

October 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:

Path to Salvation

– Swami Premananda

Q. Who is a Happy Man?

A. One who has no entanglements, no commitments, no attachments, no wants, no possessions, no worries is a happy man. One who has no me and mine is ever happy.

Thus, one who can give away everything for the joy of giving and be free of any materialistic possessions or the necessity to maintain, who is desireless (the three basic desires are longevity and propagation, wealth or materialistic comforts and fame, and a blissful afterlife) and is not a slave of sense objects is a happy man.

Q. Where to find happiness?

A. We perceive objects of the visible world through the 5 sense organs. When we come in contact with an object, depending on our mindset and past impressions, we tend to experience pleasure or pain. The object is not the cause for pleasure or pain, it is rather the play of mind. For e.g. ice cream is delectable but overindulgence will not only take away the pleasure of having it, it might also result in health problems. So, the same object can be a cause for pleasure and pain. Also, this experience of pleasure or pain is momentary, the experience changes every moment, it is lost after a while.

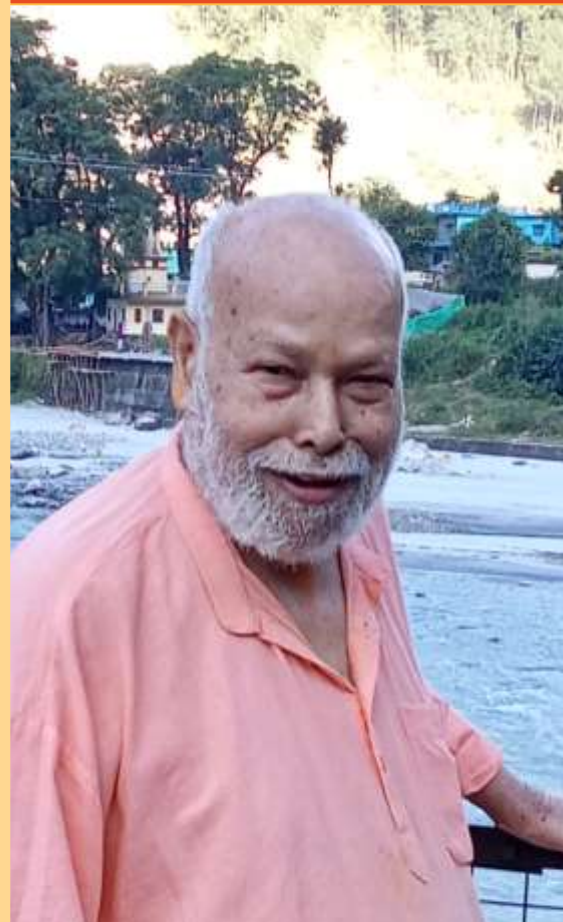
So, if we think over it, we spend our whole life in the pursuit of pleasures that is momentary. How much have we gained till date and how much we have lost! We have spent so much of our time, energy and effort, but what is the gain! Have we got lasting peace, happiness! If the desire or the object of pleasure can't quench our thirst permanently or give us unending happiness, then is it really worthy of our efforts and time! Shall we rather not strive for everlasting happiness!

Sit calmly, Contemplate now. Every moment we are restless to get something but what have we finally gained so far! Is this the meaning of life! We say human beings are superior, is enjoying the same old things over and over again called superiority! Does superiority lie in being happy now and unhappy at the next moment! Even the smallest of insects and plants live life in a similar way. Are we living instinctively or are we using our intellect in the right manner?

So, where can we find permanent happiness? Well, Guru shows the way.

Seva Samachar

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- Ashram News
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Path to Salvation (contd.)

Q. How to find a Guru?

A. A sincere seeker for truth, a seeker for permanent happiness and bliss has to go in search of experienced person, the wise man who has realized the truth, who can answer his questions and remove his doubts. He should approach the wise man with humility, be with him, ask questions and sincerely try to follow him. The seeker is permitted to test the teacher or Guru and internally try to find faults or mistakes to ascertain if the teacher is fit to be his Guru. The seeker can continue his search for Guru till he finds someone who is faultless in his eyes. Once conformed, he has to obey his Guru to the very letter, without ifs and buts. If after accepting someone as Guru, one sees faults, then he is doomed. The Guru also sometimes tests the disciples by posing as ignorant or mad man or childlike, but if disciple sees faults at this stage, the disciple becomes unfit to get any knowledge. The disciple has to surrender fully. The Guru knows how to make the disciple perfect, trust him fully, obey him, try to please him by all means, serve him wholeheartedly, approach him with humility, and grace will flow to the disciple. All doubts will be cleared, truth will be revealed.

