

JUNE 2021



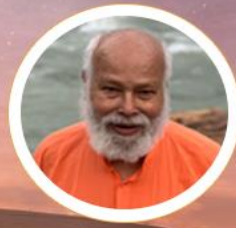
सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti REGD.

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

Thought for the month

by Swami Premanand

Yoga Vashistha in Relative Life

When a beggar approaches, what thoughts run through your mind? Do you want to excuse yourself and turn away? Are they pitiful, unworthy, dejected? Does the benevolent giver now arrive? Or, can you perceive Truth? Realising, without this needy person, experiences that lay the stepping-stones to your progression wouldn't exist.

To give is great. You are great. It is your right to be great. But, everyone is just as great, in his/her place. But, can you respect the beggar as your own self?

We forget how dependant, relative and ultimately limited this reality is. We mistreat our freedom, as the thought of autonomy pervades, rarely attempting to understand how detrimentally 'I' and 'My', rule our lives.

To clarify, any-thing visualised in this dualistic-world, by 'I'; or, that relates 'My' to 'I' has a relationship with us. 'I' see that star, 'My' country, 'My' memories. From a wider angle of vision; the whole universe is related to you.

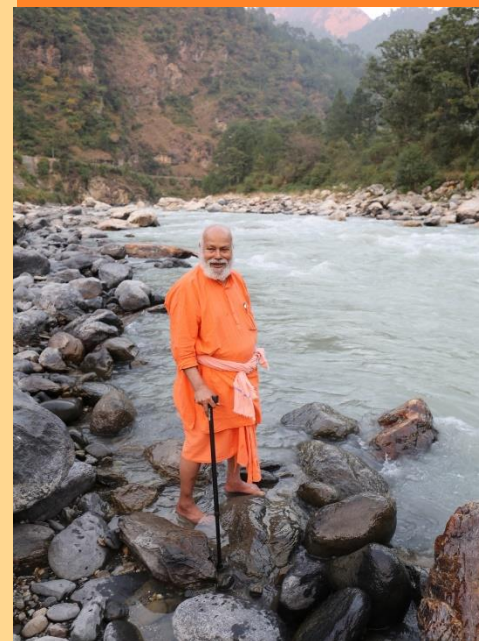
Therefore, 'Do unto others as you wish others to do unto you'. Live righteously, without harming in the right code of conduct; 'Dharma'. Understand, that existence is 100% relative. Should you harm another, it is unavoidable that the suffering you caused shall come back to you.

For example, place some children sitting in a ring, close to each other. If you push one somewhere in the round, everyone will start pushing the other until it comes full-circle with the last child again pushing the first.

The world is a process; a cycle. Interfere with the freedom of others and over time, expect to be pushed back.

SEVA SAMACHAR

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Thought for the Month Contd...



The solution? Coincide with others. Become not only one with them but within yourself. This creates true greatness about a person. Mind, speech, actions all aligned, one and the same.

Many greats then make 'One Ultimate Great', for many is part of One.

The 'Greater Than the Greatest' is unconditionally present in all the names and forms of the visible world.

May Lord, The Great Bless You!

Now, go, be great!

OM TAT SAT!



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Love for All

BY SWAMI SIVANANDA

In the regeneration and divinisation of man, the first step is to eliminate his beastly nature. The predominant trait in beasts is cruelty. Therefore, wise sages prescribe Ahimsa (non-injury).

Practice of Ahimsa develops love. Ahimsa is another name for truth or love. Ahimsa is universal love. It is pure love. It is divine Prem. Where there is love, there you will find Ahimsa. Where there is Ahimsa, there you will find love and selfless service. They all go together.

The one message of all saints and prophets of all times and climes, is the message of love, of Ahimsa, of selfless service. Ahimsa is the noblest and best of traits that are found expressed in the daily life and activities of perfected souls. Ahimsa is the one means, not only to attain Salvation, but also to enjoy uninterrupted peace and bliss. Man attains peace by injuring no living creature.

There is one religion - the religion of love, of peace. There is one message, the message of Ahimsa. Ahimsa is a supreme duty of man.

Ahimsa, or refraining from causing pain to any living creature, is a distinctive quality emphasized by Indian ethics. Ahimsa or non-violence has been the central doctrine of Indian culture from the earliest days of its history. Ahimsa is a great spiritual force.

Ahimsa is a Mahavratam or "great universal vow". It should be practiced by all people of all countries. It does not concern the Hindus or Indians alone. Whoever wishes to realize the Truth must practice Ahimsa.

