

**September
2021**



सेवा समाचार

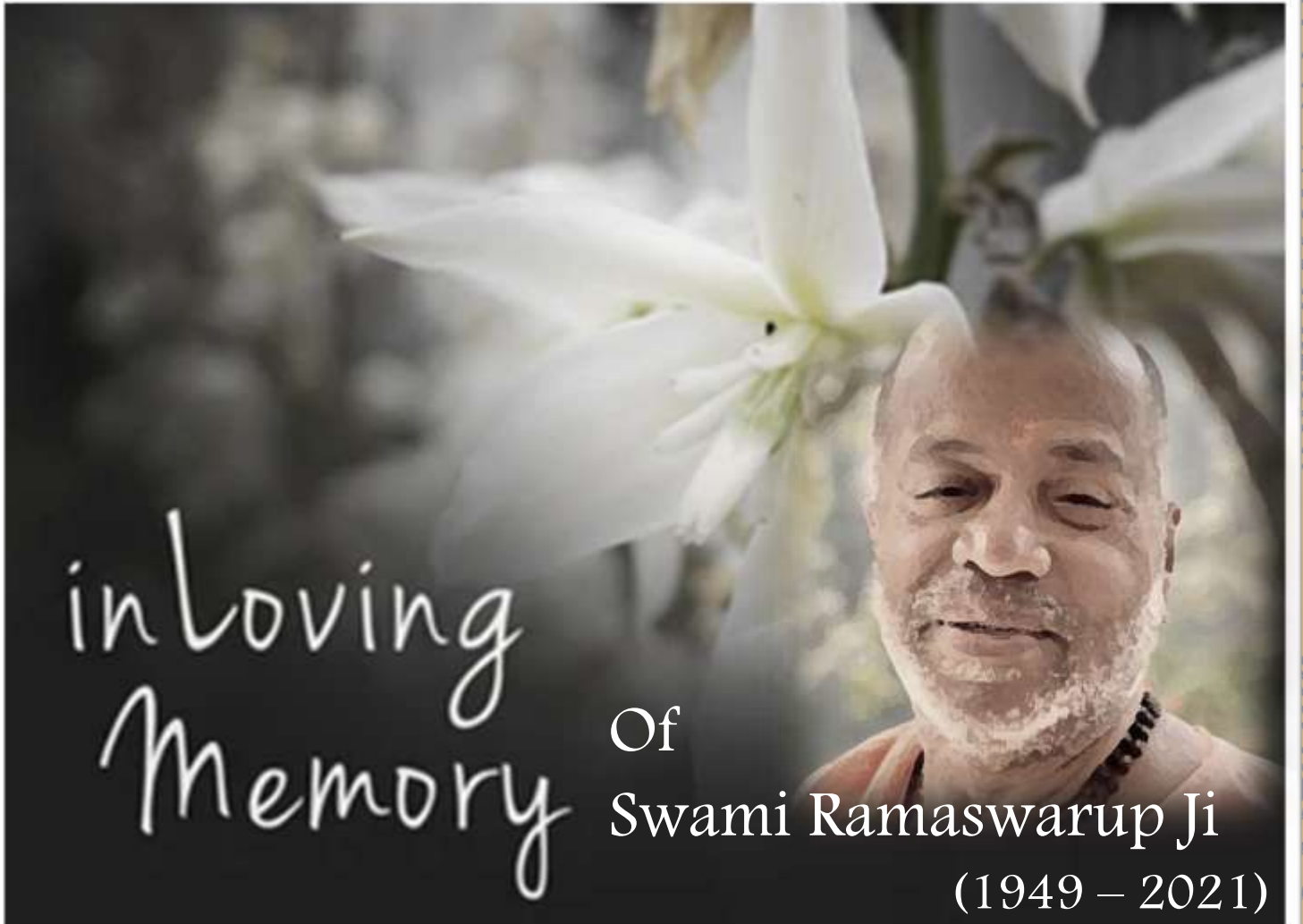
Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

inLoving
Memory

Of
Swami Ramaswarup Ji
(1949 – 2021)



सेवा समाचार



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

स्वतंत्रता दिवस

जो स्वतंत्रता के भीषण रण में;
प्राण को क्षीण किये क्षण क्षण में;
नया अस्त्र लिये हाथ अहिंसा का;
नया जोश उनमें था जिगीसा का ।

उनके कठोर तपके बरदान;
स्वतंत्रता मिली हमें मूल्यवान ।
गिरीनदी के तीव्र बेगोपम;
बिता अर्धशत समा पल सम ।

राजतंत्र नहीं देश गणतंत्र है,
हर प्रजा यहाँ परम स्वतंत्र है ।
मन्त्र तन्त्र नहीं, विकसित हुआ यंत्र है;
धर्मनीति, दण्डनीति नहीं, कुटिल नीति सर्वत्र है ।

अत्याचारी हो गये नीति उपदेशक;
सदाचार के जगह पढे भ्रष्टाचार शतक ।
रक्षक भक्षक बने, पोषक शोषक,
नेता नीति भ्रष्ट है; नष्ट दिग्दर्शक ।

मनुस्मृति, वर्णाश्रम धर्म उपेक्षित है,
धर्म शास्त्र संकीर्णता है, हम धर्म निरपेक्ष है ।
विदुर दूर इतिहास के, आज नहीं मान्य है,
चाणक्य तो चणा चबा गये, आज नहीं गण्य है ।

नवयुग आया है यह विज्ञान का,
उदभावन हुआ नव सुख साधनों का ।
प्रकृति के विरुद्ध हम जंग जमा लिये,
सूक्ष्म रहस्यों को अब, पता लगा लिये ।

Seva Samachar

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Independence Day 15th August 2021

हालत डामाडोल है जरा सोचो सही,
स्वतंत्रता के नाम, हम खो गये कहीं ।
अगर तुम स्वतंत्र हो, तो समाज में क्यों?
हर पग में, दूसरों का आलम्बन क्यों?

