

November 2024



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:

Be a Wise Miser

Vedanta asserts that the goal of life is to realize and manifest our own divinity. This divinity is our real nature, and we are moving towards this goal as we grow with knowledge and life experiences.

The worldly life, the life spent on earning and maintaining wealth and objects for pleasure of body, mind or senses is a waste; a life lived with the desire to use objects as per one's wish for personal enjoyment is a great waste. The energy spent on worldly matters is a waste for whatever is experienced or acquired is temporary, it gets changed or is lost; thus, there is no gain at the end of the day.

If we live every moment of our life with increased awareness and thorough introspection, we can live our lives profitably and beneficially. We should contemplate on the outcome, the value or usefulness of what we do, on how much is the gain!

The general idea is that by saving, one becomes rich, and through indiscriminate spending, one becomes poor. Now if we analyse our activities, we will find that mostly we are using our energies in earning something temporary; so, even though it may appear that we have gained wealth or pleasure through our day-to-day worldly activities, actually by spending the energy on something short-lived or transient, we have become poorer.

Now, the first law of thermodynamics states that energy can neither be created nor destroyed, it can only be transformed from one form to another. So, we should spend our energy wisely, we should utilize our energy more and more in earning pleasure that is ever-lasting and less and less for momentary pleasure. We are spending our energies uselessly through our senses for enjoyment of worldly pleasures.

By minimizing our contact with surroundings (controlling the mind and senses) and reducing our desires and needs (controlling the mind), by being a miser in spending energy uselessly, and by regulating prana, we actually enhance our energy, we become strong, we become rich.

Seva Samachar

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Who is that Devi Maya By Swami Sivananda

Excerpts from the book - THE DEVI MAHATMYA (SRI DURGA SAPTASATI OR THE GLORY OF THE DIVINE MOTHER)

The sage said: O king! Yes, there is that wisdom in every creature. Some animals are blind during the daytime, some are blind during the night. Some are of the same sight during night and day. Man has sight only during the day. Yet, all possess the same wisdom. What is all this? Why is this difference? Look at the moths falling on fire! Look at men falling in the fire of sensual objects! What difference is there among creatures here? In spite of intelligence, all creatures are struggling for the sake of belly. All are controlled and deluded by the Great Power, the Mahamaya of Vishnu! Due to Her Power all this world is working. Due to Her all are suffering. Due to Her all are happy. There is no wonder in this. Even Jnanis are dragged by this Maya by force, and they are totally deluded. She is the creator of this universe, mobile and immobile. She, being pleased, gives men the eternal salvation in the end. She is the cause of bondage and liberation. She alone is all in all. She rules supreme over all lords!

She is eternal, the manifestation of the Supreme Power. She is pervading all this. Her coming into being is heard of in various ways. When She reveals Herself for the good of the gods, She is considered as being born. When Maha Vishnu was merged in His Yoganidra during the time of the great Dissolution, there arose two great demons, called Madhu and Kaitabha from the dirt of Vishnu's ears. They ran towards Brahma who was just projected out from the great Lotus of Vishnu's navel, and came to devour him. Brahma saw that Vishnu was asleep and that there was none to help him in such a danger. In order to wake up Mahavishnu from His sleep, Brahma prayed to Adimaya, the support of the universe, the Supreme Goddess of the worlds, the Creatress, the Preserver and Destroyer of everything.

Brahma said: O Devi! Thou art Svaha, Svadha and Vashatkara! Thou art Nada, Ardhamatra, Savitri! Thou art the Support of this world. Thou alone createst this universe. Thou preservest this. Thou art Mahavidya, Mahamaya, Mahamedha, Mahasmriti, and Mahamoha! Save me by waking up the great Vishnu. Thou art Prakriti, with three Gunas, Thou art prosperity, Thou art peace and mercy. Thou art with countless weapons. Thou art beautiful and dreadful. Thou art greater than the greatest, O Devi! Whatever there is here is Thyself. What more can I say? Vishnu would have helped me, He would have saved me, but He is asleep. Kindly wake Him up, and delude these Asuras, for I am in danger of life.

The sage said: Thus praised, the great Maya, entered the body of Vishnu from all quarters. She opened His eyes, opened His mind, opened His hands and opened every limb part by part. The great Lord of the worlds, stood up with inexpressible grandeur with all His powerful weapons. He saw two formidable demons in front, who were of tremendous power, who were extremely wicked in nature. They were trying to eat up Brahma completely. Lord Hari fought with them for five thousand years. Mahamaya began to delude these two demons through Her power. In their ignorance, they asked Bhagavan Vishnu, "Hari! What boon do you want? Ask from us." The Lord said, "Become you both My victims immediately."