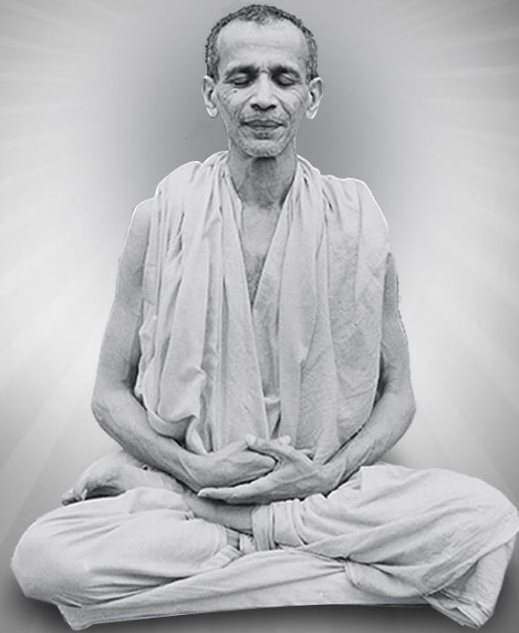
Even now there are people who do not give the least pain to any living creature. They carry sugar and rice for distribution to ants in their holes. They do not use lights at night for fear of killing the small insects. They are very careful while walking in the streets, as they do not wish to trample upon small insects.

Blessed are these men. They will soon see God as they have very soft hearts.



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BY SWAMI CHIDANANDA



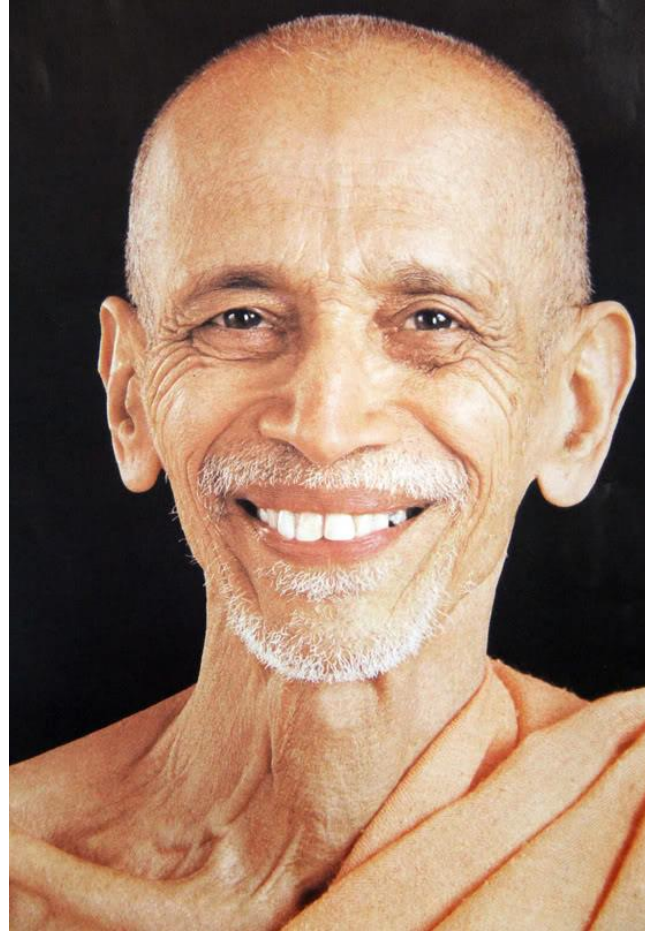
All is One

All life is one, and there is one common consciousness that links the life of all beings into one great cosmic unity. A poet once wrote, "You cannot pluck a little flower without shaking a star."

There is a poem in which the poet says, "One touch of nature makes all life kin." The poet here refers to the original nature in which all forms of life are related to the One. Vedanta proclaims the oneness of all existence—that there is one divine principle present in all things. The first sloka of the first Upanishad says, "Whatever exists is pervaded by the one great Cosmic Being. That Being permeates, saturates and pervades all things in the universe." Even modern science is now confirming this great truth. At the back of all this multifariousness is something common to all life. If you can eventually touch it, you will experience cosmic consciousness.

The vedantic method is deductive, while the scientific method is inductive. The vedantic method starts with the one and proceeds to the many, and the scientific method starts with the many and proceeds to the one. Now it seems as though modern science, especially physics, is proposing a theory that corroborates nearly verbatim the central thesis of the ancient Shakta school of philosophy in India. The Shakta school postulates that universal energy or cosmic force is the ultimate factor in existence, and isn't science saying much the same thing today? Science does not specify whether this force is conscious and intelligent or not, whereas the Shakta philosophy is very specific on this point. It states that energy or force is of the very nature of pure consciousness.

This I-principle is common to all sentient beings, and it is the mysterious factor that binds life into one great cosmic unity. Ponder this unity, because eventually you must come to know it.



THEME OF THE MONTH—Teachings of Bhagavad Gita.

