



THE DIVINE LIFE

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KATHOPANISHAD

CHAPTER II

VALLI ii

हँसः शुचिषद्वसुरन्तरिक्षसद्भोता वेदिषदतिथिर्दुरोणसत् ।
नृषद्वरसदृतसद्व्योमसदब्जा गोजा ऋतजा अद्रिजा ऋतं बृहत् ॥२॥

2. As Hamsa (sun) he dwells in heaven, as Vasu (air) he dwells in the sky, as fire he dwells on the earth, as guest he dwells in a house, he dwells in men, in gods, in truth, in ether. He is born in the waters, he is born in the earth, he is born in the sacrifice, he is born on the mountains, he is true and great.

शिवानन्द स्तोत्रम् SIVANANDA STOTRAM

(Sri Swami Jnanananda Saraswati, Sivanandanagar)

(Continued from the previous issue)

अपगतसर्वविकार निकारविहीन विशालनिशातमते
विपदपनोदविनोदपरायण चारुगुणाकर पुण्यरते ।
उपगतभक्तसमूहविमोहविमोचन दीनजनैकगते
शिव करुणालय पालय मां श्रितमाश्रितवत्सल लोकगुरो ॥५॥

5. O world-teacher Siva, thou possessest a broad and sharp intellect free from all aberrations. Thou art a mine of virtues, inoffensive and reveling in meritorious deeds. Thou art the sole refuge of the sorrow-stricken. Thy only delight is removing the perils of thy devotees and thou art the dispeller of the delusion of those that flock to thee. O ocean of Mercy, that art gracious to those who look up to thee for succour, save me thy humble suppliant.

अविकलसद्गुण सद्गुरुनायक सद्गतिदायक वन्द्यते
भविकविधायक पादजुषां पतितोद्धरणोत्सुक धर्मरते ।
प्रविकसदंबुजरम्यमुखोद्गतसुस्मितमोदितमर्त्यतते
शिव करुणालय पालय मां श्रितमाश्रितवत्सल लोकगुरो ॥६॥

6. O world-teacher Siva, O venerable Sage and prince of perfect masters! Thou bestowest auspiciousness and liberation on the devotees that take refuge at thy holy feet. Thou possessest all virtues in perfection and sportest in righteous deeds. Thou art ever enthusiastic in elevating the downfallen. Thou delightest mankind by the benign smile that lights up thy face, beautiful like the fully blossomed lotus. O ocean of mercy that art gracious to those who look up to thee for succour, save me thy humble suppliant.

(To be continued)

GOD'S DIVINE LAW

(H.H. Sri Swami Sivanandaji Maharaj)

The Dipavali festival teaches us that the purpose of existence here under the Sun is to make continuous manly efforts at achieving intellectual brilliance, heart excellences, nobility of character, beauty of life, the joy of living a life based on higher values, and to acquire the illumination of the inner self,—the Divine Light. This is the ultimate and glowing message of Dipavali. If one's celebration of this Festival does not mean this, and does not inspire one to the heroic activity of self-refinement, then one's wisdom is tantamount to nothing more than children's' giggles at the fire-works, and one delights in wasteful activity.

Be intelligent and pure and recognise the Light of your life and live in it, as the saints of your land do. Be men among subhuman beings, the immortals among the mortals, gods among saints, and one with the Supreme Lord amongst all gods. Know yourselves and shine in your own native Light. This is your glorious heritage and destiny. The poetic geniuses, the religious genius, the philosophic genius, are all but faint flashes of the inner Light latent in your heart. Make ceaseless effort, seize hold of this inner Light, and live as men, who embody in themselves Buddhas, Christs and Sankaras. The aggressive animal nature, the hostile forces of the uncultured heart, are to be curbed and defeated, if we are to be aware of and alive to the Divine Light and harness its forces for living an absolutely happy, peaceful, powerful, successful, philosophic, religious life of transcendental glory. Eliminate your egoism and illuminate your heart with all-embracing-love. Be a light unto others, and a light unto the world.

Materialists may speak of God as myth and a non-entity. They may say: "There is no rebirth; nobody has really seen God; it is all the mental fancy of religious preachers." But here is a real incident to prove the invalidity of this theory. Glory to the Lord Who gives us such chances even in this Kali age! May His grace save us all!

This incident took place just a few years ago in the month of October. It was an early morning and people were busy with preparations for Dipavali. The village folk were busy in enacting a drama in front of Sri Rama Mandir. A young man came to the village enquiring about the Ramlakhanpur Mohalla (locality). He was very gloomy and looked weak and tired. He asked: "Sir, is this Ramlakhanpur?" The people replied, "Yes, what do you want? Whom do you want?" The young man answered, "Sir, please show me the house of Banki, the oil-presser." The new-comer was guided to the proper house, but on further enquiry it was found that the Banki shown was not the person he was after. He again asked, "please show the house of Banki, whose father's name is Chattu." He was then finally led to another house where the man concerned was supposed to be residing.

On entering the house, the visitor made enquiries, "Sir, are you Banki?" The other man replied, "Yes, I am Banki and my father's name is Chattu, and I am an oil-presser." Finding the correct person, the new-comer (who was a young Brahmin) prostrated himself before him and said, "Save me, thou art my God and my Guru; please save me. You were my Guru in my

previous life. I have come by the command of Lord Siva. The Lord told me, Meet your Guru. Take the leavings of his food (Uchhishta), and come back. You will get all-right. I am having stomach ache for the last twelve years." Having said thus, the Brahmin youth again fell prostrate at Banki's feet.

Banki begged pardon of the Brahmin youth: "Please do not prostrate yourself before me. I am a man of low caste, and you are a Brahmin. I should worship you, whereas you are prostrating yourself before me. As the Brahmin youth could not convince the oil-presser, the people of the village were approached, who interfered, and went to the house of the headman of the village for settlement of the problem. A Panchayat was held, and the villagers decided that Banki should give the Brahmin youth Kheer, after taking a portion of it himself. This was agreed to and the Brahmin partook of the Kheer. Lo, to the astonishment of all, the Brahmin youth was completely cured, and freed from his dreadful disease, the stomachache from which he was suffering for twelve long years.

On the request of the people of the village, the Brahmin narrated his own story thus: "I belong to Orissa, and was born in the village of Binka. I am a Brahmin of Utkal family. My father is alive even now. We are three brothers. One is a Master in school and the other is a doctor. I remain at home and look after the household duties. I am married in the village of Sambalpur, and by God's grace we are well-to-do. But I was all along troubled by this stomachache. On account of that my health was always bad. My people consulted a good number of doctors and various treatments were given to me. But I was not cured. I am a devotee of Lord Siva, and in my humble way, I, most of the time, repeat His Name.

"One day I went to the temple of Lord Siva, and, unable to bear the pain, decided to

end my life. I wanted to commit suicide. At that time I heard a sound from my back, and someone was fast approaching me. He took away the knife from my hand and disappeared with the knife. That night I had a dream, wherein Lord Siva appeared and said, "My child! I know you have trouble in your stomach. It will soon disappear. Listen to my words. In your previous life you took birth in the Yadav family, when a Brahmin who was my Pujari was your Guru. He was very regular in his worship and you were his assistant. By the constant company of the wise your devotion to Me became very strong. One day your Guru brought water for worship in his Kamandal. Fate is inexorable. You took a little of that water and sprinkled it on your feet. This was the reason for your stomachache."

"I have come here according to the advice and orders of the Lord and, as you have seen, after taking the Prasad of my Guru, I am freed from my long-standing malady." Thus the Brahmin concluded his story. He stayed in the village for a few days more and left for his native place with a heart full of devotion to his Guru and to Lord Siva.

