

May 2023



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: Ekoham Bahuśyāma

By Swami Premananda

The *Existence Absolute* exists in all conditions. This is called the "Truth".

The *Existence* is aware of it. This is called the *Knowledge of Existence*. The *Knowledge of the Existence* is satisfied or contented with its existence which is called *Bliss*.

When this Sat-Chit-Ananda (Existence-Knowledge-Bliss absolute) identifies itself or is personified by itself, the identity is "I" or the *Ego*.

This ego develops a tendency to express it to itself. Then it feels itself as different five identities which are the sound, touch, form, taste and smell (as the 5 senses) located in its body. Then by the help of these 5 senses, it goes on imagining or feeling itself as many different identities, which are imagined as individual beings. This, the universal being, becomes many individual beings, though it remains the same. This process is called creation and is named as nature also.

The first identity is experienced as the eight-fold body, consisting of earth, water, fire, air, ether, mind, intellect and egoism. The first contact of nature with the soul is *Mahat-tattva* or intellect. From intellect, the mind; and from mind, the egoism; and from egoism the five elements are imagined. This contact becomes the tie between "Purush" and "Prakriti" (the soul and its nature).

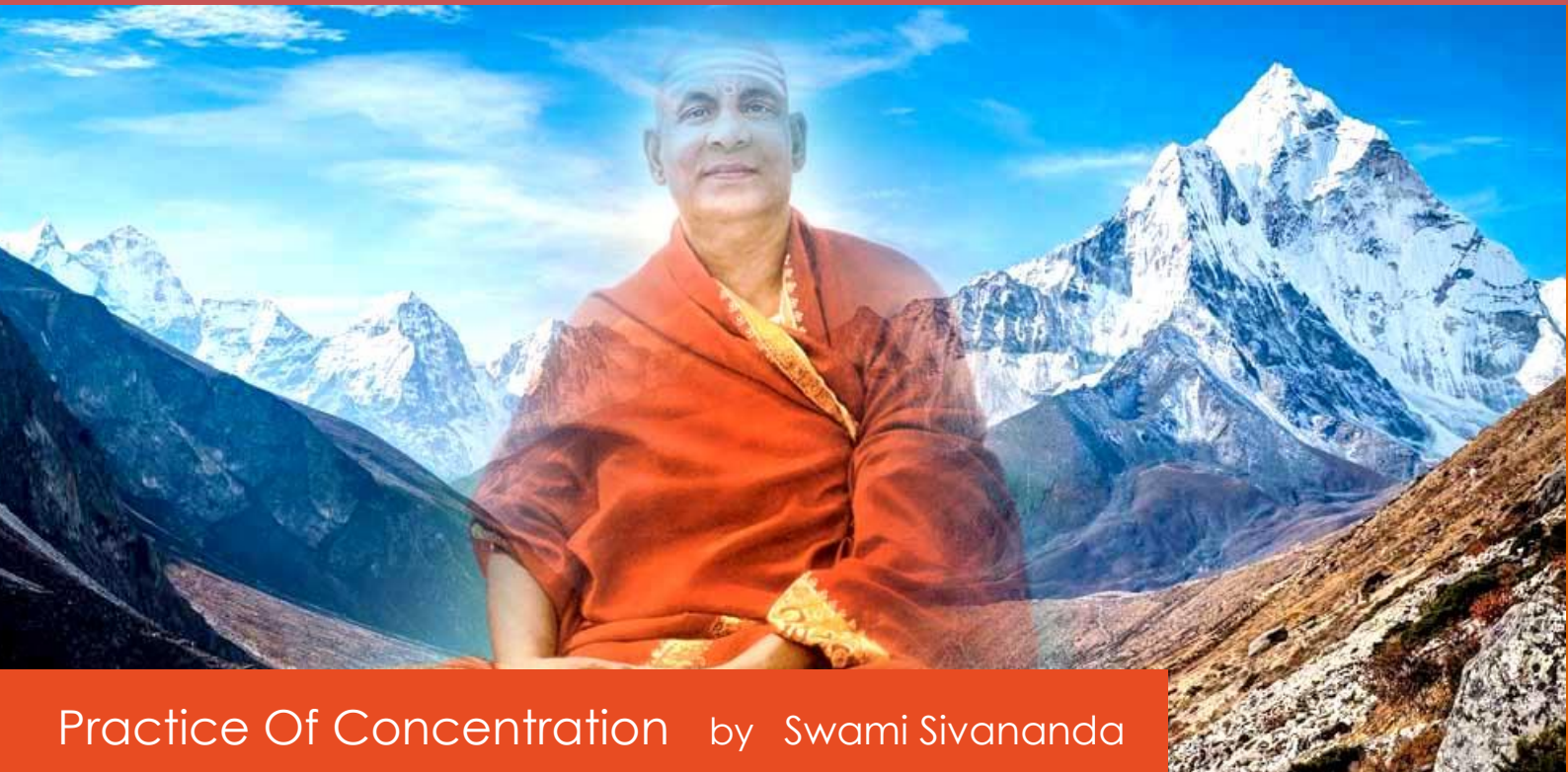
The soul gets limited by identifying with the body and the nature, which is constituted by 3 qualities. The nature activates by changing or imbalancing the qualities. So, the body is subject to birth and death (a changing system) and experiences pleasure and pain, joy and sorrow – till it realizes its identity with the unchanging absolute truth.

