

August 2021



सेवा समाचार

Seva Samachar

Swami Sivanand Seva Samiti ^{REGD.}

sivanandsevasamiti.org

सेवा समाचार



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

गुरु वंदना

धन तमाच्छन्न यह मोहमयी निशिथिनी, नृत्य करत नित पिशाच पिशाचिनी ।

उल्लुक स्वान स्वन मरम विदारक, कराल कालका नित्य क्रिडा स्थल यह,

संग कालिका, भूत, प्रेत सहायक – 1

धधकती यहाँ सदा ज्वाला चिता आग्निका, मिटा देती कभी क्षण भर, तुम रजनी का।

श्मशान यह, रहवासी शोकातुरजन, हाहाकार मच रहा यहाँ, राह नहीं दिखता,

सब भीत मन – 2

उत्थित धीर वीर अतिमानव तुम कौन? नववारिद बिच विघुल्लेख सम स्थित् मौन,

स्मित मुख, कर लिये रस्मि राशि को, विभासित करता दिगन्त को, पथ भ्रान्त,

श्रान्त, क्लान्त, दुःख हन्त को – 3

सदगुरु पद पल्लव में हूँ नत मस्तक, मोह – जामिनी जग, तुम पथ प्रदर्शक ।

जागरित कर दो सूस व्यार्थात को, सुधाकण विखरकर, हिमकण को रविकर यथा,

विगलित कर दो जरा, मरण को – 4

टिप्पणी

धन तमाच्छन्न-घना अधंकार से आवृत

मोहमयी निशिथिनी-बुद्धी को भ्रमित करने वाली रात,

उल्लुक – उल्लु, स्वान – शिआल आदि, स्वन – शव्द

कराल कालका नित्य क्रिडा स्थल – श्मशान, संसार,

श्मशान – संसार से तुलना किया गया है ।

उत्थित – संसार से परे – जगे हुवे,

अतिमानव – महात्मा , वारिद – बादल , विघुल्लेख – बिजली

रश्मिराशि – ज्ञान आलोक पुंज मशाल, दुःखहन्त – दुःखी, दुःख से हत

मोह जामिनी जग – मोह में डालने वाली रात्रि रूपी संसार

सूस – सोये हुवे अज्ञान से मोहित हुये

सुधाकण – अमृतकण , रविकर – सूर्यकिरण

विगलित कर दो जरा मरण को – बुढापा तथा मृत्यु से रहित कर के मोक्ष पद दे दो

Seva Samachar

- Guru Vandana
- Guru Purnima Message
- The Role of the Guru
- Does The Guru Ever Die!
- Two Drops of Tear and Not So True Words of Swami Chidananda, But Why !!!
- Daily Programme
- Hospital News
- Supporting The Community
- Jagannath Ratha Yatra
- Eye Camp
- Ashram News
- Guru Purnima
- Become A Member
- Yoga Day Introduction Part 2