From the foregoing, we come to know the glory of Lord Siva's worship and of devotion to one's Guru. We also get a lesson as to how devotedly one has to do worship of the Lord without allowing any negligence to creep in. In this story we are provided ample proof of the infallible law of Karma and rebirth, of which a section of the people seems to flout even the idea. Glory to the All-Merciful Lord, glory to the Guru. Glory to the Divine laws that govern the universe. May they ever guide and protect us.

May you all, through your strenuous efforts, achieve the enlightenment of the Buddha, the infinite greatness of Sri Krishna, the Light of the Divine. May God bless you with a saintly sight and God-vision, and enable you to live and move in His Light!

President Swamiji Writes:

TO THE DIVINE LIFE MEMBERS AND TO ALL READERS

Radiant Immortal Atman! Beloved Spiritual Seekers!

God bless you with health, peace and joy. May Gurudev Swami Sivanandaji's choicest benedictions be upon you and grant you fulfilment of your heart's aspirations and sublime longing for the life spiritual. To the divine grace of the Supreme and to the loving blessings of beloved Holy Master Sivananda, I add my sincere prayers for your highest welfare and supreme good in life. May you prosper and be happy. May you live and labour selflessly to make others happy. This is my special thought that I like to share with your good self at this time when I am resuming this monthly communication after a gap of three months since my last letter that appeared in the July 1989 issue of this Wisdom Light. The months of August, September and October were taken up by wide ranging travel and numerous engagements in different countries. As a result these monthly sharings of thoughts and feelings have been suspended, especially due to a growing reluctance and disinclination for exertion that has become a part of my health situation when under the strain of travel and public programmes.

Beloved Atman! You have now entered into a new life of divine power, spiritual force and light. The Grace of the Divine Mother Whom you invoked and adored last month up to 10th October has descended into your life and blessed you abundantly. You are in a 'period of power' that can

prove a turning point in your life. The power of the divine is now available to you. You can now, if you wish, get on to the royal highroad to perfection and splendour through the wide open portal of positive intention (Sankalpa) and pure resolve (Nirmal-Nischay) to reach this objective. For, the current period of 72 days that commenced from the 30th September and will continue up to the 10th of December holds a number of time-points of utmost significance and creative power potential. All these mystical metaphysical time-points bring out one central Truth of existence (macrocosmic as well as microcosmic), namely, the invariable ultimate overcoming of the undivine by the divine, of the negative by the positive, of the elements of darkness by the forces of light! Now, mark this most meaningful conjunction of these points of this year.

The 30th September marked the commencement of the unfoldment of the cosmic drama of the confrontation and clash of two forces, the undivine and the divine, culminating in the decisive victory of the latter on Vijaya Dashami, in and through the annual worship of the transcendental divine dynamism personalised as the Supreme Divine Mother of the Universe. This is the celebration and indication of the victory and the triumph of the Divine.

Exactly on the 30th of October this year, we commenced the annual adoration of the divine leader and commander of the celestial forces, Deva-Senapati or

Bhagavan Skanda, who led the army of the celestials to ultimate victory (after initial setbacks) over the demonical hordes under their Asuric leaders. This 4th November marks this triumph upon sacred Skanda Sashti day.

Thirdly, on the 9th of December occurs the great day of Srimad Bhagavad Gita Jayanti bringing out the saga of the selfsame confrontation and struggle between the vicious and the virtuous and its ultimate outcome in the final bold declaration of Arjuna, representing the human monad (the 'Nara') of total and ready willingness to carry out the Will of the Divine here upon the human plane. The Bhagavad Gita's wisdom teaching and declaration of this central Truth of our existence concludes and culminates in sure promise of definite auspiciousness, victory, blessedness and firm righteousness in our life, individual as well as global. Here is the unmistakable key to order instead of chaos, peace in place of violence, unity and brotherhood to replace conflict and hatred. Become an instrument of the Divine. Reject outright the insidious and dangerous pull of the undivine in any form whatsoever.

O Man! Rise in instant response to the Call of Truth sounded through the Gita Jayanti, the Skanda Sashti and the Vijaya Dashami! Arise victorious! For, this is the wonderful period of availing of the abundance of Divine Power being directed towards our human world as a gesture of very special Grace from the Universal Being at this turning point in the fate of our planet earth as we are moving towards the solemn finale of this present century,

looking towards the dawn of the 21st century in the fond hope of correcting our errors and follies of the decades now behind humankind and wisely profiting from the mistakes committed during the course of the past three generations since our world emerged into the 20th Century 90 years ago.

Very significantly, within this period containing the above mentioned time points, there also occurs the sacred day referred to as the 'day of the Awakening of the Gods' and the 'day of the Arising' upon 9th and 10th of November. Beloved Friend! Harken now to this ancient Vedic call, 'Utthishtatha, Jagrata, Prapya Varaan Nibodhatha'—O Man, Arise, Awake and be illumined and enlightened through recourse to the sages of wisdom and the sources of wisdom!

This is the message prompted through the heart of this servant and disciple, by the indwelling Guru and God. This I offer to you as a DIWALI present and gift of Light so that you may walk in the light and attain the great light of lights beyond all darkness, attaining which the mortal becomes immortal here and now! God speed you upon this glorious effulgent upward journey of the spirit unto perfection, PEACE and JOY abiding!

Yours in Gurudev and Divine Life,

Swami Bhidhanand
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28th October 1989,
Gangotri

MODERN MAN IN SEARCH OF A SOUL

(Sri Swami Krishnananda)

We are here on this occasion to focus our attention on what, perhaps, we are seeking in this life. This is the theme of this session today: What is it that we are seeking in this life? What is it that anyone is searching for through the vicissitudes, the works and enterprises in the various walks of life? The turmoil and tumult of human endeavour is dinning such a clamour into our ears from moment to moment that we hear only the noise of human activity and desire, and a moment required for considering the motive behind human enterprise does not seem to be available.

Now, these two questions will perhaps form a sort of introduction to the theme we are to discuss. That we cannot find time to pay due attention to the purpose for which we are living and working will be an answer to the manner in which we are living in this world. A machine works very hard and continuously in a very systematic, precise, mathematically operated manner, but the machine does not know that it is working in that way. So there can be a precise and scientific movement for the purpose of an output, as in a mill or a factory, without the movement being conscious as to the very nature of the output. Some sort of stuff is ejected out of the machine, and it is as unconscious of itself as is the operating mechanism behind it.

Today we—men and women, humanity in general—have become accustomed to believe the great ideology that a machine is an indispensable appurtenance of human life. We cannot do anything without the assistance of a machine. This shows the subsidiary character of man in comparison with the gigantic operative mechanisms that he has considered necessary not only for his satisfaction, but even for his existence. He manufactures arms, not perhaps obviously for an immediate satisfaction, but for a security in regard to his own existence. Even his existence is controlled by a machine. He cannot be sure that he will be here for a few minutes unless a machine operates around him; and a machine need not necessarily be a typewriter, a printing machine, a motorcar or an airplane.

