

May 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

Have you seen the god by your physical eyes?

Yes! Whatever is seen by the physical eyes, sense eyes, mental eyes, intellectual eyes or knowledge eyes, or by any eyes—analytically-logically it is God only. Because there is the God alone.

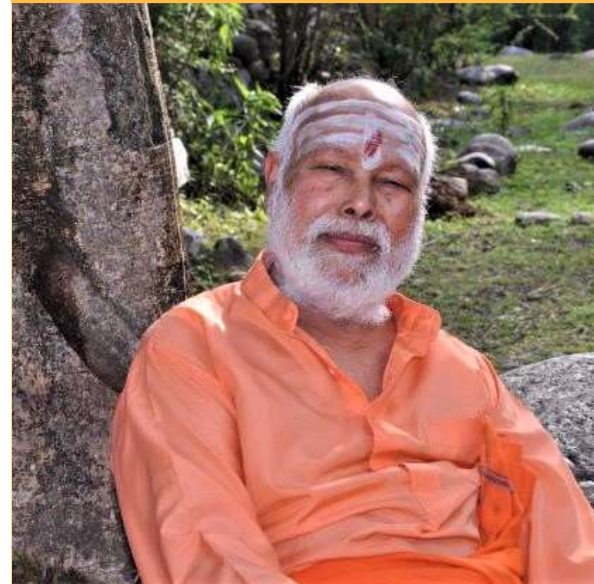
There is nothing else other than God. God is absolutely One without a second. That's why it is seen as Omnipresent, Omnipotent and Omniscient by the real seers. It is wrong altogether to think God is invisible or God is seen by only mental eyes or God is only seen by the yogis, jnanis, bhaktas.

Every being sees the God only—at all conditions—by every means—all the time. This is the absolute Truth. Just as your body is true for yourself and you see it by all the ways, by all the means, that is by eyes, by mind, by intellect or by feeling or by awareness. So also you see the God-only—by all means. In the other way, God is only the seer, seen and seeing.

Believe IT. Understand IT. Accept IT and think only IT, while doing anything. This is how you are God only. There is no other different identity other than God. To Him my silent salutations and prostrations. May Lord, Gurudev bless you with this vision. Hari Om Tat Sat!

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Crown of Human Achievement: by Swami Sivananda

Spirituality is an exact science. God is a verifiable reality. Samadhi is a living experience. Numerous have been the saints and sages, in every land and clime, who have proclaimed the unmistakable actuality of transcendental spiritual experience. The combined pleasure of all worldly enjoyments is nothing compared to the superlative all-full bliss experienced in Samadhi. That is why the Rishis of yore have defined God as that attaining which nothing else remains to be attained, nothing else remains to be desired. God-realisation is the crown of human achievement.

God-realisation, let me repeat, is the crown of all human attainments. We are born to realise God. Human birth has no greater significance. Human birth is not granted to us that we may consider reaching into space or diving into the ocean depths as the zenith of our endeavors. These are of mundane value and much lesser than mastering one's mind and unfolding one's spiritual potentialities.

Detonating nuclear bombs and shooting rockets into space may excite the mind, but they cannot satisfy the spiritual hunger of the people. They cannot bring peace of mind to the human race.

In the recent past, science and technology have made tremendous strides for the good as well as for the potential evil of man. They reflect a great spirit of adventure and extraordinary human ingenuity in inventing marvelous devices. The energy is there, the inventive genius is there, the spirit of discovery is there, but, alas, it is all diverted into exclusively material spheres, without taking into consideration the spiritual growth of man. Science has progressed, no doubt, but, at what cost? Science has contributed to the welfare of humanity but its misuse has tragically left in its wake devastation and desolation, fear and moral degradation. Science has taken strides forward and spiritual values of life have deteriorated. Civilisation is said to have progressed, but its signs of progress are marred by the increasing number of mental hospitals, divorce courts, juvenile courts, psychiatric clinics and penitentiaries.

Stem the tide and change the course. Let there be a balanced progress of science and moral values. Live a balanced life. Manifest the basic virtues in daily life. Take to Yoga. You will reap a rich harvest. You will gain vigor of body, clarity of intellect, peace of mind and enrichment of soul.

