

November 2023



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

sivanandsevasamiti.org

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

Thought for the Month:

Reality and Unreality

How to know what is the state of Self-Realization?

Self-realization = Liberation = Moksha = Last achievement = Last goal - Vedanta, Bhakti, Raja yoga have different terms but all mean the same: freedom of the self.

Liberation cannot be expressed with words, because it is beyond this world. So, until we reach it, we will not be able to know it. But we can describe it, know its barriers, all the disturbances. We also can describe what is not the truth (the Neti Neti method of Vedanta: not this, not this). But by describing, we should be aware that language is indirect, it can only indicate, give us a hint; as drawing only gives lines and colors.

The barriers and disturbances arise from the mind. Mind controls them, and the mind is known as supreme power or Maya or energy. Mind is moving, the energy changes, this is called a process, which has 3 limiting factors: time (past-present-future), space, situations. Everything that we perceive through the Indriyas in this world is changing, it is stated. So, this world, nature is ever-changing, and doing so, it cannot be real. Reality is hidden behind this ever-changing phenomenon, so it is the barrier we should see and understand to get to know reality. If using Neti Neti method, if unreality is ever-changing, then reality is unchanging, and it is in the absolute equilibrium state known as Liberation, Moksha, Nirvana, Union, Oneness.

Why do we see unreality as real?

Mandukya Upanishad explains the 4 states of the world through the word AUM. 'M' symbolises the deep-sleep state where there is no world. 'U' symbolises dream state and 'A' symbolises waking state.

In A and U states, the world exists; as we have memories of our dreams and we can see the world in the waking state. We already stated that the world changes, so it cannot be real. But it seems real because of repetition.

Seva Samachar

- Thought for the Month
- Transcending The Mind
- Who Is Divine Mother Durga?
- Daily Programme
- Healthcare Activities
- Ashram News
- Annual Events
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Reality and Unreality (Contd.)

In waking state there is continuous repetition e.g., we can see the same tree every day so we believe it is there, it is real, and in dream state there is also repetition but less, so when we are awake, we think it is not real as it is not repeated as much as we repeat things in waking state. But when we are in dream state, we believe it is real. The only difference between waking state and dream state is the number of repetitions. In Yoga Vasishtha Utpatti Prakaranam, Lila was also confused by Saraswati's question as to whether what she saw in her dream was reality or what she saw when she was awake. Neither is real because both are changing, but due to continuous repetition it seems real for us.

Same repetition is happening when we declare every moment that this body is I, this is me and at a very young age we already believe it is true, but the body is also changing due to time factors.

Mind plays the game

Everything that we see, hear, smell, touch and taste through Indriyas is processed and analyzed by mind. Mind does everything from perception through analysis, imagination through thought waves. So, everything we see changing in this world is only in our mind and is unreal. Mind drives us, cheats us.