I am now trying to bring our minds to the very concept of mechanism, which is a way of thinking, rather than an object visualised with our eyes. There is a philosophy which sometimes goes by the name of 'mechanism'. We know very well that a philosophy cannot be a machine which we can obtain from a market. It is not a thing, it is not a substance, and it is not anything that is tangible. It is a conceptualisation and a certain outlook of the psyche of the human being—we may say the outlook as a whole of a particular set of people. This is called a mechanistic philosophy, and it has its roots in that which goes by

the name of a scientific evaluation of things. In some way, classical science is mechanistic, though I do not say that every science is so. Today the discoveries of science have awakened the scientist himself to a novel presentation by nature—that it is perhaps not working on mechanistic lines, though scientists such as Newton, etc., thought that there is nothing but mathematics working in the universe. Maybe mathematics is working even now, but it is working only at a certain level of human life. We need machines only under certain circumstances of life, and it is not true that we need mechanisms always, under every circumstance. That this is a truth may not occur to our minds, since we have not found time to think of conditions of living where machines may not be of any utility to us, or even help to save us. There is something in us which cannot be amenable to the operation of a machine. None of us would believe that we are only machines, though from the point of view of a behavioural psychologist, or a pure atomist, or a physiologist, we may be appearing to work like stereotyped machines, measurable by the rods of medical science and intelligible from the philosophy that is behind this approach.

Today we are speaking on a very well-known but intriguing theme: man in relation to his soul. Here we are likely to commit an error at the very outset when we utter the words 'man' and 'soul'. Though we may be well-educated and mature persons, it may not be true that we have a correct understanding of what man is in relation to what we hear of as a soul. With all our age and experience and learning, we cannot escape the childish notion into which we have been born that

the soul is something that is residing in this body.

Now, does such a thing called the soul exist, or does it not exist? If we feel that there is a soul independent of the body and yet existing within the body, illuminating, vitalising, energising this body which we sometimes mistake for what we really are—if this is our understanding of a so-called existence called a 'soul' and a mystery called 'man', then we would not be able to answer this great query that is raised by the very theme of the discussion. What is happening to man today, and what he is today, is perhaps a necessary background on which we have to base our further considerations in the direction of a solution to this great question, or ask, "Is man searching for a soul, or is he searching for anything at all?"

A machine has not a soul, we know very well, and when we say that a machine has not a soul, we know what we mean. Everyone knows what is meant when a statement is made that a motorcar has not a soul, an airplane has not a soul, a robot has not a soul, or any mechanism has not a soul. When we say this, what do we mean? We are making a statement without being clear as to what we are saying. We have a vague notion of the necessity of the presence of something which will permit our acceptance that there is a soul. Naturally when we say that the machine has no soul, we do not mean something moving inside it like a light, in the sense that we understand a soul to be operating within ourselves. We speak of a soul, and use that word oftentimes. "The whole activity has been without a soul." "The entire enterprise lost its soul." "The whole

project has no soul in it.” Do we not make statements like this? “The whole performance was minus a soul.” When we say that an important theme that we expected in a large gathering or conference was absent, we say, “Oh, the soul was absent.” We expected a very powerful dignitary who would give a tremendous influential power to the whole organisation by his very presence, but he was not there. It might be a great genius of a scientist, or a great philosopher, or a great politician, or it might be anything—something uplifting was absent, and we say the soul was missing in spite of all the din and noise and activity there.

What do we mean by saying that the soul is missing? If one person in an audience is missing, how can we say that the soul is missing? Every person has a soul. If some important person whom we regard as very valuable, more worth the while than anybody else, and who has a pervasive influence over everyone else is missing and, therefore, the soul is missing, we do not mean that other people have no souls. Just imagine what ideas we are perforce entertaining in our minds when we are thinking of a soul. We are not thinking of some little thing inside the body of a person when we conceive of a soul; otherwise, if a crucial person is missing from an audience, we will not say that the soul is missing. It would mean to say that other people have no souls and only that person has a soul, which is not a fact; others also have souls. So what makes us say that the soul is missing? “The entire show was without a soul.” Why?

This is an occasion for us to dive into the mysteries of what a soul is, and then we can know whether we have missed

the soul, or whether we are in search of a soul for modern man or ancient man or any man—particularly modern man, as the word has been used for a specific reason. I will touch upon that theme shortly.

We have missed something in our lives, and if I use the word ‘soul’ it may be so enigmatic and intriguing and eluding to our understanding that I prefer not to use this word frequently, though it cannot be escaped. It has to come, one day or the other, in a new light altogether—which I tried to introduce by bringing these illustrations of there being a soul which is not necessarily identical with the souls of all these people, though everyone has a soul.

What man misses in life seems to be something which keeps him in unison, in harmony, and in a state of cohesion. A dismembered society, a dismembered political organisation, a dismembered bodily organism, a dismembered psyche of man is something like a machine without a soul. So a soul is that which prevents the dismembering of organisations, whatever be the nature of that organisation. It may be a little body; it may be the body of an ant. It may be my body, your body, or the body of a family. There is a soul in a family. Though every member of the family has a soul, one may miss the soul of the family. If the chief organising, influencing, potent force in the family is missing, we will say that the soul of the family is gone. Yet the members of the family are there, and they also have souls. Listen to me very carefully, because these are very subtle analyses.

(To be continued)

USE YOUR COMMON SENSE

(Sri Swami Atmaswarupananda)

Pujya Swami Chidanandaji used to say, “You have come into this world as a human being. You are meant to leave it as a divine being.” Actually, those words were a concession to our way of thinking. Expressed more according to his way of thinking would probably be, “You have come into this world as an unconscious divine being. You are meant to leave this world as a conscious divine being.” In other words, Divinity is and has always been our basic truth.

Our challenge is to realize that truth, which means to make it real in our daily experience. Thus, it is not something new that we have to attain. It is more like Gurudev’s aphorism, a change in our angle of vision. And it is not just for those who are very wise, very intelligent, very advanced, it is the birthright—in Gurudev’s and scriptural language—of every human being.

But then, so many human beings don’t feel worthy, and they can’t really understand the philosophy. Fortunately, Gurudev made it very simple, so that no matter who we are we can understand it and work on it. The first point has already been mentioned. There is nothing new to attain. It is a simple recognition of the truth that exists right now. We will never become more divine than we presently are; we will simply recognize what we have always been.

What can we do to help ourselves towards that recognition? Gurudev simply said, “Be good and Do good.” Isn’t that too simple? Let’s try it and find out. Be good and Do good can take us right from where we are to the goal. But how can we really know what it means to be good and do good? One answer is, you know. We really know a lot more than we realize that we know. But Gurudev also gave another answer. He used to constantly say, “Use your common sense.”

Every one of us has common sense. That’s why it’s called common sense. We can function from three parts of our being—from our head, from our heart or from our common sense. We can function from thinking, we can function from our emotions, or we can use our common sense. When we use our common sense we tell both our thinking and feelings to please be quiet for a moment, I want to get the right answer. And so we just concentrate on what is right to do and the answer comes.

Thus, the spiritual life may not be easy, but it can be simple enough for any human being. We are divine right now; it is a matter of recognition. To purify our being, so that that recognition becomes automatic, we should be good and do good. To understand, day by day, what Be good, Do good means in our daily life, we should use our common sense.

YOU CANNOT RUN AWAY FROM EVIL

(H.H. Sri Swami Sivanandaji Maharaj)

Through persistent effort a sinner can become a saint. If you fly from evil, it will all the more cling to you.

In a certain highland where stealing sheep was deeply resented and considered a crime, two brothers were caught in that nefarious act. To perpetuate the punishment the village elders branded on their foreheads the letters S. T., which signified "Sheep-Thief". Then they were left free.

Both the brothers were extremely unhappy, as the entire village came to know of the story, and whenever they were seen in the public the people jeered at them, and the children were hilarious at their wake—"There goes the S. T." "Look at the Sheep-Thieves", and so on.