Yoga is a way of life. It is life in the spirit. Yoga is not a dogma or a creed or a religion. It is the science of life itself, of integral self-development, of harmonious living. Root your life in strong ethical foundations. Without an ethical base, spirituality cannot live. Draw inspiration from the 'Sermon on the Mount.' Control the mind and senses. Purify and expand your heart. Serve the Lord in the suffering. Adapt, adjust, accommodate.

The West and the East are no longer strangers to one another. Humanity is gradually waking up to its spiritual responsibility. A powerful force is at work. A spiritual revolution is taking place on a global scale, bringing the East and the West closer. Play your part nobly and well in this revolution of unity, of universal love, of blending science and spirituality for the good of man.

May God lead us all from the unreal to the real, from darkness to light, from death to immortality.



A photograph of Swami Chidananda, an elderly man with a shaved head and a small tuft of hair on top, wearing an orange shawl. He is standing outdoors in front of a light-colored building with a balcony and some greenery. The image is partially obscured by a red banner at the bottom left.

Q & A by Swami Chidananda

Q. Vedanta philosophy clearly states that the goal of life is to attain the state of Self-realisation. What is this state and why is this the goal of life?

The Vedic rishis found that everything in the world that blooms is also subject to ultimate decay and dissolution. So they wondered—are we, human beings, endowed with intelligence just to live a brief life span and then pass away? They reasoned that life cannot be devoid of some higher purpose, especially when we are the only species of living beings who have the ability to think and reflect. After generations of investigations and after having raised their consciousness to a very subtle level, they came to the Truth through direct experience. They declared that beneath this mortal body seen by the world of man is an immortal spirit unseen by the world of man. And that Eternal in the non-eternal body, that Imperishable in the perishable body is actually part of a vast, infinite, eternal, beginningless, endless, cosmic Spirit. Timeless, beginningless and endless. It exists. It does not exist as an inert piece. It is Consciousness. Very much aware that it exists. It knows—I exist. So it is conscious existence. Existence is Sat, Consciousness is Chit. So it is Sat Chit.

And in that state of pure Sat chit (Existence-Consciousness) many are the imperfect, negative experiences man is subject to once he is born in this mortal world—heat and cold, pleasure and pain, loss and gain, honor and dishonor. All these things assail man. But all these travails that man is subject to in this mortal world have no access to that lofty, sublime, transcendental realm, where abides only peace and bliss. There is Ananda in that Sat Chit. So it is Sat Chit Ananda. That is the nearest way you could define or describe that state of eternal Existence, which is also referred to as Brahman. And to realise and enter this state is called Self-realisation.

Self-realisation is the goal of life because in that state there are no sorrows. Once you discover that you are the infinite, imperishable, eternal reality—you are liberated from all sorrow. In that state, there is only pure and permanent bliss and joy. Isn't that the goal of each and every one of us?

Q. But there is joy in this mortal world, too?

Yes, but it is neither pure nor permanent. If a thing is capable of giving you a pleasurable sensation, that same thing is capable of giving you a painful sensation also. A man marries—he's in seventh heaven. Then if she runs off with someone else, or she dies, then he plunges into sorrow. This happens because the world is imperfect and man is imperfect. In one sloka in the Gita, the advice is that pleasure is the womb of pain. In seeking pleasure, you have already created your pain.

Thus, pleasure in worldly objects and people is neither pure nor permanent. If you want real, continuous happiness that does not change or end—then rise above petty desires and seek the ultimate Reality. There is supreme Bliss, supreme satisfaction in it—an indescribable joy and peace.

So make use of this life. It is a golden opportunity. While fulfilling your duties here, be a seeker of Truth, seeker of Brahman. Seek Self-realisation. In the word, 'Self-realisation', 'Self' does not mean your little self. It means your supreme Self. This is why Self is written with a big 'S'. Know your real Self.

Your mortal body is only a vehicle given to you to function upon this earth. But you are distinct from it. You are an immortal part of divinity. And when that is realised, one realises that I am aware, one with that limitless ocean of Sat-chit-ananda. I'm a little wave, but I'm part of the ocean. There's no difference between the wave and the ocean. The wave may appear separate because it has a size and a form. But that is momentary and then it goes back into the ocean. From the ocean it arises, for a moment it exists, and then it goes back into the ocean.

Q. How does the world appear to such a Self-realised person?

The world appears just as it is. But he realises that the fabric of the world is not what he thought it was before. He realises that it is nothing but the Brahman principle.