समाज हमें बनाता, हमें समाज को बनाना है,
किसी से कुछ लेना है तो उसे कुछ देना भी है ।
सीमा उल्लंघन करना, यहाँ सख्त मना है
स्वतंत्रता का सही अर्थ, सीमा पर ही रहना है ।

उच्छृङ्खलता को क्या स्वतंत्रता कहना है?
उदण्डता को क्या अनुशासन सोचना है?
मनमानी को क्या आदर्श मानना है?
दानवता को क्या मानवता बताना है?

ओ बापू जी के स्वप्न राज्य के प्रजागण !
राम राज्य लाना है, करो अब दृढ मन
स्वार्थ को भूल जाओ जरा, देश हित के कारण,
परहित में निजहित निहित, तुम्हें रहे सदा स्मरण ।

सुख त्याग से सुख लाभ, भारत का धर्म है,
जिओ और जीने दो, यह नीतियों का मर्म है ।
परहित साधन- सब साधन का मूल है,
परजीडा ही पाप है- रोगों में यह शूल है ।



ओ विस्मृत सुप्त सिंहं शावक!

मत बनो भेडिया- भवन के याचक ।

एक बार उठो, दहाडो, काँपेंगे मतवाले दंतीदल,

असंभव होगा संभव, नव वैभव आने में एक पल।

क्षुद्र हृदय दौर्बल्य पल भर में तोड़ दो,

परिवार का 'लघु ममता' विश्व के साथ जोड़ दो ।

भारत में क्यों? विश्वभर में राम राज्य लायेंगे

हम हैं भारत संतान, शांति दूत कहलाएंगे ।

स्वतंत्रता का मधुर स्वाद, हर प्राणी को लेने दो,

घरघर में उल्लास भर नृत्यगान होने दो ।

पँच भूतों में भारती की वीणा स्वर गूँजने दो,

स्वतंत्रता के आकाश में, शांति-हंस उड़ने दो ।

ओ भारत- माता के आंगन के अधरिवले कलीगण !

कब खिलोगे? बिखरोगे सुगंध, बन के सुमन !

आशा आकाश के ओ प्रज्वलित तारागण!

दिशा दिखाओ, राही करेंगे अनुसरण ।

भाग्य से भारत भूमि, फिर कब नर तन मिलेगा,

बीता पल, चाहे कुछ करो, लौट न आयेगा ।

निःश्वास में विश्वास नहीं, रूद्ध कब हो जायेगा,

आज नहीं, अभी कुछ कर लो, यही हाथ आयेगा ।

'भविष्यत्' अनिश्चित है, मृत सम 'अतीत' है,

'वर्तमान' ही जीवन का सर्वस्व सम्पत् है ।

'कर्म' ही जीवन है । आलस्य भू-भार है,

मानव का मानदण्ड, 'कर्म' एक सार है ।

ओ भावी इतिहास के मूल प्रकरण!

लडो यह चिरंतन संग्राम, "जीवन और मरण" ।

स्वतंत्रता मिली नहीं, मिलेगी, सदा नूतन,

गायेगा विजय गाथा, इतिहास सनातन ।

आज इस पुण्य पर्व पर दिल में शपथ ले लो,

प्राण प्यारे इस तिरंगा के नीचे सिर झुका लो ।

इसके शान, मान सदा हम ऊंचा रखेंगे,

चाहे प्राणो को, हंस कर बलि चढ़ाएंगे ।

ज्ञान का प्रतीक 'नारंगी' से रग-रग रंगाएंगे ।

'श्वेत' से सादा जीवन, उच्च विचार लायेंगे ।

विजयी तिरंगा 'हरा' यहाँ हरियाली लायेगा ।

सबसे ऊपर रहकर, राह सबको दिखायेगा ।

जन-जन मन अधिनायक वर दो !

स्वतंत्रता दिवस पर, शुभ आशिष दो !

