

December 2021



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

सेवा समाचार



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

दीपावली आई तुम आये नहीं

आई दीपावली
तुम आये नहीं,

राह देखा,
रहा उदास

तुम्हारी चिंता में,
चित्त मेरा खो दिया
निज संदेश,

तुम अरू मेरे में,
अब अंतर कहाँ, दोनों हैं एक अशेष ।
अब कोई आना जाना नहीं, द्वन्द्व रहित परमेश ॥

संध्या की मोहक छबी मोहित किया,
कल्पना किया अनेक का एक ।

गंधर्व नगरी यह स्वप्न जगत,
मिटगया कहीं एका एक ॥

अब तो आनंद ही आनंद है,
मिलन विच्छेद का नहीं भेद ।

वेद वेदान्त ! विदाय तुम्हें,
अब नहीं लवलेश खेद ॥

आई दीपावली
तुम आये नहीं,

राह देखा,
रहा उदास

Seva Samachar

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By Swami Premanand





Thought For The Month

If somehow or other, something is taken as something for granted as something at sometime or other, at some place or other in some conditions or other, which is known as our lifestyle, it becomes our identity which is a total confusion only.

This is how there is a Creator who creates this world (like a spider creates its network) with pairs of opposites, good and bad or pain and pleasure and so on. This is nothing but a continuous change in 360° to the power infinity angles of vision.

If we think seriously, impartially, analytically, reasonably from all angles, we reach nowhere at the end. We are bound to give up thinking and enter into a silent zone, beyond the horizon of thoughts. This is how we have to contemplate and meditate and reach a state where all the thought waves subside and we are in absolute equilibrium.

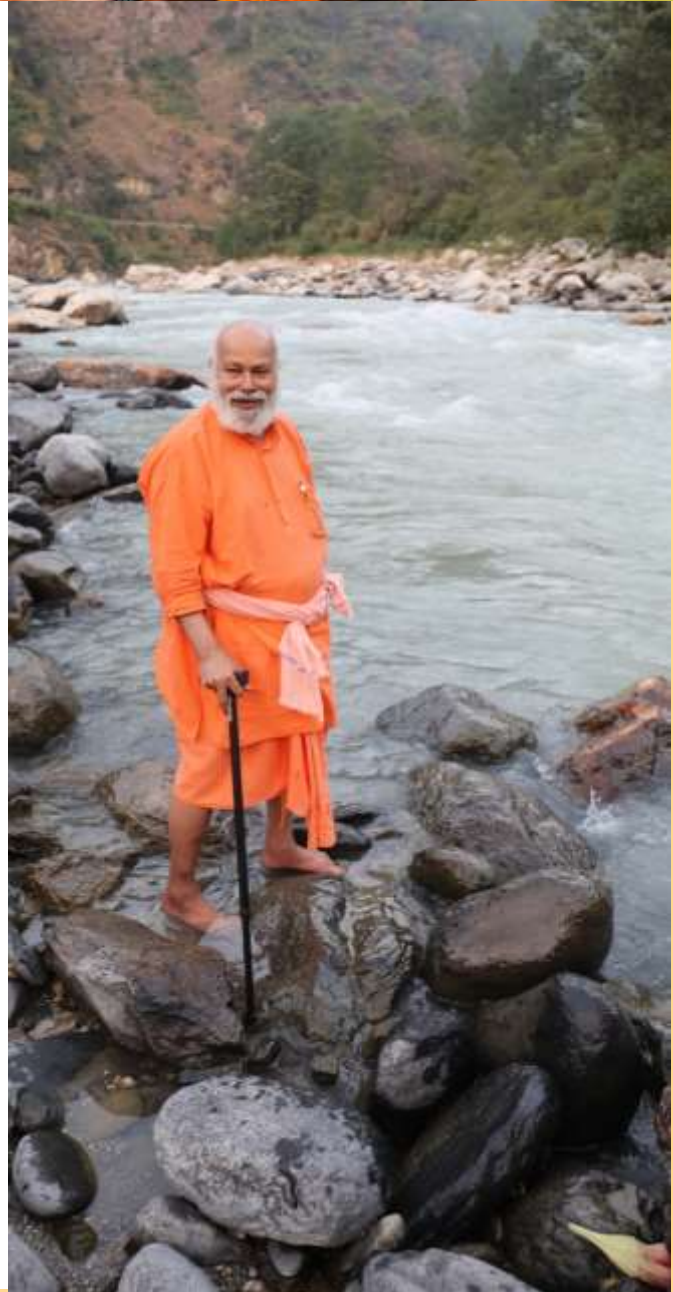
Let us try our level best to enter into this zone where all the pairs of opposites with all the problems of the world end!