Q. Is Self-realisation within the reach of every human being?

It is birthright of every human being. Because he has been born as a human being. It is not within the reach of any other creature in creation. The moment you reach the status of a human being, the goal of Self-realisation becomes open.

सेवा समाचार

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 Sadhaks.
- Now, with 1001 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premanand 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!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- Navratri, Ram Navami and all other 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: 10





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.

Yoga Practice:

Swami Sivanand Seva Samiti is now blessed by the presence of Sri Swami Ramarajyam ji. Yoga classes conducted by him have continued throughout the month of April.

Number of students in Yoga class : 10

Total No. of Students Supported, in the month of April: 09

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

Yoga Teachers Training Course Students along with Swami Janardhananandaji came from Sivananda Kutir Netala & had a very intense & interesting Satsang with Swami Premanand ji Maharaj.





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.

The whole medical services are based on selfless-service to the needy.

Patients Attended to in Hospital OPD	:	570
Eye patients	:	294
Dental patients	:	35
Mobile camp patients	:	89
Panchakarma	:	264
Physiotherapy patients	:	236
Veterinary medicines distributed	:	00
Pathology Tests	:	120
Ambulance Seva to patients	:	08
Homeopathy patients	:	85

Retired Dr. Amulya Prasad Padhy (Optometrist from Orissa) is Offering Selfless service in our Hospital since 24 April.



Accept your mistakes, you will soon reach perfection



Eye Camp: 2022

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 23,24 & 25th April in the leadership of Dr.Om Prakash Verma, MBBS, MS (ophthalmology) such a camp was conducted.

No. Patients : 115

Cataract Surgery done for : 80

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.





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	:	41
Foreign visitors	:	05
Ashram inmates	:	35

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: 75

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





Navratri



Rama Navami



The yearly Ram Navami event and associated revelry; brought Navratri to a pinnacle and a spectacular finale. Blessed the attendees with his gracious appearance, followed by a delicious bhandara. All, thoroughly enjoyed the auspicious occasion and everyone finished the day looking forward to the annual event to return in 2023 !



Swami Krishnananda Memorial Sadhak Kutir

On the occasion of the Centenary Celebration of Pujya Swami Krishnanandaji Maharaj, the newly built rooms on the roof of the Ashram Building were named as Swami Krishnananda Memorial Sadhak Kutir.





Swami Krishnananda Birth Centenary Celebration



MEMORIES OF SWAMI KRISHNANANDAJI

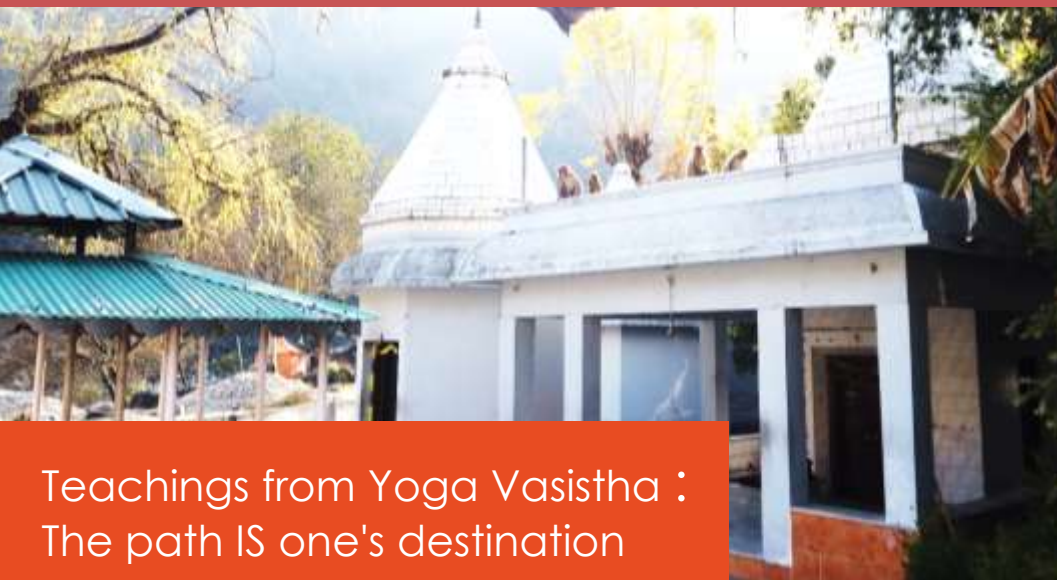
Ashram celebrated the birth centenary of Pujya Swami Krishnanandaji Maharaj on the 25th April 2022 with joy and enthusiasm. At morning 9 am with many other devotees, Guru Paduka Puja was conducted. There was a mid day bhandara in which many mahatmas from Uttarkashi area were invited. Afternoon online and offline meeting was conducted in which many devotees from all over the world took part. Pujya Swami Premanand ji, Pujya Swami Atmanandaji paid their love filled tribute to their Gurubhai Sri Swami Krishnanandaji. Swami Ramarajyam ji also shared his reminiscences. Swami Brahmanisthanandaji and Swami Yatidharmanandaji shared their observation of the greatness of Swamiji's teachings. His Holiness Swami Krishnanandaji Maharaj was a strangely different personality rarely seen. He was a dynamic integral Yogi. His lifestyle was just the reflection of Gurudev Swami Sivanandaji Maharaj's life. Swami Krishnanandaji Maharaj was a great Raja Yogi, Jnana Yogi, Bhakta and Karma Yogi. He was able to do several works at a time while doing office work that is he could conduct satsang, meeting with guests, managing ashram affairs, solving many types of problems of ashramites etc. He was a very good administrator, director, eloquent lecturer, a great scholar in many languages, a writer, an editor, a musician, an economist an astrologer, a doctor, a psychologist, a philosopher and a silent teacher. And what not ...! All in one...! Like Lord Krishna—master of all the arts! He was a mine of all the treasures. He was practically a true disciple of the great Guru who practiced Serve, Love, Give literally and shined as a diamond. It is a single ray of the effulgent Sun. That is what we know about him. We feel proud by celebrating his birth centenary. He was, He is, He will be forever with us as a bright guideline. May he bless us all from above