संकल्प सिद्ध हो, तब ही कहलायेंगे,

भारत का संतान हम, करके दिखलायेंगे ।

वंदे मातरम् ।

Thoughts for the Month and Ever

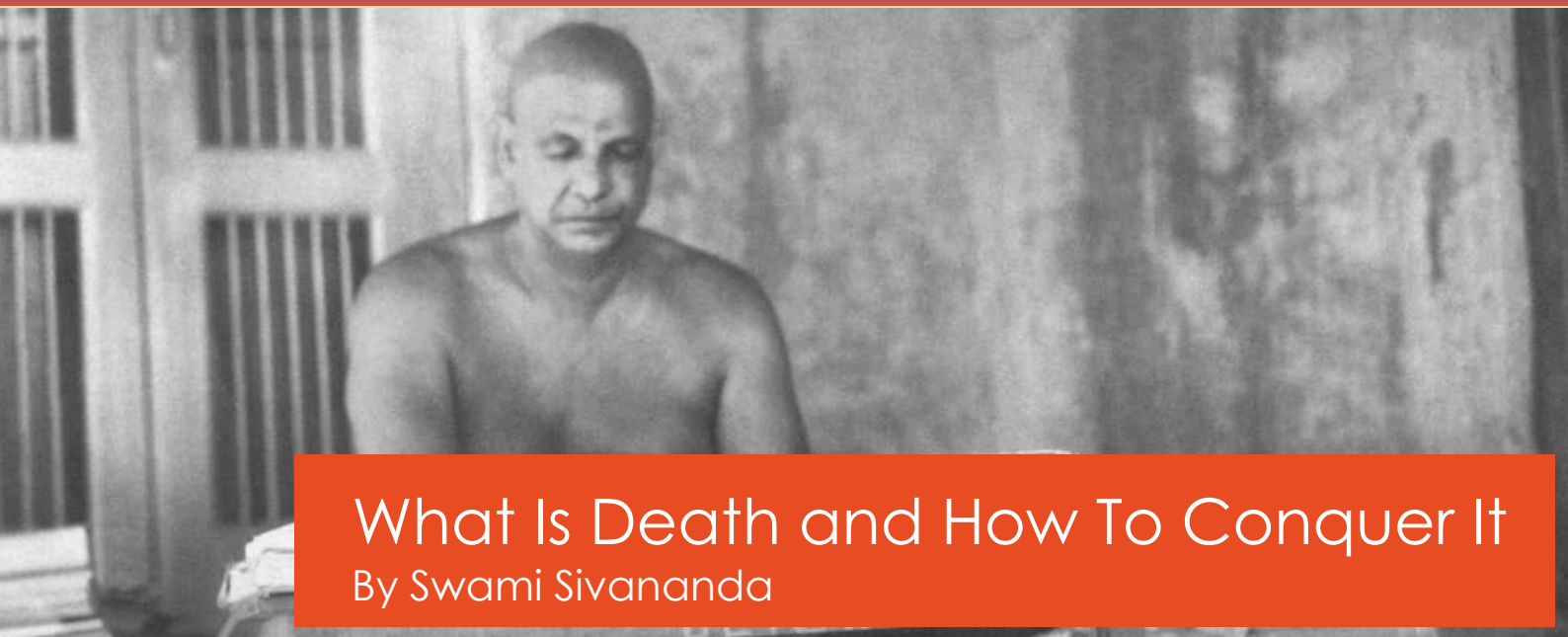
1. वह क्या है जो सदा सर्व सब परिस्थिति में इन्द्रिय गोचर है?

2. आ खर क्या होगा?

3. सारे समस्याओं का क्या एक समाधान?

उत्तरदाता को पुरस्कार मलेगा





What Is Death and How To Conquer It

By Swami Sivananda

Death is only a change of form. Death is only separation of the astral body from the physical body. Why are you so much afraid of death, my dear Visvanathan?

Birth follows death just as waking follows sleep. You will again resume the work that was left off by you in your previous life. Therefore, do not be afraid of death.

O man, do not be afraid of death at all. Thou art immortal. Death is not the opposite of life. It is only a phase of life. Life flows on ceaselessly. The fruit perishes but the seed is full of life. The seed dies but a huge tree grows out of the seed. The tree perishes but it becomes coal which has a rich life. Water disappears but it becomes the invisible steam which contains the seed of a new life. The stone disappears but it becomes lime which is full of new life. The physical sheath only is thrown but life persists.

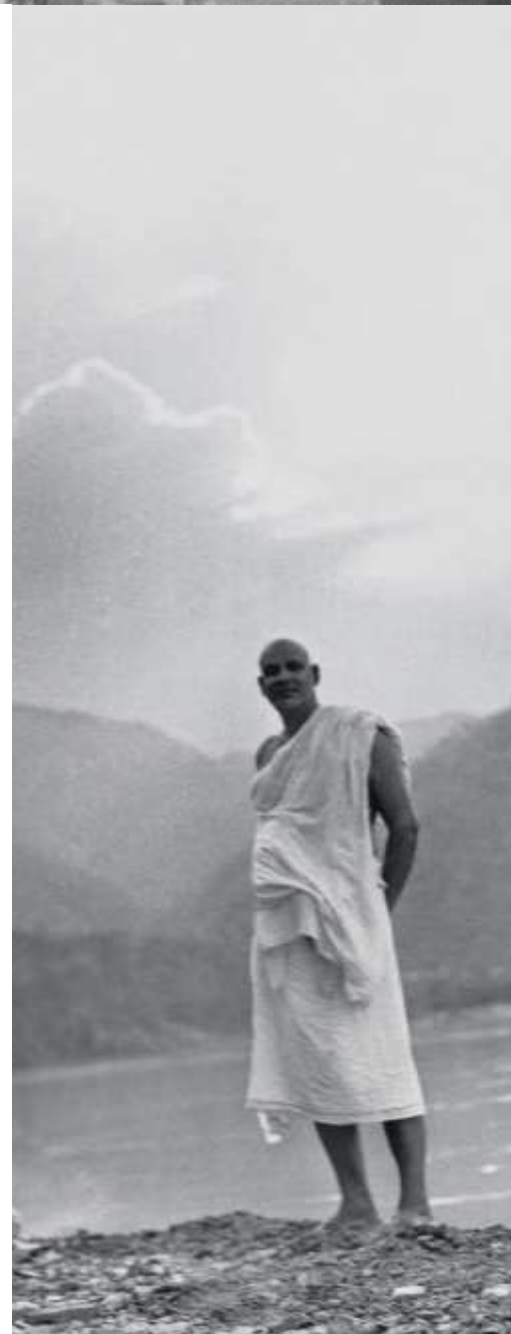
Strive ceaselessly to live in God through Japa, Kirtan, service of the poor and meditation. Then only will you be able to conquer Time and Death.

Knowledge of Brahman, or Brahma-Jnana, alone can free us from the clutches of ignorance and death. This knowledge should come to us as a direct realisation through meditation. Mere scholarship or intelligence or study of religious books cannot help us to attain the summum bonum. It is a matter of direct experience and not of argument or reasoning.

