

**October  
2021**



सेवा समाचार

**Seva Samachar**

**Swami Sivanand Seva Samiti** REGD.

[sivanandsevasamiti.org](http://sivanandsevasamiti.org)



# सेवा समाचार



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

## कब आओगे?

बोलो प्यारे

आओगे तुम कब?

जनम जनम के मरम बेदना,

मिटाओगे तुम कब? -

बिच्छेद-दावानल मिलन-जलद से,

जल्दी बुझाओगे कब?

दरश-शरद से नयन-शावन धारा,

स्वकर निवारोगे कब?

सुमन कली पे सुमन-चरण रज,

सुमन से भरोगे कब?

मधुकर ! मधुर गुंजार सुनाओगे,

मधुमत्त बनोगे कब?

बिरही-बिटपी, बिनु बिटप, बिखरगई,

बिरूप, बिरस, भई अब ।

अंगमें अंगको आलिंगन करके,

अलिंग बनाओगे कब?

विरही जानत विरही के हालत,

वीर ही बचावत दाव ।

प्रेमीप्रवर वीर प्रेम-विग्रह-हार,

मानो तजो हठ सब ।

कामदुघा इक कामना मना,

करना सुना नहीं कब ।

नवजलधर बपु ! नवजलधर बनो,

मन-मयुर हित अब ।

श्याम सुधाकर! वदन सुधाकर,

दिखलाओगे मुझे कब?

मिलन आनन्द रस-सम सुधारस,

रसधर ! बरसोगे कब?

बोलो प्यारे आओगे तुम कब?

## Seva Samachar – October

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## टिप्पणी

दावानल	–	वन के अग्नि
सुमन कली	–	अपना मन रूपी कुसुमकली
सुमन से	–	अच्छा मन से
अलिंग	–	चिन्ह रहित, एकरूप
दाव	–	तलवार का दावें पेंच
काम दुघा	–	काम धेनु
कामना	–	इच्छा
नवजल धर बपु	–	श्याम मेघ के समान काले शरीर वाले
नवजल धर	–	नया मेघ
सुधाकर	–	चंद्रमा
सुधारस	–	अमृत जल
रसधर	–	मेघ







## Thought of the Month Swami Premananda

Narayan has an awareness of Himself. That awareness is of His identity. The 'First-ego' appears and it wants to witness 'That'; its own identity.

Thus, begins the process of that 'First-ego' seeing itself and this ignites a creative process. As Narayan is able to see Himself through many forms only.

"I Am One, Let Me Become Many!"

Hence, the 'First-ego' starts multiplying with the 'First-manifestation' being Brahma The Creator, who dwells in the 'Lotus-Flower of the Heart' and whom takes over the work as initial subordinate. All creation blooms from this budding lotus-flower.

Consequently, His original life-principle is transformation and modification, with the original modification being 'Brahma in the flower'.

Comparatively, Narayan takes the symbolic form of water. Whence water, being the catalyst for creating and bringing the first life into existence, comes the lotus-flower.

The first creation that the 'First-ego' created; when it knows itself, sees itself. Yet, seeing here means not in visionary sense; but a witnessing of light.

Brahma Vishnu (Lotus and Water), both are self-effulgent.

This self-effulgence is known as Tejas. This is visible in the whole universe or the Virat Roop.

This total form or the Virat Roop wants to see itself, that means, seeing its creation from the top of the chain as group leader. So He is the witness. This thought process takes the forms and multiplies the creation.

After He creates Brahma this thought process keeps on multiplying endlessly. These thoughts are nothing but His visions, that are His ideas, which get solidified as they get manifested. So, this creation is His network of thoughts.

We can also say; Him bearing witness to His network of thoughts begets creation.

This is a never-ending dream.

In this everlasting dream all the individual beings are dream objects only.

This dream is simply working within His original life-principle which is not planned or designed, but just comes into existence and operates as per his visions.

Still, in this everlasting dream the 'First-ego' of 'The Supreme I' remains, exists and is all-pervading.

As you see each body-part separately but they are, in fact, all part of one body. So is the case with The Supreme. It is an automatic process which is called Nature or Suratehar.

Narayan in His dream created Brahma. Brahma in His dream created the world and worldly-beings and all these beings are again dreamers.

So, this cycle of a dreamer in dream of another dreamer is continuous and a never-ending vicious circle, always multiplying.

This, what we call visible reality, is nothing but only a LONG DREAM.

Therefore, a mortal being believing this as an existence is just living in foolish ignorance and should just accept that we are just an object of some bigger dream and that this 'life' is merely only a LONG DREAM.

The individual being has four states of consciousness;

1. Deep Sleep
2. Dream
3. Wakening
4. Witness or Turiya state

Deep Sleep: In the deep sleep the mind of an individual is idle without work.