In essence, the nature is responsible for the influence of the limiting adjuncts – Avidya (forgetfulness), Kama (desires), and Karma (Actions) due to a changeful process, which means the Creation. Thus, the Cosmic One creates the creation by becoming Many.

Seva Samachar

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Practice Of Concentration by Swami Sivananda

Concentration and meditation are the royal roads to perfection. Concentration leads to meditation. Fix the mind on some object either inside or outside the body. Keep it steady there for some time. This is concentration. You will have to practise this daily.

Purify the mind first through the practice of right conduct and then take to the practice of concentration. Concentration without purity is of no use. There are some occultists who have concentration; but they have no good character. This is the reason why they do not make any progress in the spiritual path.

He who has a steady posture and has purified the nerves and the vital sheath by the constant practice of control of breath will be able to concentrate easily. Concentration will be intense if you remove all distractions. A celibate who has preserved his energy will have wonderful concentration. Some foolish, impatient students take to concentration at once without any preliminary ethical training. This is a serious blunder.

Ethical perfection is of paramount importance. You can concentrate internally on any one of the seven centres of spiritual energy. Attention plays a prominent part in concentration. He who has developed his powers of attention will have good concentration. A man who is full of passion and all sorts of desires, can never concentrate on any object even for a short period. His mind will be restless like that of a monkey. A scientist concentrates his mind and invents many things. Through concentration he opens the layers of the gross mind and penetrates deeply into the higher regions of the mind and gets deeper knowledge. He concentrates the energies of his mind and focuses them on the materials he is analysing and finds out their secrets.

He who has gained abstraction (withdrawing the senses from the objects) will have good concentration. You will have to pass on the spiritual path step by step, stage by stage. To start with, lay the foundation of right conduct, postures, regulation of breath, and abstraction. The superstructure of concentration and meditation will be successful only then.

At the initial stage of practice, you can concentrate on the tick-tick sound of a watch, the flame of a candle or any other object which is pleasing to the mind. This is concrete concentration. There is no concentration without something at which the mind may rest. The mind can easily be fixed on any object which is pleasing. It is very difficult to fix the mind in the beginning on an object which it dislikes.

You should be able to visualize the object of concentration very clearly even though it is not there. You must form the mental picture at a moment's notice.

If you have good concentration, you can do this without much difficulty.





Practice Of Concentration (cont.)

Sit on lotus-pose, Padmasana, with crossed legs. Fix the gaze on the tip of the nose. This is called nasal gaze. Do not make any strained effort. Gently look at the tip of the nose. Practise for one minute in the beginning. Gradually increase to 30 minutes or one hour. This practice steadies the mind. It develops the power of concentration. Even when you walk in the streets keep up this practice.

Sit on lotus-pose with crossed legs or in “perfected pose” (Siddhasana) in your meditation room and practise fixing the mind at the junction of the eyebrows gently for half a minute. Then gradually increase the period to half an hour. There must not be the least strain in this practice. This practice removes the restlessness of mind and develops concentration. This is known as the frontal gaze because the eyes are directed towards the frontal bone of the forehead.

