

November- 2022



Swami Sivanand Seva Samiti REGD



Seva Samachar

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

Thought for the Month: Deepavali

By Swami Premananda

*Let us meet one with one,
This deewali with open hearts.
When one meets one!
Then outcome- a ray of light.
Lamps are many- light is one
Vision differs but colour is one
Many abodes but Indweller is one.
One in all- called Ram!
May the light dominate darkness
Till the end of it.
With the dawn of joy-ecstasy
In every heart may lamp be lit!
Bliss is in the sound that's the cause of creation,
sound is nothing but energy and waves, it is but vibration.
Light from sound- sound from light,
and bliss is there in both,
sound and light both in bliss
wonderful manifested Truth!
Deepawali, joyfull night
brought plenty auspiciousness,
When time dissolves in itself
for a while it rests.
Rise up oh Yogi! Ever awaken
where world wakes never.
Lit the lamp of love and joy
and unite all forever.
Clouds clash, thunders with lightning
showers drops of joys
Dance of both sound and light
Gods secret toys*

Swami Premanand

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VEDANTA IN DAILY LIFE - By Swami Sivananda

The Upanishads form the basis of Vedanta. Vedanta is the basic culture of India. It is the national philosophy of India. It is the Moksha Sastra or the Science of Emancipation. Absolutism is the pivot of Vedanta philosophy.

Vedanta upholds the reality of the indivisible, immanent and transcendent Spirit. It does not exclude matter. It does not exclude anything. The oneness of all existence is the message which Vedanta teaches. It has kept Hindu society alive for the past several thousand years. Vedanta is the only bold philosophy which dares call man God, not merely the son of God, or His servant. It proclaims with emphasis that you are the immortal, all-pervading Atman, the Universal Soul or Supreme Bhraman in essence, in reality. Boldness is the key-note of Vedanta. The message of Vedanta is fearlessness, soul-force and unity of consciousness.

Vedanta does not ask for converts or proselytes, but a deeper reassessment of the divine-human equation, a return to the fundamental question of every being: "What am I really? What is my real Self?" Vedanta proclaims: "Man, in essence, is identical with the Supreme Being."

Vedanta denotes one's identity with the rest of humanity. According to Vedanta, there is no stranger in this world. Everyone is related to one another in the kinship of the Spirit. In Vedanta, there is no 'mine' and 'for me'; but 'ours' and 'for us'; and ultimately, 'His' and 'for Him'. If the Vedanta philosophy is rightly understood and acted up to, then it will obliterate all evils that emanate from factional and racial prejudices. Vedanta is no creed, no ceremony or form of worship. It is the science of right living. It is not the sole monopoly of the Hindus or the recluses. It is for all.

Vedanta has no quarrel with any religion whatsoever. It preaches universal principles. Vedanta is the only universal, eternal religion. It is a great leveler. It unites all. It gives room to all.

There is no philosophy so bold and sublime as the philosophy of the Vedanta. It is Vedanta alone that can eradicate totally human sufferings and can bring everlasting peace and happiness. Even a little understanding and a little practice of Vedanta can raise a man to magnanimous heights of Brahmanhood or God-consciousness and remove all sorts of fears, worries and anxieties of this mundane life.

Some ignorant people only say that Vedanta preaches immorality, hatred and pessimism. Vedanta never preaches pessimism, but it preaches the pinnacle of optimism. Licentiousness is mistaken for a life of expansion. If a man can eat anything in any hotel in any part of the world, if he can move socially with any man or woman, that does not mean he is a Vedantin. There is much tall talk of Vedanta nowadays. People talk of unity, oneness and equality, but fight out for little, useless things. They are full of jealousy and hatred. I cannot imagine this. I am simply stunned.

You must be a practical Vedantin. You should live in the spirit of Vedanta. Mere theorizing and lecturing is only intellectual gymnastics and lingual warfare. This will not suffice. What is the use of reading too many books on Vedanta like Chit-Sukhi, Khandana Khanda Khadyam, etc. You must radiate love to one and all. The spirit of Vedanta must be ingrained in your cells, tissues, veins, nerves and bones. It must become part and parcel of your nature. You must think of unity, speak of unity and act in unity.