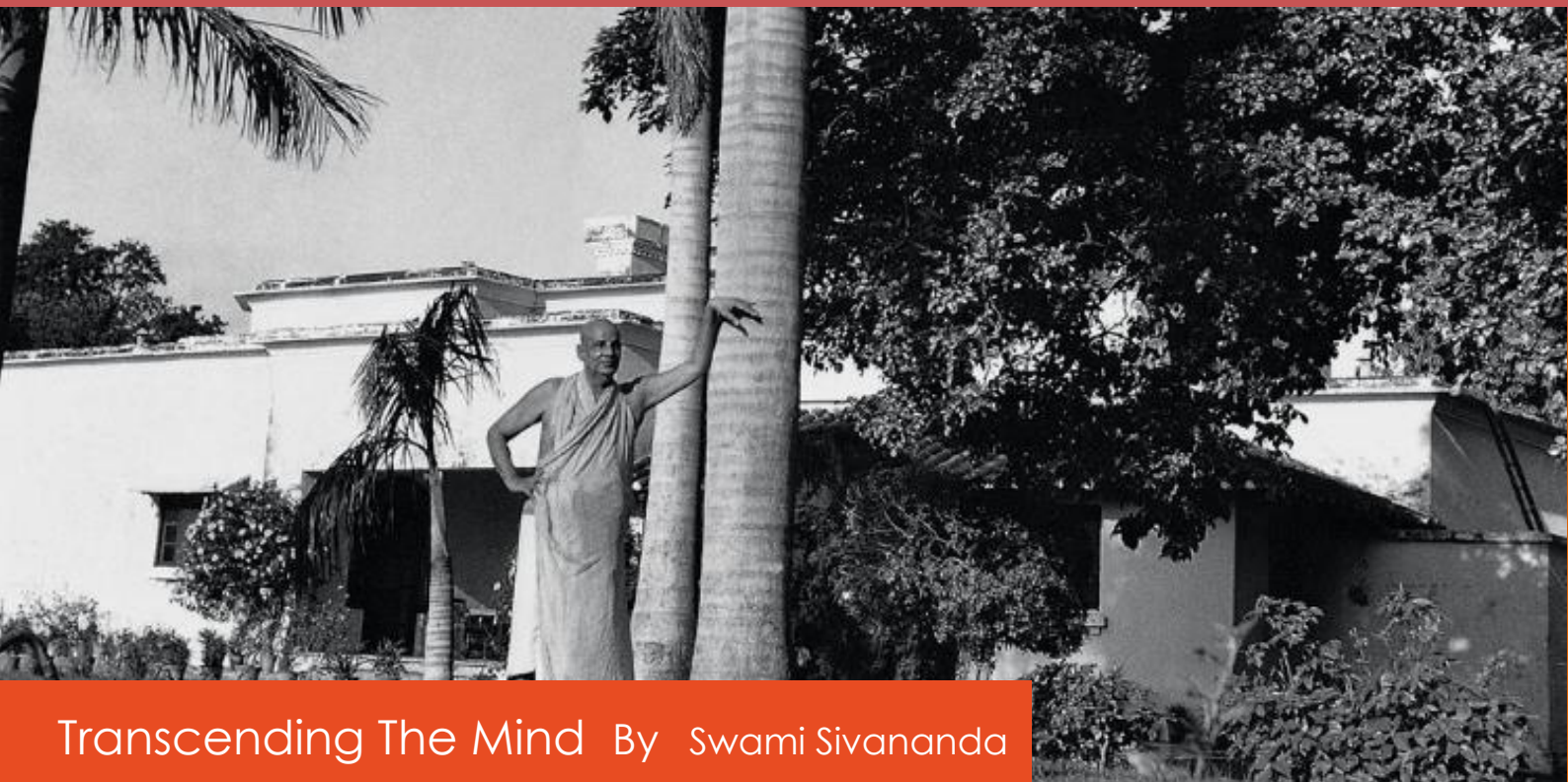
Nature's nature is cyclic

On the timeline we can see a pattern of process (action follows action) we can call repetition, but this is not happening straight but in a cycle. Nature works in cycles (seasons repeat, water becomes ice and ice becomes water again etc.) The 3 Gunas – Sattva, Rajas, Tamas – also circulate, and by this circulating process there is growth (or decline, depending on the direction – from positive towards negative or from negative towards positive).

Describing truth and world by energy

So, we stated above that the world is not true because it is everchanging. Everchanging means energy is moving, energy is activated. So, world is moving energy. As energy activates the seed and by time factor it becomes a tree. Seed is the un-activated form, tree is the activated form, as Lord Krishna says in Gita Chapter 14 verse 4: सर्वयोनिषु कौन्तेय मूर्तयः सम्भवन्ति याः | तासां ब्रह्म महद्योनिरहं बीजप्रदः पिता || (sarva-yoniṣu kaunteya, mūrtayaḥ sambhavanti yāḥ, tāsāṃ brahma mahad yonir, ahaṁ bīja-pradaḥ pitā). If Lord Krishna is the seed, and as he is the supreme power, so he is the truth; then mathematically seed is truth, inactivated energy is truth.

So, when energy is not activated, means inactive, steady, then we can call it truth, which is absolutely subtle, transparent, perfect, full, all pervading – like motionless water without waves and bubbles.



Transcending The Mind By Swami Sivananda

I solemnly affirm that the disease of birth and death can be removed only through the divine panacea of mind-mastery; not through any other means. The path of annihilation of the mind will be most beneficial to you and will never generate the least of pains. If the mind is destroyed by dint of discrimination, then maya (illusion) will not afflict you. There is no other vessel on this earth to sail the ocean of rebirth, than mastery of this turbulent mind.