The elder brother took the ignominy seriously, and thought in himself, "Let me run away from it all." He left the village and wandered through hills and dales; but, alas, nowhere could he find peace. The staring trademark on his forehead attracted attention wherever he went and he was pestered with questions. "Oh, what do they mean?" "Who branded those letters on your forehead?" For some time he did try to play off these inevitable enquiries. But how long could he? Now and then he had to change from place to place. He grew day by day restless and finally died of bitterness and frustration. He was interred in a lonely soil, away from the warmth of his home.

But younger brother elected to stay on where he was. "There can be no running away from the fact of my crime", he thought, and bore the public insult with a strong heart. He had decided to forget the

past and open a new chapter in his life. With undaunted zeal, through months and years, he gradually built up a very high reputation for honesty and integrity. To his neighbours he became a symbol of virtue and goodness. His sore was healed up by the cosmic healer, Time, and people forgot about his past in due course.

Years later some stranger came to the village and found the old man with the letters S. T. on his forehead. He enquired a neighbour of what they meant. "It is an old, old story," said the neighbour, "I do not remember the particulars but they must be an abbreviation of saint, ST."

The moral of the story is that through persistent effort a sinner can certainly become a saint. No one indeed can fly from evil or the wrong of his action. It follows him like a shadow. The more he thinks of his past, the more conscience is haunted. His mind clings to him wherever he goes.

Few are born saints. The story illustrates the fact that a sinner is a saint of tomorrow. Through sincere effort and a determination to succeed, even the most vicious nature can be turned a saintly one. The transformation of Ratnakar into Valmiki is an epic example of this truth.

Therefore, O Ram, do not be downhearted because of your shortcomings. However heinous may be your past, through an unflinching will you can certainly overcome your defects and become a shining example of virtue and ethics to all those around you. Cheer up! O Ram, and start your Sadhana right now.

NEWS AND REPORTS

NEWS FROM THE HEADQUARTERS

THE DLS MAURITIUS BRANCH CELEBRATES GOLDEN JUBILEE AND 126TH BIRTH ANNIVERSARY OF GURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

The Divine Life Society Mauritius Branch was founded by Pujya Sri Swami Venkatesanandaji Maharaj in 1963. Devotees of South Africa of Worshipful Gurudev Sri Swami Sivanandaji Maharaj requested Gurudev to depute a senior monk from the Ashram to spread his mission in South Africa. Gurudev sent his dear disciple Sri Swami Venkatesananda to South Africa. But Pujya Sri Swamiji did not confine himself to South Africa. He went to Madagascar and from there he went to Mauritius carrying the message and mission of Gurudev. Thus the Divine Life Society Mauritius Branch was born in 1963. It has successfully carried the mission of Gurudev for the last 50 years. The Divine Life Society Mauritius Branch decided to celebrate its Golden Jubilee from 8th September to 2nd October 2013.

To deliver Sadgurudev's Divine Life Message to the younger generation, the DLS Mauritius Branch has been organising Yoga Camps and Seminars in different schools and colleges of Mauritius. The members of the Branch solicited the august presence of H. H. Sri Swami Padmanabhanandaji Maharaj in this unique programme. Sri Swamiji visited Mauritius in the last week of September 2013. On his arrival at Mauritius, Sri Swamiji first visited Swami Sivananda

Government Primary School, Tyack on 24th September. In his blessing message, Sri Swamiji spoke on the significance of Yoga and inspired the students to build up their body and mind by practising Yogasanas. Sri Swamiji also attended the cultural programme organised by the school wherein the students sang a few songs and recited some poems on Sri Gurudev in English, French, Hindi and Tamil. After the function, all the students were given Yoga Charts depicting some simple Yogasanas. In the evening, Sri Swamiji attended the Puja at Sri Venkateswara Temple, La Laura. Sri Swamiji also delivered a talk on the meaning and significance of rituals. The Bhoomi Puja for Sri Venkateswara Temple at La Laura was done by Sri Swami Venkatesanandaji Maharaj and consecration ceremony was performed by Pujya Sri Swami Chidanandaji Maharaj.

On 25th September, Sri Swamiji visited Swami Sivananda State Secondary School, Bambous. Sri Swamiji addressed the teachers of the school on the benefits of Yogasanas and inspired them to inculcate moral and spiritual values in the children. Sri Swamiji also presented 500 Yoga Charts to the Rector of the school to be distributed to the students and staff. Next day, Sri Swamiji paid a visit to the

Queen Elizabeth College. During his short discussion with the Rector of the college Sri Swamiji explained the benefits of Yoga and referred to the books written by Sri Gurudev which can be of great help to the students. Sri Swamiji then handed over 500 copies of Yoga Charts to be distributed to the students.

The DLS Mauritius Branch had also organised a meeting between Sri Swamiji and the President of Republic of Mauritius on 27th September 2013. Sri Swamiji and the President had an elaborate discussion on youth welfare. The President was concerned about providing proper direction to the youth and the responsibilities of parents to this effect and requested Sri Swamiji to extend a helping hand.

On 29th September, the Branch organised a special function at the Ashram to commemorate the 126th birth anniversary of Gurudev Sri Swami Sivanandaji Maharaj and the Golden Jubilee Year of the advent of Pujya Swami Venkatesanandaji Maharaj to Mauritius to propagate the message of Divine Life. Sri Swamiji, His Excellency the President of Republic of Mauritius, Sri Rajkeswur Purryag GCSK, GOSK, Dr. Jhurry, senior advisor to the Prime Minister, representative of the Indian Embassy and various other distinguished guests graced the function. Sri Swamiji unveiled a commemorative plaque on Pujya Swami Venkatesanandaji Maharaj and also performed Puja to the statue of Sri Gurudev accompanied by a devotional song on Sri Gurudev composed by a Mauritian Sri Vasu Bagoban. In his

blessing address, Sri Swamiji emphasised the importance of our age old tradition and culture that stood for the welfare of all—“Sarve Janah Sukhino Bhavantu”. Gurudev’s most simple teaching “Serve, Love, Give, Purify, Meditate and Realise” contains the essence of this.

H.E. Sri Rajkeswur Purryag GRSK, GOSK, President of Mauritius in his address remembered the noble service rendered by Divine Life Society and Pujya Sri Swami Venkatesananda to bring unity among the people of Mauritius by holding interfaith meetings and Satsang and also in the field of education. He requested the Divine Life Society Mauritius and Divine Life Society Headquarters India to continue the good service, as its relevance is much more in the present days. He also wanted the Divine Life Society to guide the youth of Mauritius to build a better tomorrow by instilling human values and purpose of true life in their mind.

On 30th September, Sri Swamiji was invited by Mauritius Broadcasting Corporation for an interview for telecast, in which Sri Swamiji spoke on universal aspect of Yoga.

With the grace of Gurudev the golden jubilee celebrations of the Branch was successfully conducted. Sri Swamiji was given a warm send off in a farewell Satsanga held at the Ashram premises on 2nd October 2013.

May Lord Almighty and Sadgurudev bless the DLS Mauritius Branch to work for the spiritual prosperity of the people of Mauritius.

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NAVARATRI AND VIJAYADASAMI CELEBRATIONS AT THE HEADQUARTERS ASHRAM

The Navaratri is an annual awakening call to experience and express afresh the divine nature in man and make manifest the light, truth and love to vanquish and conquer the forces of evil within.

—Sadgurudev Sri Swami Sivanandaji Maharaj

The sacred occasion is for the worship of the Divine Mother in her triple aspects that awakens divine power in the human to conquer the base evil forces lurking within and to take the aspirants



to higher levels of existence in which love, truth, peace, happiness and universal brotherhood prevail.