Learn to discriminate between the permanent and the impermanent. Behold the Self in all beings, in all objects. Share what you have, physical, mental, moral or spiritual, with all. Serve the Self in all. Feel when you serve others, that you are serving your own Self. Love thy neighbor as thyself. Melt all illusory differences. Remove all barriers that separate man from man. Mix with all. Embrace all. Destroy the sex-idea and body-idea by constantly thinking on the Self or the sexless, bodiless Atman. Fix the mind on the Self when you work. This is practical Vedanta. This is the essence of the teachings of the Upanishads and sages of yore. This is real, eternal life in Atman. Put these things in practice in the daily battle of life. You will shine as dynamic Yogin or Jivanmukta. There is no doubt of this.

Swami Sivananda

SOME VALUABLE CLUES TO PROSPERITY IN THE HOUSE- By Swami Chidananda



I have four or five things which, as a Hindu, I wish to tell you. Where elders are respectfully honoured, there prosperity prevails; and where elders - father and mother, grandfather and grandmother, uncles and aunts - are treated with contempt, with harshness, with scant respect, there is no prosperity. These things are not known. So when people are miserable, when people are unhappy, when people lack prosperity, it is not known why it comes about that way. It is brought about by oneself by a total breaking of these laws. And then you try find out the consequences of the bad situation by looking at the diary, or statistics, or expenditure and income account. Perhaps you blame economic conditions. But, no - you create your bad conditions by breaking the spiritual laws.

Where elders are treated with respect and honour, are treated with reverence, there, in that family, in that house, prosperity will abide. In the life of that person who honours his elders, prosperity will always rest. Secondly, where the women of the house are treated with reverence, where they are put upon the pedestal which they deserve, there is prosperity. Where are we all, where is humanity if it is not for the women ? It is the Supreme Mother who is the very source of the whole universe, and where the mothers, the women, are treated with reverence that is due to them, in that house, there is prosperity. And where women are treated with disrespect, unkindness, harshness, prosperity cannot come. Prosperity does not abide in that house where the wife and the mother are made to weep, where tears of women fall, modesty is the magnet of prosperity. For a woman, modesty is the highest ornament. The ornament of a woman, the beauty of a lady, is not in the jewellery she wears or in the type of material or the dress she wears - no, that is not beauty. After all, what is the beauty of the body? The moment you take leave of the body, it is just a useless thing here. So the true beauty and grace of a woman is modesty. If a woman is modest, if she is chaste, she becomes worshipful; and prosperity becomes the servant, the handmaid of that family where women are adorned by the ornaments of chastity, modesty and gracefulness. They are losing their feminine quality. After all, the thing that makes a woman a woman is her feminine quality - her tenderness, her grace, her kindness, her forgiving nature, her forbearing nature. These are the things which make a goddess of a woman.

If these are not there, if women are sharp-tongued, if they are caustic, if they are bitter, if they are full of hostility, there prosperity cannot come. It cannot come where a woman wants to be, in all respects, like a male. No! She can claim a certain type of equality, but not equality in all ways. If in this craze for being equal with man, woman loses her grace, her modesty and her chastity, then she has lost the most precious thing that God has given to her. A Vedic declaration says: "Where women are worshipped, there indeed, the gods dance with joy". And where woman loses this right of worship by her own immodesty, there prosperity cannot be. And, last but not the least, where God is worshipped every day, there the whole house becomes blessed with the highest prosperity. All joy, all blessedness, all prosperity comes to that house where God is worshipped regularly. Say thanks when you get up in the morning, for your health, for your body, for a clean mind, for energy in the body to live a life of usefulness to yourself and to all, and in the evening thank God again for the bounty of a good day, for clear weather, fresh air, good health and energy, opportunity to serve and be useful to yourself and to others. If every day there is thanksgiving and you always worship God in your home, there is bound to be prosperity.

Let women be the repository of such virtues as modesty, chastity, purity and graciousness, and let the children of the family and the male members give due respect to the ladies and treat them with kindness, treat them with courtesy, treat them with dignity that is due to them, and let the children revere their elders. If these things are followed, if these things are fulfilled, prosperity will become an axiomatic condition. There can be no want, there can be no difficulty, there can be no lack in such a house.

This is the ultimate wisdom of the ancients. They say: "Prosperity is created by the behaviour of the human being". Outside factors are secondary factors only. They are not the main factors.

Swami Chidananda

सेवा समाचार

Daily Programme

- Our Day begins early at 5 am with Vishnu Sahashranam 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 thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasishta Classes are reaching seekers across the globe. Join Swami Premanand at 9:30 Am online to experience the divinity of one of the most significant text ever written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- All notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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: 25

SERVE, LOVE, GIVE



VIJAYA DASHAMI

This year ashram celebrated the Dusherra in grand affair. All the nights of the Navratri were filled with mesmerizing bhajans and kirtans. A kanya pooja was organized wherein small girls are worshipped in the form of Nava Durga, 9 forms of Goddess.

