

February 2022



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

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

Thought for the Month

By Swami Premananda

I was a stranger there. It was a hot summer mid-day. I asked some passerby- 'How far is that river from here? I am sweating. I want to take a dip'.

He replied- 'It is not a river. It is only a mirage! Alas!!
This is called world!'

When we see or assume some movement on a non-moving ground that is mirage. That is what we have heard from many a source and think as if we have understood also as maya-the supreme power-trigunatmika mula prakriti, swabhava or nature, or creation etc. These words are of same meaning.

Behind all these words there is some mysterious hidden fact. It is the four-fold mind. Again the same mind has to be taken as time, space and conditions, the Niyati (all controller), the relative world, and everything else.

We have to understand only a simple basic principle—
“Equilibrium is the truth and the movement of it, in it, is seen as world.”

This is the end of all problems. When your mind stops, you are the Supreme Truth. When mind starts moving, you are the world; you are in bondage.

May your struggle be directed to stop the mind skillfully. Totally Stop it. Rest in Peace. You are liberated now! Enjoy the eternal life!

Who has seen the truth! Neither you nor I, when the mind start moving the Truth passes by.

May Gurudev Bless you!

Seva Samachar

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JIVANMUKTI IS NOT AN ILLUSION

by Swami Sivananda

Jivanmukti is misunderstood by people. People generally take a man of extraordinary powers to be a Jivanmukta. They have queer ideas of a Jivanmukta. They have preserved the body of St. 'Xavier in Goa. Through some process the decomposition of the body has been arrested. And, they claim sainthood for St. 'Xavier because his body has been preserved for such a long time.

In Hinduism and in all other religions, too, such extraordinary phenomena frequently come across. Jnana Sambanda, Ramalingaswamigal and many other South Indian Saiva Saints converted their body into Light. They never discarded their body at all.

These and still more mysterious phenomena are common among Yogis. We have even recent stories of great Yogis, with extraordinary powers living in the Himalayas—some are said to be 3,000 years old; Gorakhnath the famous expounder of Hatha Yoga had wonderful Siddhis. They were all saints; but not because they had such supernatural powers. They were saints because of their divine qualities because of their God-consciousness.

Whether your body lives for ten years or ten thousand years, it is only made up of the five elements, and is ultimately bound to perish. You may convert mud into gold; but both mud and gold are products of a combination of the same five elements, only in different proportions. All these phenomenal miracles have got nothing to do with spiritual Realisation. They are the products of some lower Vidya.

Study Gita. You will understand the nature of a Jivanmukta or a man of Self-realisation. Study the description the Lord gives of a Sthitaprajna, of a Gunatita, of a Bhakta, of a Karma Yogi. Balanced mind, equal vision, indifference to pairs of opposites like pleasure and pain, censure and praise, heat and cold, success and failure—these are the marks of a Jivanmukta.

When you are absolutely desireless, when all your senses are withdrawn, when your Buddhi is centred in the Inner Self, then you are a Jivanmukta. When you go beyond Raga and Dvesha, when you are unmoved by heavy sorrow, and not elated by great pleasure, then you are rooted in the self. When you are egoless, I-less, mine-less you have attained union with God. When Cosmic love dwells in your heart, when you are automatically engaged in untiring selfless service, when you are afraid of none and none is afraid of you, then have you realised God and attained the Supreme. When you enjoy the tranquility of the mind, born of that Supreme Wisdom, you have crossed the formidable ocean of Samsara, not to return to this world of pain and sorrow.

Jivanmukti is a very exalted state of eternal bliss. Words cannot adequately describe this state. You will have to realise this state of supreme knowledge and highest illumination on yourself.

It is the be-all and end-all of existence.





Dual Consciousness of the liberated Yogi (Jivanmukta) in Sahaja Avastha by Swami Chidananda

The supreme state of Asamprajnata Samadhi, entitles the Yogi to be called a Yogarudha (One who is established in Yoga) or one who has scaled the peaks of Yoga and becomes established in the highest pinnacle of Yoga. Such a Yogi is called a Jivanmukta. He is no longer bound; he is no longer within the bondage of Prakriti or Maya or Avidya or delusion or ignorance. In that state, the body continues to be as it was before, and the senses (Indriyas) have their activity (Cheshta) as before.

In that state of Sahaja Avastha, he is not bound by desire, attachment or delusion. His consciousness is not qualified by identification with the various limiting adjuncts or Upadhis such as the senses, the pranas, the sense-organs, the body, the mind and the intellect. He is therefore established in the full consciousness of his supreme isolated Purushahood, apart from Prakriti, distinct from Prakriti, independent of Prakriti. As such, he is unaffected and unafflicted by the modes of Prakriti. That is the fruit of Svarupa Avastha (resting in the Absolute Reality or Brahman).

In the Yogi who is thus established in Svarupa Avastha, Yoga has fulfilled its purpose. In the midst of Maya, the Yogi is established in a consciousness freed from Maya. He looks upon the world, sees everything going on in it, but knows them to be vanishing shadows having no ultimate reality. He experiences his body and the various states of his mind and intellect, but knows himself as supremely apart from them. He is a mere witness of the changing conditions and states of the Upadhis (limiting adjunct; instrument; vehicle: body, mind, intellect) and remains unaffected and unattached and apart. And he knows that as long as the least Prarabdha Karma remains to be enjoyed by him, he will have to continue in the state of embodied condition.