Self-realisation will remove Avidya or ignorance, the root-cause of human sufferings, and produce in you the knowledge of oneness of the Self, which is the means for eradicating grief, delusion, the dire malady of birth and death, the concomitants of Samsara or world's process

Birth and death are two illusory scenes in the drama of this world, created by the jugglery of Maya. In truth, nobody comes and nobody goes. Atman alone exists for ever. Destroy fear and Moha through enquiry and rest in peace.

"I know that mighty Purusha who, resplendent like the Sun, transcends darkness (ignorance). By knowing Him alone, one conquers Death. There is no other way to salvation" (Yajur Veda XXXI-181).



Cultivating the habit of silence is a source of inner peace and strength. The distracted mind is weak, but through the practice of silence the mind gradually becomes concentrated and strong.

-Swami Chidananda

HE IS BESIDE YOU Swami Chidananda



Loving adorations to revered and beloved Holy Master Gurudev Swami Sivanandaji whose spiritual presence surrounds us, and draws us from all sides towards our highest blessedness, That presence urges us from within towards a life of goodness, a life of truthfulness, purity of conduct and character, of compassion and kindness in our thought, word and deed. His spiritual presence pervades this entire Ashram and prevails at all times. If you are conscious and aware of this presence, you feel it a hundredfold more. If you are in a state of distracted attention with your thoughts elsewhere, you deprive yourself of his uplifting, inspiring spiritual support, of his elevating influence. If one tightly closes all the doors and windows of his room, the air will soon become stale. Not that there is not enough fresh air and light. It is there in plenty, but we deprive ourselves of it if we foolishly bar its entry by not understanding what we are doing. We cut ourselves off from that which is very important, very valuable, desirable and necessary.

One of the essential ingredients of a true Buddhist is a conscious awareness that the great enlightened One is not a 'was' personality of 2500 years ago, but He is very much an 'is' presence, an 'is' principle, and an 'is' power. The Christianity of a true, devout Christian is similarly such a living awareness of the here and now presence of the great Master: "When I rest at night, he is there beside me, watching me. When I wake in the morning, He is there beside me. When I go about my daily business of life, he is by my side."

If this awareness of the immediate presence of the source of your inspiration is not consciously, diligently, carefully, patiently, earnestly, sincerely cultivated, then no harvest will come. One of the important ingredients of discipleship is to cultivate conscious awareness of the wealth we possess, and the need to utilise it moment by moment in all our life. Cultivate the consciousness of perennial presence of the guru: "He pervades all my life. He is with me wherever I go. I am myself a living temple of his presence. He urges me in the right direction from within:" For then, in his watchful presence and as true followers, at all times, upon each step of our day-to-day life, before we act we will feel: "How would He who is beside me want me to act at this moment?" May you realise the loving compassion of God that is beside you! May you realise the grace and blessings of God that throbs vibrantly within you!

Teachings of The Bhagavad Gita *By Swami Chidananda*

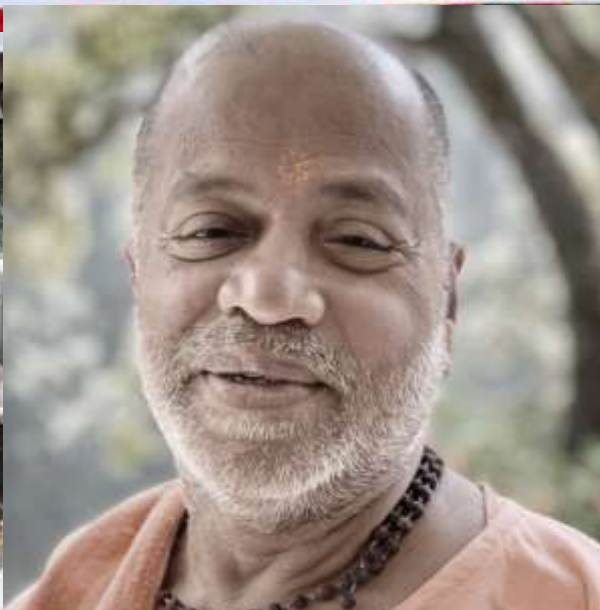
"Let Me tell you, never were these beings ever not. Neither you, nor I, nor these beings were ever non-existent at any period of time. We have always been. And never shall we be non-existent at any time in the future."

"We shall always continue to be, because we are eternal; we are beginningless and endless, eternal and imperishable. That is what we are, you and Me and all these beings."

"All these beings are eternal sparks of Divinity. Bodies come and go. Just as a person casting aside worn-out garments takes on new ones, even so the dweller within the body casts aside a worn-out body and takes a new one. It is a transition. We close our eyes in death for a little while and then wake up into a new life."

Thus, in ever so many ways, Krishna brings home to Arjuna the central truth of Vedanta – the immortality of the inner Spirit, the imperishable nature of the atma tattva. It is avinashi (indestructible). Always existing.