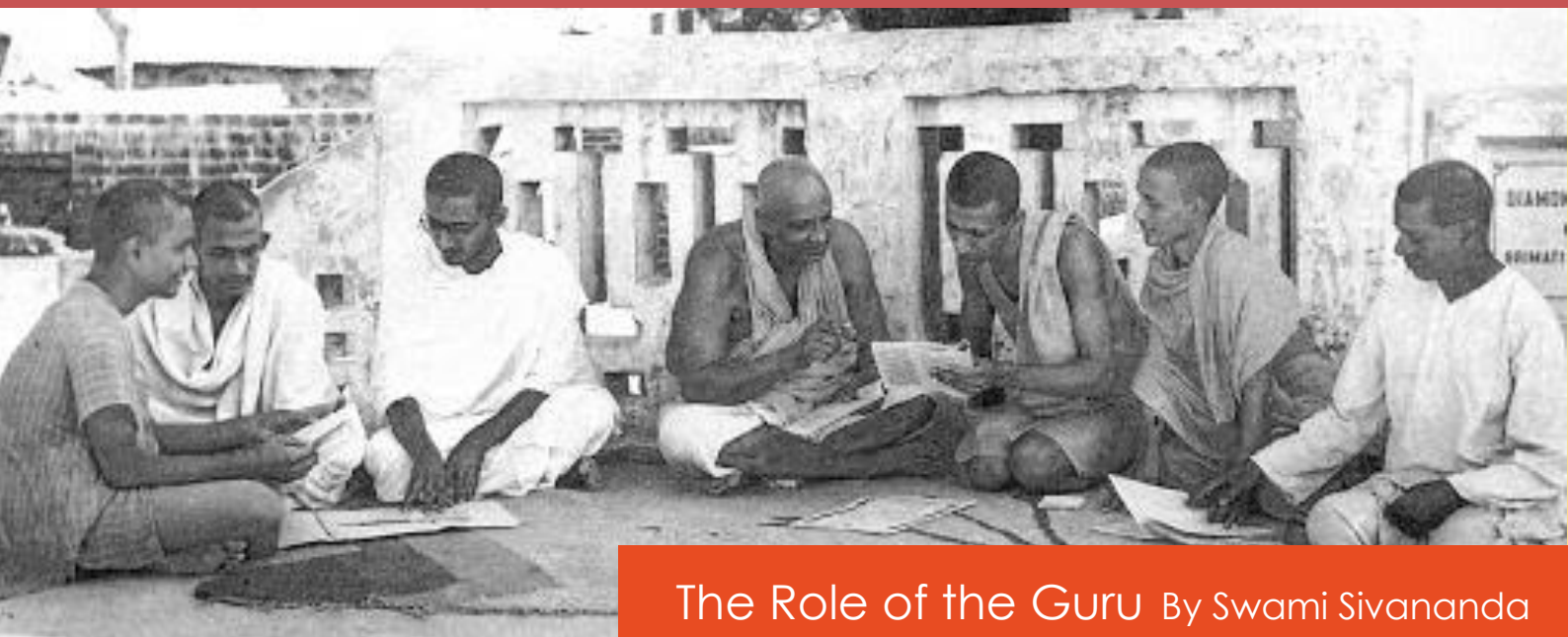
GURU PURNIMA MESSAGE By Swami Premananda

Guru Purnima is a most auspicious day. It is known as Vyasa Purnima also. On this day, we worship Vyasa Dev ji who is the author of 18 Puranas. He simplified the four vedas into Puranas because the people of this Kali Yuga (Iron age) will be of poor intellect who cannot grasp the intrinsic meaning of the Vedas. The Puranas have stories, history, geography and some important mantras of Vedas which are very much necessarily applicable in day to day life. We worship Veda Vyasa ji as the Guru who gives guidelines for achieving the four aspects, for a successful human life. Those are Dharma, Artha, Kama, Moksha. We worship also our personal Gurus by special offerings

We need guidance in every step of our life starting from the birth itself till the end of the life. One who guides us on this relative worldly life is called Guru. We learn from different persons at different stages of life. So naturally, we have so many Gurus in life. We have to learn from many sources. The initial Gurus are our mother, father and elderly persons of the family, society, and our surroundings. We have different Gurus in schools and colleges etc. We have Gurus in business, politics, sports, yoga, philosophy, spirituality, different arts, domestic affairs, customs and traditions, in law and order, code of conduct, official matters, health and hygiene, earning livelihoods, family life, offense and defense and all other aspects of life. In all these aspects of life we get attached to our activities and the result develops a kind of strong ego of doer-ship, which is otherwise known as bondage. All these worldly relative activities which is the cause for bondage and guided by worldly teachers are called simple Gurus and they are many in our life.

But, one who teaches us the techniques to get rid of all these attachments and get full freedom to be absolutely in silence by non-doership or witnessing state, that is to be one with the Sat, the all pervading existence, he is called Sat-Guru. One who leads to Absolute One is also One only. So Sat-Guru is one not many. Such a Guru is he who has ability to guide his disciples in all aspects of life's problems. One who is able to guide the disciples irrespective of time, space and situations and leads the disciples to the one truth, he is Sat-Guru. Such a Guru has all kinds of relations with the disciple that is of father, mother, brother or friend, wealth or wisdom. He holds all the relationships with the student. So, the student becomes hundred percent related or dependent on the Guru. At the end, the student has to or is bound to surrender at Guru's feet completely. Then the Guru takes over all the responsibilities of the student on him. Thus the relationships of Guru and disciples are relative to each other and it ends in oneness then the disciple loses his individual identity and merges in the universal consciousness that is Satguru who is personification or manifestation of that all pervading universal consciousness. When the personified body of the Guru which is a composition of five elements, completes its purpose of the physical body, it separates from the consciousness body and starts disappearing into its source.