The Rishi said: Seeing that there was no place where there was no water, the demons said, "Yes, you can kill us where there is no water." Vishnu kept them both on His thighs where there was no water and chopped off both of their heads with His dreadful Sudarshana-Chakra. O king! Thus is a story how Maya was born for the first time.



To Adorable and Divine Mothers By Swami Chidananda

I bow again and again at the feet of all of you who are the very embodiment and symbol of the Almighty Mother. I am very happy to get this opportunity of giving this message in your service. Our most worshipful Master Swami Sivananda used to consider Indian women as the manifestation of the Universal Mother.

The key to the future development and progress of any nation is held by the women, because the mother is the first teacher of any child in every generation. Home is the elementary school for all children for inculcating good habits and higher values for the future development of the nation and the most effective element of education. Just as a potter or an idol maker takes hold of highly plastic clay and shapes it at will, likewise a mother shapes the character of a child by the manner of her speaking and conduct. Thus important and effective power is yours, and you have to keep this in mind while taking proper care and train the children in your family for building a strong future India.

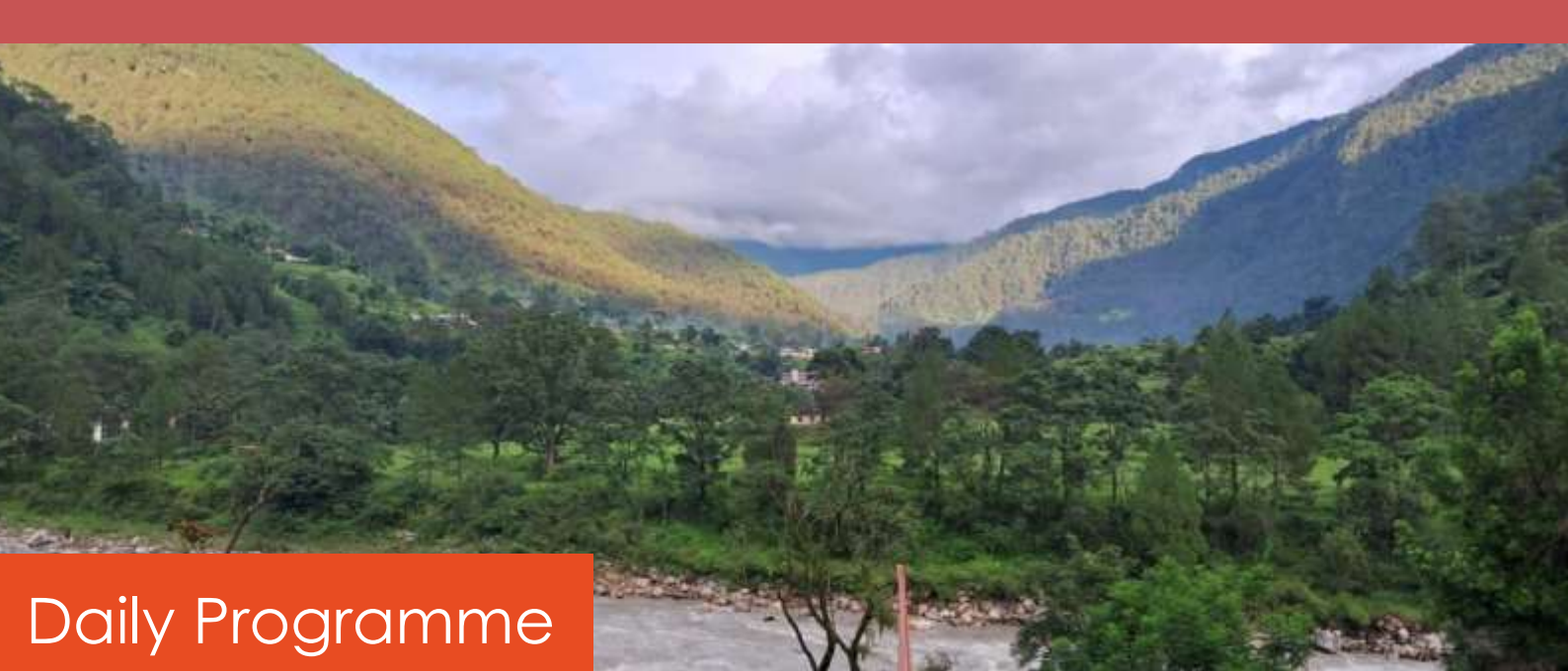
The preservation of our culture is the responsibility of women and not men. Woman is the custodian of the culture of the land. Any soul born in a home gets initially conditioned and that too seriously by the atmosphere prevailing therein. The mother influences the child far more than the father. The hand that rocks the cradle, rules the nation.

