

September 2024



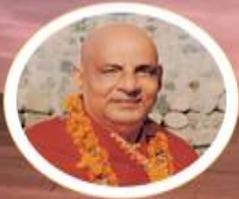
सेवा समाचार

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:

How to Grow the Tree Of Samadhi

When you get the tedium with this imaginary forest named world, go to the great forest of Tapovan, carry with you the precious seed of varigya. A mind that is purified by insight, plowed by good karmas and nourished day and night by the water of shanti, and channelized by stream of pranayama. This seed should be first soaked in the Nectarian milk like ganga of the good association, then it should be nourished in pure akash ganga of reflection. When well cared through diverse spiritual disciplines, the seed sprout in the form of meditation.

However the tender sprout is threatened by the Griffons and kites in the form of passion, pride, anger, greed and your so called near and dear ones.

To protect this seed, you have to hire a skilled couple named contentment (Santosh) and his wife mudita (cheerfulness) to protect the seed, also give them the brooms of spiritual practices and good actions so that the pebbles of rajas and tamas are removed.

The young sapling of samadhi should receive good sunshine of knowledge to remove the dampness of ignorance. Your evil karmas of past act like thundering clouds, and your wealth and pride act like hailstorms to destroy this sapling. Protect it with trident of Om and other austerities.

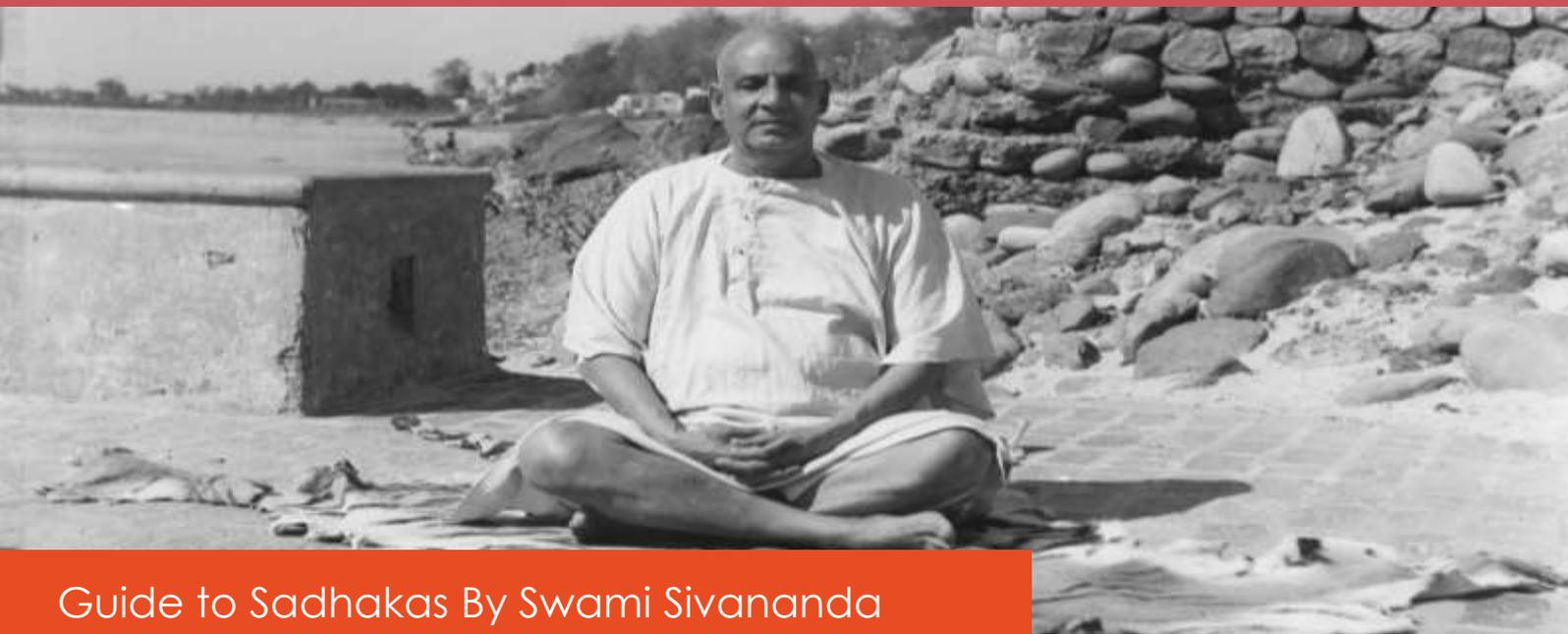
With all this protection the seed will sprout into a tender shoot named Viveka (discriminative knowledge) and it will have two leaves of self-enquiry and Satsang. Soon this lant sapling would flourish into strong tree that cannot be shaken by monkeys of raga-dvesha. All the creepers of divine qualities will entwine this celestial tree as it grows giving it glowing charm.