May Gurudev bless us all to succeed in this attempt! Jay Gurudev!

Hari OM.

Shanti! Shanti! Shanti!

Swami Premananda





Who is a Jivanmukta ? By Swami Sivananda

A Jivanmukta is a liberated sage. He is released even while living. He lives in the world, but he is not of the world. He always revels in the eternal bliss of the Supreme Self. He has no identification with the body and senses. Hence he has no idea of enjoyment or enjoyer when he exhausts the residue of his Prarabdha. He has no idea of action or agent. He roams about happily without attachment and egoism, with a balanced mind and an equal vision. His state is indescribable. He is Brahman Himself.

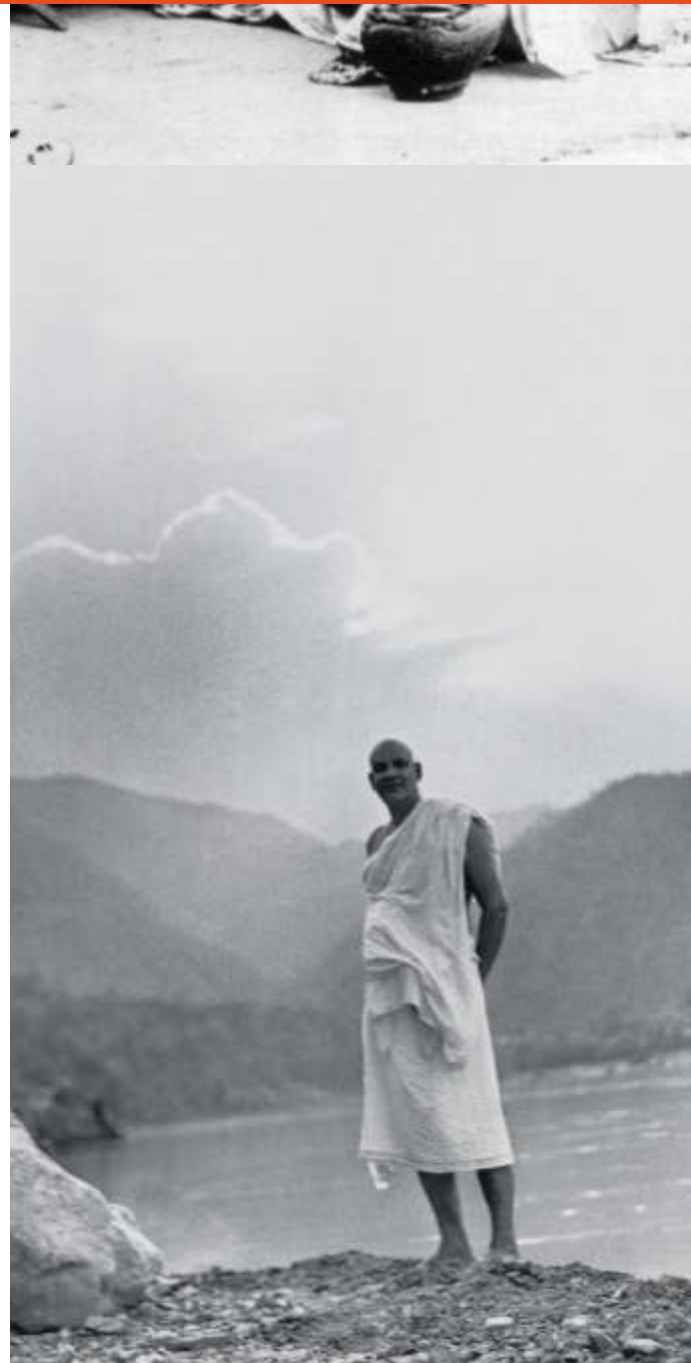
Not through matted locks, not through fiery lectures and erudition, not through the exhibition of miracles, does one attain perfection or knowledge of the Self. He in whom the two currents, Raga, Dvesha, egoism, lust and anger are destroyed in toto is ever happy and he is Brahman or liberated sage or Jivanmukta. A Jivanmukta or liberated sage is absolutely free from egoism, doubt, fear and grief. These are the four important signs that indicate that one has attained perfection.