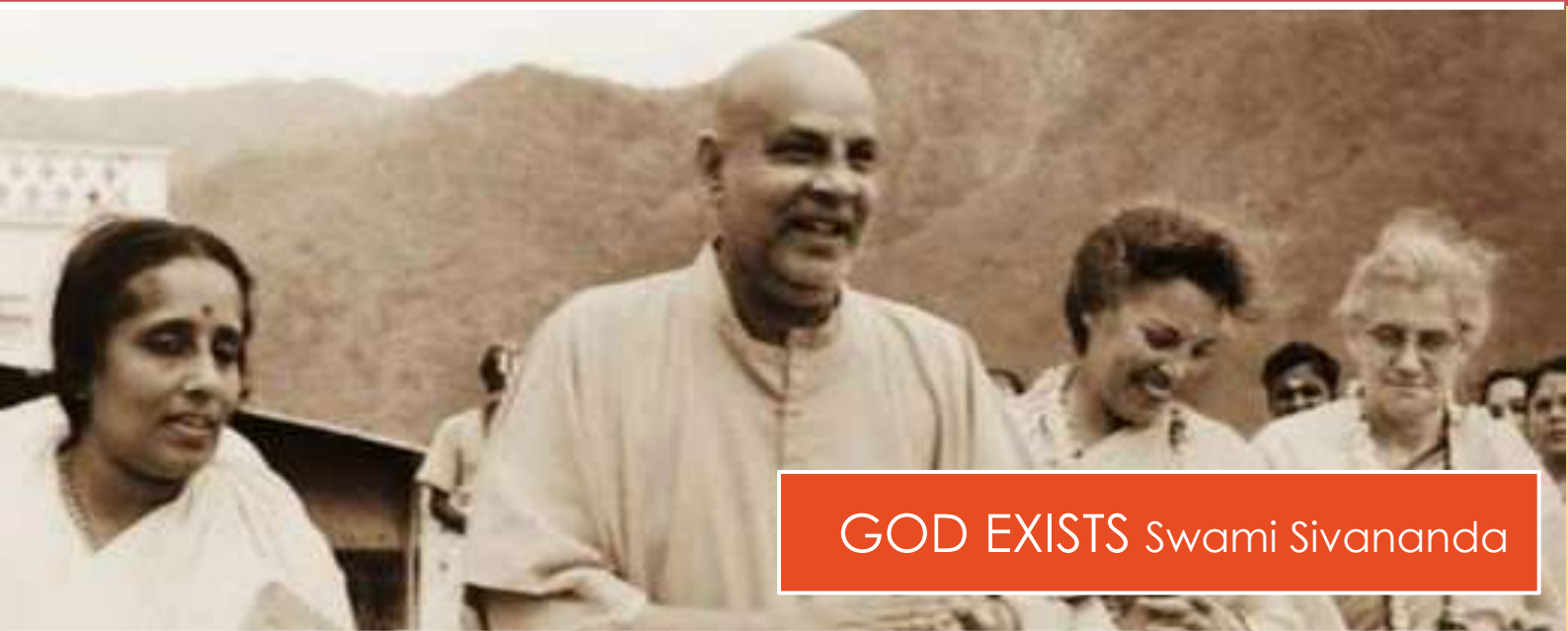
Dream: In this dreaming state, for a being, thoughts are going on for a small period of time. So, the being in dream-state does not have clarity of their dream, as it is for a shorter period of time with dull impressions.

Wakening: This is also an imaginative-dream, just continuing for a longer period of time. Which may not look as a dream because the state is continuing for a longer period. It has hap-hazard memory and sense involved, so it's harder to believe that even this state is a dream.

Witness: In this state a being does not see difference between an object and subject, he witnesses his senses doing something, as per the demand of situation. He sees all the things as one and no difference between them. This perception is one of non-individuality, where no world exists and everything is one and the same, where he experiences only Bliss or Ananda, nothing else.







## GOD EXISTS Swami Sivananda



The notion of God means an absolutely perfect being.

An absolutely perfect being must have all the positive attributes, including the attributes of existence. So God must exist.

The existence of God cannot be proved by scientific experimentation. It is purely a question of faith and refers to the intuitive side of man.

We explain everything within Nature by the law of cause and effect, so also Nature as a whole must be explained. It must have some cause. This cause must be different from the effect. It must be some supernatural entity. i.e. God.

Nature is not a mere jumble of accidents, but an orderly affair. Now Nature cannot order itself. It requires the existence of an intelligent being, i.e. God. Even Einstein, the great scientist, was strongly convinced of the creation of the universe by a Supreme Intelligence.

Everything in Nature has some purpose. It fulfills some function or other. Their different functions ought to have been planned or designated by a single intelligent being or God.

When a man laughs, people seldom ask why he is laughing. On the other hand when a man cries, everybody asks why he is crying. This shows that our essential nature is bliss. No one wants misery, but everyone want happiness, and all one's activities in life are directed towards the acquisition of happiness.

Do you exist or not? This is my question.

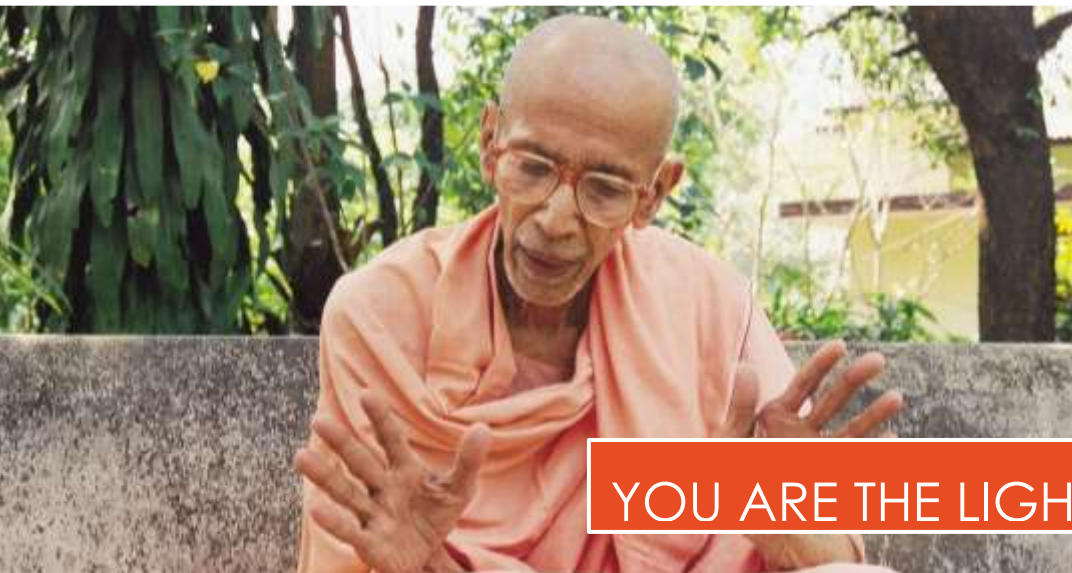
If you say 'No', I see before my eyes your figure with sinewy arms, a broad forehead and big eyes. If you say, 'Yes', this gives the clue to prove the existence of God. The very question whether God exists or not clearly proves that God exists.