So, we may say our Guru is eternally present everywhere at all conditions in the form of conscious body. That body is immortal and omnipresence itself. So Guru is our eternal friend, ready to help us at all conditions of life. He is our saviour, protector and our life of life itself. Guru is greater than the God who is invisible. Guru is the Guide to God. He is the path, guidelines on the path, the goal and the achievement of the goal also. Guru is the limit for everything. Guru is the source of knowledge-light, by which all of our life-candles are enlightened. So Guru is a must. Glory to the Guru. May Gurudev bless us to achieve the summum-bonum of life.



The Role of the Guru By Swami Sivananda

Prostrations to that Guru who, by the collyrium-rod of Knowledge, opens the eyes of those who are rendered blind by the darkness of ignorance (Guru Gita). The Guru is God Himself manifesting in a personal form to guide the aspirant. Grace of God takes the form of Guru. To see the Guru is to see God. The Guru is united with God. He inspires devotion in others. His presence purifies all.

The Guru is verily a link between the individual and the Immortal. He is a being who has raised himself from this into That, and thus has a free and unhampered access to both the realms. He stands, as it were, upon the threshold of immortality; and bending down, he raises the struggling individuals with his one hand, and with the other lifts them up into the empyrean of everlasting joy and infinite Truth-Consciousness.

