

September - 2022



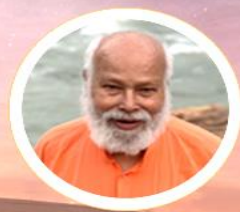
Swami Sivanand Seva Samiti REGD



Seva Samachar

सेवा समाचार

sivanandsevasamiti.org



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

Thought for the Month

By Swami Premananda

INDEPENDENCE

Non dependency is Independence. Are you Independent? No!

You are dependent on every one for everything at all time and on all situations. Everyone in this relative world is dependent on each other. This world is made up of pairs of opposites. So one is dependent on its opposite. So it is unavoidable. The day is dependent on night; the good on bad, the distance on nearness and so on. So independency is not possible in relative world! With pair of opposites! There is the kingdom of independence beyond the horizon of relative world! That is called nondualism or absolute singularity or one without second. But yet we have to live in this relative world independently. Then what to do?

"Do on to others as you wish to be done by others."

"Every action has its equal and opposite reaction."

So if you give independence to others you will be allowed to live independently. If you live in your limits, others will remain in their limits not to come out to harm your independence. "Live and Let live others."

In the same way- your right is dependent on others right; your life is dependent on others lives. You have no right to disturb others by any means. You have no right to interfere in others affairs. You can enjoy your freedom and let others enjoy the same! You have to think of others before doing anything by all means. That is the only way to celebrate independence day and enjoy your independence in this world of relativity. The whole world is based on this law. This world is co-operative society where you are bound to co-operate with others to live happy and prosperous life! If you don't, you have lost your independence forever! Understand this accept this and celebrate the 75th Amrit Mahotsav.

*May Lord bless you all to enjoy true freedom with all the beings under the sun!
May you reach the goal of life i.e. "ABSOLUTE INDEPENDENCE".*

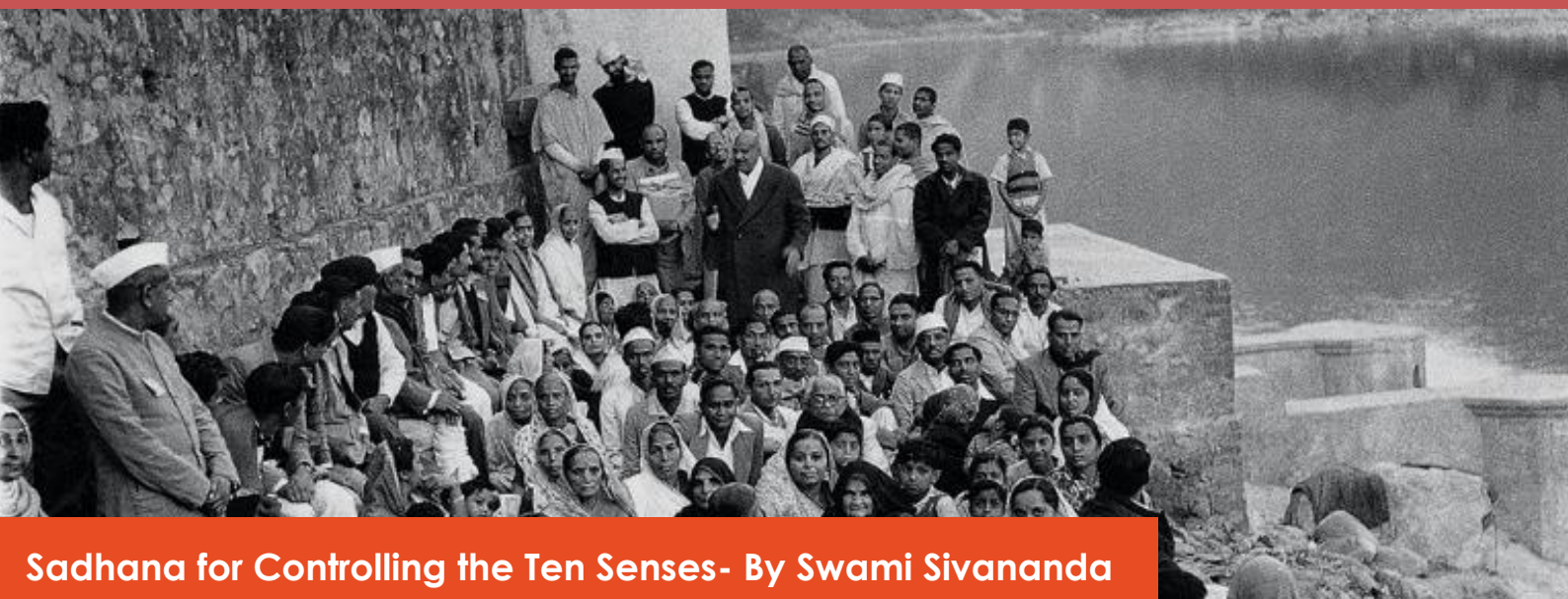
May Gurudev bless all! Hari Om!