Q. What are the qualities of a disciple?

A. A disciple should be obedient, he must surrender to the Guru fully.

He should wipe out all doubts, be alert, watch the mind and give up unfavorable, weakening, depressive thoughts, that are obstacles in attaining the ultimate goal of life.

He must have a good conduct and should behave well with his Guru-bhais (other disciples).

He should not harbour feelings of jealousy or hatred or competition; he should behave with love, affection and co-operation. He should not look at others, rather focus on improving himself fully. He must develop a feeling of brotherhood. The feeling of brotherhood helps a disciple progress faster. He receives co-operation of fellow students. The co-students help each other to understand the scriptures, memorize and contemplate deeply over them. They help each other in the journey.

Disciple must sit before Guru, hear the sayings of the scriptures and contemplate on it repeatedly till the mind becomes stable and the meaning is revealed.

He must practice that has been advised with tenacity, honesty, sincerity, concentration of mind.

He should not be discouraged or dejected or afraid to face the obstacles or problems during sadhana.

Self-effort, following one single path with patience and regularity will put an end to all doubts, all worries and bring calmness, peace and steadiness.

5. How to be successful?

A. Repetition is the key to success. Our mind is full of thoughts and desires, we have accumulated so many impressions through repetition only over lifetimes. Many-ness is the nature of the world. Oneness is the nature of the Absolute, to the realm of peace and bliss. So now, we have to go back to oneness by treading the same path, through repetition of one thought or idea or mantra. We must remember the One goal – of eternal bliss, at all times; we shouldn't ever forget it. Progress is gradual, every failure is a stepping stone to success. Following the words of Guru with firm faith, through repeated practice for a prolonged time with patience and perseverance and one-pointed mind, by cultivating divine qualities and removing restlessness (demonic qualities), the vision will change forever and one will get the real wealth of contentment, eternal peace and bliss.



Start Sadhana Now By Swami Sivananda

Act now. Live now. Know now. Realize now. Be happy now.

Every death is a reminder. Every bell that rings says, "The end is near". Every day robs off from you one part of your precious life. Therefore, you should be very earnest in plunging yourself in constant Sadhana.

Never fall a victim to fruitless regret. Today is the best day. Today is the day of your new birth. Start Sadhana now. With folded palms, bid good-bye to past mistakes and faults. You have learnt your lessons. March forward now with new hope, determination, and vigilance.

Waver not. Fear not. Doubt not. Do something substantial in the path of Sadhana instead of wasting your time in idle pursuits and lethargy. You have infinite strength within you. There is a vast reservoir of power within you. Therefore, do not lose heart. Obstacles are stepping stones to success. They will develop your will. Do not allow yourself to be crushed by them. Defects remind you of perfection. Sin reminds you of virtue. Chose the positive path.

If you think, "I will take a bath when all the waves of the sea subside", this is not possible. The waves will never subside and you will never take a bath. Even so, if you think, "I will start spiritual Sadhana or meditation when all my cares, worries and anxieties cease, when all my sons are fixed up in life, when I have ample leisure after retirement", this is not possible. You will not be able to sit even for half an hour when you become old. You will have no strength to do any rigorous Tapas when you are in advanced senility.

You must start vigorous spiritual practices when you are young, whatever your conditions, circumstances and environments may be. Then only you will reap a rich spiritual harvest when you become old. You will enjoy the everlasting peace of the Eternal.

The spiritual path is full of hurdles. If you conquer one obstacle, another obstacle is ready to manifest. If you control the sense of taste, another Indriya is simply waiting to assault you with redoubled force and vigour. If you remove greed, anger is waiting to hurl you down. If you drive egoism through one door, it enters through another door. Great patience, perseverance, vigilance, and undaunted strength are needed.

Be firm, steady, and steadfast. People will mock at you; be silent. People will insult you; be silent. People will spread evil rumours about you; be silent. Stick to the spiritual path. Do not swerve. Seek the truth wherever it may lead you to, and whatever be the cost and sacrifice.

Let the Sadhana be regular, continuous, unbroken, and earnest. Not only regularity, but also continuity in Sadhana and meditation is necessary if you want to attain Self-realization quickly. A spiritual stream once set going does not dry up, unless the channel-bed is locked, unless there is stagnation. Be vigilant eternally. Meditate regularly. Annihilate the under-current of Vasanas.