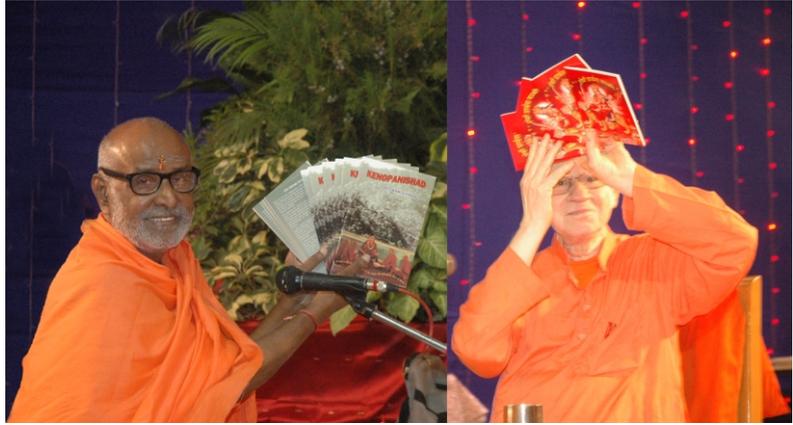
Navaratri was celebrated with devotion and fervor at the Headquarters Ashram from 5th to 13th October, 2013. All the programmes were housed in the beautifully decorated Sivananda Satsang Bhavan. Sri Maha Durga, Sri Maha Lakshmi and Sri Maha Saraswati were devoutly worshipped during this period.



Everyday, the programme commenced with Chandi Path in the early morning, in a well decorated room of the Atithi Bhavan. During the night Satsanga, besides regular chants and prayers, H.H. Sri Swami Padmanabhanandaji Maharaj recited Sri Durga-Saptashati in Sanskrit and the meanings in English and Hindi were read by H.H. Sri Swami Vimalanandaji Maharaj and Sri Swami Dharmanishthanandaji Maharaj respectively. It was followed by chanting



of the Tantroakta Devi Sukta by Sri Swami Vaikunthanandaji Maharaj. Next to that floral Archana to the chants of Ashtotharashata-Namavali of the Goddess was performed followed by Arati and distribution of special Prasad.



On 12th October morning special worship was offered to Mother Sri Saraswati with Archana and Arati. Thereafter, nine Kanyas representing nine forms of Devi were worshipped and offered food, clothes and gifts. A special Chandi Havan was conducted at the Ashram Yajnahsala. Navaratri message of Sadgurudev Sri Swami Sivanandaji Maharaj was read by H.H. Sri Swami Padmanabhanandaji Maharaj during the night Satsang.

The Matri Satsanga Group of the Ashram, as in the previous years, conducted daily special Satsang from



9.00a.m. to 11.00 a.m. at the Sivananda Satsanga Bhavan from 5th to 11th October, 2013 as worshipful offering to the Divine Mother. It consisted of the recitation of Lalithasahasra Nama, Mahishasuramardini Stotra and Bhajans-kirtans glorifying Mother Para Shakti.

On 13th October, the auspicious day of Vijayadashami signifying Divine Mother's victory over evil forces, the programme commenced in the forenoon with Jaya Ganesh prayer, Bhajans-kirtans followed by special Puja-archana of Mother Para Shakti. It being a Vidyaarambha Day also, the selected portions from the scriptures—Vedas, Upanishads, Brahmasutras, Srimad Bhagavad Gita, Valmiki Ramayana, Mahabharata, Srimad Bhagavata, Patanjali Yogasutra and 'Sadhana' by Holy Master Sri Swami Sivanandaji Maharaj were read by H.H. Sri Swami Padmanabhanandaji Maharaj, The Satsang concluded with blessing message by H.H. Sri Swami



Vimalanandaji Maharaj. A total of seven books were released during these sacred days.

In the evening Mother Ganga was worshipped with special Abhisheka, Archana and offering of hundreds of lamps at Vishwanath Ghat, During the night Satsang on 12th and 13th October, melodious classical Bhajans extolling the glory of Mother were beautifully presented by Sri. Santhanu Bhattacharya and party of Kolkatta. The celebration concluded with Arati and distribution of sacred Prasad. All the inmates, guests, devotees from far and wide and local people participated enthusiastically in the Navaratri and Vijayadashami Celebrations.

May the blessings of the Divine Mother and Sadgurudev be ever upon all.

Sakti is all. She can do anything. She can make or mar. She can mend or end. For the sake of the continuance of Her divine play here, She Herself, as Avidya Maya, has veiled the Truth from you and bound you to this Samsara. When She is propitiated through the practice of sincere devotion and unconditional self-surrender, She, as Vidya Maya, removes the veil and enables you to perceive the Truth.

—*Swami Sivananda*

SEVA THROUGH SIVANANDA HOME

By the profound Blessings of Sri Gurudev and the immanent Grace of Sri Swamiji Maharaj, the Divine Life Society Headquarters continues rendering its humble service through Sivananda Home, situated in Tapovan near Laxman Jhula. It provides medical facilities for homeless people who have become ill and are in need of in-patient treatment.

It is only a few weeks ago, that a female patient was brought in for admission. She could not walk at all, due to an infected wound on her foot, infested with maggots. Because of the severity of the infection, she had to be separated from other patients, and was kept with herself alone. Every day she used to tell a fragment of her life, what she had undergone throughout the years, and how she coped with it. Once, she was married, but her homely situation was far from ideal. She was pestered and abused by her in-law family and on one day she was sent out of the house together with her young daughter. Both landed up on the streets, begging, and she received quite an amount of money. But her child became sick and unfortunately, her girl died of the disease. From place to place this child-less mother went. On one day, somebody stole all her money which she had kept carefully on her body throughout the years. When she got attacked, she got injured on the sole of her foot, and beaten up on her head, leaving her profusely bleeding. With nobody and

nothing left, she could not have herself treated and the wound on her foot grew bigger and bigger and started leaking pus. Not able to move at all, someone brought her to the Home for admission, and while her wound slowly began to heal, her heart started gradually pouring out the accumulated grief for so many years. Then on one good day, she suddenly uttered: "How can I forgive them, who have hurt me so much?" This single sentence made such a deep impression. Where she was not accusing others, not waiting for them to ask her for forgiveness, not pointing fingers at others, no judgment, neither talking about revenge or anger, but just seeing what was bothering herself, her own heart, longing to find peace within herself. Om Shanti.

"To forgive another person from the heart is an act of liberation. We set that person free from the negative bonds that exist between us. We say, "I no longer hold your offense against you" But there is more. We also free ourselves from the burden of being the "offended one." As long as we do not forgive those who have wounded us, we carry them with us or, worse, pull them as a heavy load. The great temptation is to cling in anger to our enemies and then define ourselves as being offended and wounded by them. Forgiveness, therefore, liberates not only the other but also ourselves. It is the way to the freedom of the children of God."

(Henri Nouwen)

"Let us behold Thee in all these names and forms. Let us serve Thee in all these names and forms. Let us ever remember Thee. Let us ever sing Thy glories. Let Thy Name be ever on our lips. Let us abide in Thee for ever and ever."

(Swami Sivananda)

ACADEMY ANNOUNCEMENT

ANNOUNCEMENT

CHHATTISGARH STATE DIVINE LIFE SOCIETY SPIRITUAL CONFERENCE

By the grace of Most Worshipful Gurudev Sri Swami Sivanandaji Maharaj, the inaugural function of the Birth Centenary Celebration of Worshipful H.H. Sri Swami Chidanandaji Maharaj in Chhattishgarh State will be held from 11th to 13th January 2013 at Nandini Nagar, Dt. Durg, Chhattishgarh.