Whatever you see is God. Whatever you hear is God. Whatever you taste is God. Whatever you smell is God. Whatever you feel is God. This is the manifested aspect. The physical body belongs to the Virat (Cosmos). The astral body belongs to Hiranyagarbha (Cosmic intelligence). The causal body belongs to Ishvara (Reality with its veiling power).  
Where is this 'I' now?

Is there any one on the face of the earth who is not afraid of death?

Is there anyone who is not uttering the name of the Lord when he is in serious difficulty, when his life is trembling in the balance or when he is in acute agony? Why then do you deny the existence of God?





## YOU ARE THE LIGHT Swami Chidananda

A disciple rang up and asked for blessings that he may attain Illumination, and said: “Today (being Dipavali) all of India is illuminated with millions of lights taking away darkness. While everything is bright outside, but within me there is only darkness. The light of that inner awakening has not yet started to shine forth with me.”

The thing he had to do was to get rid of this wrong notion that there is no light within, that there is only spiritual darkness. “Who told you this? Have I not repeated many times, ‘I am in the Light. The Light is within me. I am the light’? Why cling to the wrong notion that there is no light within? Have not all the scriptures told you that the indwelling Divinity is your reality, that the Light of lights beyond all darkness shines in Its non-dual splendour where the knower, the Thing known and the process of knowledge sink into oblivion? The triplet disappears. There is only the experience of Consciousness. And that Light dwells in all hearts.

*‘Jyotishaamapi tajjyotistamasah paramuchyate; Jnaanam jneyam jnaanagamyam hridi sarvasya vishthitam’*—  
‘That, the Light of lights, is said to be beyond darkness; (That which is) knowledge, the knowable and the goal of the knowledge, abides in the hearts of all.’ [Gita 13.17]

“You have only to stop thinking that there is no Light. You are the Light of lights, which can supply radiance to everything it comes into contact with. It can light up a million lights. Establish yourself in an unshaken manner in this truth. Abide in the awareness: ‘Within me there is no darkness. I am the Light of lights. Divine radiance is my name. I can supply light to the whole world.’ Try to practise this truth. Abide in this fact. Do not be fearful of non-existent darkness.”

He answered: “Please bless me to understand all that you are saying.” Then I told him: “All these words are nothing but one hundred per cent blessing only. A spiritual teacher does not strike a pose, raise hand in some benedictory posture, and then pronounce in a big dignified way, ‘My son, I bless you. He lives blessings. *He is blessings. What he says, what he speaks, what he is doing is blessing.* He is nothing but perpetual blessing in all that he thinks, feels, speaks, acts and lives. The way that lives is also a blessing. Recognise the blessing. Know it as such. Blessing is there.” And I concluded, “You are the Light.”

### Teachings of The Bhagavad Gita By Swami Chidananda

‘The central declaration, the central experience of Vedanta is the immortality of the Self in the individual. It is the divinity of the innermost Spirit indwelling the material body, the physical body.

– Ajo nityah sasvato'yam purano na hanyate hanyamane sarire

(Unborn, eternal, changless and ancient, the Self is not killed when the body is killed).

This is the culminating declaration about the immortal, imperishable nature of the Spirit within, the third dimension of man, the other two being the physical and the psychological.

The spiritual dimension, the real dimension, is something that is immortal, imperishable, eternal and divine. To be established in this truth of our real nature is to grow in strength day-after-day, is to grow in fearlessness day-after-day, is to grow in a state of unperturbable stability day-after-day’.

**“His world is your body. This world is a great school,  
This world is your silent teacher” – Swami Sivananda**



# Who is Swami Sivananda? PT.1

Thursday, Early-Morning,  
September 8<sup>th</sup>, 1887.

In Tamilnadu Town of Pattamadai; Beside the river  
Tamraparni, as Bharani Rose; Another Star; Finished Their  
Descending. Kuppuswamy, Third Son Of Three,  
Lay Born; To Vengu Iyer; Shiv Shankara Devotee,  
Aside, Pious Doting-Mother; Srimati Parvati.

A Fast-Maturing Teen; Who'd Sooner Feed,  
Hungry-Pups; Lost Wiry-Strays;  
Passing Grateful-Sparrows; Peckish-Crows.  
Requesting, 'Father, Please Throw a Pie',  
Toward, Appearing Saints; Ascetic-Sadhus;  
Or, Any Other Needy-Soul.

Attending, Rajah High-School; Ettayapuram,  
Would, Off Top-Class; Attain Their Yearly Prize,  
Then Studying at S.P.G. College; Tiruchirapalli,  
Performed Helena; Beautifully,  
Expressing Shakespeare's Most Blessed Dream;  
Dreamt, On An Enchanted; Summer's Night.

Once, Completing First-Art Examination,  
Graced-The-Gates; Of Tanjore Medical School;  
To Study; Further-Medicine.  
Before Achieving; Full-Doctorate Degree;  
And, Heading Off; To Tiruchi; Where He,  
Founded, Health Journal 'The Ambrosia',  
Distributing; It For Free.

During 1913,  
Poor Father's Passing; Roused in Him,  
Journeying For Malaysia; With Her Mystic Distant-Lands.  
Serving Those; Further-A-Field;  
Applying, Newly Much-Accomplished; Helping-Hands.

