



THE DIVINE LIFE

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KATHOPANISHAD

CHAPTER II

VALLI ii

अस्य विस्रंसमानस्य शरीरस्थस्य देहिनः ।
देहाद्विमुच्यमानस्य किमत्र परिशिष्यते । एतद्वै तत् ॥४॥

4. When this Atman, who dwells in the body, departs from the body, what remains then? This verily is That.

शिवानन्द स्तोत्रम् SIVANANDA STOTRAM

(Sri Swami Jnanananda Saraswati, Sivanandanagar)

(Continued from the previous issue)

अतनुतनुद्युतिसंयुत सन्मत सन्ततसेवितभूतपते
जितसकलेन्द्रिय सान्द्रमुदावह चन्द्रसमानन मान्यमते ।
नतजनसंचयरक्षणदीक्षित वीक्षितनाशितपापतते
शिव करुणालय पालय मां श्रितमाश्रितवत्सल लोकगुरो ॥९॥

9. O world-teacher Siva, thy face is like the full-moon, thy body shines with a divine brilliance. Thou possessest a praiseworthy intellect and thou hast all thy senses under complete control. Thou art constantly engaged in the worship of Lord Siva. Thou art wedded to the noble task of protecting the humble and the meek and destroying the multitude of sins by a single glance. Thy sole delight is in giving joy to all. O ocean of mercy that art gracious to those who look up to thee for succor, save me thy humble suppliant.

अवनतभक्तपरीत निरीह परीष्टिपरायण पूज्यमुने
भुवनशुभावह भाषिततोषितमानुषसंचय सूक्तिखने ।
नवनवपुस्तकनिर्मितितत्पर कल्पतरूपम धन्यजने
शिव करुणालय पालय मां श्रितमाश्रितवत्सल लोकगुरो ॥१०॥

10. O world-teacher Siva, O adorable sage, thou art desireless but thy sole purpose in life is to work out the welfare of the world. Thou art always surrounded by a multitude of humble, admiring devotees. Thou art full of wise saws and thou delightest man-kind by thy enchanting talks. Thy time is fully engaged in the production of new books for the service of humanity. Blessed indeed is thy life. O ocean of mercy thou art gracious to those who look up to these for succor, save me thy humble suppliant.

(To be continued)

MAKE A BEGINNING—START FROM TODAY

(H.H. SRI SWAMI SIVANANDAJI MAHARAJ)

Upon the substratum of Timeless Eternity Maya in Her own mysterious baffling manner marks time. In the ceaseless onward flow of Time definite periods have become distinct and divided into centuries, decades, years, months, etc. They have acquired a force and significance through long convention. All over the world the old year has just now passed out and a New Year has commenced. Through age long association of ideas this time has come to have a peculiar efficacy for all beginnings, fresh endeavours, new resolves and turning over a new leaf. It is the most propitious time. Make full use of this psychological moment. Do not lose this opportunity.

Die to your old lower self. Be born into a newer life in the spirit. Sever once for all your connection with the little ego. Whatever be the slips, failures, disappointments and mistakes of the past year, forget them all. Never mind them. All is for the best. Be courageous in faith because there is always a glorious resurrection after each crucifixion. Spotless and untouched lies the year before you. Resolve to stick to a life of spotless moral purity, of chastity, physical and mental. Resolve to manifest Truth in thought, word and deed.

The external world is plunged in unrighteousness, hatred and warfare because you have neglected to carry on the inner war with the vicious lower self. You have surrendered to this inner enemy. Commence the spiritual warfare with the

inner foes like egoism, hatred, greed, ambition, pride, selfishness. Crush these down and develop equal vision, forgiveness, mercy, universal love. Then all outer war will end in a moment. A New Era will be ushered in. Darkness will pass and a new dawn will light up Humanity.

The loving Lord has given you a priceless gift a shining year, pure and clear as crystal, a year teeming with opportunities of perfecting yourself as well as working to help and elevate all those around you. Struggle hard every moment to get nearer to the Ideal. Every step you take, through every act you do, you must move towards Freedom, towards Truth, towards Light.

Make it a point to radiate love. Become a centre of spirituality through a regulated life of combined selfless activity and earnest prayer. Constantly have the name of God in your lips. Inspire and elevate everyone you come into contact with by proclaiming to them the message of unity of all life, in the oneness of the Self. Console the distressed with help, cheer up the depressed with hope. Infuse new vigour into the timid and the faltering in faith.

On the threshold of the New Year convert yourself into a herald of Divinity. Lead a Divine Life of Love, service, devotion, discipline and wisdom. May the New Year witness you develop into a perfect and ideal being! □□□

THE FOUNTAIN SOURCE OF SPIRITUAL KNOWLEDGE*

*(The gist of Sri Swami Chidananda's lecture at the recent celebrations of the
Pearl Jubilee of the Sivananda Publication League)*

By celebrating the Pearl Jubilee of the Sivananda Publication League, we are in fact celebrating the completion of more than twelve years of Sri Swami Sivanandaji's unique service to humanity. It is this service that has taken the shape of the Sivananda Publication League. The League is the lustre and radiating power of Sri Swamiji Maharaj, and is an essential part of the Sage, just as heat is inseparable from fire, whiteness from milk. The League is but the manifest dynamism of his super-mundane wisdom and divine experience.

