

May 2025



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:

Body of Brahma – Swami Premananda

Contd. From Previous Issue

The "Body of Brahma" holds profound spiritual significance in Hindu philosophy. It symbolizes the divine manifestation of Brahma, the creator God, and represents the essence of creation itself. In Hinduism, Brahma's body is often viewed as the starting point of existence, embodying transformation and the interconnectedness of all life.

Brahma's physical form is depicted with attributes like four heads, enfoldment of life symbolizing the four Vedas, and a lotus flower, representing purity and spiritual awakening. These elements highlight his role as the source of knowledge and the purity of creation.

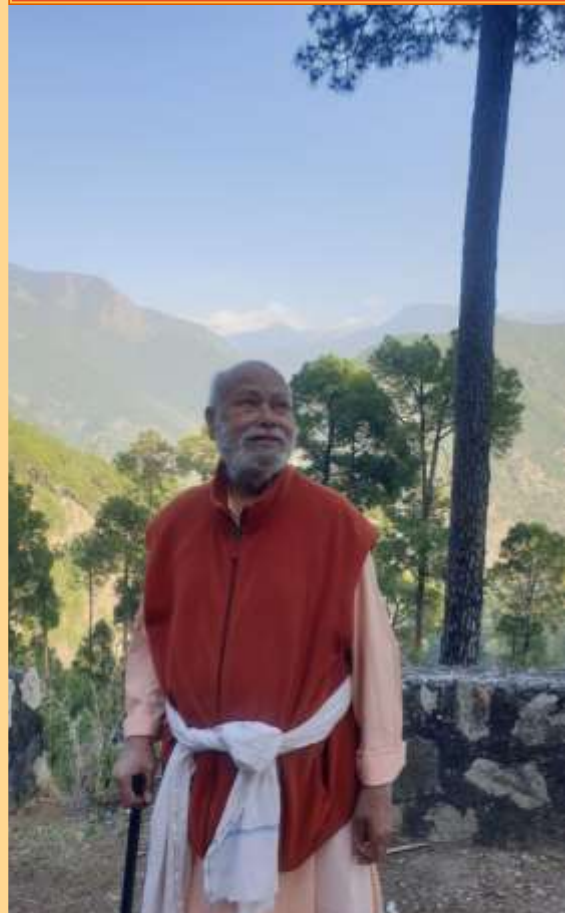
In broader spiritual terms, the "Body of Brahma" can be interpreted as a metaphor for the universe's divine structure, emphasizing the unity and sacredness of all existence.

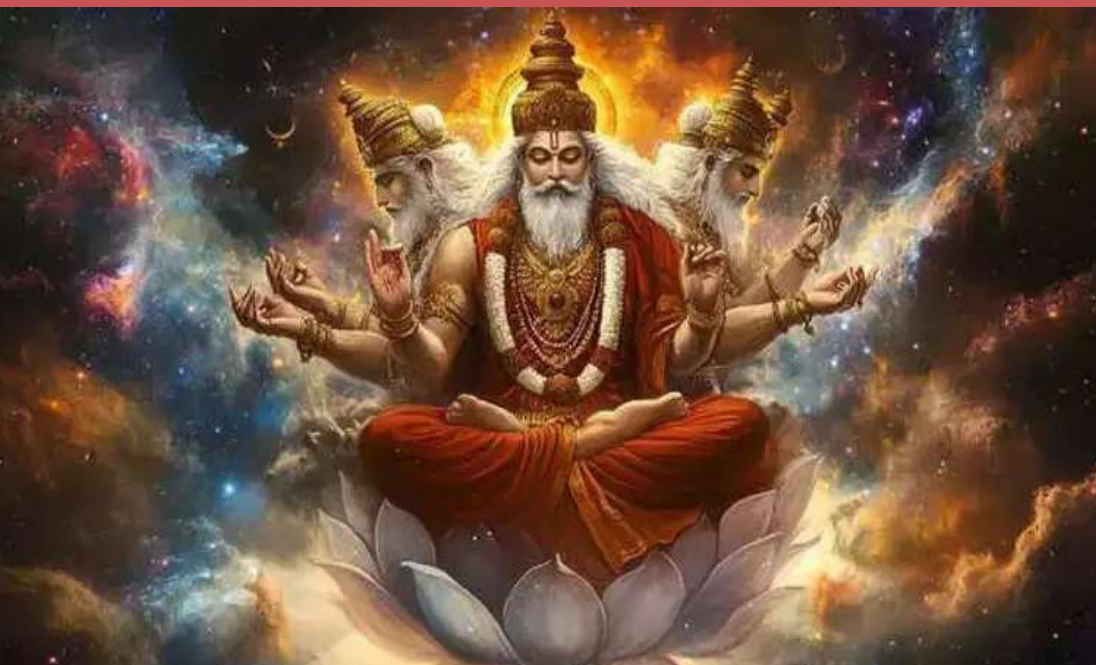
The "Body of Brahma" holds deep spiritual significance in Hindu philosophy. It symbolizes the divine manifestation of Brahma, the creator god, and represents the essence of creation itself. Brahma's body is often viewed as the starting point of existence, embodying transformation and the interconnectedness of all life.