Tame the mind. Collect your thoughts. Keep the mind serene. Think not of evil. You will enter the realm of deathlessness, dominion of eternal bliss. Withdraw the senses from their objects. Collect the rays of the mind. Direct the mind towards the Ajna cakra (or the space between the eyebrows) and fix it there steadily.

Understand the mind; know how to manage it. Mind abhors a vacuum. Aversion and desire, both are binding two monkeys sitting on the tree of the heart. While they continue to shake and agitate it there can be no peace.

Mind is nothing but a collection of impressions. It is a bundle of habits. It is a collection of desires arising from contact with different objects. It is a collection of feelings aroused by worldly botherations; of ideas gathered from different objects. These desires, ideas and feelings change constantly.

Some of the old desires and feelings are constantly departing from the store-house, the mind, and being replaced by new ones. This constant change does not in any way interfere with the harmony of mental operations. Some ideas and feelings depart and those that remain work in healthy co-operation with the new arrivals. They work in harmony and this harmony sustains the identity of mental existence.

Man falls into the cycle of births and deaths through his own thoughts, his own ignorance.

Liberation means nothing but the destruction of the impurities of the mind.

If your mind is free and pure, you will not again enter into birth.

Dispassion, discrimination, renunciation and meditation are enemies of the mind.

You can destroy the mind easily, if you possess these virtues. The mind manifests itself as the external world in the shape of pain and pleasure. The mind subjectively is consciousness, while objectively it is this universe. The mind has the potency of creating or undoing the world in the twinkling of an eye.

Control of the mind is not done in a day but by constant practice and sustained dispassion. Victory will be yours.

Become a true hero. Have mastery over the mind. Enter the illimitable realms of bliss.

Blessed is he who has controlled his mind and achieved self-conquest.



Who Is Divine Mother Durga?

By Swami Chidananda

It is now the holy period of Navaratri as I write this for your November Wisdom Light. The atmosphere is surcharged with deep devotion to Maha-Devi and vibrant with the fervour of worshipfulness, adoration and prayer. Our thoughts are filled with the glorious Divine Mother, and Her Blessed and wondrous manifestation as Durga-Lakshmi-Saraswati. She is the great Mystery, the inscrutable Power of the Supreme Brahman, who holds in Her Hands both bondage and Liberation.

The Grace of the Divine Mother it is, that enables you to walk the path of Divine Life. Through Her benign blessings you are able to shine as a sincere spiritual seeker and a man of Dharma. To worship the Mother with Devotion is to be immediately uplifted by Her Strength and Power. She works within your inner being as the triple force of destruction, evolution and illumination. Destroying the impure and vicious aspects of one's lower nature, the unworthy, base, and bestial in the individual personality, and helping evolve the human nature into sublime heights of goodness, nobility and the purity of beautiful virtue. She illumines the Jiva with supreme divine wisdom. Thus the Divine Mother is the very life and support of the aspirant's spiritual Sadhana. She makes your quest fruitful with Attainment. The Divine Mother grants Kaivalya Moksha or eternal release and immortality.

To worship and to adore the Blessed Mother is to welcome Her Divine Help in working out your highest good and everlasting welfare. When you thus seek Her divine aid, Her compassionate response is immediate. She sets to redeem you in Her own way. She sends experiences both pleasant and painful, through trials and difficulties. She moulds and strengthens you, through sorrow and suffering, She refines and purifies your nature. She enriches and blesses you with spiritual experience and raises you to exalted heights. She makes use of your very life and its experiences to make you perfect and bestow upon you divine Peace and Joy and the Illimitable Splendour of Self-realization. Therefore, O Beloved Seeker! learn to accept the joys and sorrows, the temptations and the trials of your life with wisdom and understanding. Seek to recognise their hidden meaning and purpose for your own evolution and supreme good. Find Her Divine Hand behind all occurrences and see the Mother's Will working through them. Then will you behold your entire life as the expression of the Mother's immeasurable Love for you.