During this period the Sivananda Publication League has placed, in the hands of the public all over the world the precious spiritual nectar that has continuously sprung up from the fountain-source of spiritual knowledge, Sri Swamiji Maharaj. Each book has been, as it were, a clarion call to higher life. *"Oh man, you have taken birth here, not to waste your life in worthless sensual pleasures, but to realise the Self, to realise that you are in truth the all-blissful Atman, beyond the reach of sorrow, grief and delusion."*—this has been the clarion call that Sri Swamiji Maharaj has sounded and this call has been relayed by the Sivananda Publication League during the past more than twelve years.

We would obtain a glimpse of the uniqueness of the service rendered by the League, if we glance through some of the letters that are received almost daily by Sri Swamiji Maharaj.

"My life has been transformed by your book....."

I have been rescued from suicide by your reassuring volume."

"A life of disease, suffering and wretchedness has ended and a life of sunshine and joy has commenced when I went through your wonderful book....."

—these are some of the expressions that we often come across in the letters received by Sri Swamiji Maharaj daily.

THE MESSAGE OF COURAGE

The mistaken notion is entertained by many that it is the teaching of religion that has been responsible for 'backwardness' of the Indian nation. Anyone who peruses the works of Sri Swamiji Maharaj would not fail to notice that the one distinct note that runs through all of them is the exhortation to be bold, to be courageous, to be fearless. Bhakti Yoga has been regarded by even some religious preachers as one that makes the practitioner effeminate. In his *'Practice of Bhakti Yoga'* Sri Swamiji

*From Forest University Weekly, 14th June, 1951

Maharaj has shown how this Bhakti Yoga calls for as much strength, courage and self-discipline as any other. He says: *“Only when you powder the bones of your body, extract oil out of this powder, and burn the lamp of love at the altar of your Beloved, does He grant you His Supreme Vision”*. The effeminate man has no place here. It would be apparent from every one of Sri Swamiji’s works that the practice of religion as conceived of by Sri Swamiji Maharaj can only make every man more manly, more courageous, stronger and braver.

TOWARDS NATIONAL AND INDIVIDUAL WELFARE

The unique value of this spiritualising mission which the Sivananda Publication League is carrying on is, it is filling a great void in the cultural evolution of our race and nation, which void is ignored by the majority of people as not worth attending to. But this sage of distinct vision clearly perceives that the one important duty, if this great nation is to continue glorious, is to keep brightly alive the spiritual flame which is its very life. Institutions and organisations there are without number which are actively reviving and developing the numerous external aspects of our culture. Agriculture, education, sociology, fine arts, sciences ordinary and extraordinary—all these are boosted to the skies. All this is very good. But the most vital part of it all, that which means the difference between the life and the death of our grand culture, the inner fundamental spiritual content is woefully neglected. Herein the

Sivananda Publication League has ‘stepped into the breach’ as it were and fulfilled the vital role.

National leaders all over the world have cried themselves hoarse that humanity is being led astray into the bye-lanes of materialism and so many god-less isms, and that this deviation from the royal road of faith in God can only spell the ruin of mankind. But it has been given to very few saints of intuitive wisdom to come forward with a positive, practical and ideal solution to this problem. The sage is familiar with the Pratipaksha Bhavana method—if you wish to get over an evil, supplant it by its own opposite goodness. Thus we find Sri Swamiji Maharaj adopting this positive and direct method of combating the numerous godless ideologies with the mighty counter-force of divine life. In every one of his books he has brought out clearly the dangers of godless ideologies and has at the same time placed before the people the most glorious life divine that would lead mankind to peace, plenty and prosperity and every individual to eternal Bliss.

Only a Sage of Self-realisation can do all this. For, in the words of the Bhagavad Gita, the Sages are *Sarva-bhutahiterataah*. Only they who have realised the unity of existence can work for the welfare of the entire humanity.

PRACTICAL IDEALIST

Even though Sri Swamiji Maharaj is a Kevala Advaitin of Sri Shankara’s school, he has combined in his teachings the highest idealism with the most

practical realism. Even though his head is far above in the region of the Absolute, his feet are firmly planted on the terra firma. Therefore, he guides the aspirants in every aspect of their life. He directs their physical, mental, ethical, intellectual and spiritual progress, without neglecting any aspect of their life. For those who are afflicted by diseases, Swamiji has his medical counsel for the restoration of health. For those who enjoy sound health, Swamiji has the Yogic Physical Culture to ensure physical fitness for higher spiritual Sadhana. Swamiji's analysis of the mind has been unique and illuminating. As a Vedantin, he asserts mind is illusory; as a practical spiritual guide he points out the mysteries of the mind and the methods of controlling it.