The roots of this tree will pierce the ground dampness of ignorance and continue to give fruits of divine wisdom, and fruit of this tree is kaivalya or liberation. Which bestows supreme bliss of Samadhi.

Seva Samachar

- Thought for the Month
- Guide to Sadhakas
- True Happiness
- Daily Programme
- Healthcare Activities
- Ashram News
- Annual Events
- Teachings from Yoga Vasistha
- BECOME A MEMBER





Guide to Sadhakas By Swami Sivananda

The first thing a spiritual aspirant has to acquire is mastery over the mind. Like a blind man - look at the objects. Like a deaf man - hear sounds. Do not allow the sense experiences to penetrate within. The mind gets fattened on account of its being fed by sense objects. Restrain the senses by the process of pratyahara (abstraction). Why should you struggle to curb the mind? Its power is far greater than any other power, but it will become your slave if you surrender to the Lord and allow his divine power to work through you. The control of prana (life force) should be the natural and unfailing duty of all spiritually minded persons. It is the control of prana which paves the way for the non-cogitation of all the externals and the conquest of death. Firmness of practice in the stainless non-dual principle, control of prana and the subjugation of the mind - these three are the paths to realise the meaning of moksha. Out of these three, one should be mastered thoroughly. Then the effects of all three will be obtained as all three are inseparably related to one another. If the mind and prana cease to exist then thoughts will cease to arise - both of these are one only like the flower and its fragrance, or a seed and the oil in it. Prana and mind stand to one another in the relationship of supporter and supported. If either of them is slain then the other also will cease to exist. The destruction of both will confer Moksha. Spiritual life begins with repentance. Spiritual life begins with aspiration. Genuine aspiration is the pre-condition of success in leading a spiritual life. Aspiration is indeed the fruit of good actions of the past. Guard your spiritual aspirations very carefully. Increase them through viveka (wisdom), sadvicara (pure enquiry) and satsanga (holy company). Seek God within you, in your heart. Seek him not elsewhere. Seek him with faith. Seek not God for favours. Such favours will not bring you near to God. Cultivate Niskamy Bhakti (motiveless devotion) - pine for his grace and mercy. Quicken and enliven your faith in God. Let the flame of faith grow brighter and brighter daily. Feel His presence everywhere. Obtain His grace through faith, devotion and total self-surrender. Devotion to God and Guru, practice of discipline, regular meditation - these will quickly lead to self-realisation. The first thing a spiritual aspirant has to acquire is mastery over the mind. Like a blind man - look at the objects. Like a deaf man - hear sounds. Do not allow the sense experiences to penetrate within. The mind gets fattened on account of its being fed by sense objects. Restrain the senses by the process of pratyahara (abstraction). Why should you struggle to curb the mind? Its power is far greater than any other power, but it will become your slave if you surrender to the Lord and allow his divine power to work through you. 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True Happiness By Swami Chidananda