In Hinduism, Brahma's attributes—such as his four heads representing the Vedas and the lotus flower symbolizing purity—highlight his role as the source of knowledge and the purity of creation. The "Body of Brahma" can also be interpreted as a metaphor for the universe's divine structure, emphasizing the unity and sacredness of all existence.

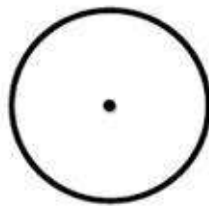
Seva Samachar

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- Daily Programme
- Healthcare Activities
- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Body of Brahma (Contd.)



This seems to be a reflective and philosophical exercise rooted in the concept of sacred geometry, particularly focusing on the circle—a symbol of unity, wholeness, and infinity in spiritual traditions let us see now through the questions with some insights:

1. **What is it?**

It is a circle, a fundamental shape in sacred geometry, representing completeness and the interconnectedness of all things.

2. **How is it?**

The circle is perfect in its symmetry, with no beginning or end, symbolizing eternity and balance.

3. **By what is it?**

It is created by a single, continuous curve, often seen as a manifestation of divine energy or universal consciousness.

4. **For what is it?**

The circle serves as a tool for meditation, spiritual focus, and understanding the cyclical nature of life and the universe. It is to limit the unlimited & to reveal the unrevealed.

5. **Of what is it?**

It is made of a single line equidistant from a central point, embodying harmony and unity. It is journey of a dot continuously changing the direction around a centre.

6. **Whose is it (from what is it)?**

It belongs to the realm of sacred geometry, often attributed to divine or cosmic origins.

7. **Where is it?**

The circle exists both in the physical world (as a shape) and in the metaphysical realm (as a concept of unity and infinity).

8. **When is it?**

The circle is timeless, representing the eternal flow of existence.



Cultivation of Virtues By Swami Sivananda

Maitri (friendliness), Karuna (compassion), Daya (sympathy), Visva-Prema (cosmic or universal love), Kshama (forgiveness), Dhriti (spiritual patience), Titiksha (power of endurance, forbearance) and tolerance are Sattvic qualities of the mind. They contribute to the peace and happiness of human beings. They should be cultivated to a very high degree.

Love and pity make the mind soft. Pity has the characteristic feature of evolving the mode of removing pain; the property of not being able to bear seeing others suffer; the manifestation of not harming; the proximate cause of seeing the need of those overcome by pain. Its consummation is the suppression of harming; its failure is the production of sorrow.