You should understand yourself. The real you is your imperishable soul. The real you is neither male nor female and has neither any name nor any form. Do not forget this truth even for a moment. To realise the great divine power of the imperishable Self is as much your birthright as it is that of men. This has been firmly established in the ancient culture of India. The country, which produced great realised sages, also produced great ladies, who could participate on an equal footing with those sages in the debates on the knowledge of the Self. The main amongst them were Gargi, Maitreyee, Sulabha, Chudala, Madalasa etc. You are directly connected with this tradition. Not just in the past, but in modern times also we have great realised ladies like Anandamayee Ma, Janaki Mai, disciple of Ramana Maharshi, Sati Godavari Mai, Ramadevi, Mata Krishnabai etc.

To consider women as the weaker sex is a retrograde viewpoint. You are all very powerful. You have the power to uplift man from the state of incompetence and deficiency. You are the very embodiment of the all powerful Divine Mother. You will not find this elevating sentiment about women in any other society. During marriage ceremonies in Bengal the bride is given a sharp knife, when the bridegroom and the bride come into the marriage pandal. This symbolises the liberating power that can release man from bondage. You should understand this well and preserve your exalted status bestowed on you by the Indian culture.

Even in the polluted atmosphere of today you can make home a heaven on earth. Conduct daily prayers in the home. Display pictures of great saints. Read life stories of Sarada Devi, Meerabai, Madalasa and other female devotees and realised souls. Tell your children the stories of devotees, patriots, warriors and hermits. Stop all worthless talk. Your home itself will be converted into heaven if you maintain a sublime atmosphere in the home. Safeguard and perpetuate the flame of the lamp of Indian culture.

May God bless you all! Hari Om Tat Sat.



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 9:45 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana practice sessions are regularly conducted and attended by students from nearby villages.
- Narayan Seva is providing an indispensable support to the Wandering sadhus, Pilgrims, and to underprivileged people living in the Uttarkashi Himalayan villages. Support is offered by means of Dry Ration, Money, Medical/ambulance, blankets and winter clothes and help to the poor people for houses, marriages and daily needs, etc.

Total No. of such People/ Families supported: 67



Gangadhar Mahadev Temple



Evening aarti



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. Also, regular medical education is provided 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	: 652
Eye	: 417
Dental	: 128
Mobile Camp	: 66
Panchakarma	: 494
Physiotherapy patients	: 348
Homeopathy	: 35
Ambulance Seva to patients	: 2



Registration and OPD



Dental



Physiotherapy

Good health and good sense are two of life's greatest blessings.

Healthcare Activities: Eye Camp



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 26th October 2024, under the skilled leadership of Dr. Chirag Bahuguna, MS (ophthalmology), a 2-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: 111