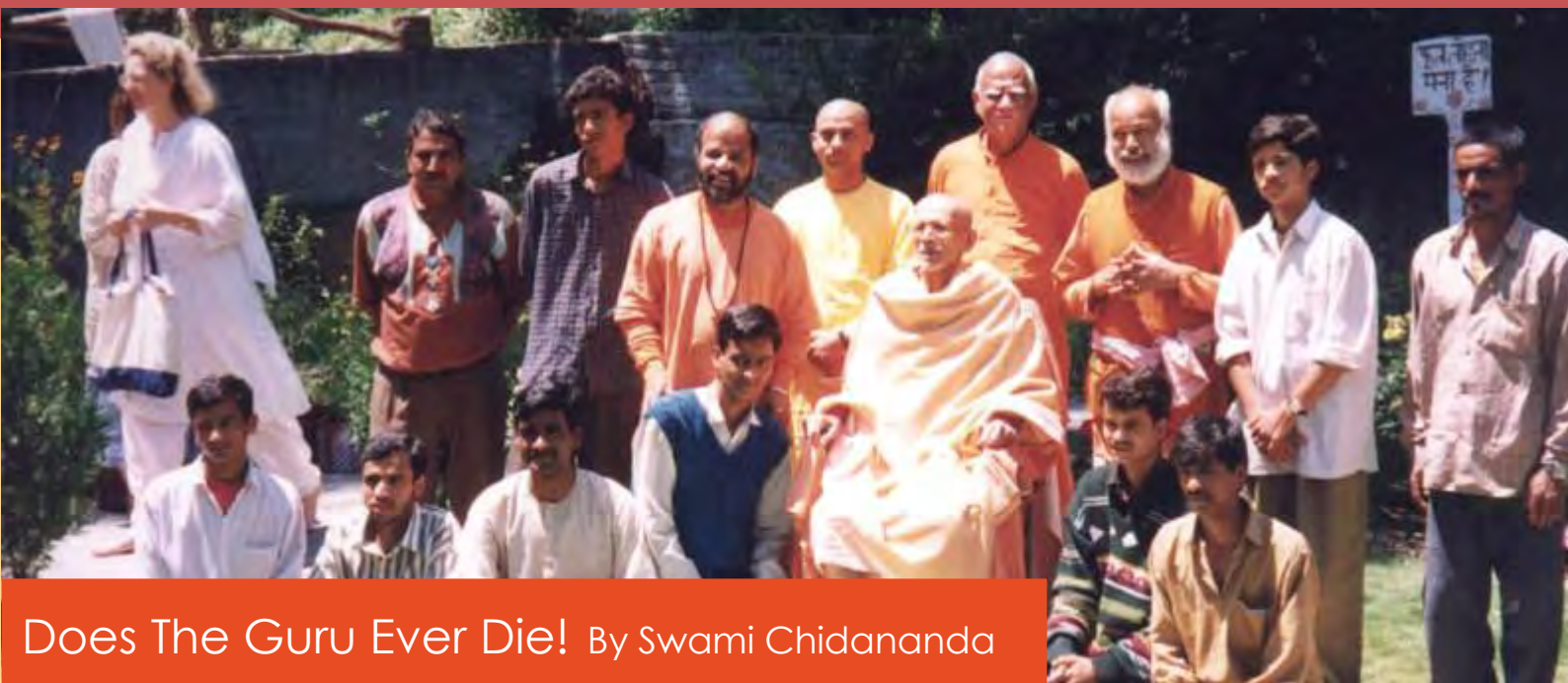
The Need for a Guru

For a beginner in the spiritual path, a Guru is necessary. To light a candle, you need a burning candle. Even so, an illumined soul alone can enlighten another soul. Some do meditation for some years independently. Later on, they actually feel the necessity for a Guru. They come across some obstacles in the way. They do not know how to obviate these impediments or stumbling blocks. Then they begin to search for a Master. Only the man who has already been to Badrinath will be able to tell you the road leading to it. In the case of the spiritual path, it is still more difficult to find your way. The mind will mislead you very often. The Guru will be able to remove pitfalls and obstacles, and lead you along the right path. He will tell you: "This road leads you to Moksha; this one leads to bondage." Without this guidance, you might want to go to Badrinath, but find yourself in Delhi! The scriptures are like a forest. There are ambiguous passages. There are passages that are apparently contradictory and others that have esoteric meanings, diverse significance and hidden explanations. There are cross references. You are in need of a Guru or Preceptor who will explain to you the right meaning, who will remove doubts and ambiguities, who will place before you the essence of the teachings.

A Guru is absolutely necessary for every aspirant in the spiritual path. It is only the Guru who will find out your defects. The nature of egoism is such that you will not be able to find out your own defects. Just as a man cannot see his back, so also he cannot see his own errors. He must live under a Guru for the eradication of his evil qualities and defects.



The aspirant who is under the guidance of a Master or Guru is safe from being led astray. Satsanga or association with the Guru is an armour and fortress to guard you against all temptations and unfavourable forces of the material world. Cases of those who had attained perfection without study under any Guru should not be cited as authoritative against the necessity for a Guru; for, such great men are the anomalies of spiritual life, and not the common normality. They come into existence as spiritual masters as a result of the intense service, study and meditation practised in previous births. They had already studied under the Guru. The present birth is only its continuative spiritual effect. Hence, the importance of the Guru is not lessened thereby.



Does The Guru Ever Die! By Swami Chidananda

There is a great tradition in the monarchy of England: “The throne shall never be empty; the country shall never be without a monarch.” That is the tradition. The heir apparent instantly and simultaneously becomes the king the moment the last breath leaves the body of the ruling monarch. The announcement is made: “The king is dead. Long live the king!” It seems paradoxical, but no! The king is dead, but the king is not absent because the heir apparent has already assumed the status of monarch of the land.

Ponder this statement, this proclamation, “The king is dead. Long live the king!” When even in a secular set-up the secular monarch is never for a moment absent, can a spiritual dimension be lacking in this? Is it to be found wanting? Are we to think that we are without the *guru* because the *guru* is no more? The *guru* was and now he is not? Are we less than the positive tradition of the British throne? Is the secular set-up one step ahead, and we are one step behind? It’s absurd to think that such a possibility exists.