At, Sereman Estate Hospital,  
Fine Grown Kuppuswamy; Cut His Cloth.  
Sympathetic, Humorous; Charming; Kind; They said,  
But, Now Known; By a Different Name,  
He Became, 'The Heart of Love'.

A Unique Medic; Like No Other,  
Purest-Heart, Virgin; Himalayan-Snow;  
Gifting Money Like; It Was Water,  
Often, No Consultant Fees,  
A Well-Hearth Phrase...  
'Dear Sir, Your Expenses Have Been Covered'.

*Jai Guru Dev!!*





# SWAMI SIVANANDA JI'S BIRTHDAY

The 8<sup>th</sup> of August is always looked forward to with relish-delight and circled on the calendars that adorn the walls of Sivananda Ashram. As the date marks the momentous advent of our beloved Swami Sivananda upon this earthly-plane, 134-years ago.

Many of us did not have the good-fortune to cross physical-paths with Gurudev, before he left his body in Mahasamadhi, July 1963. But, almost 60 years later he is as much alive today, in the hearts and minds of people, as ever.

Whether he walks amongst us in person or not he is beside us in everything we do. Supporting us, guiding us and nurturing us on the path. And it is important that we remember this and what better occasion to do so than on his birthday?

For world-changing Saints and Sages, like Swami Sivanada inspire us. They propel us to become like them and attain the same state of bliss they achieved. Had it not been for their existence, there would not have been spiritual uplift and salvation for us. Their glory is indescribable. Their wisdom is unfathomable. They are deep like the ocean, steady like the Himalayas, pure like the Himalayan snow, effulgent like the sun. One crosses this terrible ocean of Samsara or births and deaths through their grace.

Accordingly, the auspicious day was celebrated with zeal by all ashramites!

Puja was performed to remember the magnanimous Saint who inspired the world and created the Divine Life Society that has served so many. Followed by the distribution of prasad to all in attendance.



Gurudev! I know – You are omnipotent! But, you are powerless; in getting out of my heart, even for a moment! Can you? Bless me to entrap you in my heart!  
~ Your Devotee





*Mushikavaahana modaka hastha,  
Chaamara karna vilambitha sutra,  
Vaamana rupa maheshwara putra,  
Vighna vinaayaka paada namasthe*

He is the Lord of Power & Wisdom.

He is the energy of Lord Shiva.

He is the embodiment of Bliss.

He is the Lord of the Brahmacharins.

He removes all Obstacles on the Path.

He is the Lord of Harmony & Peace.

He represents OM.

Without the Grace of Sri Ganesha and His help nothing whatsoever can be achieved. No action can be undertaken without His support, Grace or blessing. Therefore our dear Ganesh Ji is cherished and revered on His sacred day of Ganesh Chathurti.

Morning puja was held in the ashram's dedicated bhajan-hall with all ashramites paying their respects and ladoos to Lord Ganpati.



GANESH CHATHURTI 2021



**SALUTATIONS to Lord Ganesha who is Brahman Himself, who is the Supreme Lord, who is the energy of Lord Shiva, who is the source of all bliss, and who is the bestower of all virtuous qualities and success in all undertakings.**





## RECAPTURING THE MEMORABLE JOURNEY OF ANAND KUTIR... TO ...ANAND DHAM Dr. R Chandarshekhar

We remember the visit of 1989, to the Holy **ANAND KUTIR** of Rev Swami Premanandaji, when it used to be two rooms, a veranda and a community kitchen...

Why a community kitchen? Because any devotee who visited Anand Kutir would contribute to treat Swamiji with some delicacy.

Gowri Mataji's Sambar and Rasam was a super-hit in that kitchen!

The veranda was a famous place for meeting and eating....of course only after completing the morning activities and morning prayer of Vishnu Sahasranama..which still continues today in the newly turned out **ANAND DHAM**, and has done for the past three decades of our experience.

Anand Kutir was a place of Joy & Bliss, where Swami Premanandaji performed his sadhana & Tapsya. We remember Rev Swami Ramswarupji....who was the driving force and means to bring us here, to unite (Yog) with this divine place. At this hour we fondly remember Swamiji and pay our Shraddhanjali, Bhavanjali and Puspanjali to him, who has shifted his venue to the lap of Hari.

During 1989, our visit to this place was started in connection with construction of **CHIDANAND BHAVAN**, for Rev Swamiji Maharaj's 'Transit Camp Area' for his way on Gangotri trips. This project was supported by one of the devotees of Swamiji, Sh. Lalit Mohan Ji. During that time, that tiny Anand Kutir still was able to accommodate all with due आदर सत्कार which we all still remember and cherish.



Anand Dham Under Construction

This Anand Kutir also become निमित्त to have the blessings of Guru Maharaj Swami ChidandaJi not only to me but to my entire family.

In this same Anand Kutir we witnessed the aftermath of the devastating earthquake of 1991 and the relief work carried out.

We have innumerable memories linked with this **Truly Anand Kutir**.

We have been witnessing the growth, fame and affection of Swami Premananda ji's relentless Charitable and Social activities and also of Anand Kutir, taking a new grown up look as **Anand Dham**....spreading its arms like Swamiji, accommodating every one in his आगोश।

चारों धाम में एक ही धाम..... वो है प्रेमानंदजी का आनंद धाम ।

जय गंगा मैया |



Chidanand Dham Under Construction





## DAILY PROGRAMME

- Our day begins early at 5 am with silent meditation, followed by recital of Vishnu Sahashranama and Saraswati Upanishad.
- Daily rituals are then performed within our temples, for Mother Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva throughout the daytime and early evening.
- Regular evening Satsang of prayers is held at 5:30pm in the Bhajan hall, apart from Saturdays. The absorbing prayers, recited include; Mahimna Paath, Hanuman Chalisa, Ramayana Paath and various other Bhajans.

On Saturday Sundarkand is conducted with full fervor, embracing nearby Villagers, Students and Sadhaks.

