

O Aspirants! On the auspicious occasion of Mahasivaratri, as earnest and real seekers, with a view to attain quick progress in the spiritual path, may you all take to the resolve that as far as possible and to the best of your ability you will strive to stick to the two principles of truth and renunciation. May the All-Merciful Lord Siva bestow on you all the requisite courage and strength in your earnest attempt to tread the higher path and thereby attain the Goal of Life. *Om Namah Sivaya.*



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 954 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!
- Upon the request of Sri Vivek Vig ji Swami Premanandji started a Bhagavad Gita class. From 17th January 2022, this class is also being streamed through our Youtube Channel every evening at 8.30 pm.
- All notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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.

Total No. of such People/ Families supported: 9





Supporting The Community

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.

Total No. of Students Supported, in the month of February: 05

Due to the chilly weather conditions our regular yoga classes have been placed on hold until the warmer months 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



Sri Kashi Vishwanath Darshan



On Magh-purnima Swami Premanandji along with Swami Haribrahmendrananda ji and few other Sannyasins of Uttarkashi, went to have darshan of Sri Kashi Vishwanath and Sidhhimata.

After Having Darshan at the temple, Swamiji also visited Brahma Vidya Peeth Ashram.





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.

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	:	318
Eye patients	:	178
Dental patients	:	19
Mobile camp patients	:	27
Panchakarma	:	88
Physiotherapy patients	:	103
Veterinary medicines distributed	:	03
Pathology Tests	:	13
Ambulance Seva to patients	:	10
Homeopathy patients	:	30



Accept your mistakes, you will soon reach perfection



Eye Camp: February 2022

Despite the unfortunate increasing number of corona cases the ashram was still able to undertake its regular monthly eye-camp.

A huge number of persons, totalling 44, were seen to by the expert doctors, hospital staff and ashramites. With all surgery being performed successfully and the sight of many previously afflicted being returned to them .

All patients were well cared for during their stay at the ashram with food and accommodation provided. Our talented doctors provided exceptional aftercare service to those who underwent operations and instructions, along with a course of medication was distributed to ensure a fast and complete recovery.





Ashram News

Hospitality

As the travelling in to Uttarakhand slowly opened up, ashram also received very few Padyatri Mahatmas & needy Padyatris of Chardham Yatra. 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. Every Monday Rudra Abhishek and Mahamrityunjaya are conducted that all are welcome to participate in.

Indian guests	:	22
Foreign visitors	:	02
Ashram inmates	:	30

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	:	2



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तुम चलाओ मैं चला

BECOME A MEMBER

One who follows the principles of Gurudev Swami Sivanandaji—Serve, Love, Give—is welcome to become a member of Swami Sivanand Seva Samiti. We are extending our family to all those who will selflessly serve the philanthropic and humanitarian cause and pursuit of Swami Sivanand Seva Samiti.

MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

Name :
AGE:
OCCUPATION:
ADDRESS:
PHONE NUMBER:
EMAIL:

Please send us the above information by email to:
swami.premananda@gmail.com

MEMBERSHIP PLANS

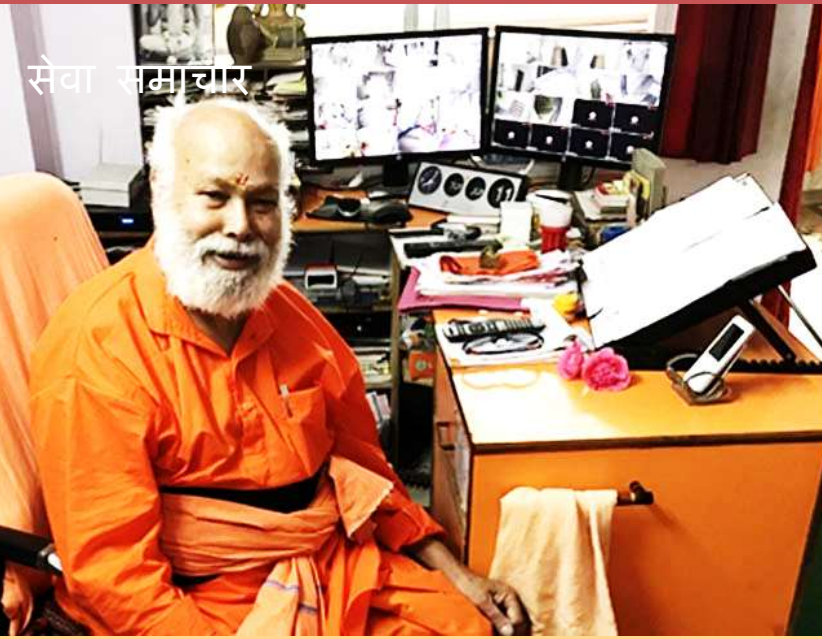
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

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

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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.