Swam Premanand

Seva Samachar

- Thought for the Month: INDEPENDENCE
By Swami Premananda
- Sadhana for Controlling the Ten Senses-
By Swami Sivananda
- Tap the Infinite Source of Energy By
Swami Chidananda
- Daily routine of the ashram
- Raksha Bandhan & Swami Ram Swarup
1st Punyatithi
- 75thAmrit Mohotsav Independence day
- Healthcare Activities
- Sri Krishna Janmashtami
- Ganesh Chaturthi
- Teachings from Yoga- Vasishta : The
Ultimate Renunciation
- BECOME A MEMBER





Sadhana for Controlling the Ten Senses- By Swami Sivananda

Repression or suppression brings vehement reaction and the senses become formidable, turbulent and boisterous. What is wanted is sublimation of the senses through proper and good use but not repression or suppression. The senses must be thinned first through the practice of Pranayama. Vairagya (dispassion), Tyaga (renunciation), meditation, reduction of wants, control of desires help a long way in the control of the senses.

The senses are very strong and impetuous. They should be controlled gradually by intelligent methods, enquiry and discrimination. Violent Tamasic Tapas will not help much in their control. It is not a day's or month's work. It is a patient, continuous struggle. Plod on with patience and perseverance. Satsanga gives strength and helps to control them efficiently. Above all God's grace is very necessary. Obtain this through surrender, faith and devotion.

Jnana Indriyas(Organs of Sensation)

Control the ears by hearing the glories, the Lilas and Kirtans of the Lord, by hearing the Anahata sounds by the practice of Yoni Mudra.

Control the sense of touch by practice of Brahmacharya, sleeping on a coarse mat and wearing coarse blanket, coarse shirt and coarse clothes.

Practise Trataka daily and control the wandering eyes. Feel that every form is the form of the Lord. Put a stamp of the picture of the Lord in every form mentally. Do Trataka on your Ishta-Devata and visualise the picture with closed eyes.

Give up those articles which the mind likes best for a week or a month. Give up salt on Sundays. Take sugarless milk. Abandon pickles, chutni. Do not ask extra salt, or sugar for tea or milk. Take very simple, bland food. Eat three things. Fast on Ekadasi, Amavasya, Purnima, Janmashtami, Sivaratri, Vaikuntha Ekadasi and Dassera.

Karma Indriyas (Organs of Action)

Observe Mouna for two hours daily and 24 hours on Sundays. Speak measured words. Speak sweetly. Speak the Truth. You can control the organ of speech.

Serve the sick and the poor. Serve your parents. Serve the Sadhus. Practise Ahimsa or non-injury in thought, word and deed. Do Archana or offer flowers to the Lord.

Put up light in the temple. Sweep the floor in the temple. Bring water for Abhisheka. Do other services in the temple. Do charity. You can control the hand.