- Now, with 733 subscribers and an ever-growing number of viewers, our daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premananda at 4pm in the Bhajan Hall or our dedicated Youtube Channel/Google Meet online to experience Maharishi Valmiki's Magnum Opus, as it passed between Sri Rama and the Great Sage Vasistha.
- All festivals of the Hindu calendar and many more are observed within the ashram. Some of our favorites being; Janmashtami, Navratri, Diwali, and New Years with everyone contributing and celebrating wholeheartedly.
- Narayan Seva is providing an indispensable support to the wandering sadhus, pilgrims and underprivileged persons living in the Himalayan villages of Uttarkashi. Support is offered by means of dry rations, financial support, medical/ambulance services and aid to those in need for houses, marriages and daily wants, etc.

Total No. of such People/Families supported: 12



Keep the doors of your heart open. Let it not even require to be knocked upon  
— Swami Chidananda



सेवा समाचार

# SIVANANDA DHARMARTH CHIKITSALAYA

DO GOOD  
REG. NO. 14

ॐ

## SIVANANDA ASHRAM GANESHPUR

### HOSPITAL NEWS

The departments currently operating 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. The Panchakarma building is fully-functioning for both male and female patients.

Our **Tele Medicine** facility is affiliated and joined with **AIIMS Rishikesh** and serves many chronic patients.

During Corona lockdown only emergency cases were attended to. From the first week of September the hospital started working regularly with all mandatory precautions adhered to.

The entire Dispensary operates on **HIMS (Hospital Information Management System)** helping to maintain Electronic Medical Records, pharmacy stock, issue details and the quick generation of patient data. This is the only hospital in the entire Uttarkashi region to utilise this automated service.

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

**Patients Attended to in Hospital OPD: 741**

**Eye patients : 310**

**Dental patients: 172**

**Mobile camp patients: 10**

**Panchakarma: 198**

**Physiotherapy patients: 265**

**Veterinary medicines distributed : 05**

**Pathology Tests: 00**

**Ambulance Seva to patients: 03**

**Homeopathy patients: 76**



All life is yoga. Life is to be lived as the great sadhana, the great yoga.

All actions constitute yoga. Everything that you think is yoga. Everything that you speak is yoga. Everything that you do is yoga – Swami Chidananda





## 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.

**Total No. of Students Supported, in the month of September: 73**

**Computer education:** Computer classes started again in earnest this month. With a good number of students attending class daily.

**Yoga Practice:** Yoga classes have continued throughout the month of September.

**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 those identified as needy students and seekers.

**No. of students staying in the Ashram : 10**







## EYE CAMP SEPTEMBER 2021

One of the most outstanding features of Gurudev's multifarious personality was his unstoppable zeal to help all beings, to be good and to do good to all, sincerely and wholeheartedly. He was full of love, compassion and kindness for one and all.

In 1950, the first 'Drishti Dana Yajna', a medical relief camp for eye diseases was arranged under a young enthusiastic eye surgeon. Swami Sivananda was moved by the plight of the poor villagers who flocked to the camp. And medical relief camps became a regular feature of The Divine Life society.

Following in the true-essence of 'Guru Parampara' Swami Premananda Ji continues the work of his Guru and each month an 'Eye Camp' is conducted within the walls of our ashram's ayurvedic hospital.

All hospital staff and ashramites are ever on-hand over the days, to help, aid and support all patients in whichever way they can.

We wish more and more people cultivate this spirit and bhav and join in Karma Yoga Yajna for doing good to the maximum number of people in need.



Serve, Love, Give.





September's 'Eye Camp' (was particularly remarkable as we had specialist doctors and a dentist fly in from Orissa to serve patients from Ganeshpur and the surrounding Uttarkashi regions.

36 people had their failing sight corrected and their vision restored. Many others had the opportunity to consult the travelling physician for x-rays and pertinent advice to solve their ailments. Whilst the gynaecologist in attendance compassionately dealt with the females in difficulty and the skilled dentist anchored any wobbly-tooth that crossed his path.

All eye-patients were given appropriate aftercare and medicine to alleviate any discomfort and aid the recovery process to be as quick as possible.

May the Lord Bless all the travelling medical practitioners who worked their miracles and gifted people back their health.