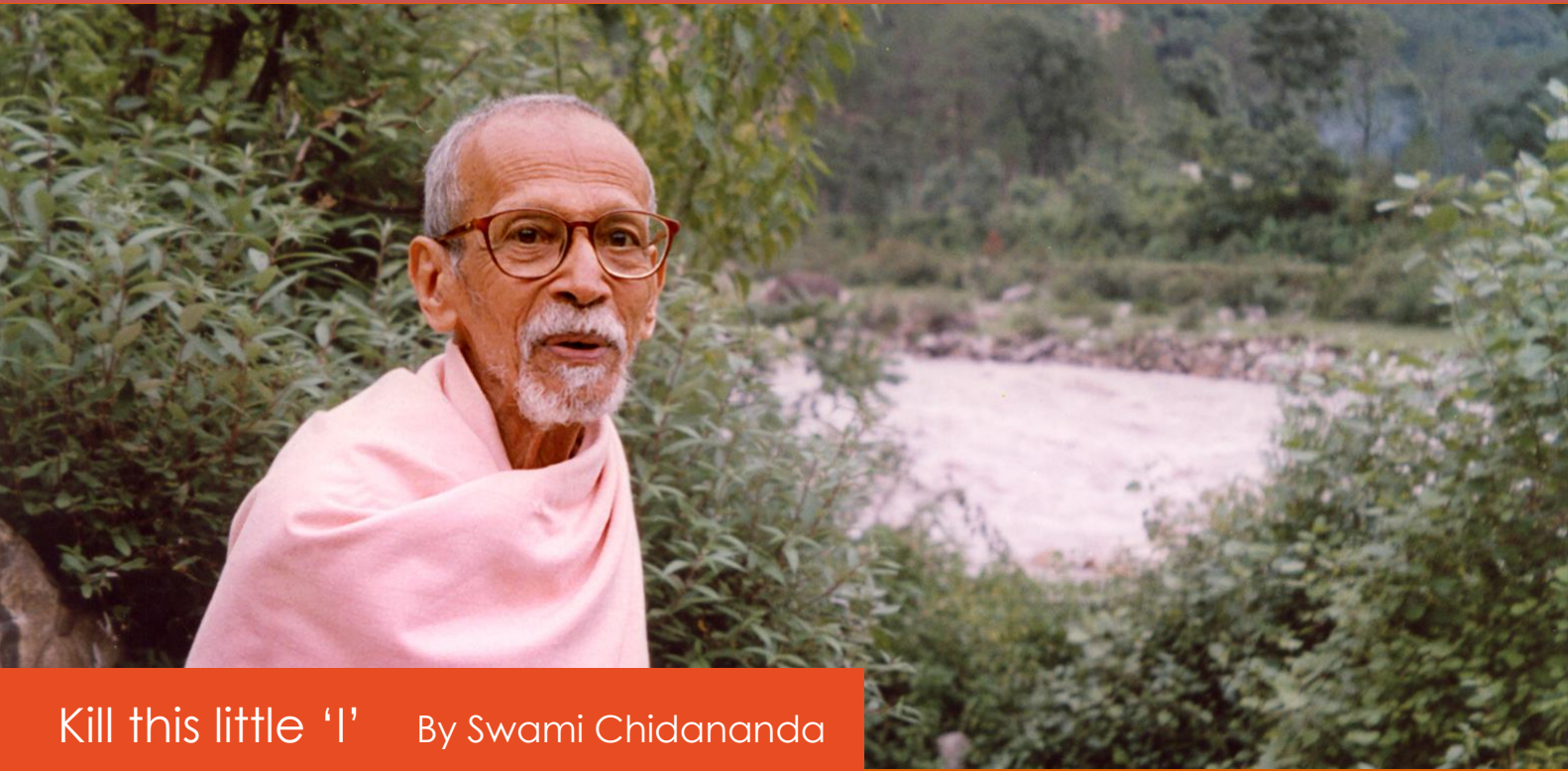
You can select either the nasal gaze or the frontal gaze according to your temperament and capacity. If you want to increase your power of concentration you will have to reduce your worldly activities. You will have to observe the vow of silence every day for two hours or more.