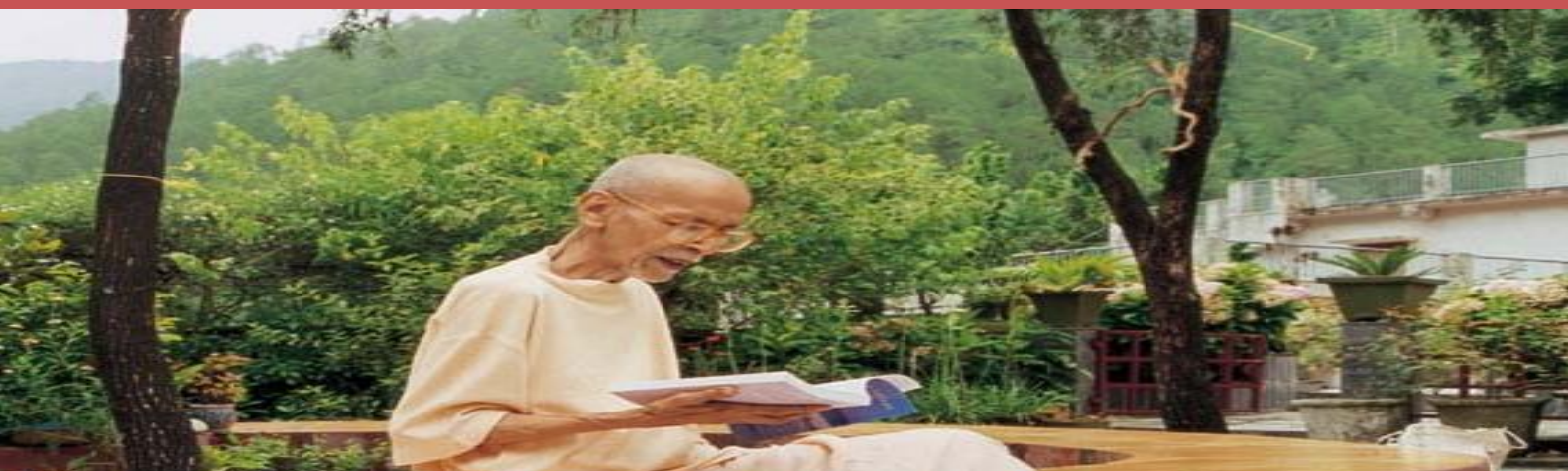
Visit the temple. Visit the holy places of pilgrimage. Perambulate round the temple. Sit on one Asana for 2 or 3 hours. You can control the restlessness of the legs.

Practise Brahmacharya. You can control the organ of generation.

Eat moderately. Fast. You can control the anus.

Swami Sivananda





Tap the Infinite Source of Energy - By Swami Chidananda

Human birth, higher aspirations and the inspiration to contact great ones and to imbibe their stirring spiritual messages—all these constitute your wealth. All these constitute your good fortune. All these constitute your special unique blessings when compared to those who do not have these things.

Having been born as human beings, countless millions of people lead a life where their human potential is never fully recognised, never fully tapped and utilised. It is frittered and wasted away in miscellaneous petty pursuits and occupations. Thus, even though rich, they are poor. Even though most fortunate, they are the most unfortunate of beings. For they fail to recognise their good fortune and fail to put this great good fortune to proper use, wisely.

However, recognising our good fortune, let us try to see what we can do upon the constructive, positive side in order to build up a source of energy that will constitute an asset to ourselves and a fort out of which we can trap the living waters of a dynamic, progressive life, and what we can do in order to build up such a reserve of energy. It will not be possible to dwell upon all the things that we can do, but even dwelling upon a few of them will be, as it were, a finger pointing in the direction to follow.

A great deal of good will accrue to that human individual who makes up one's mind that henceforward I will always look upon the brighter side of things and never for a moment continue the habit of looking on the darker side of things. In short, be optimistic. Never say, I cannot do it. Never say, this is not possible. Never say, this is never meant to happen to a wretched person like me.

Who are you to say what is meant to happen to you, what is not meant to happen to you, when there is some higher Power that looks after and governs the life of all beings? Who are you to jump to conclusions as though you have made a window into His omniscience? You are trying to take a higher position: "He knows everything. I know what He knows."