Dr. Nitish Jadav~ Dentist



Sri Prakash~Optometrist



Dr. Akshaya Sahoo~Orthopaedics



Dr. Kadambini Parida  
Anaesthesist

Dr. Sarojini Joshi  
Gynaecologist

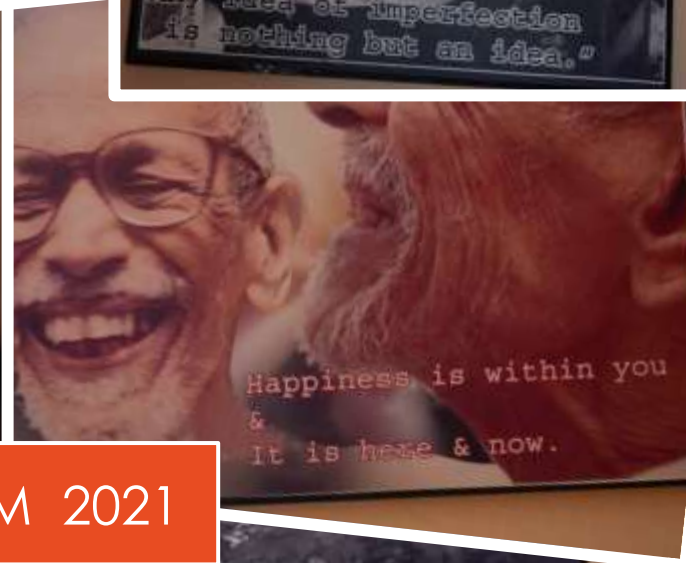
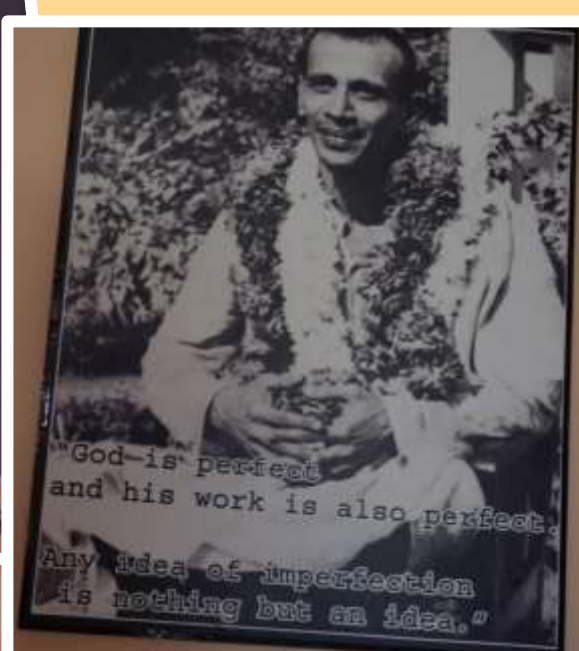
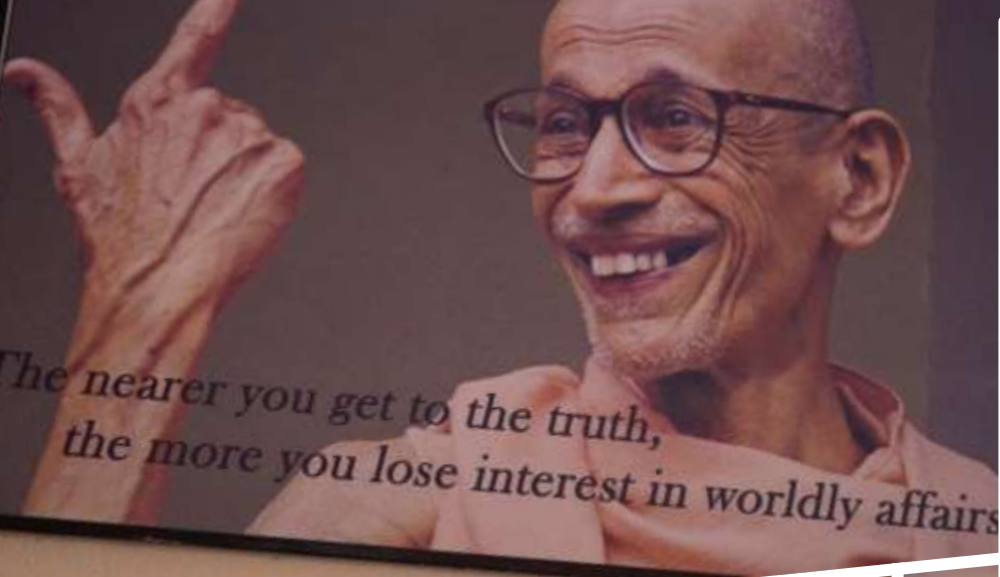