Practise concentration till the mind is well established on the object of concentration. When the mind runs away from the object bring it back again. When concentration is deep and intense, the senses cannot operate. He who practises perfect concentration for three hours daily will have tremendous psychic powers. He will have a strong will-power. There was a workman who used to manufacture arrows. Once he was very busy at his work. He was so much absorbed in his work that he could not notice even the big party of a King and his retinue passing in front of his shop. Such must be the nature of your concentration.

When you fix your mind on God. You must have the idea of God and God alone. No doubt, it takes some time to have complete concentration or attain one-pointedness of mind. You will have to struggle very hard to have a single-minded concentration. Even if the mind runs outside during your practice in meditation do not bother. Allow it to run. Slowly try to bring it to your object of concentration. By repeated practice the mind will be finally focussed on your heart, on the Self, the Indweller of your heart—the final goal of life.

In the beginning the mind may run out 80 times. After six months it may run 70 times; within a year it may run 50 times; within two years it may run 30 times; in five years it may be completely fixed in the Divine Consciousness. Then it will not run out at all even if you try your best to bring it out. It will be like a wandering bull which used to run to the gardens of neighbours for grazing but which now eats fresh grain and extract of cotton seeds in its own resting place.

Those who practice concentration evolve quickly. He who practices concentration will possess very clear mental vision.



Kill this little 'I' By Swami Chidananda

Kill this little 'I'. Die to live. Lead the divine life. Within you is hidden God; within you is Immortal Soul; within you is ocean of bliss; within you is fountain of joy." All this we are not able to perceive. Hidden God we are not able to perceive. Immortal Soul we are not aware of. Bliss and joy is far off; we are always morose, dejected, depressed—all sorts of moods are there, but not joy and bliss. Why?

Gurudev says that you are not experiencing the hidden God, the Immortal Soul, the fountain of joy, the ocean of bliss because you are so much preoccupied with this little "I", so much involved, completely entangled, overpowered, overwhelmed, and obscured by and wrapped up with this little "I". It is like a fire that is completely obscured by thick, black smoke. The shining fire within cannot be seen; we only see the smoke, the darkness.

Thus, Gurudev says that due to so much preoccupation with the little "I", you are not able to see the bliss, the joy, the hidden God. So, what is the way? "Kill this little 'I'." How to kill this little "I"? Lead the divine life. So, in a nutshell, both the problem and the solution have been given by Gurudev. You are not able to see the ever-present Reality because of this little "I". Therefore, to see and experience the ever-present Reality and be full of bliss, you have to remove the little "I". And the way of killing the little "I" is to lead the divine life.

And the great sage Veda Vyasa who dominates the entire scene of ancient Indian religious and spiritual history like a great colossus said: "I will tell you in brief the heart of the spiritual problem of the individual soul. I will tell you the secret. Two words imply bondage and two words imply liberation. The two words that imply bondage are 'I' and 'mine.' And the two words that imply liberation are 'not-I' and 'not-mine.'"



इस देह को मैं मानना - यह सबसे बड़ा पाप है।
सब पाप इसके पुत्र हैं। सब पाप का यह बाप है।

Thinking the body as 'I' is the greatest sin, and all other sins are its children.
It is the father of all other sins.



Daily Programme

- Our Day begins early at 5:15 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.
- Every Sunday afternoon Yoga Nidra session is conducted
- Every Monday Rudra Abhishek and Mahamrityunjaya are conducted in our Shiva Temple that all are welcome to participate in.
- Now, with thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching seekers across the globe. Join at 9:30 AM online to experience the divinity of one of the most significant texts ever written!
- 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: 19

- Yoga asana classes are conducted daily. Village students, under the guidance of Swamiji, enthusiastically attend the classes.