This is a sort of mentality by which we become our own enemy. Instead of that, why not be positive? Why not say, "Everything is happening for my evolution. I am sure that only good can come out of it. Why? Because I know that the Supreme Being is all-goodness. How do I know? All the saints have said so. All the wise people have said it. All the scriptures of the world say that. He is all-auspicious, all-blessed, the Supreme One, the great and glorious One. There is nothing negative in Him."

In that way, hundreds and thousands of saints that have come and blessed the earth by their life and teachings through millennia have sung His praises, sung His glories. These great ones have lauded the Supreme Being in unmistakable terms, and this not merely through sentiment or emotion. They have lauded the Supreme Being out of their own personal experience of that Being. Therefore, we can be absolutely sure that that Being is the most blessed one, all-auspicious, all-good. "Therefore, I would be perfectly right and safe if I base my life upon that assumption and proceed with living my life on that assumption."

The wise person gets rid of the past. They do not allow the past to be iron shackles and chains connected to a great ball of iron: "So what hope is there for me to move forward even one inch? I am cursed to be where I am and to languish and die." This is the view of the self-defeating, negative-thinking pessimist, who sees only problems everywhere, not knowing that the problem is here. We have transformed ourselves into one great big problem, the problem of the self.

Therefore, shatter this self-created dungeon of darkness and soar high into the brilliant, bright light of the sun of optimism. Hope is one of the things prized by the Christian faith—faith, hope and love. Hope springs from faith also. And you will be abundantly benefited by this alchemy of transferring your base from pessimism to optimism, transforming yourself from a negative-thinking, despairing pessimist to a positive-thinking, hopeful optimist, by which you throw the doors wide open for your ascent, success, progress and highest attainment.

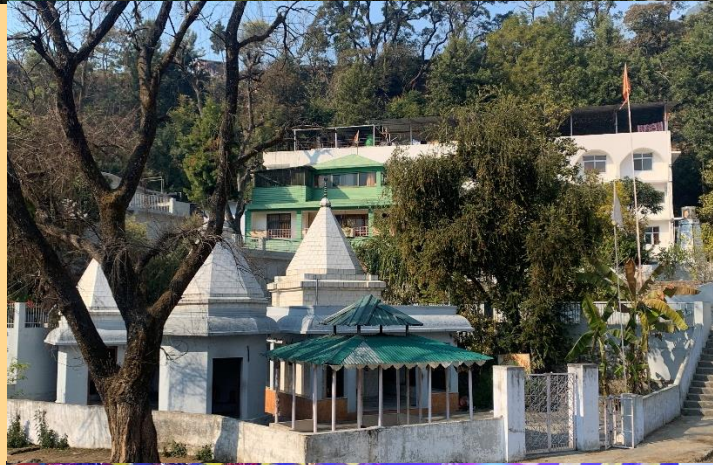
सेवा समाचार

Daily Programme

- Our Day begins early at 5 am with Vishnu Sahashranam 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 1008 subscribers and an ever-growing number of viewers, our Daily Yoga Vasishta Classes are reaching seekers across the globe. Join Swami Premanand at 9:30 Am in the offline or online to experience the magic of one of the most significant pieces of text ever to be written!
- A Bhagavad Gita class by Swami Premanandaji is conducted every evening at 8.30 pm. This class is also being streamed through our [Youtube Channel](#).
- Independence day, Krishna Janmashtami, Ganesh Chaturthi and all other notable festivals of the Hindu calendar are celebrated with pomp and glory.
- 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: 10

SERVE, LOVE, GIVE



RAKSHA BANDHAN

Raksha Bandhan a popular and traditionally Hindu annual festival, where sisters tie a sacred thread of protection to their brothers. They symbolically protect them, receive a gift in return, and traditionally invest the brothers with a share of the responsibility of their potential care.

Raksha Bandhan is observed on the last day of the Hindu lunar calendar month of Shraavana Purnima. The expression "Raksha Bandhan" (Sanskrit, literally, "the bond of protection, obligation, or care,").

At the ashram also we celebrated the festival. The women and girls folks from the village and many devotees came to visit Swamiji on this day and took his blessings, for them he is the spiritual protector and caretaker as elder brother/ their guide

We also had a Bhandara on this occasion.