Chandi homa was organized on the Dashami which had a huge participation of all the ashramites and the members from around places. All took the blessings of Maa Durga along with the village deity who was especially present for the Homa and pooja.

The Mother's Grace is boundless. Her mercy is illimitable; Her knowledge infinite; Her power immeasurable; Her glory ineffable; and her splendor indescribable. She gives us material prosperity as well as spiritual freedom.

The central purpose of existence is to recognize your eternal identity with the supreme Spirit. It is to grow into the image of the Divine. The supreme One embodies the highest perfection. It is spotless purity.



CHANDI HOMAM



BAJANS AND KIRTANS

KANYA POOJA



DEVOTEES ATENDING POOJA





Diwali Celebrations

This year ashram celebrated Diwali on 24th October in grand affair. Whole ashram was lit up with diyas (oil lamps) for the whole night. All ashram staff and ashramites received Diwali gifts and sweets from Swamiji. Lakshmi pooja was held in the ashram for prosperity and divine grace.

Children from village joined in the celebration bursting crackers and rejoicing all the night.

All the guest at ashram had good time rejoicing the Diwali festival and took back home a beautiful memory to cherish for their life.

May Goddess Lakshmi Provide everyone with all the Prosperity and success in Life.



ASHRAM WITH
LAMPS & LIGHTS



RANGOLI



LAKSHMI POOJA



SWAMIJI WITH VISITORS ON DIWALI

Significance of Diwali

DEEPAVALI or Diwali means "a row of lights".

Deepavali is a great unifying force. Everyone forgets and forgives the wrongs done by others. There is an air of freedom, festivity, friendliness everywhere. This festival brings about unity. It instils charity in the hearts of people. In a happy mood of great rejoicing village folk move about freely, mixing with one another without any reserve, all enmity being forgotten. People embrace one another with love. Deepavali is a great unifying force. Those with keen inner spiritual ears will clearly hear the voice of the sages, "O Children of God! unite, and love all". The vibrations produced by the greetings of love which fill the atmosphere are powerful enough to bring about a change of heart in every man and woman in the world.

Wishing Everyone A Enlightening Diwali!



HOMEOPATHY

Healthcare Activities



PANCHAKARMA

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.

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

Patients Attended to in Hospital OPD	:	499
Eye patients	:	99
Panchakarma	:	192
Physiotherapy patients	:	259
Pathology Tests	:	25
Ambulance Seva to patients	:	06
Homeopathy patients	:	54
Dental	:	105
Mobile Camp	:	99



GENERAL PHYSICIAN



PATIENTS WAITING FOR THEIR TURN



RECEPTION AND DISPENSARY

Health is state of complete harmony of body, mind and spirit.
When one is free from physical disabilities and mental distractions,
The gates of the soul open.