Resolutely overcome all defects, faults and wrong tendencies in your nature and behaviour. Develop noble character. Grow in virtue. Ever walk upon the path of perfect righteousness. Seek the Immortal, Be thou an embodiment of Divine Life. Let the sacred name of Gurudev Sivananda be glorified by thy true discipleship into him. Personify his ethical and spiritual teachings. May the world find in you a source of inspiration. Let thy presence elevate all.

May the Divine Mother shower Blessings upon you!



Daily Programme

- Our Day begins early at 5:15 am with Vishnu Sahashranama and Saraswati Upanishad Recitation with prayers.
- Daily rituals of Mother River Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva are performed in the Temple
- Evening Satsang is performed with enchanting prayers offered to all Lords by reciting Mahimna Paath, Hanuman Chalisa, Ramayan Paath and Bhajans.
- Every Saturday of the week, Ramayana especially Sundarkand is recited with full fervor encompassing nearby Villagers, Students and Sadhakas.
- Every Sunday afternoon Yoga nidra session is conducted.
- Every Monday Rudra abhishek and Mahamrityunjaya are conducted in our Shiva Temple that all are welcome to participate in.
- Now, with thousands of subscribers and an ever-growing number of viewers, our Daily Yoga Vasishtha Classes are reaching seekers across the globe. Join at 9:30 Am online to experience the divinity of one of the most significant text ever written!
- Yoga asana classes are conducted daily. Village students, under the guidance of Swamiji, enthusiastically attend the classes
- Narayan Seva is providing an indispensable support to the Wandering sadhus, Pilgrims, and to underprivileged people living in the Uttarkashi Himalayan villages. Support is offered by means of Dry Ration, Money, Medical/ambulance and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 8



Rudra Abhishek



Evening Prayers



Narayan Seva



Healthcare Activities

The current running departments of Sivanand Dharmarth Chikitsalay are General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services for referral or emergency cases.

Panchakarma department is functioning well for male and female. The Tele Medicine facility having connectivity with AIIMS Rishikesh serves many chronic patients.

The Entire Dispensary works on HIMS (Hospital Information Management System) helping in maintenance of Electronic Medical Record, Pharmacy stock & Issue details and quick generation of patient Data. This is the only hospital in the entire Uttarkashi region offering this automated service.

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

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

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

Patients Attended to in Hospital OPD	: 433
Eye	: 187
Mobile Camp	: 97
Panchakarma	: 140
Physiotherapy patients	: 132
Homeopathy	: 21
Pathology Tests	: 33
Ambulance Seva to patients	: 05

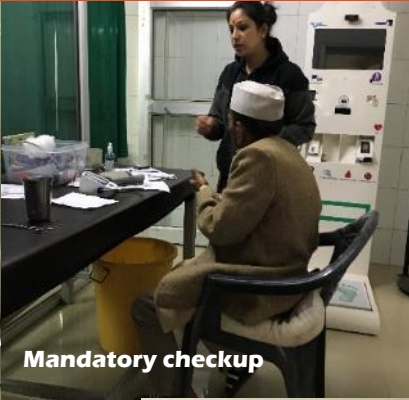


The human body is a miraculous instrument that instinctively knows what it needs. Unfortunately, the human ego often drives us not to listen.

Healthcare Activities: Eye Camp



Registration



Mandatory checkup



Eye Checkup



Preparation for OT



Doctors at OT

Swami Sivanand Seva Samiti conducts frequent free Eye camps. Doctors and specialists from India as well as abroad are involved in providing the necessary consultancy during the camps. All medical aids are distributed to the needy patients free of cost. These Eye camps are an endeavor from Swami Premanand ji on a Sewa ground towards welfare of rural communities around Uttarkashi hilly villages.

On 27th October 2023, under the leadership of Dr. Om Prakash Verma, MBBS, MS (ophthalmology) and patronage of Sri Sandip Sharma, a 3-day camp was conducted, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling.

Timely follow up was done and all the cases were found successful.