May everyone in world maintain brotherhood among themselves.

SARVE BHAVANTU SUKHINAH!!



Swami Ramswarupanand Ji 1st Year Punya Tithi

Swami Ramswarupanand Ji left his body on 14th August 2021, on this occasion Sivanand Seva Samiti remembered him for his service to Guru Maharaj, and also as general secretary to the organization. There was a special prayer and bhandara organized for sadhus. We pray for his soul.

May Gurdev Bless His soul!



OM SHANTIH !



75th Amrit Mohatsav Independence day celebration

Sivanand Seva Samiti celebrates Independence day every year, This year too we celebrated the 75th year of independence (Azadi Ki Amrit Mohatsav), for three days.

All the ashram inmates, office and hospital staff and other visitors from nearby village joined us on the celebration.

Swamiji shared with us the experiences of his first independence day in 1947, flag hoisting and also motivated all with inspirational speech about patriotism and role of citizens in the development of the country.

Prayers were held for the wellbeing of all country people and their prosperity

A Bhandara was arranged for all devotees.

Let the blessings of the Bharata Mata bring back her past glory and become the Vishwa guru to guide all the world in right direction.

BHARAT MATA KI JAI !
VANDE MATARAM !





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.

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

Patients Attended to in Hospital OPD	:	553
Eye patients	:	154
Panchakarma	:	208
Physiotherapy patients	:	350
Pathology Tests	:	50
Ambulance Seva to patients	:	06
Homeopathy patients	:	88



Health is state of complete harmony of body, mind and spirit.
When one is free from physical disabilities and mental distractions,
The gates of the soul open.



Sri Krishna Janmashtami 2022

Ashram celebrated Krishna Janmashtami on August 18-2022

On this highly auspicious night our ashramites decorated the premises with flowers, balloons of all colors and lights.

With all kinds of decorations especially peacock feathers was center of attraction.

Wonderful blissful bhajan and kirtans that went late into the night before the birthday celebrations really began with the unveiling (arrival) of Lord Krishna with hearing story of Srimad Bhagavat about Lord taking his avatar.

Divine Lord Bless All!



Krishna Janmashtami Importance:

Krishna's enchanting form with flute in hand is worshipped in myriads of homes in India. It is a form to which is poured out devotion and supreme love from the hearts of countless devotees not only in India but also in the West. Millions of spiritual seekers worship Him and repeat His Mantra, *Om Namo Bhagavate Vasudevaya*. Lord Krishna was great in knowledge, great in emotion, great in action, all at once. The scriptures have not recorded any life more full, more intense, more sublime and grander than the life of Sri Krishna. Krishna has played various roles during His stay in the world. He was Arjuna's charioteer. He was an excellent statesman. He was a master musician; he gave lessons even to Narada in the art of playing the *veena*. The music of His flute thrilled the hearts of the Gopis and everyone else. He was a cowherd in Brindavan and Gokul. He exhibited miraculous powers even as a child. He killed many demons. He revealed His Cosmic Form to His mother, Yashoda. He performed the Rasa Lila, the secret of which can only be understood by devotees like Narada, Gauranga, Radha and the Gopi's. He taught the supreme Truth of Yoga, Bhakti and Vedanta to Arjuna and Uddhava. He had mastered every one of the sixty-four fine arts. For all these reasons He is regarded as a full and complete manifestation of God. Incarnations of God appear for special reasons under special circumstances. Whenever there is much unrighteousness, whenever confusion and disorder set in on account of unrighteousness and baffle the well-ordered progress of mankind, whenever the balance of human society is upset by selfish, ruthless and cruel beings, whenever irreligion and unrighteousness prevail, whenever the foundations of social organisations are undermined, the great Incarnation of God appears in order to re-establish righteousness and to restore peace. An Incarnation is the descent of God for the ascent of man. A ray from the Cosmic Being in His potential state of manifestation descends on earth with mighty powers to keep up the harmony of the universe. The work done by the Incarnation of God and His teachings produce a benign influence on human beings and help them in their upward divine unfoldment and Self-realisation. The Incarnation comes to reveal the divine nature of man and makes him rise above the petty materialistic life of passion and egoism.