For a Jivanmukta there is no distinction between a rogue and a saint, gold and stone, high and low, man and woman, man and animal, censure and praise, honour and dishonour.

A Jivanmukta is an ocean of mercy. He tries his level best to rescue the worldly-minded who are deeply immersed in the mire of misery. He guides the aspirants in the attainment of Brahma-Jnana, which leads to perfect freedom. His very presence is thrilling and inspiring.

There at the summit of the hill you can see now the Jivanmukta or a full-blown Yogi. He has climbed the stupendous heights through intense and constant struggle. He did severe, rigorous spiritual Sadhana. He did profound Nidhidhyasana (meditation). He spent sleepless nights. He kept long vigils on several halting stages. He persevered with patience and diligence. He surmounted many obstacles. He conquered despair, gloom and depression. He is a beacon light to the world now. Remember that he was also rotting in those days in the quagmire of Samsara like yourself. You can also ascend to that summit if only you will.

Om Shanti!



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



Effacement of Ego By Swami Chidananda

It is well to remember that Sattva, Rajas and Tamas have their own hooks that keep the Sadhaka back and prevent him from soaring into the realms transcendental. The Sattvic hook is the most subtle of all and therefore most difficult to discern and detect.

There are three abodes of ego:

- 1) *The gross or the Tamasic ego*: It is completely demoniacal and makes the person always thinking and doing in negative way. It always keeps the person far from the Lord and from the divine qualities of peace and joy.
- 2) *The Rajasic ego*: It is due to delusion and attachment with the material world. The person becomes blind to reason, discrimination and the Goal of the life on account of his involvement in the worldly things, his bondages and 'my and mine' attitude. He is not as unhappy as the gross ego person. But he too loses the right path due to delusion.
- 3) *The subtle or Sattvic ego*: This is desirable and helpful in the early advent on the spiritual path, for the simple reason that it keeps us out of the Tamasic and Rajasic egos and their consequences, and puts us onto the right, the spiritual path. It is a good ground to start spiritual Sadhana. But howsoever Sattvic or subtle it becomes, it is the ego principle and it remains so. So, so long as even the most subtle ego exists, one cannot have God-realisation, the Divine Experience. Selflessness, compassion and sympathy for others are the foundations of the subtle ego.

A mystic has given it an analogy of a golden cage. Though it is pure gold, very valuable, it remains a cage. Some mystics use the analogy of the three types of handcuffs — iron, silver and gold. The gold handcuffs look very beautiful, yet they remain handcuffs. So, for the ultimate Experience, the Sattvic ego is also to be transcended.

Ultimately, you have to become Trigunatita, you have to transcend all the three attributes; till that you cannot have God-realisation. However, it is the Sattvaguna which brings you near that so you should take refuge in Sattvaguna to become firmly rooted into the spiritual ascent.



Sivananda Ashram, Expressions from Ashramites



A Warning Bell

Nothing has been gained at Sivananda Ashram, Ganesphur over the past 13 months. No concrete answers. No siddhis. No enlightenment.

Swami Premananda has made this mind perform incessant philosophical gymnastics, since it arrived last November, wrestling one ill-conceived, deep-embedded, haphazard misapprehension against another. Until, this collective of many has finally reached a point where they have 'tapped-out', surrendered. Clear confusion reigns supreme.

This individual knows nothing. Owns nothing. Nor wants for anything. And, I'm perfectly content with that.