Desire and want which arise from the prime delusion, destroy all peace of mind. In a mind devoid of peace how can there be happiness? Happiness depends upon peace of mind. It is in a calm, tranquil state of mind alone that happiness arises, for essential true happiness is your inward spiritual state. Fortunately, or unfortunately, the only media through which it can be expressed are the intellect and the mind. If these two media are thrown into such a state of agitation that they cannot serve as proper channels for the welling up of this inner happiness, then their condition becomes unfit and unfavourable. It is only when there is peace and serenity in the mind and intellect that inner happiness makes itself felt. The robber of your peace and serenity is the sense of want and desire which arise out of your prime error that happiness depends upon objects. That is the error in which you start your life. In childhood one is taught that to have a good time means going to places, or doing things, or getting objects and so children grow up in this delusion. The adult that is produced is at the mercy of things which are outside of himself. The grain of proper understanding of this world, as it really is, instilled into young people would grant a rich harvest in terms of happiness and joy.

Happiness, in the truest sense of the term, is that changeless experience right within you. It is that awareness which being present enables you to derive sweetness out of all other things, and which being absent, deprives you of all the sweetness from anything. That is the most important fact.

It works like the figure '1' in mathematics. If '1' is there, you may add to it any number of zeros and each zero progressively increases the value of the number enormously and the zeros have tremendous significance. If this '1' is not there, all the zeros are just ciphers without any value of their own whatsoever. Similarly, all things gain the capacity for giving happiness only in the presence of this One Being. Make Him the centre of your life. Make Him the most important and paramount Thing in your life. Then you will never be taken away from your happiness even for a single second. No one will be able to take you away from it, for you are yourself that happiness. When a fish is taken out of a little bowl and released into the ocean, it swims about anywhere and always remains in the vast ocean. So, out of the tiny bowl of deluded life where we have paid this undue attention to external objects, let us lift ourselves out and enter into that vast Truth.

In God lies happiness and within me He is and He and I are One.

Within lies the perennial fount of eternal happiness. May you live your life in this Truth. Then I assure you that your life will become a stream of happiness. May your life thus flow forth not as a vale of tears but as a perennial stream of infinite happiness. This is my prayer. May God give you the strength and the inspiration to blossom out into that simplicity and contentment, that shining and radiant virtue, that serene state of detachment, that friendliness with all beings, out of which this great gift that is waiting to be bestowed upon us will become our own.

May your life become radiant with joy and happiness. Supernal Happiness – may That be yours.

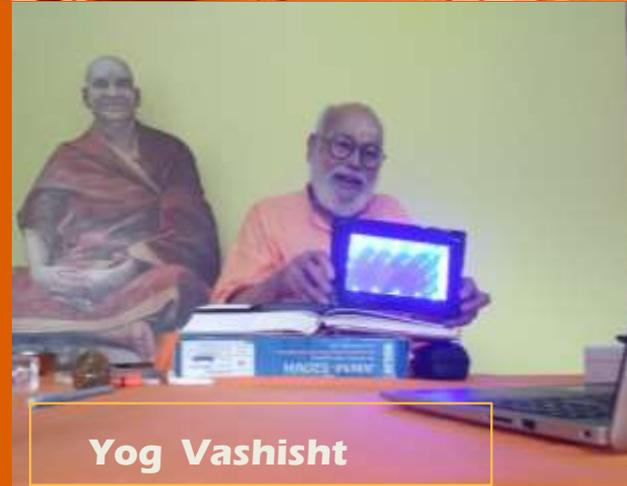


Daily Programme

- 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 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 9:30 AM online to experience the divinity of one of the most significant text ever written!
- Yoga asana classes are conducted daily. Village students, under the guidance of Swamiji, enthusiastically attend the classes
- 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: 66

SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE



Yog Vashisht





Healthcare Activities

The current running departments of Sivanand Dharmarth Chikitsalay are General OPD, Eye, Dental, Physiotherapy, Pathology Lab, Ayurveda, Homeopathy, Veterinary and Ambulance Services for referral or emergency cases.

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

The Entire Dispensary works on HIMS (Hospital Information Management System) helping in maintenance of Electronic Medical Record, Pharmacy stock & Issue details and quick generation of patient Data. This is the only hospital in the entire Uttarkashi region offering this automated service.