Dr. C.K Deepa  
Ophthalmologist

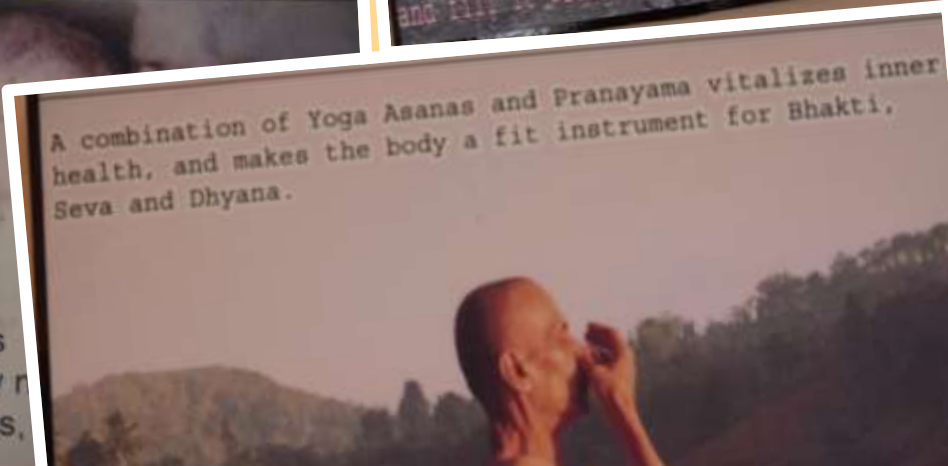
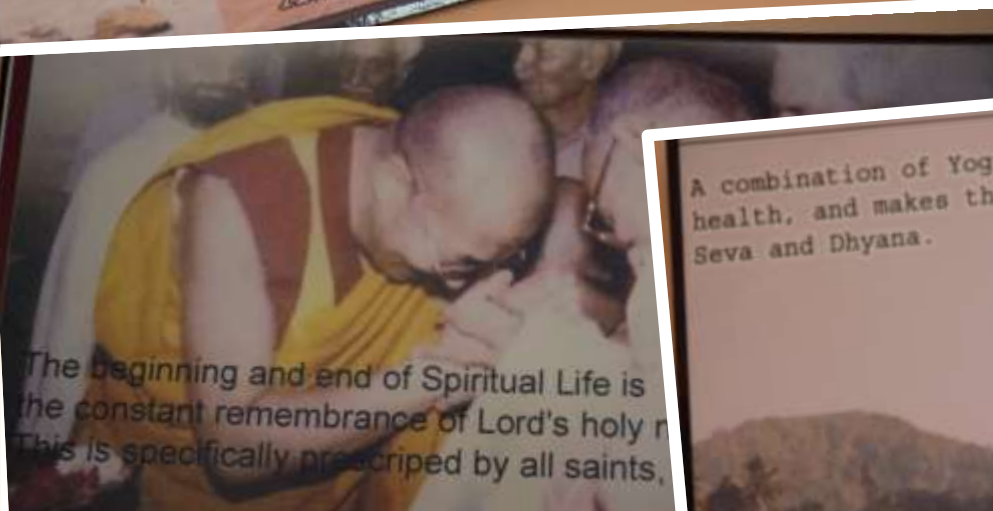
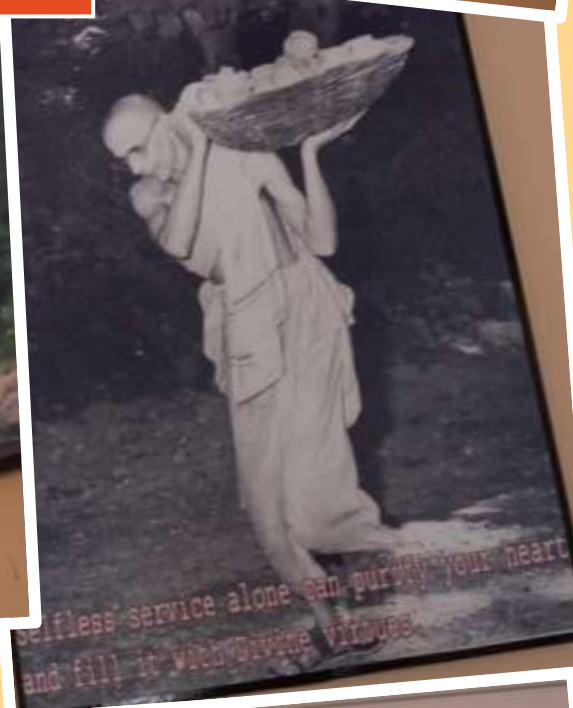
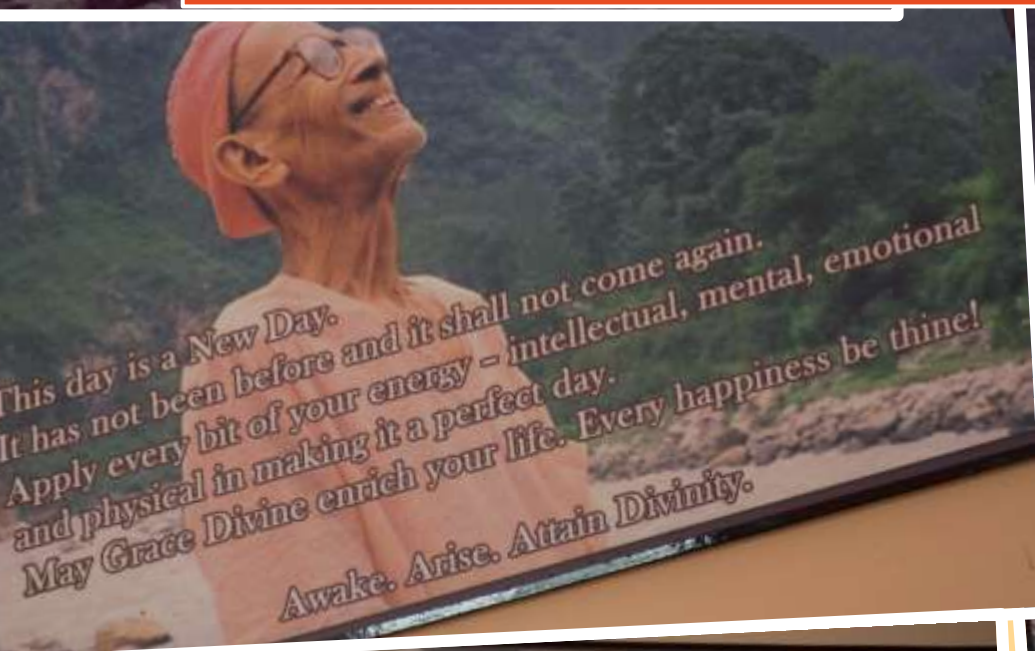


**THE DREAM-TEAM**





## CHIDANADA KATHAMRITAM 2021







A week-long Katharitam was held throughout the 3<sup>rd</sup> week of September to commemorate the late Great-Saint Swami Chidananda Ji.

Scores of persons abiding within the ashram and worldwide are devotees of the honourable and enlightened Master, who touched the hearts of millions around the globe.

In his honour and to keep Guru Maharaj's essence as prevalent as ever, each year our ashram at Ganeshpur holds Chidananda Kathamritam. With the event entailing various affairs.

For instance, this year, Swami Yatidharmananda held daily guided-meditations to instil a sense of serenity into participants, similar to the effect Swami Chidananda used to wield upon others when in his presence.

Swami Premananda also undertook day-to-day discourse, regaling the audience with amusing stories about the heartfelt-moments spent with Guru Maharaj and illuminating accounts, giving a unique insight into the life and character of a true light of the world.

Captured videos of Swami Chidananda Ji, delivering Satsang from over the years, were played morning and evening. Enabling a new generation opportunity to experience and grasp a taste of a most expert adept, noble sage and nonpareil Jivamukti.

**Swami Chidananda Ji Ki Jai !!!**







## DOCTOR'S DAY @ VIVEKANANDA FOUNDATION SCHOOL, GANESHPUR

Every week our philanthropic team of medics, from the ayurvedic hospital, head out into the neighbouring community, to do good within the local area.

This week our Dr. Panda paid a visit to Swami Chetan and the children of Swami Vivekananda Foundation School in Ganeshpur.