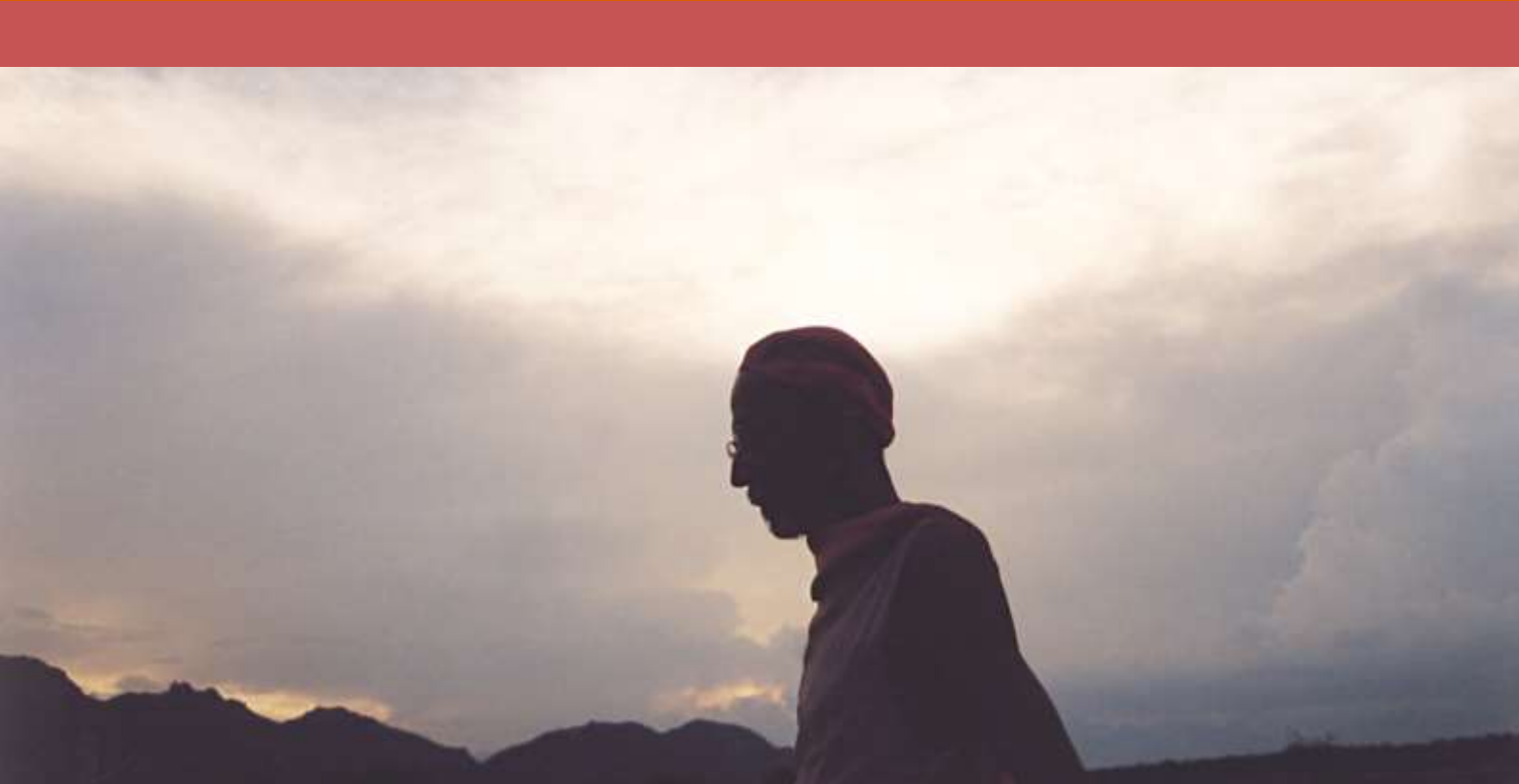
Patience, tenacity, Utsaha (perseverance) and determination are indispensable for success in Self-realisation. They should be developed to a maximum degree, particularly by spiritual aspirants. When you meditate on OM, when you assert yourself as Brahman in the morning meditation, you will gain a lot of strength. That will help to give you courage that is needed for the progress in the spiritual path. Many difficulties on the path of Truth are to be overcome through the help of fortitude and endurance (Titiksha). These qualities are the forms of courage. Fortitude is mental power of endurance. It is firmness in meeting danger. It is power of resistance.