The *guru* never dies because he lives in the disciple. That he may so live, he spends his life entering into the disciple in the form of his idealism, his ideas, his vision, his attitudes, his sense of values. His aim and objective for living is to ceaselessly and continuously strive and work so that he may live forever in and through each and every one of his disciples. The bright light of a candle never ceases to shine once another candle has been lit by its flame. It itself may be snuffed out, but it is already burning brightly upon another candle through another wick—the self-same light. Ponder this well! You are the being through whom the *guru* lives. This is an honour. This is a privilege. This is a great good fortune. It is also a responsibility; it is a duty; it is a truth to be known and kept in mind always: “I must be what the *guru* has taught me to be. I must be what the *guru* was.” But...Somehow there is always a “but.” You cannot rebut the previous statement, but Gurudev himself said in effect many times: “Do not do what I do, but do as I say. Do what I tell you. I have given you some instructions, carry them out. Don’t try to imitate me. You may emulate me, you may try to be as I am in my nature, in my character, in my lofty, idealistic way of life, in my spiritual personality, but do not imitate me. Emulate me.”

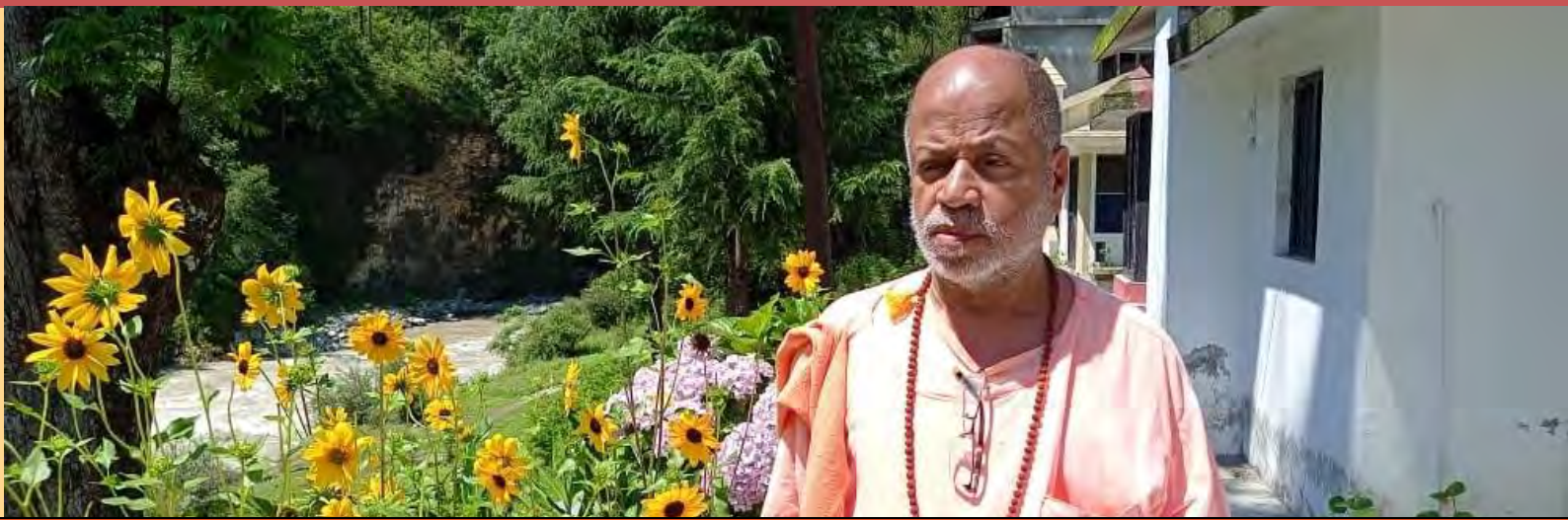
Imitation and emulation are two words whose distinction each disciple must know. Sankaracharya put his cloth over his head in a certain way. Today many people imitate that style of wearing a cloth. That is not discipleship; that is not spiritual emulation; that is not what he expected that you would be doing when he wrote *Vivekachudamani*, *Atmabodha* etc. He did not write them down so that you would imitate the way he dressed. So if you make that your way of being like him, you will fail miserably. You must make the vibrant spirituality of the *guru* live within you, the sublime idealism of the *guru* live within you, the spiritual teachings of the *guru* live within you. His loftiness of character and conduct should live within you. His divine nature and the divine way he lived his life should be relived in you. Looking at you, the world should understand the divinity of your *guru*.