Every month regular mobile medical camps are organized in remote villages around the Uttarkashi for the welfare of the people staying in remote villages. Also regular medical education is provided at schools.

The new cloud enabled touch screen Health ATM, with a capacity to conduct more than 50 types of tests, provides instant reports to patients through print outs, e-mail and SMS.

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

Patients Attended to in Hospital OPD	: 786
Eye	: 486
Dental	: 177
Mobile Camp	: 128
Panchakarma	: 460
Physiotherapy patients	: 266
Homeopathy	: xx
Pathology Tests	: 52
Ambulance Seva to patients	: 11



Registration and OPD



Pathology



Panchkarma

Healthcare Activities: Eye Camp



Swamiji with staff and patients



Eye Checkup



Preparation for OT



Doctors at OT

Swami Sivanand Seva Samiti conducts frequent free Eye camps. Doctors and specialists from India as well as abroad are involved in providing the necessary consultancy during the camps. All medical aids are distributed to the needy patients free of cost. These Eye camps are an endeavor from Swami Premanand ji on a Sewa ground towards welfare of rural communities around Uttarkashi hilly villages.

From 31st August 2024, under the skilled leadership of Dr. Chirag Bahuguna, MS (ophthalmology), a 2-day camp was conducted, which involved registration, screening, surgery, treatment such as prescription glasses and medications, health education and counselling.

Timely follow up was done and all the cases were found successful.

No. Patients -- OPD: 66
Cataract Surgery done for: 35



Sunglass distribution



Annadan for all patients and family



Medicine and Blanket distribution

Ashram News

Hospitality

Many Mahatmas, on their way to Gangotri, arrived in the ashram for Swamiji's darshan. They were given privilege of rest in the Ashram for a few days, along with food and medicines. Other spiritual seekers are also allowed to stay in the ashram and are given guidance in their spiritual practices. Ashram provides free food and accommodations to all these guests.

Indian guests	:	25
Foreign guests	:	15
Ashram inmates	:	19

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	:	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 August: 25



Satsang and hospitality



Annakshetra



Service to cows

Independence Day Celebrations

Like every year, on 15th of August, the ashram inmates and visitors, hospital staff and villagers came together with patriotic fervor to celebrate India's freedom and to remember the sacrifices that were made to achieve it.

Swamiji was also felicitated as chief guest at army education center with MLA of Uttarkashi. Swamiji said we should all strive for eternal Independence. He urged everyone to pledge that we all should be ready to sacrifice our lives for Independence, we will never allow it to get destroyed. We were born in this land, we have grown up in this land, this land has nourished us, this land is our dear Mother, and we will do everything to make our nation prosperous, we will even lay our lives to protect our motherland. Bharat Mata ki Jai.



Flag Hoisting Ceremony



Swamiji with MLA Uttarkashi



Spiritual Activities

Ashram celebrated Krishna Janmashtami and Akhand Ramayan path. On Janmashtami the Yogeshwar Vasudev incarnation on earth was celebrated at the mid night welcoming him with kirtans and bhajans till midnight and after that delicacies of prasad was distributed for all the devotees present. As every year this year as well Akhand Ramayana path (non stop chanting tulsi ramyan was organized, with all brahmans and devotees attending the occasion with love for RAM .



Janmashtami Celebrations





Teachings from Yoga Vasistha: How To Guide the deer Mind

The human mind is like a deer which seeks the cooling shade in order to attain freedom from the miseries of the world. Different philosophical systems raise such a clamour that the deer-mind is constantly agitated. Having wandered through various desert lands, it finds the path of good association and is led to the tree of samadhi by its good karmas.

Until this path of good association is adopted, this deer- mind is constantly tortured by six hunters in the form of anger, greed, pride, passion, jealousy, and infatuation. These hunters are following the deer in order to deprive it of its very skin. As the deer runs, it is pierced by thorns in the form of worldly entanglements, and its body is tormented by various afflictions. Being deprived of intelligence this deer is ever restless and unsatiated. It continues to run after the mirage of worldly pleasures. At times it falls into the pit of embodiment, wherein it is roasted in the three-fold fires of misery.