Cataract Surgery done for: 57



Healthcare Activities: Acupuncture Camp

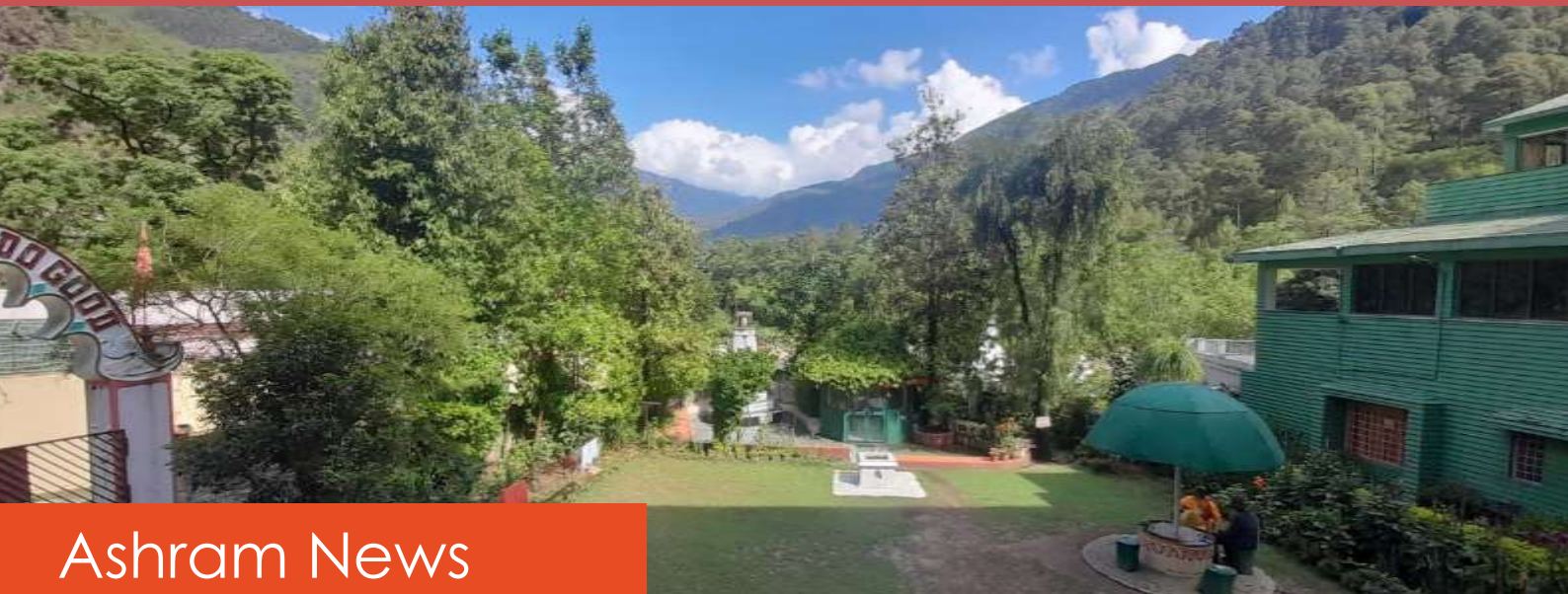
A 2 weeks Acupuncture Camp was held at the hospital in early October by a visiting acupuncturist from Ireland, Chandrani Champa Radek. Acupuncture is an alternative therapy to ease chronic pain. Many patients were benefitted from her treatment.



Mobile Camp

In October too, the team continued service through mobile camps. They covered remote hilly villages as well where regular medical facilities are not readily available, especially during the monsoon. Free health checkup, consultations and treatment were provided to the patients.





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	:	44
Foreign guests	:	42
Ashram inmates	:	23



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: 75



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	:	6
Total No. Of Calves	:	2

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: 17



Glimpses of Navaratri, Deepavali, Satsangs and other events

Navaratri

3rd to 11th Oct - Worship of Goddess Durga as Adi Parashakti, the Supreme Goddess



Arrival of Gram Devata



Pujan and Chantings for welfare of all



Havan at Gangadhar Mahadev Temple



Prayers to the Divine Mother



Kanya Pujan - worship of girls as the human form of the Goddess

Deepavali

31th Oct - The festival of lights celebrated for the spiritual victory of Dharma over Adharma, light over darkness, good over evil, and knowledge over ignorance.



Swamiji distributing gifts and giving blessings for positivity, prosperity and endless joy



Pujan and Aarti



Rangoli



Fireworks



Satsang



Laughter and joy with the children



A photoshoot after Satsang



Enchanting Kirtan – feeling of divine vibes



Blanket distribution



Bhandara



Teachings from Yoga Vasistha: God is World, World is God

Contd. from previous post (Oct'24)

Swamiji further raises the question about imagination by citing the story of Manas Puja by Bhimsen (from Mahabharat) where he offered Bael leaves from the entire universe and water from 7 oceans to Lord Shiva on an Ekadashi (11th day as per lunar calendar) and the Ganas of Shiva had to actually carry the huge load of Bael leaves away after his worship. So, if mental worship is true, then what is wrong if world also in a mental image? Can we accept this imagination and live in this world? It is said that if we accept imagination or Kalpana, then we must think that God is also Kalpana, the world is also Kalpana, the world is pervaded by God, so in Kalpana we must see and accept God in everything. If you want to stick to imagination, accept that all names and forms are imaginary form of God, imagine that God is in everything. Stick to "One" in imagination as well. Kalpana should also be One only.

Like this if we do Vichar, from whichever angle we see, there is no distinction between Paramatma (God) and Samsar (World). If we trust this and accept this wholeheartedly, the names and forms will automatically disappear into nowhere.

If we accept the picture as picture, we will be able to see the background canvas; if the color fades the background becomes visible. The hidden bricks and stones of a wall becomes visible if the paint coat falls off.