'As You Think, So You Become' – Swami Premananda





In Loving Remembrance of a Noble Swami and a Dear Friend



श्रद्धाञ्जली

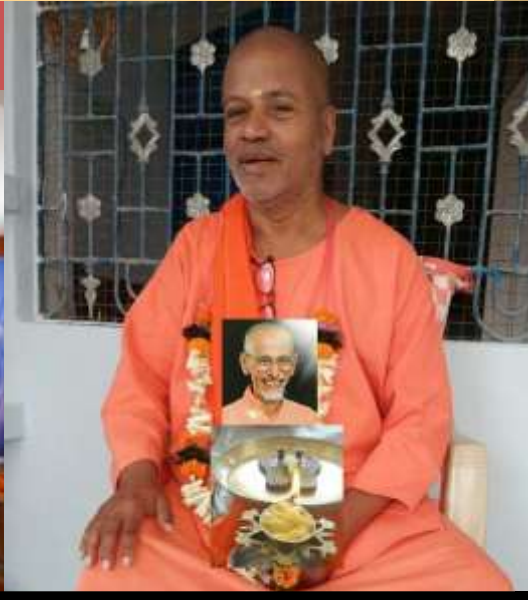
दिव्य जीवन संघ नामक एक चैतन्य महासागर है। उसमें अनेक लहरें, जुआर, भाट्टे, आवर्ते, आये हैं और, मिट भी गये हैं। एक आवर्त का नाम स्वामी रामस्वरूपानंद भी रहा। जो आज उस महोदधी में अपना रूप खो दिया है। परंतु छाप, नहीं मिटा है। आसान से मिटने वाला भी नहीं है। जो दिव्य जीवन संघ इतिहास को अवलोकन करेगा, उसका भाग-2 में कुछ अध्याय के बीच, 'रामस्वरूप' नाम का अध्याय अब लिख गया है। अमिट छाप ! उसी प्रकार "स्वामी शिवानन्द सेवा समिति" नाम का भी एक छोटा सा पंक्ति देखने को मिलेगा जिसमें रामस्वरूप नाम भी मोटा अक्षर में लिख चुका है। जो कभी नहीं मिटेगा।



सूर्योदय में जैसे प्रभाति तारा, शारदीय आकाश में जैसे बादल के जमावड़ा, अमा अंधकार में जैसे संध्या की मनोरमा लुप्त हो जाता है, वैसे ही रामस्वरूपानंद जी का पार्थिव शरीर पंच भूतों में लुप्त हो गया है। मेरी जीवन यात्रा में एक साथी, कुछ समय के लिये साथ ही यात्रा किया था। आज विछुड गया है वह साथी। कंधा को कंधा मिलाकर एक साथ हम एक लंबी राह तय किये हैं। वह हमारे दृष्ट के महासचिव थे। भगवान ! हे सच्चिदानन्द ! अपने अंक में मेरे साथी को थोड़ा सा जगह देने की कृपा करो ! जय गुरुदेव ! गुरुमहाराज ! ॐ ॐ ॐ



स्वामी प्रेमानन्द,
स्वामी शिवानन्द सेवा समिति



OM NAMO NARAYANA!
A Swami Just Like Spring



शान्तो महान्तो निवसन्ति सन्तः
वसन्तवल्लोकहितं चरन्तः ।
तीर्णाः स्वयं भीमभवार्णवं जनान्
अहेतुनान्यानपि तारयन्तः ॥



The Great Adi Sankaracharya has this to say
about the great noble souls in Viveka Chudamani.

The great noble sadhus live peacefully on this earth and doing what is good and beneficial to all the people. Just life the Spring-Season, which rejuvenates life and puts forth leaves, flowers and fruits. They having crossed this samsara, help others to do the same, for no reason.

H.H. Swami Ramaswarupanand ji belongs to this class or group.

I Feel happy and blessed for having known him.

Jay Durge!

You're in Mother,



Words By
Swami Atmananda ji



Such Great Mahatmas Are Not Born Again & Again



We met swami Ramaswarupanandaji during our visit to the Holy Sivanand Ashram in 1989 and during an introduction by Swami Nityananda ji.....When he was told that I am an Architect.....

He immediately responded “ आप Architect हो, तो इधर आओ” and asked me if I can do some seva related to Design and construction of some buildings in Ashram premises. My reply was affirmative....and that is the beginning of my journey with Ashram activities and he was instrumental for the same.

Swami Ramaswarupanandaji involved me in one very very important project of Uttarkashi, and that became means of meeting Guru maharaj, H.H. Swami Chidanandji maharaj. The meeting was in Col. Virmani's house in Delhi, wherein a devotee of Aashram, Sh Lalit Mohan Seth was also present. I was introduced to all present ...as Architect of that project where there was a proposal to Construct Transit accommodation for Gurumaharaj in the premises of Sivanand Ashram at Gawana, Ganeshpur Uttarkashi. This Ashram was managed by Swami Premanandaji. Since in my earlier visit to Gangotri, I had seen the site, hence it was easy for me to understand the ground realities.

My intense Ashram journey and meeting various Swamiji's of Ashram started with frequent visit to project site at Uttarkashi for inspection and review. Sivanand Ashram Rishikesh remained my Transit camp for guidance and any instructions for amendments. I accompanied Swami Ramaswarupanandaji on all these ventures and he was always a guiding spirit.

He also involved me in Master planning of Chidananda Hermitage project at Baliguali, Puri in Odisha to be part of Team under Rev.Swami Chidananda ji maharaj, wherein I happen to meet Gajapati Maharaj Dibyasingh Deb...(Puri Maharaja)and took guidance from him to understand Odisha Architecture. Majority of my visit to Ashrammy wife Gowri always use to accompany me and used to involve herself in various seva. Swami Ramaswarupanandaji was also instrumental in involving my elder son Saurabh in helping Guru maharaj in his daily satsang and helping in reception activities of Guru Niwas during his school vacation periods.

In these several meeting he was part our family and always a guiding factor in all our day to day problems.

During brief visit of Guru maharaj to our home, He was strength to our family to manage everything efficiently and effectively.