"In whatever way beings approach Me, even so do I go to them." (Bhagavad Gita, Chapter IV, Verse 11). This is the maxim *par excellence* for people to adopt in their approach to the so-called different religions. Religions are apparently different outwardly, but they are essentially One, they exist for one great spiritual purpose. To once again, guide people back to the Supreme Cosmic Source of their being.

The great sages and seers who realised That Being within the deepest depth of their illumined spiritual consciousness were given the supreme inner experience that; that Supreme Being is ONE and non-dual. That Being alone exists. That Being is the one and only Eternal Reality. This is the Truth. And because that Supreme Essence or Principle or Being is one and non-dual, then the many that we perceive, must necessarily be the outcome or emanation from That One Supreme Being. Even as various kinds of cotton cloth have different shapes and sizes and colours, yet they are of one material, namely cotton. As different types of golden ornaments like necklace, bracelets, ring, earrings, etc. worn by a lady, are all made of one material, namely gold, even so the entire universe of innumerable names and forms is in essence but One Being in a grand and glorious cosmic manifestation. Therefore, the appearance of the many does not invalidate the non-duality of the One Supreme Principle. IT alone prevails. One without a second.

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BY SWAMI RAMASWARUPANANDA

Where There is a Will There is a Way

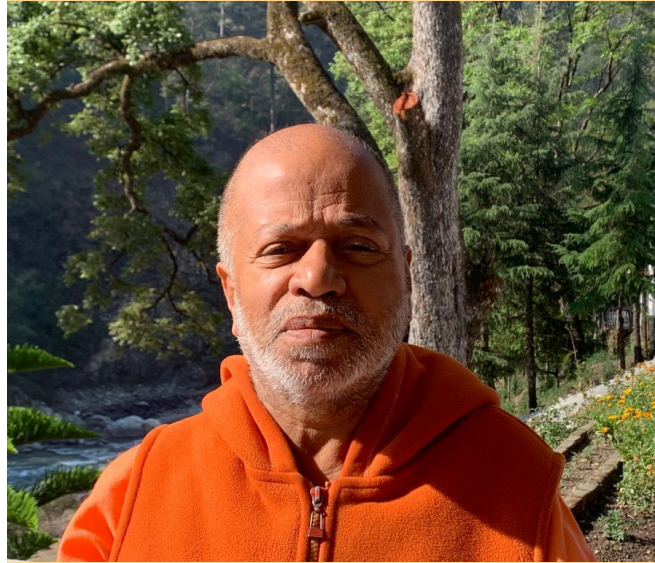
There was a period in my life, whilst serving Swami Chidanandaji, that around midday he would retire to the 'Yoga Sadhana' Kutir for rest. It was during this 'Down-time' that I used to develop my skills, paying the RS.150 per month to attend the Commercial Institute to learn typewriting. Later, Swami Dhyanananda would teach me chef-ing, Nagarkariji accounting and Swami Vimalananda diction. All of which would prove invaluable when Guru Maharaj shifted to 'Guru Niwas' in 1977 and I was the only serving Sevak.

I recall one incident in particular. I was helping Swami Chidanandaji pack his luggage for a foreign tour. When He passed me a money bag, destined for his personal charitable causes, with clear instructions that no one should leave Guru Niwas hopeless and that all donations should be supported with clear documentation.

I remember this one occasion I asked him; 'Guru Maharaj, when given such a great responsibility how do I know if I'm doing the right thing or not?' "SATPATRE DIYATE DANAM" To which he replied; 'How have you been doing it all these years?'

And, I told him; 'When a representation of the Lord, in either male or female form, comes to Guru Niwas for help. I make my way down to the iron bench on the ground floor, chant "Naham Karta Chidananda Karta" and become yourself. Imagining, that it is you providing the charity, not myself'. Then back came that affirmative answer of Sri Guru Maharaj; 'Yes, Yes that is the right spirit, continue like that'.

I continue to do the same even now in all actions.



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Samiti Activities

Spiritual Activities

- Day starts early at 5 am with Vishnu Sahashranama and Saraswati Upanishad Recitation with prayers.
- Daily rituals of Mother River Ganga, Gangadhar Mahadev, Radha Krishna & Gurudeva are performed in the Temple
- Evening Satsang is performed with enchanting prayers offered to all Lords by Reciting Mahimna Paath, Hanuman Chalisa, Ramayan Paath and Bhajans. Every Saturday of the week, Ramayana especially Sundarkand is recited with full fervor encompassing nearby Villagers, Students and Sadhakas.
- Daily discourse of Yoga Vasishta, unfolding its essence word by word is being taught by His Holiness Swami Premanand. Session is also streamed live on Youtube.