So, Gurudev said: “Do what I tell you to do. Don’t do what I do, because I do it on another level.” Gurudev also said: “Obedience is better than reverence.” Thus if the disciples know the difference between imitation and emulation and follow him through emulation and obedience, the *guru* never dies. Gurudev Swami Sivanandaji will never die as long as there are sincere striving aspirants like all of you trying to walk the path of divine life, ever striving to fulfil in your thoughts, words and deeds the essence of his teachings.

Who then can say that Swami Sivananda was and not is. He *is* and he shall ever continue to *be*. Why? Because each one of you represents a radiant facet, a shining aspect of his noble, divinely lived life. Therefore, in and through his disciples he lives and continues to inspire hundreds and thousands. This is a great privilege. This is a great *guru* seva. May you be engaged in doing it, and may you discriminate at every step so that you keep on emulating him and not go off at a tangent merely imitating him.

If for England the king never dies, in the spiritual world, the *guru* never dies. The disciples ensure that the light of the *guru*, the inspiration of the *guru*, the wisdom teachings of the *guru* will be perpetually present in human society in and through each one of themselves.

The *guru* lives, and he shines through each one of his disciples. Each one of you, therefore, are living lights of the Sivananda ideal of divine life. May God and Gurudev’s grace and blessings enable you to do this most effectively, most fully and most successfully for the benefit of all humanity.



Two Drops of Tear and Not So True Words of Swami Chidananda, But Why!!!

By Swami Ramaswarupananda

In the year 1982, Gurudev Srimat Swami Chidananda Ji Maharaj called for a special meeting to make advance arrangements for the Sivananda Centenary 1986 - 1987. He invited 50 devotees selectively from all over India. While the serious meeting was going on, we received a phone call from an American Express travel agent in New Delhi, Sri A. Sundaram, who received a phone call directly from South Africa, as in those days there was no direct phone call from South Africa to Rishikesh was possible.

He said: "Please inform Sri Swamiji Maharaj that Swami Venkateshananda Ji left his body today". After the meeting, Guru Maharaj started to conclude the meeting by chanting the Shanti Path, I went near Swamiji Maharaj whispered to pray for the departed soul. Guru Maharaj made a very long prayer. He instructed everybody, "I will go and inform Sri Lakshmi Ammal myself. Sri Lakshmi Ammal, Swami Venkateshananda Ji's mother, moved to Sivananda Ashram after the departure of her son from home and with the permission and blessing of Gurudev Swami Sivananda she stayed in the ashram. Swami Venkateshananda Ji was a world traveller spreading Gurudev's teaching.

Guru Maharaj went up from Guruniwas to Sri Lakshmi Ammal's room which was near to Viswanath Mandir. He told Amma "I have come to take a coffee". It took some time to make percolated coffee. Swami Ji was chatting with Amma and told her, "Your dear son is not feeling well it these days. Devotees are taking him to Icu in a nearby hospital" he spoke in Tamil language. We came back to Guru Niwas.

As usual Guru Maharaj made the whole gathering at the Samadhi Hall during the concluding prayers, pray for the departed soul and then went to see Amma again. "Dear Partha Sarathi, your dear son, left his body peacefully in the hospital and made loud prayers for him who has merged with Gurudev".

After some time I humbly asked to quite my inquisitive mind. Swamiji Maharaj, why did you cry as you are a sthithapragya and why did you tell lies? Now please read, listen and feel the answer of Guru Maharaj:

"While praying after the meeting at Guruniwas, I became the mother of Swami Vekateshananda Ji. Lakshmi Ammal was in me and cried. I was preparing Amma mentally to receive the bad news, otherwise there would have been two deaths on the same day son and mother. You watched how she reacted to the bad news so calmly.

"SATYAM BRUYAAT PRIYAM BRUYAAT".