He was the guiding factor for Annaprashanam and Akshrabhyas to my younger son Gaurav thru Swamiji Maharaj and also the Yagyopaweeet ceremony of my elder son Saurabh. Our family is highly indebted to his guidance in every step of our life.

When Swamiji was back from Australia with a stroke, asked me if I can accompany him along with Janardan ji, to meet Guru maharaj in Dehradun

I felt very honoured that Swamiji could consider me for this seva.

Swami Ramaswarupanandaji was driving force in formation of Swami Sivanand Seva Samiti, in Uttarkashi, and accepting the responsibility as General Secretary and guiding in all activities of the Samiti including creation of Arch gate in memory of Swami Chidanandaji, and successfully Conducting Chidanand Kathamritam in Puri, and in Uttarkashi, and publishing the GRANTH...Chit Pravah and releasing the same in the function with local dignitaries present and ensuring this Granth reaches all the devotees.

Words are not enough to express our gratitude to Swamiji....as they are Anant (endless).

I feel blessed that at the last hour of his leaving this body, I was present near him.

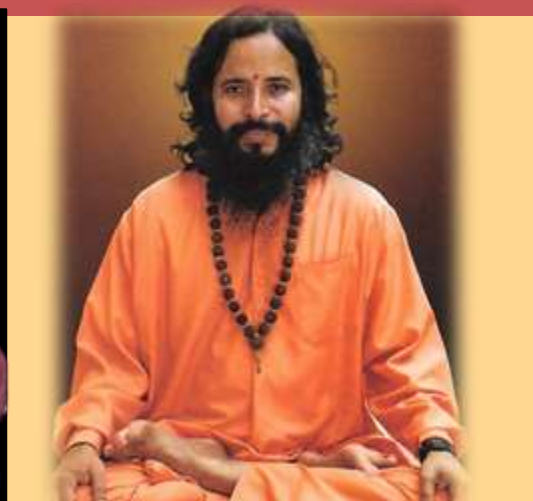
His magnanimity could be realised during the Prayer meet and Shodashi Shradhanjali sabha wherein devotees from India and abroad shared their experiences and feelings.

Such Great mahatmas are not born again and again. We pray that may lord give him a place in his lap...Atma to become Brahmaleen.....Hari Om Tat Sat!



**Words by
Dr . R Chandrashekhar**





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THE KRIYA YOGA OF BABAJI MAHARAJ, SHRI LAHIRI MAHARAJ, SWAMI SHIVYUKTESHWAR, SHRI SANYAL MAHARAJ,
PARAMAHAMSA YOGANANDA, SWAMI SATYANANDA, PARAMAHAMSA HARIHARANANDA, & PARAMAHAMSA PRAJNANANANDA

In Memorial

"Who says the deities are made of stone or wood, metal or clay? They are the living presence of God." Pujya Swami Chidanandaji showed the mark of sweat on Lord Rama's face in the family temple of his beloved sevaka (attendant) Rama Swarupji, and directed the family member to arrange a fan in summer for the Lord.

Pujya Swami Chidanandaji, a great monk of modern India, accepted the humble service of Br. Ratikanta in the year 1972, who later became known as Br. Ramaswarup Chaitanya and finally Swami Ramaswarupanandaji.

Born in 1949, this twenty-three year young sadhaka served the great master to the best of his ability.

I have seen his dedicated service to his beloved Master since 1978.

Pujya Swami Ramaswarupanandaji has visited our Gurukulam several times, including the memorable visit of Pujya Swamiji Chidanandaji Maharaj.

I humbly offer my love, respect, and adoration on the occasion of the Shodashi Utsav of Pujya Swami Ramaswarupanandaji on August 29, 2021 at Uttarkashi.

I humbly bow to all the monks present on this occasion.

With love and regards,

Paramahansa Prajnanananda

August 22, 2021



Only One who Knows how to Obey May Command'.



It was this quote above that adorns one of the walls of Sivananda Ashram, Ganeshpur which first drew me toward Swami Ramaswarupanandaji.

After 18 years employed within the hospitality industry, working from plate-wash to senior management of high-end establishments, the statement struck a cord. A connection felt between two individuals who understood the true essence and hidden-profit possible through Service, Seva and Bhakti.

Swami Ramaswarupanandaji had his Guru, Swami Chidanandaji Maharaj, whom he diligently and dedicatedly attended to for quarter-of-a-century and I the tens-of-thousands of people served throughout the years.

But, the benefit of seva is derived not so much from the people but through the greater force that is veiled beneath them. From this source blessings are received through the art of service.

True, people provide an opportunity to serve and through fulfilment of action with pure-intention the ego gets refined and the mirror of the heart polished to reflect The Truth within ourselves, along with a host of life-skills that allow one to effectively and efficiently navigate a path through this relative-world with a greater ease.

But, it is The Light behind; The Truth; The Absolute that you surrender to that bestows its grace unto you, through them.

Albeit, with some people, as in the case of Swami Ramaswarupanandaji and Swami Chidananda Marahaj, the light is ever more luminous, more available and ever-present than within a myriad of others.

For 25-years Swami Ramaswarupanandaji served, imbibed and received blessings from one of the greatest Lights this world has been graced by.

Before taking leave to wander and forge His personally distinct path, refining His own unique expressive capabilities and combining both His and the bestowed light that shone inside of him as Swami Chidanandaji.

Swami Ramaswarupanandaji learnt from the best in how to lead, not only as a leader of people but also as a Guiding-light in this world.

A truly incredible Swami, an inspirational example for all, a wealth of knowledge and an individual who will be sadly missed.

To be a light you must understand what darkness is.
And to command, you must first know how to obey.

Farewell Friend.