-Swami Sivananda

Ganesh Chaturthi Celebrations 2022



**Remover of all obstacles,
Pranava Swaroopi,
Embodiment of wisdom,
Devata of Muladhara Chakra!
O Lord Vinayaka,
The bestower of happiness
Who has Modaka in hand!
O Elephant-headed Lord!
Salutations unto Thee.
Om Gam Ganapataye Namaha.**



Significance of Ganesha

Lord Ganesha represents OM or the Pranava. Pranava is the chief Mantra of the Hindus. Nothing can be done without uttering it. Hence the practice of invoking Lord Ganesha before beginning any rite or work. The two feet are His Jnana Sakti and Kriya Sakti. Lord Ganesha has the elephant-head as that is the one figure in nature which is of the form of Pranava.

Lord Ganesha is an embodiment of wisdom and bliss. He is the Lord of Brahmacharins. He is foremost amongst the celibates.

He is the Lord who removes all obstacles on the path of the spiritual aspirant, and bestows upon him worldly as well as spiritual success. Hence He is called Vigna Vinayaka. His Bija Akshara (root syllable) is *Gung*, pronounced to rhyme with the English word "sung". He is the Lord of harmony and peace.

Ganesh Chaturthi festival was celebrated at our ashram on 31st August 2022, a beautiful idol of Lord Ganesha, the remover of all obstacles, was placed at the Satsang hall, a special pooja session took place with prasada offerings to the lord in which ashramites and visitors participated with great devotion and enthusiasm.

We wish May Lord Vighna Vinayaka, Remove all your obstacles,
And visits you with luck!

Ganpati Bappa Morya! Mangal Murti Morya!

Teachings from Yoga Vasistha : The Ultimate Renunciation



The nature of the living being is ego, from ego arises pride, from pride arises ambition. With the association of the object the ego and the company of the individual sparks the pride; The soul becomes egoistic of the object and becomes arrogant to the person. The enslavement of the object and the individual is the cause of sorrow for the egoistic and arrogant soul. As long as there is a different thing in front of the living entity, there will be objective ego. And as long as a person different from you is seen, there will be pride.

Pride is the cover for the ego. In the limited ego there is arrogant ambition. It confuses the slow-witted patients at the beginning and the end of the work of the thinkers, renunciators and gentlemen. The sweet-tempting intoxication of ambition subsides only when the soul crosses the boundary of the object and the individual and experiences the truth.

Whatever is done by the ego-power, its result assumes the form of an important attainment when it rises above material-acquisition. The stronger the pride in a man, the more he is concerned about the point of view of others. Praise as long as there is pride

And the feeling of anger and aversion towards blasphemy remains intact. It is only for the sake of satisfaction that human beings are climbing and slipping on the innumerable steps of ambition. He accepts many positions and titles with special effort only for the sake of ambition and renounces them for more and more. Behind country-caste-service, ambition itself is hidden in gross and subtle form.

A person receives the virtue of sitting on a high golden-throne just for the sake of honour. The second, being endowed with the best qualities, knowledge and ability, sits behind everyone and proves that I am not proud, he is unworthy.

Seeing sitting in place and considering them to be arrogant, people give high value. If the renouncer, the ascetic, the detached and the devotee have not the ambition to wear it before the disguise, austerity, detachment and devotion is not complete, then what is? Those men who have easily renounced Kanchan and Kamini, they are seen to be angry and hostile for arrogant ambitions. In an arrogant soul, sometimes the greed for limited importance grows so much that even after being possessed of virtue, he keeps threatening his own comrades with a demonic face, paints his hands with blood.