All Life is Yoga By Swami Sachchidananda ji

Yoga is a way of life to reach and experience the higher truth. All human being prepare through four stages to lead the perfect life. First, Physical health can be prepared through the practice of Asana and physical movement. Secondly The vital health can be prepared by the practice of pranayama (Breathing technique) for balance of emotion and relationship. Thirdly the mental health can be improved by the practice of concentration, Meditation and self conviction. Fourthly the spiritual health can be experienced by the practice of deep inner awareness and higher consciousness. To reach all the four stages need the regular practice throughout of the life. In other words called all life is yoga. In the 21st century of the human being is only aware the first stage of physical health and working very rare percentage of total population in whole world. Even people think that yoga should be practiced only when suffering from physical problem, But yoga should be practiced from childhood and when we are healthy. So that it can improve the immune power and prevent from disease. Once physical health is perfect then all other three stages can be prepared easily and reach the highest goal of life.

**At the Divine Service
Swami Sachchidananda ji
International yoga teacher
World peace yoga school, Rishikesh**





Daily Programme

- Our Day begins 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.
- Now, with 733 subscribers and an ever-growing number of viewers, our Daily Yoga Vasistha Classes are reaching Sadhaks across the globe. Join Swami Premananda at 4pm in the Bhajan Hall or online to experience the magic of one of the most significant pieces of text ever to be written!
- All festivals of its type starting with Janmashtami, Navratri, Diwali, are celebrated with all pomp and glory, with everyone contributing wholeheartedly towards putting service in organizing those.
- 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: 12



Hospital News

The current running departments of Sivanand Dharmarth Chikitsalaya are **General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services** for referral or emergency cases. Due to covid-19 the **mobile camp** program is on hold.

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

During Corona lockdown only emergency cases were attended. From September first week the hospital started working regularly with all mandatory precautions.

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	:	397
Eye patients	:	77
Dental patients	:	99
Mobile camp patients	:	10
Panchakarma	:	48
Physiotherapy patients	:	116
Veterinary medicines distributed	:	02
Pathology Tests	:	00
Ambulance Seva to patients	:	05
Homeopathy patients	:	51





Supporting The Community

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

Total No. of Students Supported, in the month of April: 20

Computer education: Computer classes remained closed due to corona virus lock down. But after 17th may computer class is reopened, adhering all the preventing measures of corona virus. Due to covid-19 Yoga class was closed but since 18th of May again we have started the yoga class with all the anti-measures of corona virus.

Number of students in Yoga class : 45

**Number of students in Computer class : 21
(in 3 batches)**

Hostel

The Hostel wing of the ashram is providing free accommodation, food and necessary educational aids to the identified needy students and seekers.

No. of students staying in the Ashram : 10



Jagannath Ratha Yatra



Jagannath Ratha Yatra



To Honour and celebrate the astral presence of Lord Jagannath, Ashram has commenced Jagannath Yatra, to felicitate omnipresent thee...

Yatra was processed with full fervour, zeal and enthusiasm by our Poojya Swamiji and fellow disciples, inmates and localites .

As a tradition , chariot was pulled by all devotees , and sweets were distributed to participants and visitors .Chariot was pulled up from temple at Sivananda ashram to the their Aunt's house as per the traditional ethos and anecdote's belief with Lord Jagannath .





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 endeavour from Swami Premanand Ji on a philanthropic ground towards welfare of rural communities around Uttarkashi hilly village. Eye camp has become a monthly activity and jovial selfless service which is actively taken by all ashram inmates, Doctors, residents, students to make it a success.

On the 9th January 2021 in the leadership of Dr. Kshitish Kumar Mahapatra, MBBS, MS (ophthalmology) such a camp was conducted.

Cataract Surgery done for 24

1. All patients detected with cataract during routine checkup are being out called by our Doctor Suresh Aswal and informed about Eye camp.
2. Eye camp starts with blood test for Sugar, reading of eye lens with A-Scan, with its necessary evaluation and investigation.
3. Post approval from our Surgeon, eyes are dilated and made ready for surgery.
4. SCIS technique, modern technology PHACO machines are being used for the surgery.
5. Patients are bandaged with eye patch and kept overnight and given free food, Night stay, with free Blanket.
6. Subsequent Day, patients are treated with Eye Drops, Eye Glass and Medicines.





Free Medical Camp By AIIMS Doctor

Dr. Prasan Kumar Panda , Associate Professor working in AIIMS, Rishikesh has offered free medical consultation services at our ashram towards our philanthropic mission in serving Humanity. Several patients from neighbourhood region and villages availed benefit of this health camp.