No. Patients -- OPD: 86

Cataract Surgery done for: 34



Sunglass distribution



Medicine
distribution



Blanket distribution



Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram for Swamiji's darshan. They were given privilege of rest in the Ashram for a few days, along with food and medicines. Other spiritual seekers are also allowed to stay in the ashram and are given guidance in their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	58
Foreign guests	:	31
Ashram inmates	:	18



Hospitality

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: 60



Annakshetra

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



Service to cows

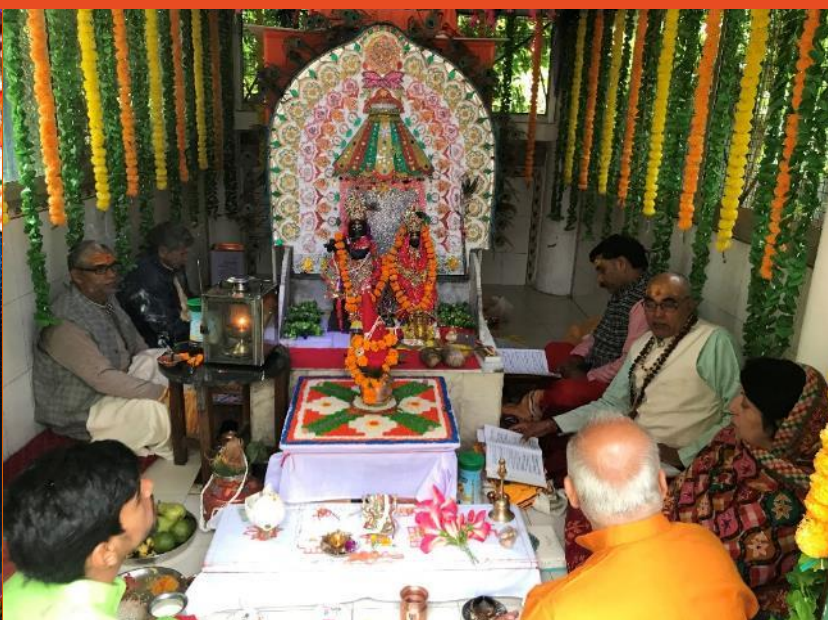
Student support

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

Total No. of Students supported in the month of October: 10



Annual Events: Navaratri



The most awaited and widely celebrated festival dedicated to the Divine Feminine Goddess Durga, an aspect of Adi Parashakti, was observed from 15th to 24th October with a lot of devotion and enthusiasm.

Apart from daily worship of the 9 forms of the Goddess, regular Sri Durga Saptashati chanting along with Parayan of Sri Ramcharitmanas, Devi Bhagawat, Rudri Japa, Mahamrityunjaya Japa, Gayatri Japa, Vishnu Sahasranama, Lalita Sahasranama, Navagraha Mantra, Tripurasundari Trishati Stotram was conducted for the peace, happiness, and welfare of all beings, and for spiritual fulfilment of all devotees.





After the evening aarti and prasad, devotees immersed themselves in joyful Bhajans and Kirtans, that further elevated the mood and helped everyone feel direct communion with the Divine.





Worship of Nag Devata

The village deity, Nag Devata arrived in a beautifully decorated palanquin (dolī) at the ashram on the auspicious occasion to provide blessings of peace, prosperity and protection to the devotees.

On the auspicious occasion of Maha Ashtami, Kanya Pujan was performed, where 9 young girls adorned in new clothes were worshipped as 9 avatars of the Goddess. As per the tradition at the ashram, they were offered attractive gifts and served a delicious food. This was a perfect occasion to celebrate the divine feminine energy that resides in every young girl.

The 9-day grand festival culminated with Pooja, Havan, Bhandara and blessings by Pujya Swamiji for a peaceful and prosperous life and success on everyone's journey to bliss.



Saptashati Path

Swamiji with gifts at Kanya Pujan



Kanya Pujan



Havan



**Purnahuti
(Complete offering)**

Satsang and Q&A Session

In this month of October, the ashram received many group visitors with requests for satsangs, where varied topics were discussed, ranging from personal and professional problems, social aspects to spiritual matters. Both Pujya Swami Premananda ji and Pujya Swami Atmananda Ji graciously answered all the queries by sharing relevant personal experiences and guided the aspirants for leading a successful life based on Vedantic principles in a practical and efficient manner.