In this state of Sahaja Avastha, the Yogi enjoys dual consciousness. He has the consciousness of the external names and forms. He also has the consciousness of the Svarupa (which is beyond all names and forms. And this consciousness of his inner Svarupa prevents him from falling into the delusion of the outer phenomena. In the midst of the waters of Prakriti, he swims on the surface, not drowning, not going in, not being engulfed by the water, but remaining on the surface.

The Yogi who is established in Sahaja Samadhi moves about in the world in a state of dual consciousness—consciousness of the Svarupa within and awareness of the multifariousness of the phenomenal Prakriti without. And at the end of the allotted span of life of his physical body, when the Prarabdha Karma (the portion of Sanchita Karma that determines one's present life) is spent up and there is no more experience to be undergone, the Yogi gives up his body. Such a Yogi does not return to an embodied condition once again. This is the highest fruit of Yoga. And this is called Kaivalya, a state of liberation from the need to take rebirth once again, from the need to become embodied once again. This ultimate fruit of Yoga comes as the result of a diligent practice of concentration, meditation and Samadhi.



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 Diwali 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.

SERVE, LOVE, GIVE





Supporting The Community

Procurement of New BASIC LIFE SUPPORT AMBULANCE

To aid the humanitarian efforts of the ashram a brand-new Basic Life Support ambulance was procured to further serve and treat the persons of the local area in their times of need. Vaahan Pooja was performed by Swamiji and blessings were bestowed upon the newest member of our ashram! Swami Sivanand Seva Samiti extends our gratitude to Smt. Pushplata and Sri Gopal Krishnan, Chairman Ninestars Information & Technology, Bangalore for their magnanimous support.

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 January: 12

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





Makar Sankranti



As the sun moved into the zodiac of Capricorn, and a new year in India commenced, Makar Sankranti was observed amongst ashramites and local villagers. The presiding deity of our area, Nag Devta, made His way down to our mandir to join in the revelry and an excellent lunch was provided for all in attendance.

A fantastic way to begin the New Year! Enjoyed by all!

A Warm Welcome to 2022!!





Republic Day 2022



India's National Republic Day was commemorated on the 26th January with a large turnout displaying their pride and love for the great nation of Bharat. Tricolours waved across the ashram's lawn as Swamiji and others hoisted the flag before unveiling the country's national emblem and the words of Tagore's 'Jana Gana Mana' filled the air.

The festivities were capped by the enjoyment of some of India's most well-known and greatest delicacies; samosas and ladoos!





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	:	341
Eye patients	:	211
Dental patients	:	52
Mobile camp patients	:	23
Panchakarma	:	74
Physiotherapy patients	:	66
Veterinary medicines distributed	:	03
Pathology Tests	:	00
Ambulance Seva to patients	:	08
Homeopathy patients	:	32



An evil man is a saint of the future. See good in everything. Destroy the evil-finding quality. Develop the good-finding quality. Rise above good and evil.

- Swami Sivananda



Eye Camp: January 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 67, were seen to by the expert doctors, ashram 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.

Hopefully, the number of coronavirus cases will soon peak and we can look forward to February's Eye Camp.





The Best of Himalayas and Ganga ji

Sivananda Ashram at Ganeshpur in a very unique spot in the lap holy Himalayan range. It provides the best of all worlds for a sincere spiritual seeker. Magnificent beauty and purity, natural seclusion, towering spiritual shrines and above all a place where knowledge of the Absolute is essentially sort, discussed and shared impartially.

In a nutshell there are no limits to what one can realise or become aware of at this place!

At the centre of this mystical Ashram lives an exceedingly knowledgeable and insightful being -Swami Premananda ji. Swami ji is a symbol of simplicity and love -unconditional for anybody who cross his path. His inner joy and humour is highly contagious. Swamiji s profound knowledge on truth/reality is based on life experiences within and outside the monastery, scientific principals -laws and deep insight into various scriptures.

Early morning group prayer and chanting is followed by sublime discourse on Yog Vaishisht, which can be followed up by personal spiritual practice, seva or exploration. Evenings are again welcomed with group prayers and recitations.

Sivananda Ashram is a great spiritual destination. It's a great fortune to be at this spot! And the onus is on us to make the best of this opportunity.

May Lord bless Swamiji with long and healthy life !

Thank you,

Major Khajuria (Retd)





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. Christmas festivities filled the ashram this year, bringing even more joy to ashramites and those involved.

Indian guests	:	17
Foreign visitors	:	01
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	:	6
Total No. Of Calves	:	2

Installation of Solar Water Heater

Environmentally-conscious as always the ashram has installed new solar-powered water drums to reduce the impact of heating on a large-scale and increase the efficiency of its operations. Workers from U.P. arrived and worked steadfast, in between the occasion game of table-tennis, to level the ashram up in the eco-friendly game.