Fill our hearts with divine virtues By Swami Chidananda

On this auspicious day of the worship of Lord Ganesha, the remover of obstacles and the bestower of success, let us begin by eradicating wrong qualities and cultivating sublime, noble, spiritual qualities and divine virtues. In his “Universal Prayer” Gurudev says: “Fill our hearts with divine virtues.” If we pray to the Lord to do this, then we must assist God by ourselves also trying to fill our heart with divine virtues. Then He will help us and make it a success.

What quality to eradicate? What divine virtue to cultivate? The great Holy Mother Saradamani Devi, the divine consort of Bhagavan Sri Ramakrishna Paramahamsadev of Dakshinesvar, giving advice said: “My dear child, take away doshadrishti (looking at the faults of others), take away this negative habit of picking upon the faults of others. Life is too short; there is not enough time to remove our own faults. We have so many faults that if we will start introspecting, trying to analyse and recognise our own negative qualities, we will have a full-time work to do. Even a whole lifetime will not be sufficient to get rid of all the faults that each one of us has. So, if instead of doing your own house cleaning, you start picking on the faults of others, you will remain what you are.”

Perhaps it may be worse still, because if you focus on negative things, on the defects of others, trying to pick holes in their svabhava (nature) instead of focusing upon God, your ishta devata or guru charana (the feet of the guru), then you are doing a great injustice to yourself, an injustice to God, an injustice to Gurudev and an injustice to this wonderful ashram that he has created for you and offered to you as his parting gift, complete with all the facilities required for self-unfoldment. You ignore all this and make your vision low-down by dwelling upon the defects of others. This is a still greater blunder.

And it is also a very serious thing. God is offering you facilities for becoming divine and you are ignoring that and focusing upon things which are unnecessary for you, which waste your life and create negative samskaras within you. It will retard your spiritual progress. Your sadhana will go down the drain because it is one of the chhidras through which spirituality can go away.

That which you focus upon, that you become.

If you think upon the silly, negative qualities of others instead of improving yourself, you draw upon yourself negative qualities. You make your drishti alpa (vision petty) instead of making it mahat (lofty, great). It is a great blunder.

Every day you must awaken yourself and be concerned with the main purpose of your life, with the central objective with which you have come here and the reason why Gurudev brought into being this *sadhana kshetra*, this great facility for Yoga-Vedanta, for spiritual unfoldment, for the attainment of divine perfection and fulfilling the purpose of life.

May Lord Ganesha help you and remove all obstacles in your way!”



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 sessions are regularly conducted and is attended by students from nearby villages.

Total No. of Students: 19

- 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: 57



Gangadhar Mahadev Temple



Evening Satsang



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 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	: 877
Eye	: 263
Dental	: 166
Mobile Camp	: 83
Panchakarma	: 530
Physiotherapy patients	: 504
Homeopathy	: 30
Pathology Tests	: 47
Ambulance Seva to patients	: 3