The conference will be blessed by senior monks from Headquarters and saints and scholars from other institutions. Devotees from all the Branches of the Society in the State are cordially invited to participate in the programme aimed at dissemination of spiritual knowledge.

Delegate fee for participation in the conference is ` 400/- which can be sent by Cheuqe or DD in favour of "The Divine Life Society, Nandini Nagar Branch" to:

Sri Keju Singh Thakur, Swami Sivananda Bhajan Mandir, Ward No. 13, Banbarad,
P.O: Nandini Nagar, Dt. Durg, Chhattishgarh-490036

For Registration and Information please contact:

Sri Keju Singh Thakur 07587737623/08103660657

Sri Sharad Kumar Tiwari 07498498996, Sri Kishan Lal Bareth 09425567941

Sri Narad Prasad Verma 09630144040, Sri Swami Vishuddhananda 09406093744

Devotees are cordially invited to participate in the conference and make it a grand success.

—*The Divine Life Society*

ANNOUNCEMENT

DIVINE LIFE SOCIETY, WEST BENGAL – SADHANA SHIBIR

The Annual Sadhana Shibir of The Divine Life Society, West Bengal, will be held from 29st January to 2nd February 2014 at Manav Seva Trust Complex, Hamiragachhhi, Railway Station-Malia, West Bengal, on Howrah-Tarakeshwar Railway line (53 k.m. from Kolkata).

Participation fee will be Rs. 301/- per person for delegates from West Bengal & Rs. 251/- per person for delegates from other states inclusive of food and accommodation.

The last date of enrollment is 31st December 2013. The Enrollment form has to be sent to Sri Bijoy Swain, 4C Meher Ali Mondal Street, Mominpur, KOLKATA- 700 027, West Bengal.

For Enrollment and information please contact:

Dr. P.K. Samantaray-09002080514,

Sri C.B. Sehgal 09830144147,

Sri Nitul Parekh 09830040730,

Sri Prafulla Mahapatra 09438303624

Sri Bijoy Kr. Swain 09339392845.

All Devotees are requested to participate.

—*The Divine Life Society*

**INAUGURAL FUNCTION OF BIRTH CENTENARY CELEBRATIONS
OF WORSHIPFUL SRI SWAMI CHIDANANDAJI MAHARAJ
IN ODISHA**

By the Grace of Lord Jagannatha and Sadgurudev Sri Swami Sivanandaji Maharaj, the Inaugural Function of the Birth Centenary Celebrations in Odisha of Worshipful Sri Swami Chidananda Saraswati Maharaj will be held from 24th to 26th January 2014 at “Chidananda Hermitage Shanti Ashram” Baliguali, Puri. This function will be graced by senior Swamijis from Rishikesh Headquarters Ashram and eminent saints from various spiritual organizations and faiths. The three-day program will include sessions in Sadhana and discourses on the life and teachings of Swami Sivananda and Swami Chidananda and the role of The Divine Life Society in Spiritual regeneration of the Society in the present day.

Devotees of all the Branches of The Divine Life Society in Odisha are cordially invited to participate in this Inaugural Function.

Application for enrolment may be sent with Delegate Fee of Rs. 500/- per person to following address by Bank Draft or Account Payee Cheque in favour of “Swami Chidananda Janma Shatabarshiki Samiti, Odisha” payable at any Scheduled Nationalized Bank at Bhubaneswar :- General Secretary, Swami Chidananda Janma Shatabarshiki Samiti, Odisha, Sivananda Sanskrutika Kendra, Ashok Nagar, Bhubaneswar, Odisha -751009.

The last date for Enrolment is 31st December 2013.

For further information kindly contact:

Sri Jaya Chandra Nayak 09438849049, (General Secretary of the Samiti)

Sri Bipra Charan Patra 09437078041, (Vice-President Co-ordination of the Samiti)

Regular meditation opens the avenues of intuitional knowledge, makes the mind calm and steady, awakens an ecstatic feeling and brings the Yogic student in contact with the source of the Supreme Purusha. If there are doubts, they are all cleared by themselves when you march on the Path of Dhyana Yoga steadily. You will yourself feel the way to place your footstep on the next rung of the spiritual ladder. A mysterious inner voice will guide you. Hear this attentively.

—Swami Sivananda

**MEMBERSHIP FEE & IMPORTANT
REMITTANCE**

REPORTS FROM THE D.L.S. BRANCHES

Ambala (Haryana): Regular Satsanga activities continued in the Branch with Maha Mrityunjaya Mantra Japa, Swadhyaya, prayers, Arati and a video show on 3rd Sunday of the month. Tuesdays—Hanuman Chalisa, Sri Sankata Mochan Path and Sri Ram Charita Manas path. 126th Birthday of Sadgurudev Sri Swami Sivananda ji Maharaj on 8th September and 97th Birthday of H.H. Sri Swami Chidanandaji Maharaj on 24th September were celebrated in a befitting manner. Jalseva is continued as usual. Services of Free Homeopathic Dispensary are continued.

Aska Branch (Odisha): Regular biweekly Satsangas held on every Sunday and Thursday at the Branch. 5th Punyatithi Aradhana day of Swami Chidanandaji Maharaj was celebrated on 3rd September and 126th birthday of Sad-gurudev Sri Swami Sivanandaji Maharaj. Sadhana day was observed on 29th of September 2013 and devotees in huge number participated and after Arati and Shanti Path the function was concluded with Anna Prasad .

Bangalore (Karnataka): Regular activities of Satsanga continued in the Branch. 126th birth anniversary of Gurudev Swami Sivanandaji on 8th September and 97th birth anniversary of H.H. Swami Chidanandaji Maharaj on 24th September were celebrated with great fervor and devotion, with Paduka Puja, Bhajans, Kirtans and speeches by devotees on the Life and Teachings of Gurudev and Guru Maharaj and concluded with Prasad Sevan. Yogasana classes were conducted on all Sundays at the Satsanga hall on all the four Sundays.

Baripada (Odisha): The Branch conducts Paduka Puja daily. Monthly Sadhana day on 1st September and a Special Paduka Puja on 9th September for Sri Ganesh Puja. 5th Punya tithi aradhana of Sri Swami Chidanandaji Maharaj was observed on 3rd September and on 8th September, 126th birthday of Sad-gurudev Sri Swami Sivanandaji Maharaj and on 24th September 97th birthday of H.H. Sri Swami Chidanandaji Maharaj was celebrated with Paduka Puja, Narayan Seva attending old and ailing veteran members of the Branch and also community feeding and sweets were distributed to Gopabandhu Balashram and

discourses on the Life and Teachings of Sadgurudev were held.

Berhampur (Odisha): Apart from regular Satsanga activities 5th Punyatithi Aradhana of H.H. Swami Chidanandaji Maharaj was celebrated. On 8th September 126th birthday of Sadgurudev Swami Sivanandaji Maharaj and on 24th September Janmadivas of H.H. Sri Swami Chidanandaji Maharaj was celebrated with Japa, Kirtan, Bhajan and special Paduka Puja and about 400 devotees participated and the function concluded with holy Prasad.

Bilaspur (Chhattisgarh): All the Satsanga activities continued regularly in the Branch. The Branch celebrated Swami Sivananda Jayanti and Swami Chidananda Jayanti on 8th and 24th of September 2013 respectively with all the devotees of the Branch participated and free leaflets were distributed among the devotees.