I feel blessed that karma brought our paths together, if only for a moment.

Words by
Michael Edwards



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 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 online to experience the magic of one of the most significant pieces of text ever to be written!
- All festivals of its type starting with Janmashtami, Navratri, Diwali, are celebrated with all pomp and glory, with everyone contributing wholeheartedly towards putting service in organizing those.
- 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



“Brahma satyam jaganmithya jivo brahmaiva na aparah”

सेवा समाचार

HEALTHCARE ACTIVITIES

Hospital News

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	:	619
Eye patients	:	132
Dental patients	:	89
Mobile camp patients	:	10
Panchakarma	:	218
Physiotherapy patients	:	376
Veterinary medicines distributed	:	05
Pathology Tests	:	00
Ambulance Seva to patients	:	04
Homeopathy patients	:	106



He who practices Ahimsa develops strong will-power. In his presence, enmity ceases. In his presence, cobra and frog, cow and tiger, cat and rat, wolf and lamb, will all live together in terms of intimate friendship.

— Swami Sivananda



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 August:30

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 : 10





FIRE Training

Here at the ashram we fully appreciate the dangers associated with fire and take every precaution to ensure that any hazardous situation, that may occur, regarding the potentially life-threatening element is mitigated at every turn.

The ashram was recently visited by the local fire brigade officers who kindly reiterated, to all ashramites, for the need to remain vigilant at all times around the ashram buildings, keeping a discriminative-eye out for any precarious situation that may arise where fire is involved.

Indispensable training and prudent knowledge was delivered to our ashram family, teaching them valuable skills in how to detect a fire; what to do if a fire is located; how to deal with a fire should one present itself; the various fire safety devices and their uses such as fire extinguishers and fire blankets that may be used and how to raise the alarm to inform others of any threatening situation to save lives as quickly and effectively as possible.

Such information and training is invaluable in an environment where fire is an ever-present feature.





Krishna Janmashtami 2021





**Hare Krishna!!! Hare Krishna!!!
Happy Birthday to the Blessed
8th Avatar of Lord Vishnu!!**

**On this highly auspicious night our
ashramites decorated our Radha
Krishna Mandir and a marvellous
marquee with Marigold flowers,
balloons of all colours and lights fit
for the Lord's birthday celebrations.**

**After a delicious meal of Makhan a
wonderful bhajan proceeded that
went late into the night before the
birthday celebrations really began
with the unveiling (arrival) of our
Divine Lord!**

Happy Birthday Krishna Ji!!!





नन्द के आनन्द भयो, जय कन्हैया लाल की
 बृज में आनन्द भयो, जय हो नन्द लाल की ।
 हाथी घोडा पालकी , जय कन्हैया लाल की
 नन्द के आनन्द भयो, जय यशोदा लाल की ।



कृष्ण जन्माष्टमी

जब-जब समाज में सामाजिक स्थिति डगमगा जाती है, तब प्रकृतिराणी उसको व्यवस्थित करने के लिये असमर्थता वशत; सबका पालन हार भगवान विष्णु जी की शरण जाती है। भगवान जरूरत के अनुसार स्थिति की समता लाने में अपना योगदान करते हैं। इस प्रक्रिया को भगवान का अवतारबाद माना जाता है। इसी प्रकार भगवान श्री कृष्ण जी का, द्वापर युग के अंत में अवतार हुआ था। उस समय राजा महाराजाओं का सामर्थ्य इतना बढ़ गया था कि सब परस्पर वाद विवाद में लगे रहे तथा सामाजिक शांति डगमगा गई थी। धर्म (सामाजिक स्थिति) व्यवस्था में संतुलन लाना अत्यावश्यक हो गया। भगवान भाद्रपद कृष्ण पक्ष, अष्टमी तिथि मध्यरात्री, अति उत्तम-अनुकूल समय में, प्रकट हुए। पिता- वसुदेव माता- देवकी के अष्टम गर्भ में, कारागार में, आविर्भाव होना भगवान को पसंद आया, जिसके अनेक गुह्य रहस्य भी हैं। श्रीमद् भागवत महापुराण के 10 वीं स्कन्ध में इसका विशद चर्चा है।

कृष्ण जन्माष्टमी लगभग हर आश्रम में मनाया जाता है। राम जी दोपहर दिन में 12 बजे शरीर प्रकट किए और भगवान कृष्ण का प्राकट्य अष्टमी रात 12 बजे मध्य रात्री में हुआ। तो इसी प्रकार मध्यरात्री (तुरीय संध्या) का महत्व बहुत ज्यादा है, और भगवान उस समय जब अवतरित हुए। संध्या काल होने से प्रकृति शांत रहती है। उसी को मोहन शक्ती भी कहते हैं। हर परिस्थिति में हर कार्य के लिए संध्या समय बहुत उत्तम माना जाता है। यह कृष्ण जन्माष्टमी को 'मोहरात्री' माना गया है। अर्धरात्र का जो चौथा संध्या है वह सबको मोहित कर देती है, और स्वभाव से कृष्ण भगवान, परमात्मा होने के नाते मोहन रूप तो है ही। जहाँ कोई कुछ न सोच सकता है न बोल सकता है न कुछ कर सकता है उसी स्थिति को ही तो मोहन स्थिति कहते हैं। भगवान कृष्ण अष्टमी के मध्य रात्र को जब सब नक्षत्र, राशी, चन्द्रमाँ, सूर्य आदि ग्रहों का स्थिति, अनुकूल थे, भाद्रपद कृष्ण पक्ष का शुभ मूर्हर्त में प्रगट हुए। इस समय को भगवत् नाम संकीर्तन, कथा श्रवण, पूजन अर्चन इत्यादि में व्यतीत करने से, मन, मोह माया का प्रभाव से ग्रसीत नहीं होता है। दूसरे दिन कुष्ण जन्मोत्सव मनाया जाता है। यह हमारी परंपरा है। जय कृष्ण कन्हैयालाल की। भगवान कृष्ण सबको संसार का मोहमाया से पार लगा दें, यही प्रार्थना है। हरि ॐ





Ashram News

Hospitality

Due to Covid 19, Char Dham yatra was not allowed. Only local people were allowed to visit Gangotri temple. So ashram also received almost no Padyatri Mahatmas & needy Padyatris of Chardham Yatra are given 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. Ashram provides free food and accommodations to all these guests.