Devotee Groups Visiting Ashram After Corona

DEVOTEES WITH SWAMIJI



YAGNAS AND POOJAS CONDUCTED BY DEVOTEES



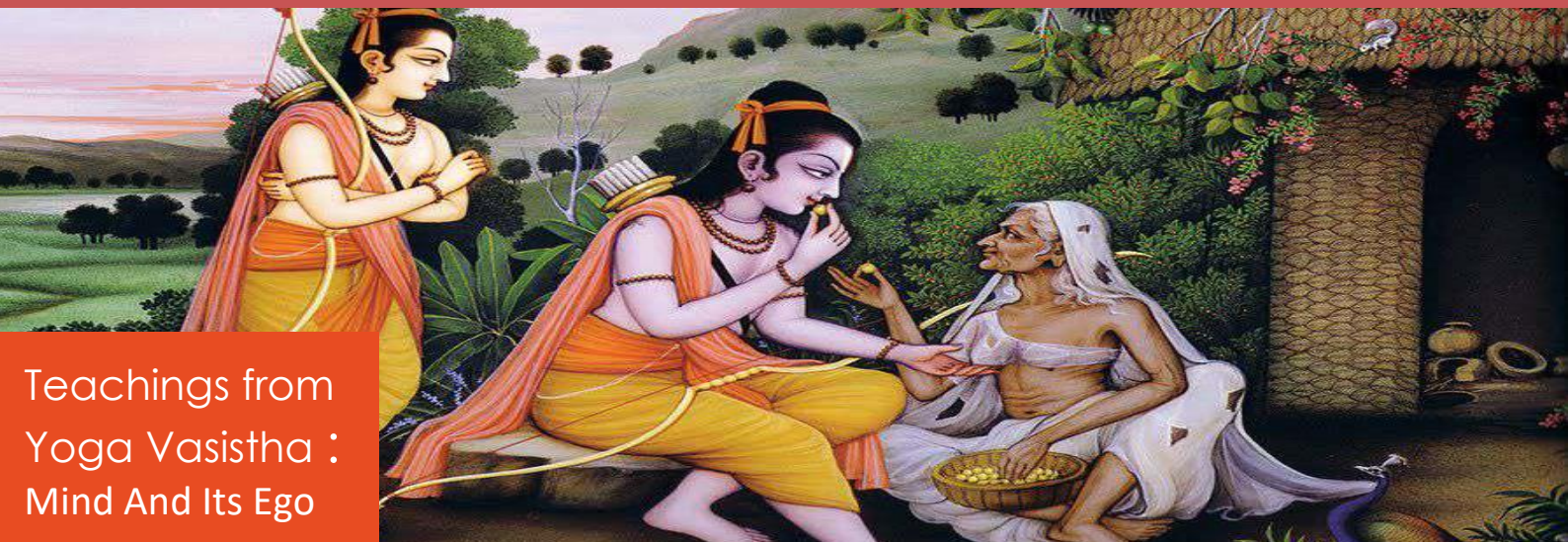
DEVOTEES ATTENDING SATSANG

Corona was very hard time. Devotees were not able to visit and spend time with Swamiji and learn his teachings, after the relaxation of all the guidelines, this year the devotee groups visited and stayed at the ashram and attended satsangs, kirtans and took all the guidance for spiritual growth from Premanand Ji Maharaj. They had a very good time staying during the festive Season.

Chavanprash Preparation

Every year before the winters, Swamiji with his own interest has been preparing chavanprash at the ashram premises from many years. This chavanprash is made with ingredients of the precious Himalayan herbs procured from the Himalayan forests. Swamiji sends this to all his devotees as prasad for their good health.





Teachings from Yoga Vasistha : Mind And Its Ego

The mind is known as the egoism of a man, by men acquainted with mental science or psychology; the inward feeling of one's egoism, takes the name of his mind and no more.

First we have to understand intricate point of identity of the mind or intellect or egoism.

We see the difficulty both of forsaking mind, as also of forgetting one's egoism or self-personality; and own also the impossibility of one's consummation, without his relinquishing both of these; tell me now, we might think is it possible to get rid of them in any wise?

The demolition of our egoism is as easy as the twinkling of our eye-lids, and easier far than the crushing of flowers; and there is not the least pain in your rejecting this feeling. How it is to be removed like long standing bias of ignorance, by the true knowledge of the nature of a thing.

There is no such thing in reality, as what you call your egoism or personality; it is an unreality appearing as reality, and a false chimera like the ghost of little boys. (Men fear death as children fear to go in the dark). (Thinking there are ghost and goblins lurking therein of Bacon's Essays). Like the fallacy of water in the mirage, and the mistake of a serpent in the rope; and alike all other errors appearing as truths, the misconception of egoism is a mere delusion of the understanding.

As it is the delusion of our vision, that represents a couple of moons in the sky, and shows many things as their doubles; so it is the error of our understanding that presents to us our false egoism, instead of the one real and everlasting ego.

There is one real Ego alone, which is without beginning and end, and quite pellucid in itself; it is more transparent than the clear atmosphere, and an Intelligence that knows all things. (Pure Omniscience).

He is always everywhere, as the light of all things and the life of all living beings; It is his essence only that spreads throughout all nature and shines in all her phenomena, as the same essence of water, displays itself in all the rolling surges and waves and moving bubbles in the sea.

Then we get doubt in us what is this special egoism of ours, and how and whence could a separate personality come to exist. Where can you find dust to raise from water, or behold water to spring from fire. (Things of the same kind spring from the same source, and the product is never different from the original). We have to Shun our false belief of the difference of this one and that another, and yourself a quite another person; and abstain to think yourself as a mean and contemptible being confined within the limits of space and time. (i.e., Know yourself as identic with the boundless and everlasting spirit and no other). Know yourself (soul) as unbounded by space and time, and ever overspread all over in your essential transparency, which is always the same in all seeming varieties, the one invariable, pure and simple Intellect.