The children thoroughly enjoyed having their blood pressure checked, weight-measured and heart-rate monitored.

Free medicines and remedies were distributed to any of those in need, free of cost. Plus, the wonderfully-gracious visiting doctors from Gyansu brought with them a duffle-bag of goodies including electrolytes, creams and ayurvedic tonics that they passed out to the children in attendance.

A very special occasion that all will remember. Our upmost thanks to all the doctors, Swami Vivekananda Foundation School and Sivananda Ashram Ganeshpur, for realising the importance of unity through seva and the provision of healthcare for those in need.





## ASHRAM NEWS

### Hospitality

Due to Covid-19, the annual Char Dham yatra has only just re-opened. Hence our ashram received almost none of the regular Padyatri Mahatmas & needy Padyatris of Chardham Yatra. To these people we provide the privilege of rest in the ashram for a few days, along with food and medicines.

Foreign spiritual seekers are also allowed to stay in the ashram and are given guidance to their spiritual practices. Our Ashram provides free food and accommodations to all these guests.

Indian guests	:	50
Foreign visitors	:	01
Ashram inmates	:	26

### Annakshetra

Daily free meals of breakfast, lunch, evening tea, and dinner are served in the Annakshetra to guests, visitors and hospital patients or whosoever is present in the Ashram.

**Total No. of People fed approximately per day: 65**

### Goshala

A team of ashramites and workers are dedicated to the care of the cows and calves to cater to their needs. Also regular check-ups and medical support is being provided by the veterinary department of our hospital wing.

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





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**

**REGULAR MEMBERSHIP:**

**RS. 200 PER MONTH**

**RS. 2000 PER YEAR**

**NO PRIVILEGES—WE ARE ALL  
DEVOTEES. ACCESS TO STAY IN  
THE ASHRAM IS A SADHANA**

### 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

CHIKITSHA DANAM

Rs. 1,100 for 1 week and Rs. 5,001 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 OF YOGA VASISTHA

## **'Tat Tvam Asi?' - You are That!**

There is no difference between the individual soul and the ever-eternal, immortal Brahman. You are a reflection of Him.

Alas, the covering of Avidya (ignorance) prevents us from realising this indelible truth and we identify with this little 'I'. Until through dispassion, discrimination, right-knowledge, vairagya (detachment) and the practice of Yoga, Jnana-Brahma (wisdom of The Absolute) dawns upon us and we once again unite, yoke as One True-Self.

But, for most, our 'reality' is deluged in delusion. Hiranyagarbha breaks free from His 'Cosmic-Egg' and an initial momentum is given to His momentary sleep and the 'Dream-wheel' begins to revolve. We become so lost in our external worlds of family, pursuit of wealth and the cycle of eat, drink, sleep, repeat that we completely lose sight of who we are, our purpose on this earthly-plane and the true-reality of our existence. So much so, we become deeply-embedded upon the forever-rotating cycle of life and rebirth, destined for many future innumerable lives of suffering.

Yet, behind it all, beyond this illusionary universe of names and forms lies its substratum, The Supreme Soul; The Absolute Reality. It is this we steadily enter into through Turiya as we become the Sakshi (The Witness). The misconceptions of the 'real world' disappear as we remain ever-unchanged throughout Jagrat (waking-state), Svapna (sleep) and Sushupti (deep-sleep). We experientially realise that both 'wakeful state' and 'sleep state' are both the same. Both a dream, created by the mind and its processes. We realise that all external objects are mere deceptive-fancies and that the ever-existent One provides the background for it all. Everything emanates from The One. Our children, wife, home, computer, even our own body; none of it exists as we perceive them. Learn to see the Oneness that provides the fundament for existence in everyone and everything. Realise your inherent birth-right! You are far more than just a mass of flesh, blood and spurious thoughts. You are God-Himself. Brahman.

You must perceive this experientially though, superficially through the ego will lead to a greater fall. Your mind must be purified through sadhana, selfless-service, Satsang with Mahatmas and Saints. All woven together with introspection. Then you will be able to grasp the subtle truths of this relative-world. The king is only a king because of his Kingdom, i.e. His people. Forever be humble. Serve, Love, Give.

## The Dreamwheel of Visvataijasapranja

O'Brahma, cosmic-prana,  
Hiranyagarbha's momentary-svapna.  
Awaken! From on His dream-wheel;  
Bimba-pratibimba-vata.

Bheda-aside-abheda,  
Search noble-negator; And, you shall find,  
Akhandaikarsa's threaded-turiya; Woven,  
Through, every object; Of, one mind.

Reflected-tattva, parampara,  
Glass-house lenses; Birth life's seed,  
Paraprakriti playing havoc,  
Above; Below; Within; Without,  
Jagrat to; Sushupti's sleepless-sleep.

In paratantra-vivartopadana,  
The kingdom; Justifies the king.  
Alas, three-sixty; Time's infinity;  
No-thing, is as it seems.  
Gold-symbols carved on hardened stone; Read,  
Clear-confusion alone exists amongst;  
Visvataijasapranja's private dream.





सेवा समाचार



## SWAMI SIVANAND SEVA SAMITI

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## WE ARE ON THE WEB!

[www.sivanandsevasamiti.org](http://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.

Realising healthcare as an ever-urgent need and responsibility to address, Samiti would like to extend its philanthropic medical arm to more and more people and connect with them for longer periods. In the wake of this, 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 health and welfare. The interest generated out of the 'Corpus Fund' is being used for the medical help and service administered in the rural areas.

### SUPPORT US:

**SWAMI SIVANAND SEVA SAMITI** supports needy people through various seva. From right-education to welfare-programs and healthcare, alongside multifarious other benevolent activities within society. 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](mailto:swami.premananda@gmail.com). All donations should be sent with full name, address, and PAN Card Details.



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