Swami Krishnananda Birth Centenary Celebration





Teachings from Yoga Vasistha : The path IS one's destination

The path IS one's destination.

'Attainment'...'realisation' ... and 'enlightenment'.

All words that we seekers hear frequently along the path. But what good are they, this jumbled alphabet of conspiracy that by its own nature is baseless, meaningless and merely indicative toward That which is ultimately inexpressible?

And, how do they guide us?

What is to be attained? Who is there to realise? When will we know of our enlightenment? What is the path that one must tread to reach the goal and how must it be trodden? Most of all...is it really worth all our efforts and struggles?

We often talk of yoga, i.e. the synthesis of individual and Absolute and the practical methods prescribed by the scriptures and Great Saints of yore to yoke the two. We are taught that by keeping a one-pointed mind fixed upon the Lord, He will deliver us to the shores of eternal bliss. And, we have learnt that sadhana partaking of tapasya and renunciation paves the route to Him. But, how do we know when we have reached the end if there is no magical moment that occurs? No sudden flash of all-consuming omnipotence, omniscience and omnipresence. Is it all just carrot-and-stick? A hope for something unattainable, a Will-o'-the-Wisp objective?

The answer lies within you. Ask yourself, Where do you stand? From what position is your perspective perceiving the existence.

If you feel yourself as the individual who is lacking something, wandering through darkness in a world of terror and suffering then these words will become your supports, walking stick and lighten the path somewhat. They will provide the momentum to persevere and forbear the obstacles faced along the rugged path of spirituality, as we go on negating the world.

If you feel yourself as the individual who is lacking something, wandering through darkness in a world of terror and suffering then these words will become your supports, walking stick and lighten the path somewhat.



They will provide the momentum to persevere and forbear the obstacles faced along the rugged path of spirituality, as we go on negating the world. If, somehow through purification of heart and mind you sense that experience of 'one-ness' with the life surrounding you a realisation may dawn that reassures one that the coverings of Maya are slowly being removed, like the passing clouds of an Autumn sky and this cause a series of clarifying, lasting and positive effects upon ourselves.

And, if your conscious efforts in sadhana become spontaneous then you attain a state where these words no longer hold meaning for you. The mind is silent, one perceives the Truth and we know that there was really never any path. We rest in the Absolute, Sat-Chit-Anand and there we stay and we laugh at our own forgetfulness and at how much we went on breaking our head. The goal was the path and the path was the goal. But it takes sadhana, purification, equal-vision and a one-pointed mind to develop the ability to act not only by the will of God but as the Absolute Himself.

Tat Tvam Asi.

सेवा समाचार

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



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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.