Dhritih kshama damo'steyam saucham-indriyanigraha Dheer-vidya satyam-akrodho dasakam dharmalakshanam (Manusmriti, VI-92)

Patience, forgiveness, control of mind, non-stealing, external and internal purity, control of Indriyas, knowledge of Sastras, knowledge of Atman, truthfulness and absence of anger are the ten Lakshanas of Dharma according to Manu.

Your thoughts must agree with the word. This is Arjava (straightforwardness). Practise this. You will derive wonderful benefits. If you practise Satya for twelve years, you will get Vak-Siddhi. Whatever you speak will come to pass. Chinta (anxiety) will vanish. You will be free from committing many evil actions by speaking the truth.

Patience, perseverance, application, interest, faith, zeal, enthusiasm, determination are necessary during Sadhana. Sraddha and Bhakti are noble Vrittis that help a man to free himself from bondage. These virtues have to be cultivated. Then only is success possible. Look at the various difficulties that crop up in the way. The spiritual line is, therefore, difficult. Very few take to the path, one in thousands (according to the Gita). Out of them very few succeed. Many give up Sadhana when they are half-way, as they find it difficult to pull on till the end is reached. It is only the Dhira (firm) with Dhriti, Dhairya and Utsaha that reaches the goal of Sat-Chit-Ananda state. Hail, hail, to such rare noble souls!