This Free Medical Camp conducted for five days and food and other hospitality services were sponsored by Mrs Jatwani in memory of her daughter Late Shri Poonam Jatwani.





Free Medical Camp By AIIMS Doctor

Dr. Prasan Kumar Panda ji after concluding the Free Medical Camp at our Sivanand Dharmarth Chikitsalay, went ahead to Gangotri Dham to conduct a Free Medical Camp there with other Doctors from our Hospital. The Mandir Committee and other local people were very happy to receive this Medical Camp Service from our Hospital. Many Sadhus and many others who were at Gangotri Dham were benefited.

Dr Prasan Panda was given a warm farewell by Swami Premanandaji and all Hospital staff.





Ashram News

Hospitality

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 Mahatmas & needy Padyatris of Chardham Yatra are given privilege of rest in the Ashram for a few days, along with food and medicines. Foreign spiritual seekers are also allowed to stay in the ashram and are given guidance to their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	22
Foreign visitors	:	01
Ashram inmates	:	24

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

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



Guru Purnima





Guru Purnima



Guru Poornima was celebrated on 24th July in our Ashram. The felicitation to our guru HH Sivananda and HH Chidananda was offered by worshipping the holy 'Paduka' and bringing convergence to Body and Soul.

Ceremony started with shloka recitation , Lamp Lighting and Bhajans , followed by Prasada and Bhandara .

सेवा समाचार

तुम चलाओ मैं चला

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

Yoga Day Introduction Part 2

BY SWAMI PREMANAND

The Process and Practice of Yoga

The process and practice of yoga differs according to the paths of yoga . Now we shall see some common practices which are found in all the paths. Directly or indirectly.

- The Code of Conduct – A.)** Non-interference is others affairs
- B.)** Truthfulness **(c)** Non- Violence **(D)** Straight- forwardness
- (E)** Celibacy , **(F)** Selfless Service to the needy **(G)** Love for all
- (H)** Sharing with others **(I)** Compassion **(J)** Forgiveness **(K)** Patience
- (L)** Forbearance **(M)** Non-covetousness **(N)** Practice of Divine Qualities

2.Fitness of Body & Steadiness

The body can coincide with mind and prana only when it is steady and physically fit so different asanas (postures) are to be practiced. At least three- hours in one posture brings asana-siddhi or asana – jaya.

Concentration of Mind

Fixing the mental thought on any one object according to ones choice repeatedly is known as concentration. One should not fight with the mind, mind is the source of all power so no force should be applied against it. Different methods are given in different yogic-ways, it should be practiced very carefully, sincerely and repeatedly.



मैं शून्य पे सवार हूँ , बेअदब सा मैं खुमार हूँ
अब मुश्किलों से क्या डरूँ, मैं खुद कहर हज़ार हूँ
मैं शून्य पे सवार हूँ, मैं शून्य पे सवार हूँ
उंच-नीच से परे, मजाल आँख में भरे
मैं लड़ रहा हूँ रात से, मशाल हाथ में लिए
न सूर्य मेरे साथ है, तो क्या नयी ये बात है
वो शाम होता ढल गया, वो रात से था डर गया
मैं जुगनुओं का यार हूँ, मैं शून्य पे सवार हूँ
मैं शून्य पे सवार हूँ, भावनाएं मर चुकीं

संवेदनाएं खत्म हैं, अब दर्द से क्या डरूँ
ज़िन्दगी ही ज़ख्म है, मैं बीच रह की मात हूँ
बेजान-स्याह रात हूँ, मैं काली का श्रृंगार हूँ
मैं शून्य पे सवार हूँ, मैं शून्य पे सवार हूँ
हूँ राम का सा तेज मैं, लंकापति सा ज्ञान हूँ
किस की करूँ आराधना, सब से जो मैं महान हूँ
ब्रह्माण्ड का मैं सार हूँ, मैं जल-प्रवाह निहार हूँ
मैं शून्य पे सवार हूँ, मैं शून्य पे सवार हूँ

लेखक - सुबोध राठौर



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