At times this deer is swept in the currents of the world- process and is buffeted by the waves of hunger, thirst, grief, and delusion. Filled with sores, this deer tries to take refuge in the villages by seeking the fields of the senses, and is terrified by the trumpeting of the elephant of desire. The sense-enjoyments are like poisonous cobras that threaten to bite the deer. At times the deer finds itself trapped in the forest fire of anger, and its back, bruised by fire, gives immense suffering. It is consumed by internal and external fires in the form of mental torments. Different desires are like insects that continue to swarm around its painful sores. The spirit of poverty continues to chase this deerlike a tiger. Pride roars like a lion to destroy this deer. Deserted by its wife—youthfulness, the deer is driven into dense forests by its own servants—the senses. Thus exhausted, tortured, and tormented, the deer takes refuge in the shade of the tree of samadhi. There it learns the art of ascending the tree to eat its immortalizing fruit of liberation.

The Ascent on the Tree of Meditation. Having approached the cooling shade of this samadhi tree, the deer (mind) becomes enchanted by this tree. It does not turn to other trees of the forest. It aspires to ascend the tree in order to eat the fruit of liberation. Viveka (discriminative knowledge) constitutes its first step upon this tree. By the practice of viveka, the deer is able to renounce attachments to the objects of the world. As dispassion grows, it continues to ascend higher and higher on this samadhi tree. Just as a snake throws off its outer skin and continues to glide on, in the same way, it throws off all its attachments to the world and moves on towards the higher branches of this tree. Having reached a considerable height, the deer (mind) recalls its previous states of ignorance and laughs at them. It remembers the past days of slavery to the senses and the utter humiliation it used to experience through the objects of the world. Now, it delights among the branches of the samadhi tree, enjoying the divine qualities of compassion, cheerfulness, serenity and cosmic love. It is no longer threatened by the hissing snakes of desire, greed, anger, hatred, jealousy and pride. Like dissolving mist or dispersing clouds, craving continues to disappear, and the deer-mind continues to experience increasing freedom and bliss. It looks back at its previous states of ignorance and laughs at them. The deer feels like the emperor of emperors. Its thoughts become sublime and elevating. It beholds the transcendental expansion of the Self. All its previous relationships and entanglements now become like objects in a distant dream.

It beholds the world process as an illusory appearance like mirage in a desert. It does not grieve over near and dear relatives. With single minded devotion, it continues to ascend the tree to enjoy the fruit of immortality.

BECOME A MEMBER

One who follows the principles of Gurudev Swami Sivanandaji—Serve, Love, Give—is welcome to become a member of Swami Sivanand Seva Samiti. We are extending our family to all those who will selflessly serve the philanthropic and humanitarian cause and pursuit of Swami Sivanand Seva Samiti.

MEMBERSHIP DETAILS

I am privileged to be a part of Swami Sivanand Seva Samiti, Chidananda Kashi, Ganeshpur, Uttarkashi.

My details:

Name :

AGE:

OCCUPATION:

ADDRESS:

PHONE NUMBER:

EMAIL:

Please send us the above information by email to:

swami.premananda@gmail.com

MEMBERSHIP PLANS

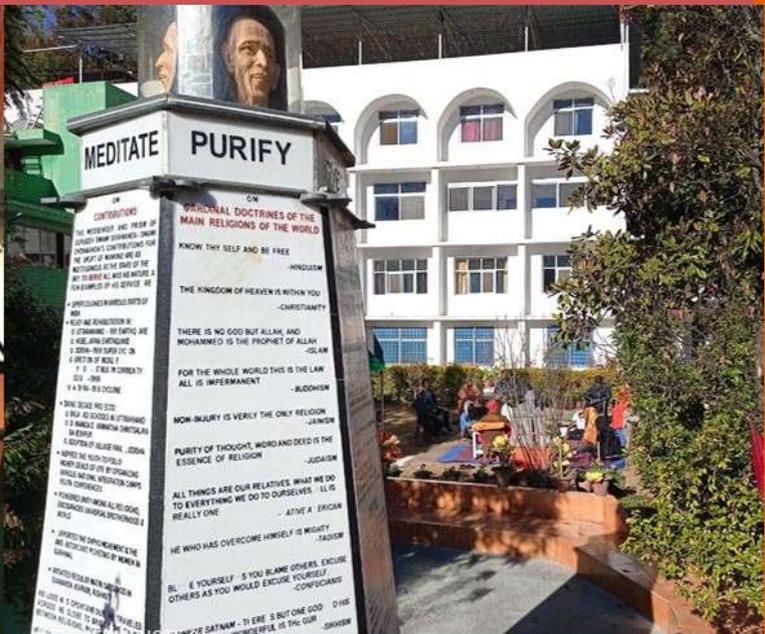
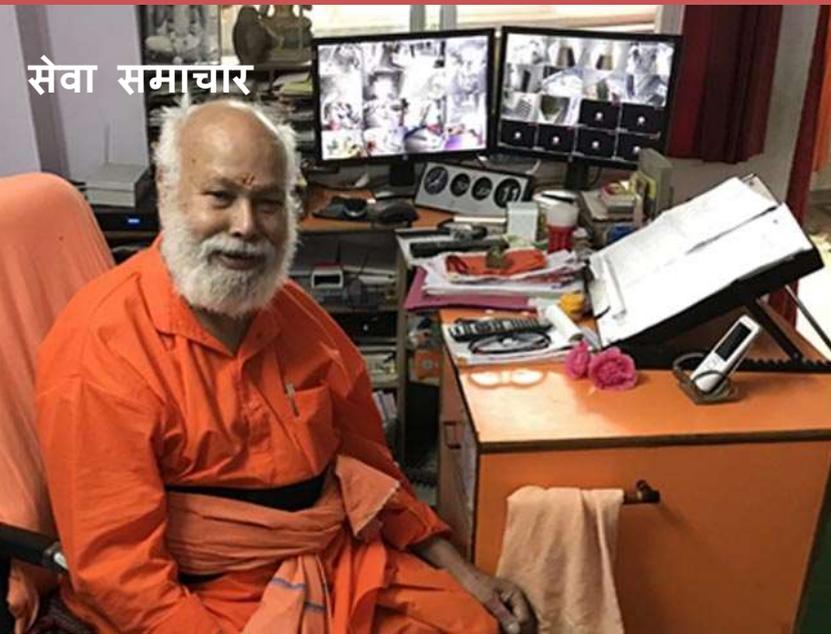
- LIFE MEMBERSHIP:
RS. 25000/ for corpus fund
- REGULAR MEMBERSHIP:
RS. 200 PER MONTH OR
RS. 2000 PER YEAR
- NO PRIVILEGES—WE ARE ALL
DEVOTEES. ACCESS TO STAY IN
THE ASHRAM IS A SADHANA

www.sivanandsevasamiti.org

HOW TO DONATE

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

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



SWAMI SIVANAND SEVA SAMITI

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WE ARE ON THE WEB!

www.sivanandsevasamiti.org

[click here for our Youtube Channel](#)

[click here for our Facebook Page](#)

Swami Sivanand Seva Samiti is rendering one of the greatest services to humanity and mankind through **Sivanand Dharmarth Chikitsalay**. Keeping healthcare as an emerging need and responsibility to address, Samiti would extend its philanthropic medical arm to more and more people and connect for longer period. In the wake of it, there is a need of Corpus Fund to spearhead the cause.

Like-minded people are welcome to support this endeavour towards the noble cause of healthcare. The interest generated out of the Corpus Fund is being used for the medical help in the rural areas.

SUPPORT US:

SWAMI SIVANAND SEVA SAMITI supports needy people through various seva, right from education to health in many ways. Everybody is welcome to support the Samiti by being a part of these various SEVAS. For all Donations and **Fund transfer from India or Abroad**, reach us at swami.premananda@gmail.com. All donations should be sent with full name, address, and PAN Card Details.