Teachings from Yoga Vasistha: Vasanas of wise men

Wise men or realized souls are completely egoless, devoid of I and mine-ness, fully desireless. They always live in the present, unaffected and unattached to worldly matters, and free from worries, problems, miseries or regrets. They act without any involvement or entanglement, just to fulfil the demands of time, space and situation, without any opinion, inclination or objection whatsoever. They accept everything, and reject nothing that comes through the force of past actions (Prarabdha). They watch everything indifferently, impartially like watching and enjoying sports on the television screen; not worried about who wins, just enjoying the match. They do not differentiate between the beings based on names and forms; hence they love all as their own self, do good for all beings, and in turn generate love, peace and harmony in the world.

The unwise, due to ego, or false association with the body, mind, intellect, pranas, etc. creates unnecessary boundaries or divisions. For example, if someone calls by our name, who responds? Is it the body or the mouth or the mind? If we think analytically, the senses can't act on its own, nor the mind, both are matter, hence lifeless. Gurudev says, the mind is the master of the body. The soul is the master of the mind. Thou art, in essence, immortal soul.

However, out of differential vision and ignorance, people think and feel that the senses or the body or the mind responds. They have themselves created these distinctions and confusions. The ego associates itself with senses, body, mind etc and calls "I", but if we try to find the ego through enquiry (Vichar), the ego will not be found anywhere. The support or resting place of the ego is sometimes the parts of the body, at other times the mind, intellect, prana etc. If the support is taken off, the ego will eventually die/disappear by itself; it is similar to a creeper which cannot spread and survive without support.

Our great Rishis, the saints and sages, have prescribed many methods to annihilate the thought waves and other vibrations and destroy the ego, in other words, techniques for Chitta-Vritti-Nirodh. Through control of senses, practice of non-attachment, by following the doctrine of Neti-Neti (Not this, not this), the thought waves or Vasanas can be controlled.

Just like a fried seed can't sprout anymore, a burnt-out rope can't be used for tying anything anymore, a burnt-out cloth, though leaves behind ashes, is of no use anymore; similar is the mind of an egoless man who is established in the truth. His desires (Vasanas) and actions (Karmas) don't yield any result or fruits anymore. He is like a spectator in the playground who sees and hears everything without doing anything. Though the senses and body appear to be active, in reality he is forever pure, calm and still. The Vasanas, being divine in nature, can't make any impact on the Chitta and hence don't cause bondage. He remains forever free, liberated.

BECOME A MEMBER

One who follows the principles of Gurudev Swami Sivanandaji—Serve, Love, Give—is welcome to become a member of Swami Sivanand Seva Samiti. We are extending our family to all those who will selflessly serve the philanthropic and humanitarian cause and pursuit of Swami Sivanand Seva Samiti.

MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

Name :
AGE:
OCCUPATION:
ADDRESS:
PHONE NUMBER:
EMAIL:

Please send us the above information by email to:
swami.premananda@gmail.com

MEMBERSHIP PLANS

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

www.sivanandsevasamiti.org

HOW TO DONATE

ANNA DANAM	Rs. 3, 100 for 100 people per day
VASTRA DANAM	Rs. 2, 100 for 1 person for Blanket, Sweaters and clothes
CHIKITSA DANAM	Rs. 1, 100 for 1 week and Rs. 5001 for 1 month per person
VIDYA DANAM	Rs. 5, 001 for 1 student per year
GAU SEVA	Rs. 5, 100 for 1 Cow per month
BHANDARA	Contact us for details

PLEASE SEND ALL DETAILS TO - swami.premananda@gmail.com



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WE ARE ON THE WEB!

www.sivanandsevasamiti.org

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

Swami Sivanand Seva Samiti is rendering one of the greatest services to humanity and mankind through Sivanand Dharmarth Chikitsalay. Keeping healthcare as an emerging need and responsibility to address, Samiti would extend its philanthropic medical arm to more and more people and connect for longer period. In the wake of it, there is a need of Corpus Fund to spearhead the cause.

Like-minded people are welcome to support this endeavour towards the noble cause of healthcare. The interest generated out of the Corpus Fund is being used for the medical help in the rural areas.

SUPPORT US:

SWAMI SIVANAND SEVA SAMITI supports needy people through various seva, right from education to health in many ways. Everybody is welcome to support the Samiti by being a part of these various SEVAS. For all Donations and Fund transfer from India or Abroad, reach us at swami.premananda@gmail.com. All donations should be sent with full name, address, and PAN Card Details.