सेवा समाचार

DO GOOD
SIVANANDA DHARMARTH CHIKITSALAYA
REG. NO.14
ॐ
SIVANANDA ASHRAM GANESHPUR
विजय 991748211

HEALTHCARE ACTIVITIES

Sivanand Dharmarth Chikitsalay

The current running departments of Sivanand Dharmarth Chikitsalay **Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, and Mobile Camp** are on hold due to the covid-19 lockdown.

The Ambulance service for referral or emergency cases was on. Few Patients were taken to different places for treatment by our ambulance service.

During the entire times of lockdown, The Hospital OPD was open and the patients were attended from outside the gate of the hospital following proper Covid 19 guidelines

Taking the advantage of the lockdown, certain renovation work was undertaken in the Hospital. The Pathology department got a facelift. The Medicine Store, The Dentist room, Registration counter and the OPD room also got enhanced. The hospital also got equipped with Oxygen Concentrators. The Physiotherapy section has now all the equipments more beds so that more patients can be treated at one time.



The redesigned and revamped pathology section



Doctors' Desk OPD



Registration Desk OPD



Dispensation medicines



Stockists' Desk and storage

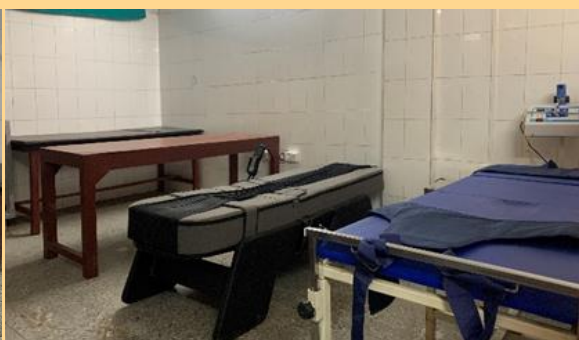


Oxygen concentrator



Oxygen concentrator

The Physiotherapy Section:



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Other Activities

Due to Covid 19, Char Dham yatra was not allowed. Only local people were allowed to visit Gangotri temple. So ashram also received almost no Padyatri. Few Sadhus arrived at the ashram but due to the lockdown Ashram provided them food so that they could continue to go to Gangotri.

The ashram had few devotees and guests staying in the ashram during this lockdown. Swami Premanandaji Maharaj started speaking about his Atma Katha (Journey of life) in the morning from 8.30 till 11 am. The Yoga Vasistha Satsang were carried on as usual everyday from 4 to 5.30 pm.

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. Due to the lock down there were only **25** People fed per day including sadhaks, sevaks and sannyasins.

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**

HOW TO DONATE

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

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

Teachings of Yoga Vashisht

BY SWAMI PREMANAND

Many of us search for a Guru. We continually seek a being who can guide us back to Source or reveal our own individual happiness. Yet, we fail to realise that our greatest teacher is the life that surrounds us, that which we relatively interact with every moment of the day.

Dharma, isn't taught in schools. But, the 'School of Hard-Knocks' does ultimately, shape our beliefs, understanding, knowledge and eventually navigates our way through this relative world. If we paid enough attention to our actions we would fairly soon realise patterns. Some positive, some negative. If we give love, we are more likely to receive love. If we provide charity, often charitable circumstances are bestowed upon us. If we hurt someone or abuse them, quite often, we in return, get pained or abused ourselves. Do not misunderstand these words, they are not a promise that every good action will reap an immediate positive reaction. Nor, am I naïve enough in thinking that there is not indefensible suffering in the world. But for every action, no matter how big or small, there is an equal and opposite reaction, eventually.

Live within the realms of Dharma; practice non-violence, speak truth, have patience for others, exercise forgiveness, refrain from taking what is not rightly yours and live with self-control. And, through continuous effort, life will change for the better. It has too. But, don't put a time-restraint on it. Inevitably, despite all best effort, tests will also arise. Regardless, of how 'Dharma-tically' you live your life people will encroach into your 'Circle of Well-Being'. See it for the test that it is. There is no greater sadhana than acceptance and accommodation of life's curve-balls, without complaining.

Remember, your greatness is vital in making that One Ultimate Great.



'I'-ness, The Virus

'I' illness; is everywhere;

'I' disease; is on the rise.

'I's way more dangerous; than the COVID,

And, 'I's; taken far more lives!

I fear we all; may have an 'I';

I realise, deep-inside...(Yet, be; consciously-unaware).

Because; 'I's like to wait; Inside the body;

And act; that 'I's not there.

'I' really is a nuisance;

An abnormal-parasite;

Hijacking senses; mind; And, intellect;

Whilst disturbing, One's; O' So delicate of sight.

So, much-so; No, amount of; 'I'-Drops;

To clear the blindness; will suffice!

But, on gentle reflection;

A place for every-thing; and, every-thing a place.

I guess, 'I'; has a role to play;

In the happenings; of, this life



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.