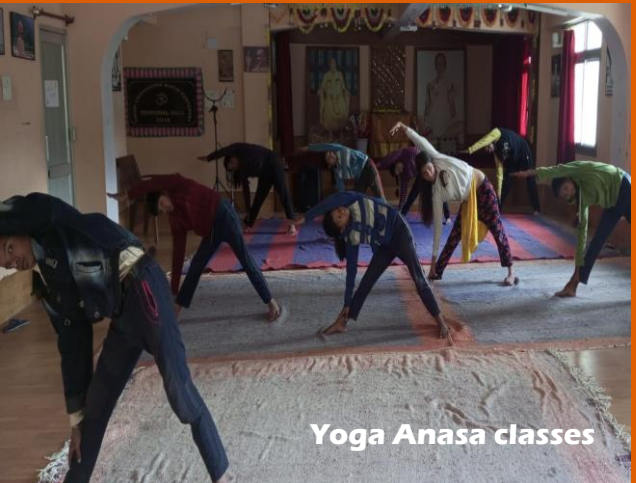
Total No. of Students: 25



Worship at Mahadev Temple



Morning Chantings



Yoga Anasa classes



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.

Every month regular mobile medical camps are organized in remote villages around the Uttarkashi for the welfare of the people staying in remote villages. And regular medical education at schools.

For quick health check-up, a new cloud enabled Health ATM, with a capacity to conduct more than 50 types of tests have been installed. The touch screen kiosk provides instant reports to patients through print outs, e-mail, SMS etc.

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

Patients Attended to in Hospital OPD	: 747
Eye	: 308
Panchakarma	: 298
Physiotherapy patients	: 234
Homeopathy	: 33
Mobile Camp	: 225
Ambulance Seva to patients	: 02



Health ATM



Mobile Camp

The best way to find yourself is to lose yourself in the service of others.



Ashram News

Hospitality

Ashram received few Mahatmas this month, 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	:	101
Foreign visitors	:	11
Ashram inmates	:	31

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: 80

Goshala

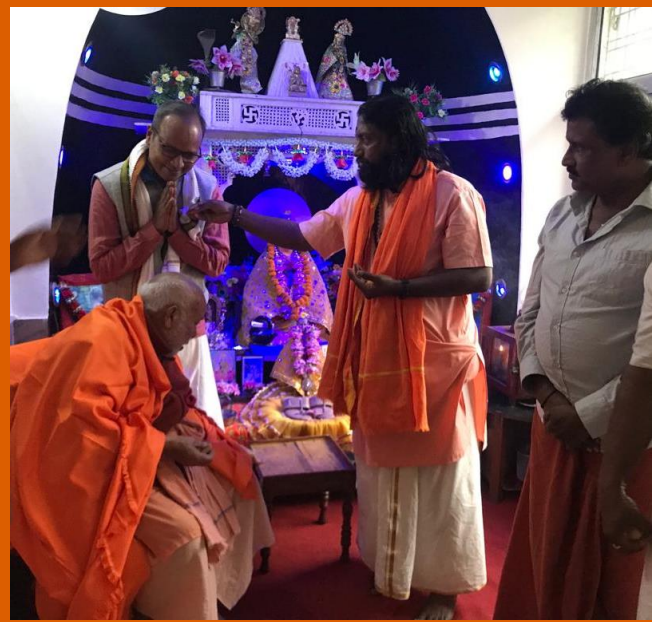
A team of Ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also a regular check-up and medical support is being provided by the Veterinary Department of our Hospital Wing.

Total No. Of Cows	:	5
Total No. Of Calves	:	4

Student support

The students needing support are identified on the basis of their educational performance, family background and annual family income. They are provided educational support in terms of fees, school uniforms, school bags, books, stationary etc.

Total No. of Students supported in the month of April: 30





Panchkarma Camp - 2023

During the month of April, Dr. Kalpna Moghe from Pune, one of the most distinguished Panchakarma practitioners across India, graced the ashram and its hospital and orchestrated our 15 days Panchakarma Camp.

Shirobasti, Shirodhara, Nasyam and various other ayurvedic therapies were administered to a large number of visiting patients who were greatly benefited from the treatments.

Patients from distant places were provided free accommodation and food during the entire period of their treatment.





Eye Camp – April 2023



Cataract surgery



Bhandara for all Patients and their family

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 endeavor from Swami Premanand ji on a Sewa ground towards welfare of rural communities around Uttarkashi hilly villages. Eye camp has become a monthly activity.

On 7th April 2023, under the leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) a camp was conducted.

No. Patients: OPD- 121

Cataract Surgery done for: 61

Follow up was done in time and all the cases found successful.