Bhajans, Pooja's and birthdays have also been celebrated during the month. January has been an eventful start to 2022 and God willing it continues across the whole year!!



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:

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.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

Teachings from Yoga Vasistha

BY SWAMI PREMANANDA

Many of us hide our house-keys in a safe place, just outside the front-door, before venturing out. But, there'll be times when we return after our adventures, that we find we've misplaced them somewhere. We search high and low, scour all nooks and crannies but to no avail. We expend our valuable time seeking for them. We know that they're there somewhere; we had them in our hand as we shut the door behind us the previous night, but still, no matter where we look it's to no avail.

And then finally, we turn our gaze toward the planter pot next to the front-door and there between the red hibiscus flowers we find them. We've directed our vision there 10-times before during our search but the sight-mind-knowing connect was missing. This is the power of Maya. The absent boy was always in the class; only he had hidden himself away, that's why we could never locate him.

That's when True experiential knowledge dawns and we realise it was all a game of 'hide-and-seek'. The clouds of ignorance disperse, things get brighter and we come to understand that we will never be alone again. No more depression, mental anxieties; nothing. The battle that we had waged inside of ourselves comes to an end, no more 'me' versus the world, the mind stops and Truth shines through. Those illusory arbitrary-qualities that we had assigned to the names and forms of the world just disappear, where do they go? Who knows, but you're back home now. That's the main thing. In fact that's the only thing.

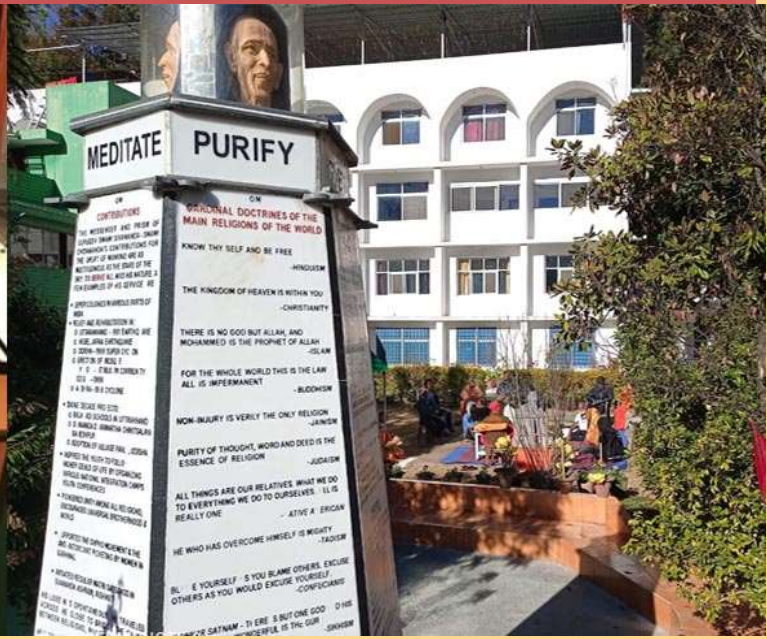
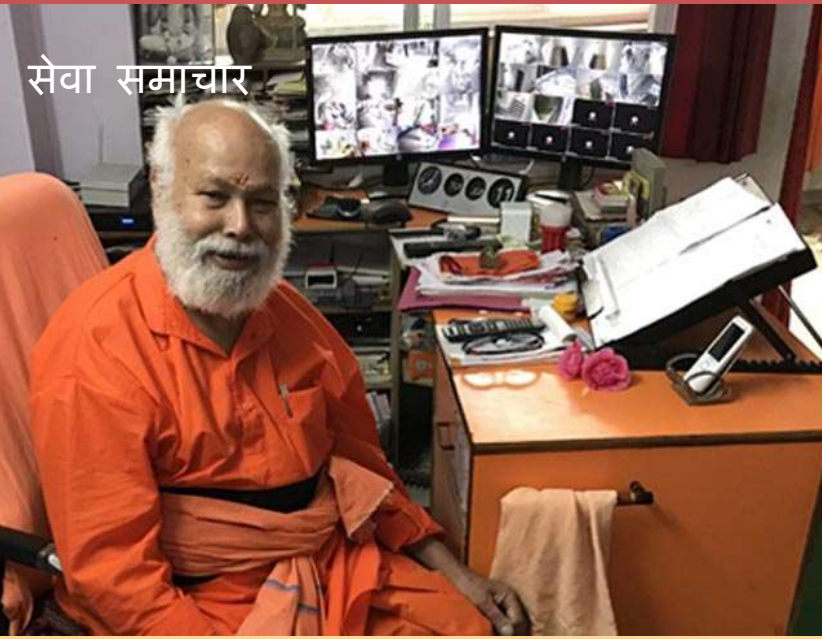


Maya-Proof

There lives a certain type of man,
Who treads the thread; between,
The future and the past.
A humble introverted-fellow,
Select few; meet along the path.
With almond-eyes; that shine so-bright,
Like a lamp within the dark.



Despite disasters; that would break your heart,
Never One to lose his calm.
Completely; armored by indifference,
He'll, see the Truth within a glance,
And, when he does; my dear,
Have no-doubt,
You'll always hear; His laugh.



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.