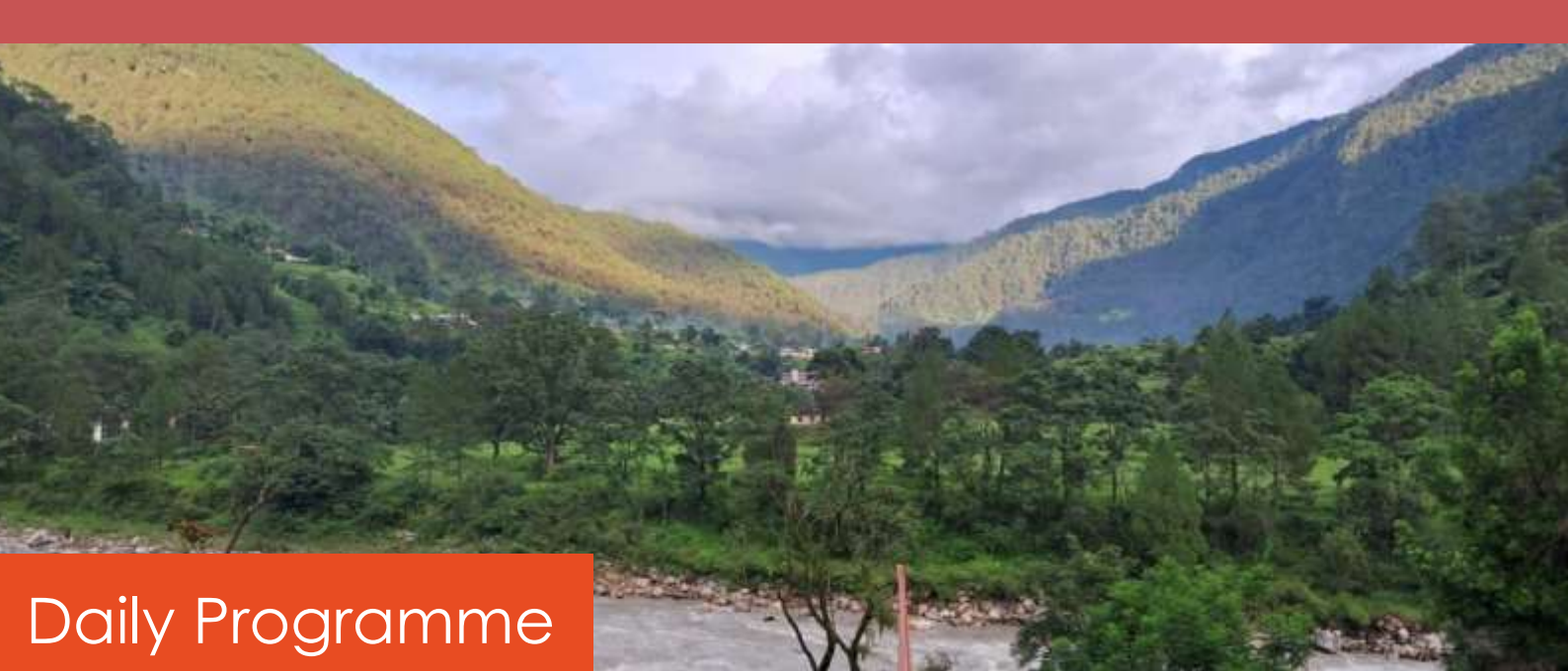
The Riddle of Life By Swami Chidananda

Try to understand the riddle of life and the riddle of this universe. Acquire discrimination. Take recourse to the company of seekers like yourself, getting together now and then with those of your own nature, those who are spiritually inclined. Even this will quicken your discrimination and give you the spirit of renunciation. Inquire into the nature of the Great Reality. Study books like the Gita and the Upanishads and then you will have a comprehensive understanding of the innumerable problems of life. There is not an iota of happiness in this world. Seek the happiness that is within.

In this world, people run after pleasures. Is not great wealth valuable to be owned? Is not a beautiful summer resort somewhere in Switzerland, with a pleasant garden and beautiful smelling flowers and wonderful scenery, pleasant to live in? Is not the company of beautiful people very desirable, very pleasing? Yet, in spite of the desirability of beautiful company, wealth and wonderful health resorts and modern amenities and a great deal of pleasure, gay society, you see young people, intelligent people, people having great prospects for their future, with a wonderful career ahead, kick aside all these things which the world holds dear and take to a life of seclusion, of silence, of renunciation, of dispassion, of inward meditation. Why? Why do they kick aside all these things like worthless straw and retire into seclusion and meditate on the Lord? If there were real pleasure in these things, these people of understanding and intelligence would not do such a foolish thing. So, try to think out the reasoning behind this. Think out what exactly has been their process of reasoning to come to such a conclusion, to take such a step and to adopt such a way of life.

Even now, thousands of young graduates, young doctors and lawyers in India, come to Rishikesh in the Himalayas and wish to be initiated into Sannyas. They then go away higher up into the Himalayas and live there in silence and seclusion, practicing deep meditation and Pranayama. Why? You have to reflect and find out for yourself what these young people, these intelligent people, these highly educated people, these people with powers of reasoning, found out for themselves within their hearts, through reflection, through inquiry and discrimination. They were able to get the strength to make God the very centre of their lives and just push aside all things which they knew to be secondary and unimportant.

Amidst the din and boisterous bustle of worldly activities, there do come some moments of tranquility and peace for everyone when the mind, for the time being, however short it may be, soars above the filthy things of this world and reflects on the higher problems of life, the why and the wherefore of this life, the riddle of the universe. You begin to inquire, "Who am I?" The sincere inquirer becomes serious and becomes absorbed in reflection. He begins to search and understand the truth and discrimination dawns in him. He seeks renunciation and dispassion, concentration and meditation, purification of the body and the mind, eventually to reach the highest knowledge of the Self and become eternally free. But the person whose mind is saturated with worldly emotions and materialistic thoughts is quite heedless of these tranquil moments and does not make use of them and is inevitably carried away by the dual current of attraction and repulsion, like and dislike, love and hatred, and is tossed about helplessly on the tumultuous sea of worldly concerns. How uncertain is sensual life in this world! If you constantly think of the transitory nature of sensory pleasures and their concomitant evils—miseries, worries, troubles, tribulations, anxieties, decay, premature death—then you will slowly develop renunciation within.



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 Vasishtha Classes are reaching seekers across the globe. Join at 9:30 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana classes are conducted. Village students, under the guidance of Swamiji, enthusiastically attend the classes
- 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, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 9



Gangadhar Mahadev



Evening Prayers and Kirtan



Yoga Asanas



Yoga Hall



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. Also, regular medical education is provided at schools.

The cloud enabled touch screen Health ATM, with a capacity to conduct more than 50 types of tests, provides instant reports to patients through print outs, e-mail and SMS.