**Ayurveda is the science of life.
Your body is your temple; your food is your sacrifice.**

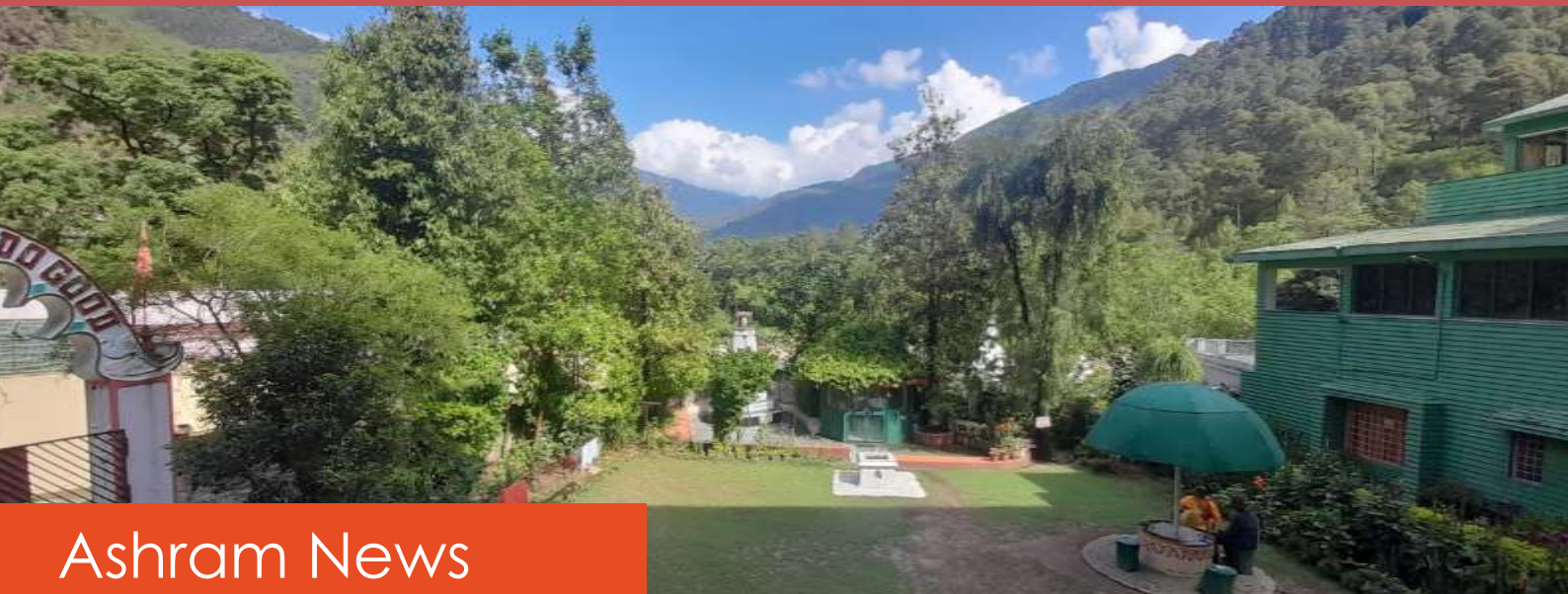
Healthcare Activities: Mobile Camp



In the month of September, the team conducted regular mobile camps and provided free health checkup, consultations and treatment to the patients of several remote and hilly villages of Uttarkashi district.

The patients who required further assessment and treatment are referred to our hospital. All services are provided free of cost.

Visiting Doctor Biswajit Sahoo (MD) from Odisha also offered free consultation to patients on during 2 mobile camps at various sites.



Ashram News

Hospitality

Many Mahatmas and visitors, 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	:	45
Foreign guests	:	12
Ashram inmates	:	25



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: 52

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	:	3



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: 14



Events and celebrations in September

Ganesh Chaturthi was celebrated on 7th of September. The festival marks the birth of Lord Ganesha, known as the God of New Beginnings, the Remover of Obstacles, and the God of wisdom and intelligence. It is a time to reflect, seek blessings, and embark on new journeys with the blessings of Lord Ganesha. Devotees in the ashram took part in various rituals with devotion on the sacred day. These rituals are accompanied by prayers, chanting of sacred mantras, and offering of sweets and flowers. The air was filled with the aroma of incense sticks, the sounds of devotional songs, the sight of beautifully adorned idols.



137th Birth anniversary of Sadgurudev Swami Sivananda Saraswati and 108th Birth anniversary of Sadgurudev Swami Chidananda Saraswati was celebrated in the ashram with utmost love and reverence on 8th and 24th September respectively. The disciples and devotees performed paduka puja, sang hymns and kirtans joyfully, and prepared various types of delicious prasad for the grand Bhandara in the afternoon.





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

God (Visweswar) and world (Viswa) are not separate, there is no difference (भेद) between the two. The world bears the same relationship to the Supreme as an ornament with gold; the ornament in the form of necklace, bangles, earrings with its intricate design grabs our attention rather than the element (gold). We know the ornament is made of gold but we assign importance and value to the name and form while dealing in the relative world.

Some say that we don't know where God is, let him be where he is, we see the visible names and forms and deal with it.

Some others say World is the uniform of God. Just like police is recognized by the uniform, revered and saluted; there is no difference between police and uniform, uniform is like the skin of police (the governing body engaged in maintaining law and order). Similar is the relation between Visweswar and Viswa. We don't see the "police" or governing authority, we see men in uniform and deal with them though we are aware of the presence of the authority and recognize its presence everywhere. We can't deal with attributeless, bodiless (निराकार), unrestrained (निरंकुश), aloof (निरलिप्त) God, so we recognize God by its uniform in the form of world, salute and worship it.

There is no difference between God and world, the difference is only imaginary, like the idea of difference between hands / legs and body is imaginary. Now if we want to keep up with our imagination of separateness, we have to imagine that within the Absolute only. Suppose we imagine that the ten senses (इन्द्रिय) are within the body, then we won't be able to see outside, we won't be able to behave/act with the help of it. This idea will remain an imagination (कल्पना) or misconception/superimposition (अध्यास) or deception/jugglery (इन्द्रजाल) only. There is no possibility of any difference or distinction in any way for there is nothing except the Absolute. There is only One; if it is jugglery, then also there is no two. And in oneness, there can't be any relative behavior/transaction (व्यवहार), one has to become completely silent.