Thyself (soul) is situated, in the fruits, flowers and leaves of all the trees on every side of you; and abides in everything like the pith and marrow for its subsistence, and as moisture for its growth. The pure intellect eternally inheres in everything as its soul and essence, then O Great Soul, whence you derive the belief of your egoism and personal existence (as an embodied person).

Know all egoistic personality to total nihility, and never hesitate to remove yourself from this asylum of unreality, whose essence is as nothing at all as the horns of hare, weather you lay hold on it or lose your grasp of it.

If it is impossible for your egoism to be reality, why then talk of your birth and demise or your existence and in-existence, which is as it were planting a tree in the sky, of which you can neither reap the fruits of flowers.

After annihilation of your egoism there remains the sole ego, which is of the form of intellect only and not that of fickle mind. It is tranquil and without any desire and extends through all existence, it is minute and subtle than smallest of atom, and is only power of intellection and understanding.

It is our ignorance or imperfect knowledge only that represents the visible world as a magic show, but the light of right knowledge, brings as to see the one and self-same Brahma in all forms of things. Avoid your dubiety of the unity and duality. But remain firm in your belief of that state, which lasts after the loss of both. Be happy with this belief and trouble yourself with thinking any thing otherwise which is just illusion.

There is an inexplicable magic enveloping the whole, and this world is an impervious mass of theurgy or sorcery, which enwraps as thickly, as the autumnal mists obscure the firmament, and which is scattered by the light of good understanding.

“When Your Ego Dies, The Soul Awakes”.

INVITATION FOR ARTICLES FOR SEVA SAMACHAR

We are pleased to inform you that prospective authors and readers are encouraged to write article specifically for this magazine and your articles will be published in Seva Samachar. The articles can be related to various aspects of Spiritual experiences, Philosophical teachings, Poetry, Culture, Wildlife, Health Research, Sustainability Etc.

Please Note:

High-resolution photographs to be given for the authors as well as for the content. These should be in JPG and these should not be blurred; Photographs and the content should be either self-clicked photographs or images, only to avoid copyright issues

All interested are requested to send over their articles to info@sivanandsevasamiti.org. All are invited to write articles for editor of the magazine, latest by 21st of every month.

Bring out the writer hidden inside and spread the light!

EDITOR,

SEVA SAMACHAR,

SIVANAND SEVA SAMITI





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

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

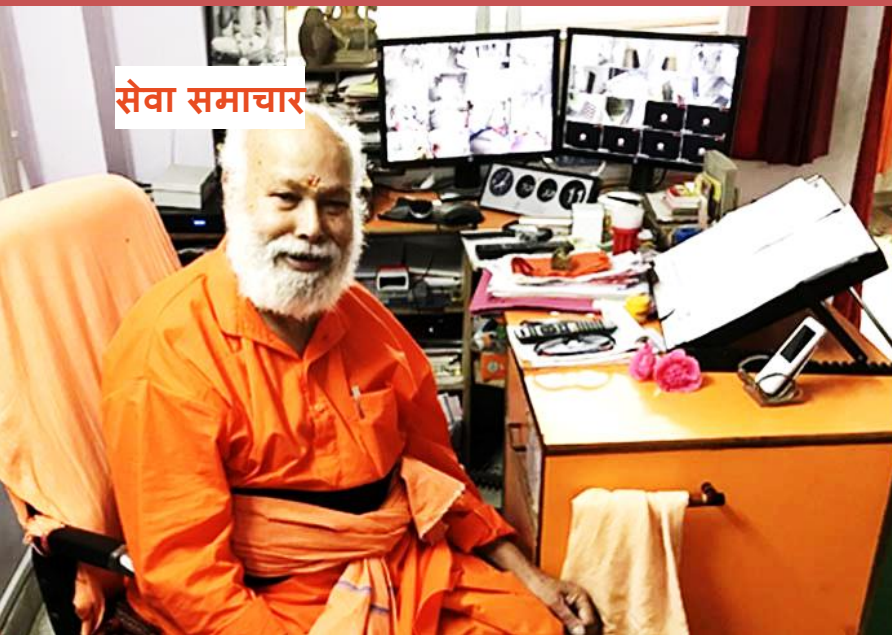
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HOW TO DONATE [Click Here](#)

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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SWAMI SIVANAND SEVA SAMITI

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[click here for our Youtube Channel](#)

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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.