Bhubaneswar (Ashok Nagar Branch- Odisha):

Regular Satsanga activities continued. On 22nd August 2013, DLS members visited ODM Public School and addressed the students on Character Building, in which about 200 students participated. On 25th August a competition among school students on essay writing, elocution Geeta Chanting and Universal Prayer was organized by the Branch. Ninety students from different schools were participated, winners received prizes on 24th September from Sri Gajapati Maharaj. Sri Krishna Janmashtami was celebrated on 28th August.

Babanpur (Odisha): The Branch conducted special programmes for the youth in a 5 day Sadhana shibir. Discourses were given by the senior devotees. Women recited Sri Hanuman Chalisa on the day of Sankranti for world peace. 97th Birthday of H.H. Swami Chidanandaji Maharaj was celebrated with early morning meditation; prayers followed by special Paduka Puja and in the evening Satsanga discourses were held on the Life and Teachings of Sadguru Maharaj and concluded with holy Prasad.

Balasore (Odisha): Regular Paduka Puja continued in the morning and in addition to that the Branch held regular weekly Satsanga on every Sunday afternoons. On 3rd September 2013, Mahasamadhi Divas of H.H. Swami Chidanandaji Maharaj was observed and the Branch celebrated 126th Birthday of Sadgurudev Sri Swami

Sivanandaji Maharaj with special Paduka Puja and discourses on the inspiring Life and Teachings of Sadgurudev. And on 24th September the 97th Birthday of H.H.Sri Swami Chidanandaji Maharaj was celebrated in a most befitting manner.

Barbil (Odisha): The Branch conducted 5 weekly and 4 residential Satsangas. Sri Krishna Janmashtami was celebrated on 28th August 2013 with a whole day programme and Prasad Sevan. Balvihar classes and Sadhana day on 24th August were observed and about 600 patients have been undergone free Homeo treatment in Sivananda Charitable Homeo Dispensary run by this Branch.

Chatrapur (Odisha): The Branch observed the 5th Punyatithi aradhana of H.H. Swami Chidanandaji Maharaj on 3rd September. On 8th September 126th birthday of Sadgurudev Sri Swami Sivanandaji Maharaj was celebrated with one lakh archana in the name of Pujya Gurudev with Gurupaduka Puja, Bhajan and Kirtan. On 24th September birthday function of H.H.Swami Chidanandaji Maharaj was celebrated in a most befitting manner and Prasad was distributed on this holy occasion. Sri Ramcharita Manas and Sundarkanda Parayan was done on the eve of Kanya Sankranti.

Gudur (A.P.): The Branch observed the 50th Mahasamadhi Day of Sadgurudev Sri Swami Sivanandaji Maharaj with great pomp and solemnity. Arati was given to the portrait of Gurudev and sweets were distributed to the school children.

Goudasahi Dadhibamanpur (Odisha): The Branch celebrated 126th Birth anniversary of Sadgurudev Sri Swami Sivananda Saraswati Maharaj and inaugurated the new DLS Branch lighting of the Akhanda Sacred Lamp, and the programme included early morning meditation, Gurupaduka Puja. Two banyan and One Ashwattha trees were planted on the occasion.

Imphal (Manipur): The Branch celebrated the 126th Birthday of Sadgurudev Sri Swami Sivanandaji Maharaj on 8th September 2013 with Paduka Puja, Bhajan, Kirtan, meditation and discourses on the Life history of Sadgurudev. More than 100 devotees participated and the function concluded with Anna Prasad.

Khatiguda (Odisha): Apart from regular Satsanga activities the branch conducted Ekadasi Satsanga on 15th and 30 September 2013 with Sri

Vishnu Sahasranama Parayana. Sadhana day on 1st September with Narayan seva, 12 hours Mahamantra Kirtan and on 8th September 126th birthday of Sadgurudev Sri Swami Sivanandaji Maharaj and on 24th the 97th birthday of H.H.Sri Swami Chidanandaji Maharaj were Celebrated with Nagar Sankirtan, Mahamantra Kirtan, Guru Paduka Puja, Bhajan and concluded with Prasad Sevan.

Khurda Road (Jatni, Odisha): Apart from regular Satsanga activities the Branch observed the 5th Punyatithi aradhana of H.H. Swami Chidanandaji Maharaj. 126th birthday of Sad-gurudev Sri Swami Sivanandaji Maharaj on 8th September and 97th birthday of H.H.Swami Chidanandaji Maharaj on 24th September were celebrated with Japa meditation prayer, reading from Gurudev's books, Shanti path and special Paduka Puja, discussion on the life and teachings of Sadgurudev and concluded with Prasad Sevan. Narayan Seva (Feeding to Leprosy patients) were arranged on 3rd and 24th Sep 2013. Talks on Sri Ramcharita Manas and Lord Jagannath Tatwa and Spiritual Life were arranged by the Branch.

Kantabanji (Odisha): Satsangs on all the Sunday's continued with Gita chanting, Shanti Path and all the members and devotees attended a Special Satsanga on 8th September 2013 conducted by the Branch.

Lakhimpur-Kheri (U.P.): Regular Satsanga activities continued with recitation of Jai Ganesh Kirtan, Guru Stotra, Gita and Universal prayer. The selective reading of Gurudev's "I Am Forever Present" published on 50th Punyatithi Aradhana was commenced.

Langthabal (Canchipur-Manipur): The Branch organised a special Satsanga on 3rd September and observed the 5th anniversary of Sri Swami Chidanandaji Maharaj's Mahasamadhi with Jai Ganesh Kirtan, bhajan and a short discourse on the Life and works of H.H. Swami Chidanandaji Maharaj.

Lanjipalli (Odisha): In addition to the regular weekly satsangs on Sundays, the Branch observed 5th Punya Tithi Aradhana of H.H. Sri Swami Chidanandaji Maharaj on 3rd September 2013. 126th Jayanti of Sad-gurudev Sri Swami Sivananda Saraswati ji Maharaj was celebrated with Prabhat Pheri, Bhajan, Kirtan, prayer, meditation and Paduka Puja and a Pravachan on Guru Vani, and

Japa Mala has been distributed and a newly built ashram "Pakashala" has been inaugurated. 97th Birthday of H.H. Sri Swami Chidanandaji Maharaj was celebrated on 24th September in a most befitting manner with a special Satsanga.

Lanjipalli Ladies Branch (Odisha): Apart from regular Satsanga activities, the Branch observed the 5th Punya Tithi Aradhana of H.H. Sri Swami Chidanandaji Maharaj on 3rd September 2013. On 8th September 126th Birthday of Sad-gurudev Sri Swami Sivanandaji Maharaj was celebrated and fruits and snacks were distributed to about 400 patients. Drawing and Singing competition were held in nearby school and prizes were distributed in the evening Satsanga. 97th Birthday of H.H. Sri Swami Chidanandaji Maharaj was celebrated on 24th September 2013 and Narayan Seva for about 130 poor and needy with Satvik food, utensils, dresses and baby foods were distributed to the Mother Teresa Charitable Trust Berhampur in the evening Satsanga.

Lucknow (U.P.): The Branch celebrated the auspicious birthday of Sri Swami Sivanandaji Maharaj on 8th September 2013 and on 24th September, the birthday of H.H. Sri Swami Chidanandaji Maharaj with prayer, Gurustotra, Shanti Path and Paduka Puja and reading from the books of Gurudev and Guru Maharaj, and after Arati, Bhog was offered to the Lord and concluded with Preeti Bhoj to all the devotees.

Moirang (Manipur): Satsanga activities held regularly on every Sunday. On 28th August 2013, Sri Krishna Janmashtami was celebrated grandly with Harinam Sankirtan followed by Gita Path. Sri Krishna awareness and peace campaign are the main events of the day.