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

Patients Attended to in Hospital OPD	: 651
Eye	: 185
Mobile Camp	: 121
Panchakarma	: 341
Physiotherapy patients	: 271
Homeopathy	: 45
Pathology Tests	: 61

Monthly meeting



Physiotherapy



Panchkarma



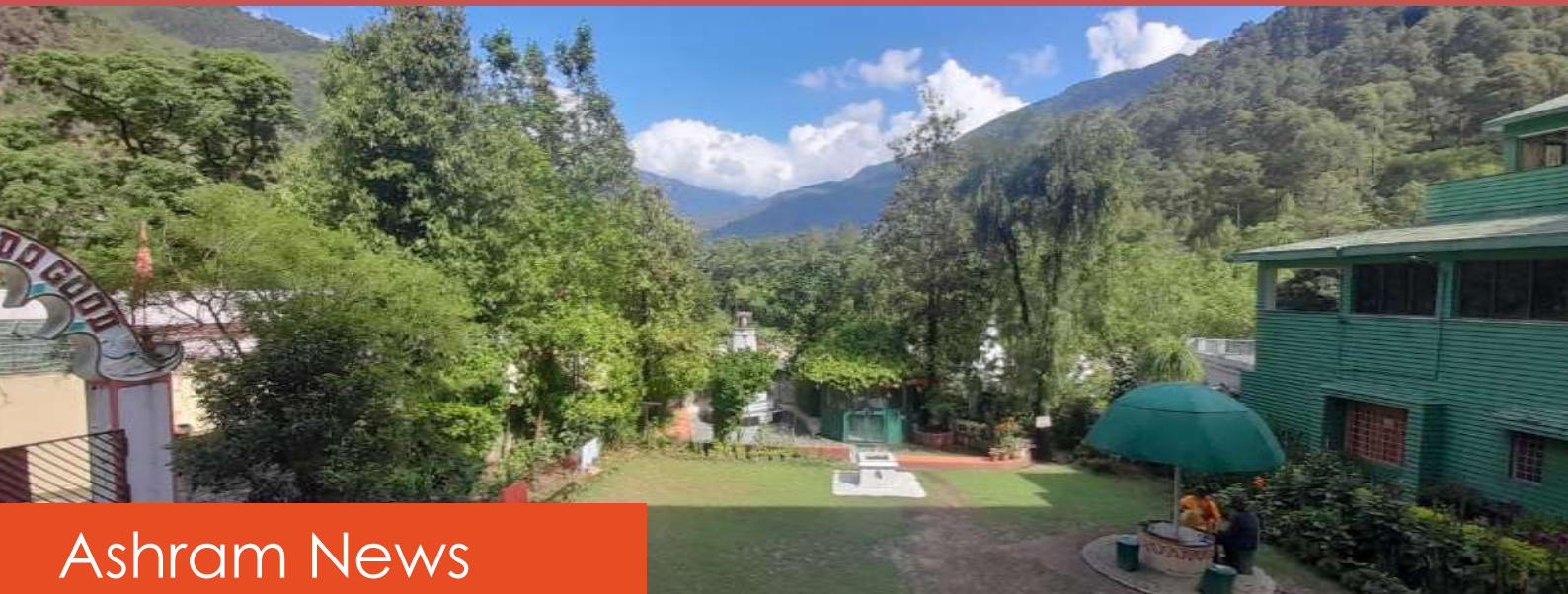
**Ayurveda is the science of life. It is a distinct Veda.
It shows the way to remove diseases, to keep up sound health and attain longevity.**

Healthcare Activities: Mobile Camp



Swami Sivanand Seva Samiti conducts year-round Mobile camps to cater to the needs of rural communities in the hilly villages with limited access to medical facilities. Free health checkup, consultations and treatment are provided to the patients for free. The team visited multiple villages regularly within 30 KM radius from hospital.





Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram for Swamiji's darshan. 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 in their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	40
Foreign guests	:	04
Ashram inmates	:	25

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	:	4
Total No. Of Calves	:	1

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: 5



Swamiji blessing the visitors



Annakshetra



As a child with the children

Glimpses of Navaratri and Ram Navami celebrations

Chaitra Navratri Puja



Durga Saptashati Path, Lalita Sahasranama, Ramcharitmanas Navah Parayan, Mahamrityunjay Mantra Japa and Rudri Path were performed by priests and inmates for welfare of all.



Durga Maa



Naag devata Puja



Bhajan and Kirtan in the evening



Blessings by Naag Devata



Falahar (Navratri fasting food)



Joyful Garhwali Sankirtan by the children from Ganeshpur village



Kanya Puja performed by worshipping young girls, offering new clothes, food and gifts



Purnahuti with Havan



Ram Navami Aarti



Bhandara for Sadhus, locals and needy





Teachings from Yoga Vasistha: Quietude

The Yoga Vāsiṣṭha, particularly Nirvāṇa Prakaraṇa, Part 2 offers deep contemplative teachings centered on quietude (śānti or prasāda) and the realization of the Self. Here's a synthesis of the core insights from some of those chapters:

1. Quietude as the Highest State

Quietude (śānti) is described as the natural state of the Self—beyond agitation, desire, or conceptual activity. It is not an acquired condition, but the substratum of consciousness, covered by ignorance and mental projections. Realization of this stillness is equated with liberation (mokṣa)

2. Dissolution of Mind

The mind, being the source of restlessness, must be dissolved through discernment (vichāra), dispassion (vairāgya), and awareness.

True quietude arises when the dualities of pain and pleasure, self and other, vanish into the oneness of pure awareness.

The yogi sees the world not as an objective reality, but as a reflection within consciousness—like a dream.

3. The Nature of the Liberated Sage

Such a person abides in unshakable peace, even while performing worldly duties.

He/she perceives no distinction between waking and dream states; all is experienced as the play (līlā) of consciousness.

The sage neither seeks nor rejects, acting spontaneously, like a mirror reflecting without attachment.

4. Practical Implications

Liberation (jīvanmukti) is not a far-off goal but the immediate realization of the unreality of ego and phenomena.

Meditation, self-inquiry, and inner stillness are the pathways to this realization.

Desires and thoughts lose their grip when seen as transient ripples in the ocean of being.

Essence of the Teaching

“Be still. Know that all is consciousness. The mind is a mirage. You are ever free.”

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

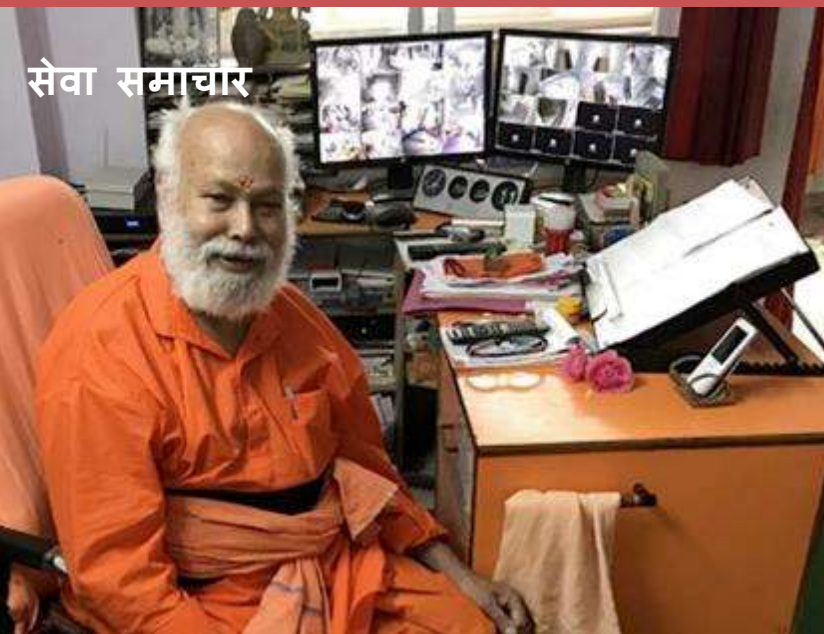
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

www.sivanandsevasamiti.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.