Identities are tired. Weary from jumping through carnal, fiery hoops chasing after the transient, misguided by past-samskaras. Broken from dashing themselves to pieces, attempting to decipher the mechanics of nature to pick the lock of creation and become the answer holder for life's unquestionable-questions. For them only to again re-establish their delusional, elemental cartel and be pulverised once more onto the incisive, unbridling rocks of Vedanta. Attachment-detachment, attachment-detachment. This is it. No more castles in the sky, let them lie still in their ruins. The void is to be enjoyed.

...My name is Ozymandias, King of Kings;

Look on my Works, ye Mighty, and despair!

Nothing beside remains. Round the decay

Of that colossal Wreck, boundless and bare

The lone and level sands stretch far away.

(Ozymandias, Shelley)

There remain no answers for the amount of questions that were packed up and brought from home, they remain unanswered but there is an experience of satisfaction that they have been answered. The mind is satiated to an extent and now it may rest. It's time to keep quiet, do one's duty and watch the magic show. Action in inaction and vice-versa.

Be careful. Think twice, before making your way to Sivananda Ashram, Ganeshpur. You need to be ready to lose everything and that's more than you presently realise.

Anonymous,



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 840 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.

Total No. of such People/ Families supported: 12





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 October:20

Computer education: Computer classes remained closed due to corona virus lock down. But after 17th may computer class is reopened, adhering all the preventing measures of corona virus. Due to covid-19 Yoga class was closed but since 18th of May again we have started the yoga class with all the anti-measures of corona virus.

Number of students in Yoga class : 45

**Number of students in Computer class : 21
(in 3 batches)**

Hostel

The Hostel wing of the ashram is providing free accommodation, food and necessary educational aids to the identified needy students an seekers.

No. of students staying in the Ashram : 07





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	:	289
Eye patients	:	84
Dental patients	:	49
Mobile camp patients	:	124
Panchakarma	:	148
Physiotherapy patients	:	122
Veterinary medicines distributed	:	03
Pathology Tests	:	00
Ambulance Seva to patients	:	08
Homeopathy patients	:	45



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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.

Indian guests	:	36
Foreign visitors	:	02
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: 55