Post operative checkup, medicines, glasses and blankets distribution





Teachings from Yoga Vasistha: Vasudheiva Kutumbakam

Whatever we see or perceive with our senses, we see **One-in-Many** and **Many-in-One**. Due to our limited perception through senses, we can't see both, the whole being as well as the parts (individual being), at the same time. For example, when we look at the right palm, we don't see the left palm or the shoulder. Neither can we see the totality, the body, together at the same time. This is how our vision is a partial vision.

These, seeing the different parts of the body separately, have been compared to individual beings or '*Byasti*', and the whole or totality is called '*Samasti*'. Both the *Byasti* and *Samasti* are connected closely with each other and are inseparable. Yet when one is visible, the other is hidden from our view, so we may also say that both are different from each other. Let's take another example of a city and country. When we think of a city, we think of all inhabitants of the city. When we talk of a country, we consider all the cities, villages and other divisions in the country, with their similarities and differences. If we keep on analysing like this, we will find that the one becomes many in many different ways. A book has many pages, a page has many sentences, a sentence has many words, a word has many alphabets and so on. In this way we can keep on dividing and accumulating. Analytically, this is the way to understand the universe too. The totality or the aggregate of all the individual beings is the universal being or the cosmic unity.

Let's now understand how one feels 'I am the whole or cosmic being'. As an example, the President of the country doesn't physically reside in all parts of the country at a time, nor does his body cover the whole country, however logically or mentally he knows and feels his rule is present throughout the country at all times, he is the regulator or controller of everything in the whole country. This presence is a subtle aspect, and not a gross aspect that is visible to the senses. The mind and intellect, which is relatively subtle, can see the presence of the president in the whole country. The idea of this totality is also not constant, it varies from person to person, depending upon the four-fold mind (mind, intellect, sub-conscious mind and ego).

The ego, which is still subtler, superior and more pervading than the mind, which is not perceived or understood by the senses, does everything. When the ego associates itself with the individual being, it thinks of the body, mind, intellect etc. and calls them as 'i'. When it associates itself with the whole or totality, the individual 'i' disappears or merges with the totality and it sees itself as the universal consciousness or universal 'I'.

Yoga shows the way to unite the individual (*Byasti*) with the Universal (*Samasti*), i.e., to see the individual and total together. Like, to see the hand, which is a part of the body, and the whole body, both together. It teaches us to change our angle of vision and see the one-in-many and many-in-one and feel at a time both together.

This is called Universal Vision or *Vasudheiva Kutumbakam*.

सेवा समाचार

तु चला - 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

info@sivanandsevasamiti.org

MEMBERSHIP PLANS

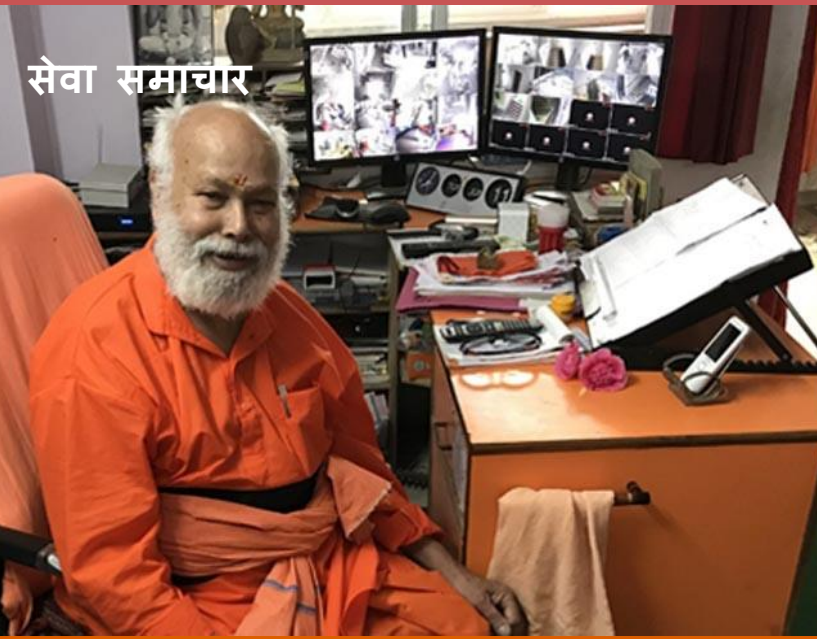
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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.