One who knows and feels this unison accepts all and rejects none, he is not bound by any rules. It's okay to accept the world but we should feel God in every particle of the Universe and experience the Bliss.

See Ram in leaves; See Ram in trees; See Ram in the flowers; Everywhere is Ram

Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram Ram

See Ram everywhere. See Ram in your hands, see Ram in your legs.

Ram is Me. I only pervade the whole Universe.

In this way see Ram everywhere. One Ram only is.

These are not just theoretical words or vague ideas. Sri Ramkrishna Paramhansa, who worshipped Mother Kali in the form of Adi Shakti, showed this in the course of worship – at times he offered flowers on his own head, he partook the food that was placed for offering to the Goddess; for he saw nothing but Kali. He saw Kali in the flowers, Kali in fruits, Kali in idol (Murti), Kali in himself too (मुझमें भी काली). He saw Mother Kali everywhere. For him the idol of Kali was not an idol or image, he saw a Living Mother instead.

In that condition, the wise man sees no distinction or difference between World and God; all dualities disappear completely and he experiences absolute oneness. He sees God only.

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BY SWAMI PREMANAND

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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

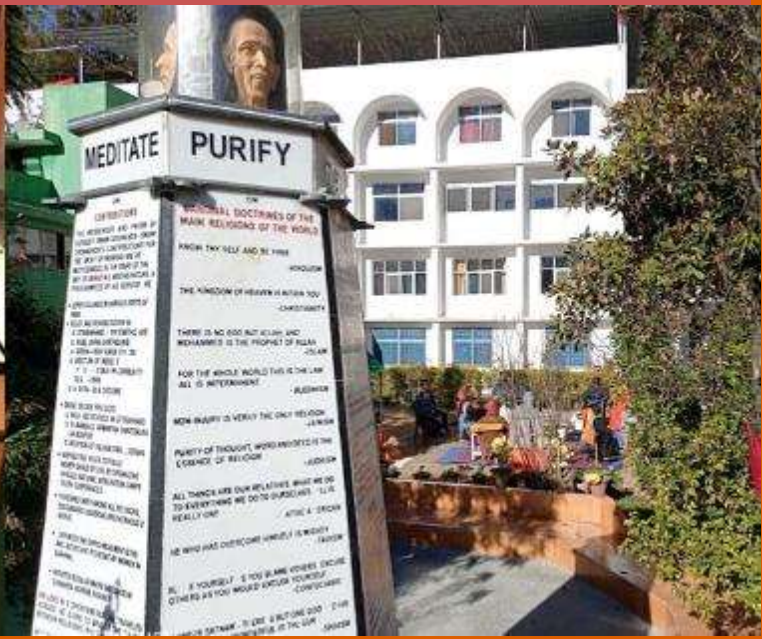
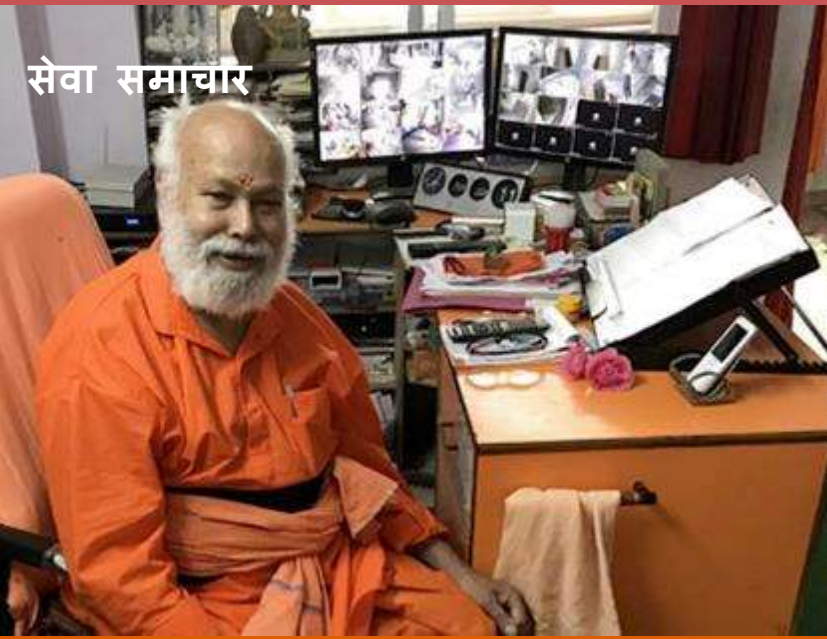
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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



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.