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

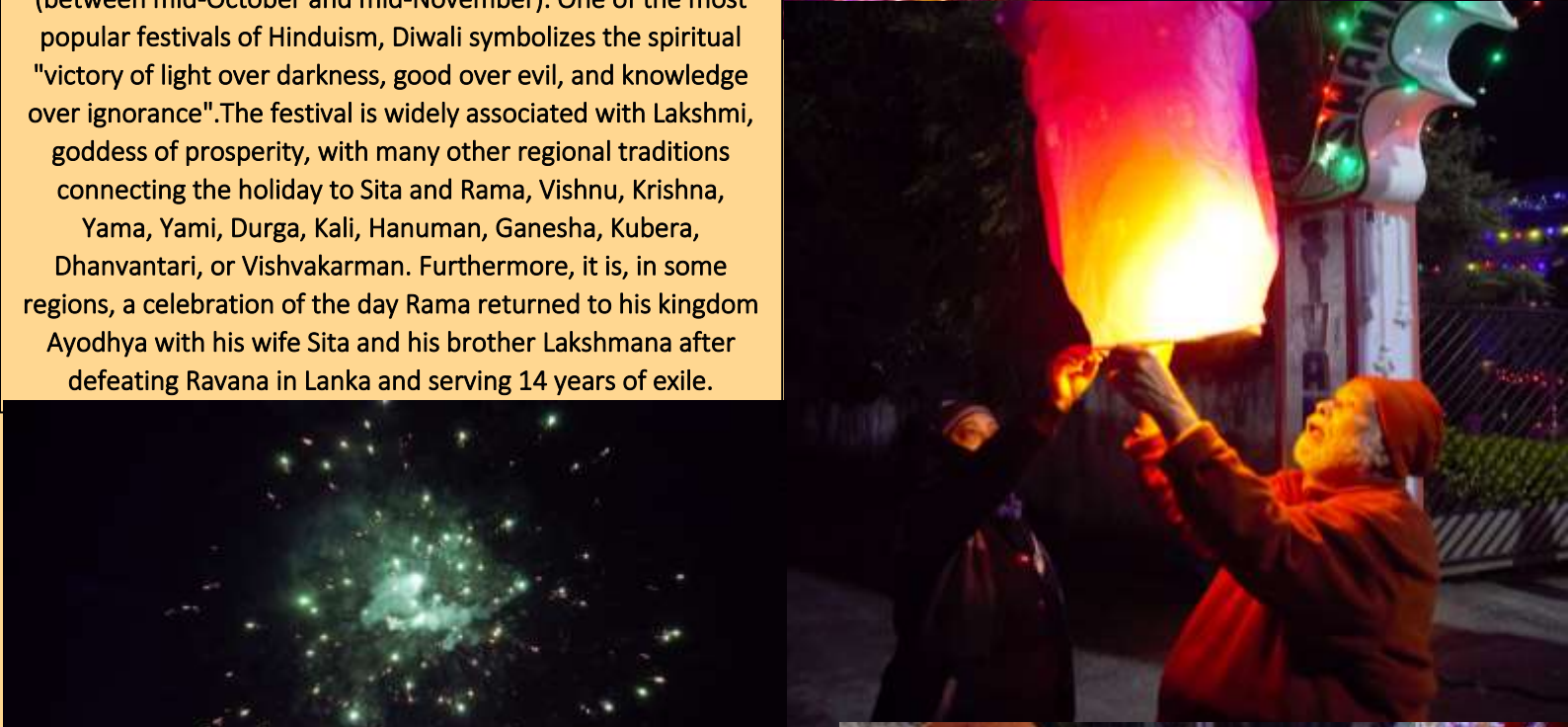


Deepavali



Deepavali

Deepavali is a festival of lights and one of the major festivals celebrated by Hindus, Jains, Sikhs. The festival usually lasts five days and is celebrated during the Hindu lunisolar month Kartika (between mid-October and mid-November). One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance". The festival is widely associated with Lakshmi, goddess of prosperity, with many other regional traditions connecting the holiday to Sita and Rama, Vishnu, Krishna, Yama, Yami, Durga, Kali, Hanuman, Ganesh, Kubera, Dhanvantari, or Vishvakarman. Furthermore, it is, in some regions, a celebration of the day Rama returned to his kingdom Ayodhya with his wife Sita and his brother Lakshmana after defeating Ravana in Lanka and serving 14 years of exile.



सेवा समाचार सेवा समाचार

Teachings from Yoga Vasistha

BY SWAMI PREMANAND

If The Magician reveals his trick never again can we be fooled by it. But, somehow we've managed to forget how a sleight of hand creates this apparent universe we perceive that obscures Truth. Irrespective, it matters not what you forgot, think or assume, for whether you know it or not...You are That. You cannot deny it. You are the Absolute Truth, whether you accept it or not is not something for you to worry about. You are part and parcel of this Universal Truth.

Adopting a 360 degree approach; we see that everybody knows whether they know something or not. Both the person knows. Therefore, in reality you always know, ignorance and knowledge are two unveiled poles of the same reality. Expanding this further, ignorance is not knowing and that ignorance is called darkness or forgetfulness. At night, when there is darkness, we do not know what there is, be it name or form. Then light comes and illumines the world of objects and this light is known as knowledge. This light is ever-present in every heart at all times, in all conditions. You are the Children of Light and the very light itself. Thou Art That, Tat Tvam Asi. The quintessential essence of the Vedas, concentrated into three words. The wise, keep quiet and enjoy the magic show.

But, our issue is this...we are forever playing a bizarre game of hide-and-peek with ourselves, within ourselves. Our mind cannot grasp the Absolute changeless, formless Brahman without some support.