Most of the people are running here and there for ambition. The sadhana of the seekers, the renunciation of the renunciators, the renunciation of the sannyasis, the erudition of the wise, the detachment of the detached, the austerity of the ascetics, the nerdy-pure-discreet knowledge-power of the swans is very far for the fulfilment of ambition. Often a sage, a sannyasi or a detached person who has become an embodied form of renunciation does not wait so much for the ultimate peace or realization of God. As much as the noble or wealthy disciple is eager to get. Wise shrewd men detach themselves in honour and ambition by going in contact with nobles, kings and officials. To prove it, it takes the help of good tips. It does not seem fair to blame them for this act. As long as there is ego, there will always be hunger. As long as there is desire, there is ambition, the real self-conquest is the victory over man. Man's ambition is the reason for his salvation and ultimate movement. If there was no ambition, then man would have accepted everything according to independent standards within the limited, the progress of life would have stopped. Having honour and ambition is not unreasonable and harmful, it is unreasonable to become a victim by attaining limited honour or ambition.

Man's motion gets blocked by motion of mind. Having attained importance and taking pleasure in the mind is poor. To give up is generosity. With the object, the ego and the pride in front of the individual is proved, the meaning of speed, salvation and the ultimate movement is that the ego should leave the company of the ordinary object before and become the company of the object of divine quality and nature and the virtuous person by changing becomes worthy of respect before the person who has the divine nature, thereby increasing the divine wealth. Yes, this is salvation in motion. Surrendering the ego at the feet of God is the ultimate speed.

The culmination of the progress of the ego lies in being self-realized and the culmination of the ambition to be with God. The movement of the ego starts with the soul and gets absorbed in it. The movement of ambition begins with individual coincidence and gets absorbed in the sum of the essence. This is the attainment of ultimate peace and nirvana. For this accomplishment, respect and ambition are required in the beginning. But enjoying them is a hindrance, keep sacrificing their enjoyment

Renunciation is the ultimate perfection. Feeling of renunciation "Not being" is real renunciation.

Not being is the end of sadhana, self-realization or Self-conquering.



BECOME A MEMBER

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
RS. 2000 PER YEAR
- **NO PRIVILEGES—WE ARE ALL DEVOTEES. ACCESS TO STAY IN THE ASHRAM IS A SADHANA**

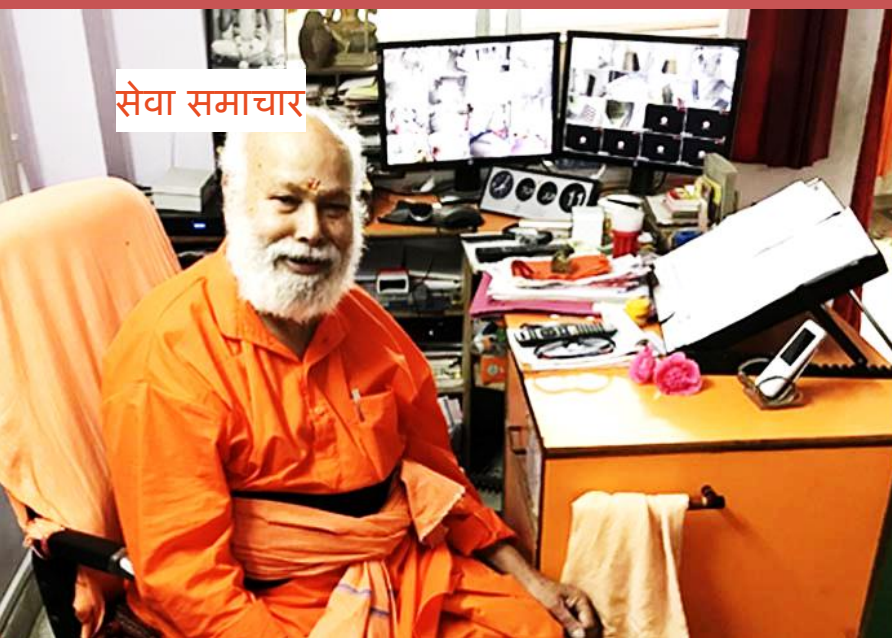
www.sivanandasevasamiti.org

HOW TO DONATE [Click Here](#)

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

सेवा समाचार



SWAMI SIVANAND SEVA SAMITI

WE ARE ON THE WEB!

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[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.