Just like we can make no distinction in the sky; and even if try to make any distinction, that too will be sky. As we know, there are international standards to define a country's airspace, which means every country has its own air territory or sky, e.g. Indian sky. But sky is same for every country irrespective of the borders defined by us. The lines are just like drawing on paper, which can be drawn, erased, drawn again depending on time and situation. The lines are mentally present, there are no real lines in the sky to demarcate a territory. Just like an artist or architect first makes a mental image before putting it on the canvas, our idea of the world is similar to those mental images. The differences in Viswa are at our mental level only, actually there is no difference between the two.

The plan of a future building is in the mind of the architect, and that plan is an idea or imagination. The imagination can be of the past, present or future but can we behave in the relative world of imagination! It appears impossible.

(to be continued)

सेवा समाचार

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

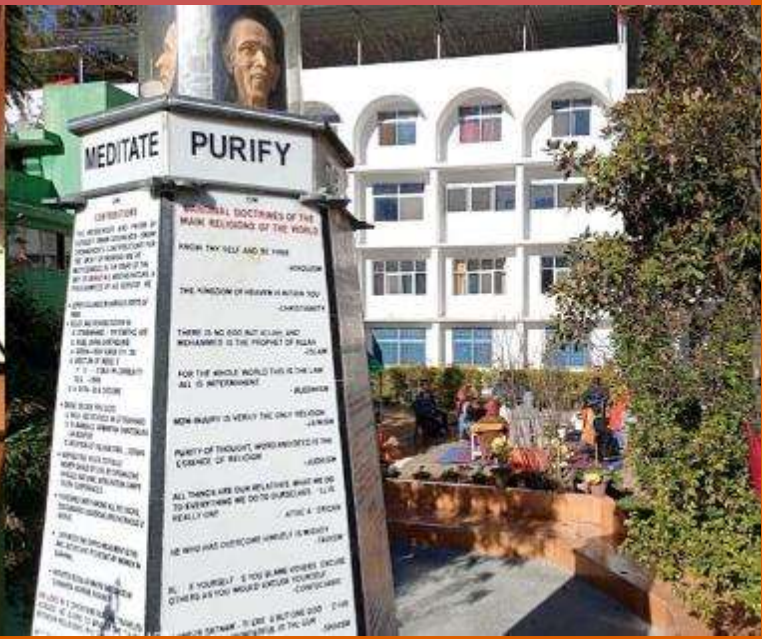
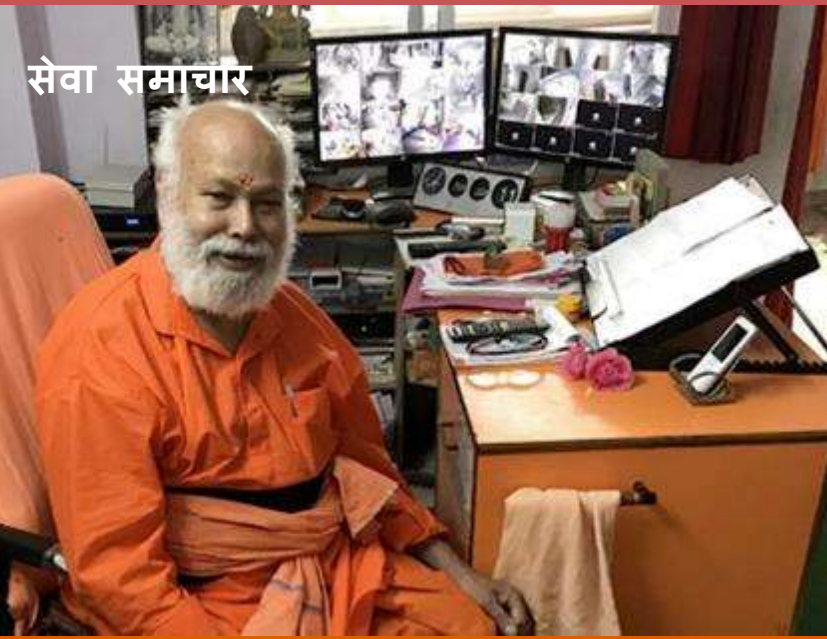
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

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



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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.