Therefore, we exist in a world of names and forms designed by the Creator so that they may serve as indicators to locate and then transcend Him. Running parallel, Sadhana makes the mind pure enough to hold the subtlest of vibrations and we gradually become established in the 'Witness state'. Whereby even this atomic individual-self becomes the object opposed to the subject. If one becomes established in the substratum of all in this state, one may enjoy existence being one with everything; time, space, conditions, names and forms. That person becomes the Self of all beings. This conviction should hold and then there's nothing more to worry about, no wins no losses, no today, tomorrow, inside, outside...nothing. Everything is one. One holds many within it. From the 'Substratum-Holder-Witness' point of view, that state is the holder of one many everything and from an expanded perspective it appears as a collection of many. Those established in this state are now identified with the whole universe; they say, let all beings be without suffering and let all the world's be happy. That Universal being does everything for everyone although he does nothing for itself and once this one-ness is experienced it may never be forgotten or rejected. Then and there resides Eternal Bliss. Gradually, one realises that this presence, i.e. the Witness, is the Ring Master of the entire magic show. It is the Ring Master's presence that engages all to do something, He is the Supreme Master of Ceremonies, the Eternal Prompter. He does nothing. Is this not God? **Truth is Truth.**

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

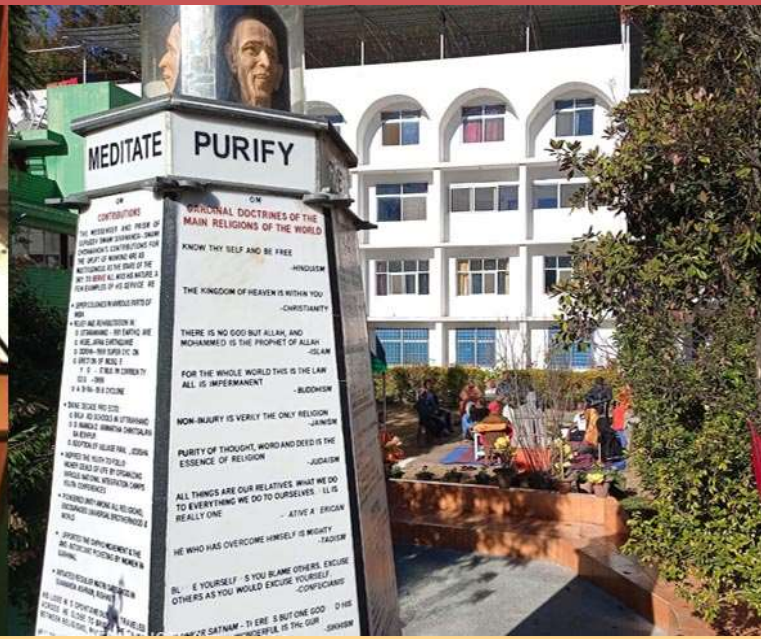
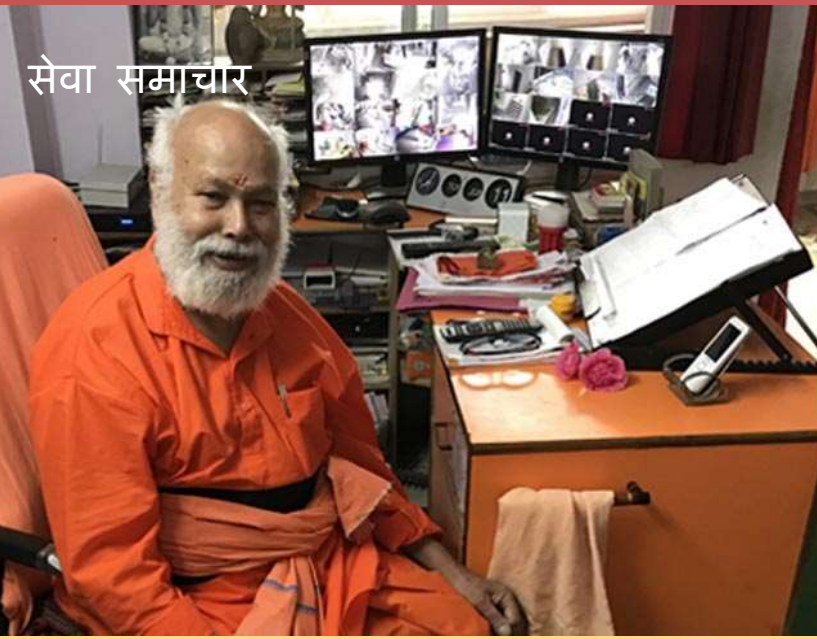
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

www.sivanandasevasamiti.org

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.