Madhavapatnam (A.P.): Regular Sunday and Wednesday Satsangas continued and free medical campaign also continued with Narayana Seva at the Branch. 126th Birthday of Sadguru Bhagawan Sri Swami Sivanandaji Maharaj and 97th Birthday of H.H. Sri Swami Chidanandaji Maharaj were celebrated on 8th and 24th September 2013 at Sivananda Kshetram with early morning prayer, meditation, Nagar Sankirtana, Guru Paduka Puja and Panchamrita Abhisheka and concluded with Prasad Vitharana to all the devotees and guests assembled.

Nandini Nagar (Chhattisgarh): Daily Satsangs, weekly mobile Satsangs and Matri satsangs on Saturdays continued in the Branch. On 1st Sep a Manas Goshti organized with the help of 13 speakers of different places to an assembled 300 devotees. cash award of Rs.7000/- and Swami Sivananda Literature were distributed to them. On 8th September, Japa, Dhyana and Nagar Sankirtan done at Nandini Township and with special Paduka Puja, and Fruits were distributed to local BSP Hospital to all Indoor Patients. Sri Ganesh Puja was celebrated from 9th Sep to 18th Sep 2013. On 24th Sep a Haven was performed to mark the occasion of birthday of H.H. Sri Swami Chidanandaji Maharaj. Special Satsangs were conducted at nearby cities to inspire the devotees.

Pattamadai (T.N.): Daily Satsanga activities continued on every 1st Sunday of the month. A monthly magazine in Tamil named Pattamadai Kural (Voice of Pattamadai) is being published every month for free distributions. The Branch celebrated 126th Birthday of Parama Pujya Gurudev from 1st Sep to 7th Sep 2013 and on 8th Sep Ratha Yatra started from Swami Sivananda Centenary Charitable Hospital to Pujya Gurudev's Birth House in fully decorated chariot with bhajans and kirtans and concluded with Prasad sevan.

Rourkela (Odisha): Apart from regular Satsanga activities, the Branch observed 5h punya tithi aradhana of H.H. Swami Chidanandaji Maharaj on 3rd September and 126th birthday of Pujya Gurudev was celebrated on 8th September with special Paduka Puja, Bhjan Kirtan and 126 Deepas were illuminated in the evening to mark the occasion. The 97th birthday of Pujya Sri Swami Chidanandaji Maharaj was celebrated on 24th September with special Paduka Puja and 97 Deepas were illuminated in the evening to mark the occasion with bhajan and kirtan and concluded with Prasad sevan. Free Homeopathic treatments and free medicines were given to the needy patients.

Rajkot (Gujarat): Regular Satsangs continued and Special Paduka Puja were held on Sivananda Jayanti and Chidananda Jayanti. Free Homeopathic Clinic is running for four days a week. Free Eye Camps were conducted in which 2795 patients were treated and 370 patients were operated free and spectacles were given to 25 patients free of cost. Free eye clinic is running every Saturday at Shivanand Bhavan. Free Dental Camps were arranged by the

Branch and free dentures were given to the needy patients. Six tricycle and one hand cart were provided to disabled/widow for helping to earn their livelihood. 115 students from slum area were given free exercise books and free coaching classes for the students of weaker section of the society were also regularly held by the Branch.

Razole (A.P.): The Branch has celebrated the 126th Birthday anniversary of Sadgurudev Sri Swami Sivanandaji Maharaj with Special Paduka Puja, Satsanga and followed by Narayan seva on 8th September 2013.

Steel Township Branch (Rourkela-Odisha): The Branch has conducted 4 mobile Satsangs and One Sadhana day at the residence of the devotees. The Branch had observed 5th Punya tithi on 3.9.2013, and 126th birth day ceremony of Sadgurudev Sri Swami Sivananda Saraswati Maharaj on 8.9.2013 and 97th birthday ceremony of H.H. Sri Swami Chidanandaji Maharaj on 24th September 2013 at the Sivananda Satsanga Bhavan with early morning Guru Paduka Puja, Hanuman Chalisa, Gita Path, mantra chanting, bhajan and kirtan and discourses on the Life and Teachings of Swamiji Maharaj, Narayan Seva and concluded with Prasad Sevan to the public.

Sunabeda Ladies Branch (Odisha): Regular daily, weekly and monthly Satsanga activities continued. Sri Ganesh Chaturthi on 9th Sep and Birthday of Gurudev Swami Sivanandaji Maharaj and Sri Swami Chidanandaji Maharaj were celebrated on 8th and 24th September respectively. A mega blood donation camp has been arranged by the Branch on 7th July in which about 54 people donated blood including the Branch members.

Surada (Odisha): The Branch has celebrated Sri Gurupurnima, Sri Krishna Janmashtami and 5th Punya Tithi Aradhana of H.H. Sri Swami Chidanandaji Maharaj. 126th Birthday of Sad-gurudev Sri Swami Sivanandaji Maharaj and 97th Birthday of H.H. Sri Swami Chidanandaji Maharaj was celebrated in a grand manner with prayer, meditation, Prabhat Pheri, Gurupaduka Puja, Bhajan and Kirtan and discourses were held and all the programmes concluded with Prasad Sevan.

Surendra Nagar (Gujarat): Daily Satsanga and Matri Satsanga continued as well as the weekly Sundarkanda Parayan, Ramayana discourse. Rudrabhisheka was conducted by some of the

members and Goseva and distribution of raw eatables to the needy was done on 8th of the month and daily Paduka Puja was also continued.

Sunabeda (Odisha): Regular Satsanga activities continued. Sri Krishna Janmashtami Mahotsava was celebrated on 28th August with Paduka Puja, Archana Bhajan and Kirtan and Swadhya of Srimad Bhagavatam Dashama Skanda and concluded with Prasad Sevan. Yoga classes for ladies continued at the Branch.

Salipur (Odisha): Regular Satsanga activities continued. Health services were rendered through Swami Sivananda Charitable Hospital on every Sunday in which 89 patients were treated and free medicines were distributed. Yoga training both theory and practical was imparted in the local school/college in which 28 students/staff members participated. Special Satsanga on 20th August on Raksha Bandhan and Sri Krishna Jayanti on 28th August and Akhanda Mahamantra Japa was conducted on 25th August for 6 hours.

South Balanda (Odisha): Everyday two times Puja in the morning and evening and general Satsanga on every Friday evening continued regularly. Mahamrityunjaya Mantra Japa for 3 hours on 17th Sep for the sake of world peace. On 8th and 24th of September 2013, the Branch has conducted the 126th birthday of Sri Gurudev Swami Sivanandaji Maharaj and H.H. Swami Chidanandaji Maharaj respectively with morning Nagar Sankirtana, Bramha-muhurta prayer and meditation, Guru Paduka Puja, Mahamantra Sankirtan, Narayan Seva at School for the Blind, Deaf and Dumb situated at Balkaram Prasad, Angul and Prasad Sevan to all the devotees and guests and a special Satsanga in the evening.

Vishakhapatnam (A.P.): Free yoga and Meditation classes were conducted by the Branch every morning. Everyday evenings Sri Vishnu Sahasranama and on every Friday Lalita Sahasranama Parayana is being done. On every Sunday Bhagavad Gita classes were conducted. Mahamrityunjaya havan on 2nd September and on 3rd September Swami Chidanandaji's punya tithi aradhana was conducted. Special Paduka Puja was done on 8th September on the occasion of 126th Birthday of Pujya Gududev Sri Swami Sivanandaji Maharaj and concluded with Prasad Sevan.