Indian guests	:	32
Foreign visitors	:	01
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: 65

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



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

- **REGULAR MEMBERSHIP:**
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- **LIFE MEMBERSHIP:**
RS. 25000/ for corpus fund
- **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
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

Teachings of Yoga Vasistha

How long will we continue to swim circles within the ever-swirling waters of samsara? Round the continuous cycle of death and re-birth? Trapped in a life subjected to the impermanent, transient world of pleasure and pain. When will realisation dawn upon us and we awaken from His dream, the drama and see the performance and our role for what it truly is and for what we truly are?

Since birth we are conditioned by society, our parents, peers, teachers and countless other influences. We absorb information through the sense-organs and formulate our individual perceptions of this relative-world. We experience pleasure and pain and long for happiness. We give meaning to objects, form attachments, embellish desires and with each step move further away from Truth into greater ignorance and delusion, this we suffer for whenever one of these attachments is broken, desire is left unfulfilled or a discriminative-eye realises a Truth we didn't initially perceive or maybe didn't want to fully-accept.

It's not totally our fault. As mentioned, we are constantly bombarded and conditioned from the moment we arrive on this earthly-plane. But, it is us that build the 'Castles in the Sky' and erect the walls within our hearts and minds. These castles and walls Life looks upon and laughs at, knowing full-well that one day She will pull all of them crashing to the ground. No matter how much good-intention, love or sense of righteousness each stone was laid by.

But, realising this we learn not to ever build them. To stay silent and allow Nature to fill Her own apparent void. 'The Spiritual Path is a Rugged Path' as Swami Sivananda wrote. Lined with enough difficulties and pitfalls for those brave souls who tread the way. So why make the journey any more arduous?

I realise it's a lot easier said than done. But, if we wish to be reabsorbed back into The Absolute we need to be 100% aligned together. 99.99% won't do. And The Absolute sees through delusion within a glance, ignorance may exist but never obscures the vision of Truth. Live this way.

And, when times get tough just remember, there is something good in all seeming failures and heartache. You are not to see that now. Time will reveal it. Be patient.

Keep moving forward valiant-soul, you're not alone.



Detaching From Life



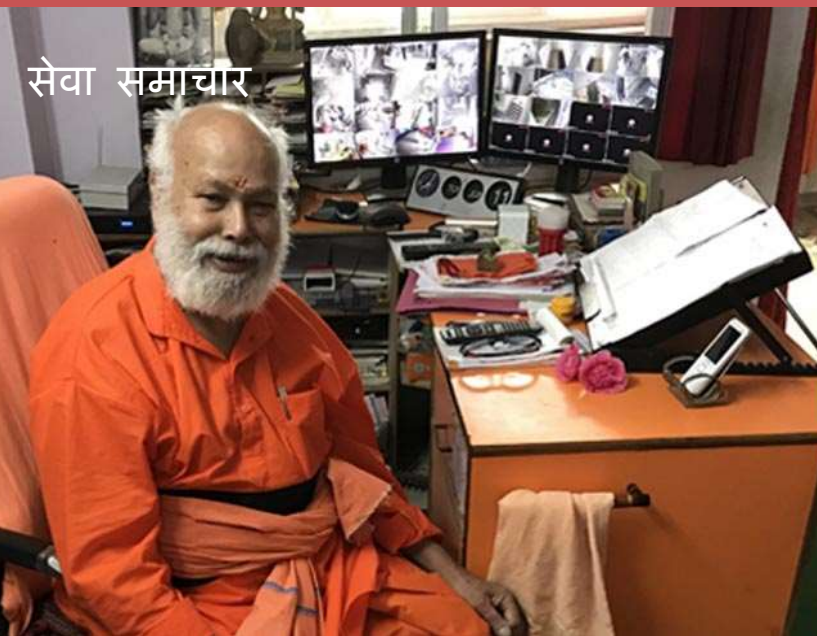
War, She comes in many forms,
Disguised behind; Different painted masks,
Finds home out upon Kurukshetra's Plains; Guarded-minds;
And, brittle rose-thorn; Barricaded hearts.
Leaving only into dreadful-silence; Satiated;
Once they observe; Every wall they've built; Collapse.

Reject Walled-boundaries; Fake borderlines;
Demarcations drawn on crystal sands,
No more 'Your'; 'Forever' 'Mine'; 'Our' entwining speech,
Which thread Her noose; Without a helping-hand.
That chokes the breath with emptiness;
Pulling cities; Crashing down.

Then, work hard to never build them;
These Great Castles; Way up high.
Bejewelled turrets of good-intentions; Love;
And, every-thing we deem is right.
That call to Her; Like moth to flame;
Amongst those ebbing flickers;
Of, transient beguiling light.

Stay still; Remaining open;
Connected One with Source;
Have faith, Be patient; Trust my dear;
Rest assured;

Nature will fill Her; Void.



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.