Though a firm believer in the theory that in reality the world is an illusory production of Maya, Swamiji Maharaj has at heart the welfare of every human being, nay every living creature in the world. He works ceaselessly for *Lokasamgraha*. His books reach out to the institutions and individuals who

govern the progress of the nation. The Ministers and the high officials who are responsible for the administration of the State receive his books. The topmost officers of the Army get his books—people like General Cariappa, Major-General A. N. Sharma and Lt. Col. A. N. S. Murti, through whom the Message of Divine Life reaches out to the rank and file of the entire Army. Every Library and School gets his books for the mere asking and his message is thus spread throughout the world.

It is the Pearl Jubilee of this Divine Service which Sri Swamiji Maharaj has been rendering to humanity that we are celebrating today and let us pray on this auspicious occasion that the Almighty might bless us all with greater zeal, strength and enthusiasm to carry Sri Swamiji's Message to wider and ever-widening circle of the Lord's children.

Swami Bhuvananda
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Do not force the mind to meditate. Understand the ways of the mind first. Cultivate virtues. Study the nature of the three Gunas. Purify. Only then meditation will be smooth and easy.

Sivananda

MODERN MAN IN SEARCH OF A SOUL

(SRI SWAMI KRISHNANANDA)

(Continued from the previous issue)

When we are friendly or when we are inimical, we are not encountering a person or a thing; we are encountering a circumstance which cannot be identified with the physical location of a person or a body. We are face to face with some situation which cannot be identified with a solid object. When we are happy or unhappy, we cannot attribute it to the presence or absence of some physical object. It is, again, a condition that has arisen, a condition that cannot be seen with the eyes, and we use this word again and again without knowing what it means. "I am in a very bad condition" or "I am in a prosperous state" are glib statements whose meaning is not so clear. This is the reason why we cannot easily be happy in this world; if it had been so easy, we would have purchased it in one minute with all the dollars and pounds that we have. That cannot be done because the physical appurtenances and configurations in the form of people and things are not the thing that we have lost. When a person has lost his power—he has resigned or retired from a very powerful position—he has lost something. What has he lost? He is the same man that he was. The retired man is the same man that he was while in that position. This thing that he has lost is that which he cannot see with his eyes, but it can make him utterly restless

and put him out of gear. One can even go crazy if he is demoted and thrown down from a high pedestal. This pedestal is not a physical seat; it is a concept.

So are we living in a physical world, really speaking? Or are we living in a world of concepts, ideas, notions, evaluations and aspirations? Do we believe that this is a physical world? I am not going into the philosophical aspect of the doctrines propounded by Sankaracharya and others that the world is maya. We will slowly open our eyes and find there is some truth in what he has said. We are seeing a table, we are seeing trees, this building, and the world is there so hard and solid; how do we call it maya or unreal? We will realise one day that we are living in an unreal world.

The people that are around us are not our people. The things that we seem to possess, we have really not possessed, nor have we been searching for them. We have only been experimenting with them as tools for the discovery of that which we have lost. These friends of ours, these associations, these family members, this money, this status, this power, this authority, this land, this building—these are not the things we are asking for, though in a terrible state of ignorance we imagine that this is the soul that we wanted to grasp in life, and we will

realise one day that this is not what we wanted. Otherwise, there could be no sorrow and bereavement. These are the tools that we have selfishly employed. We have been exploiting people and things in a very subtle manner to see whether they are the locations of that which we have lost in our lives.

We have not lost anything physical. The physical world is still there; we cannot lose it. We are sitting on it; how can we say that we have lost it? The whole Earth is under us; we have not lost it. We cannot say, "I have lost the physical Earth." What have we lost? What are we searching for? What is it that is keeping us restless and unhappy?

In the light of what I said a few minutes ago concerning the word 'soul', I will use the word 'soul' only in that light, of course, and that evaluation is to be before our mind's eye when we utter the word 'soul'. Man is in search of a soul or the soul. I will tell you why it is a and the both. We cannot think of the soul; we are not made in this way, because we do not see it. Who can believe there is one soul everywhere in this audience? We are all independent souls. When we search for a soul in our lives, we are searching for a meaning in our existence. We are not searching for a substance; we are not asking for a thing. When we have lost the meaning in our existence, we can say, "I have lost my soul." People who are bereaved and who have lost their property and all their belongings sometimes feel that they have lost a soul. "I have lost all significance and meaning—everything." They have not lost meaning, because they have never

discovered the meaning in their lives even earlier when they were physically in possession of all the appurtenances of life.

As I mentioned, the appurtenances, the physical associations, social connections, etc., which were bringing us some sort of a satisfaction and making us feel that we discovered the meaning in life, were not the meaning in life. They were very, very unfortunate instruments that we had been utilising for experimenting upon the thing which we have lost and which we consider as the meaning, and their disassociation appears to us as a disassociation from the meaning of life. The meaning of life is a pervasive influence, a power or authority, and everything in the world is only an ideological arrangement. A deep philosophical mind alone can probe into these mysteries. Therefore, it is true that we are searching for a meaning in life. We know very well how unfortunate it is to lose the meaning in life; we will go crazy in one second if the meaning is lost. And what is that meaning? That is the soul of life.

Each person has his own concept of the meaning of life; that is what we call a philosophy of life. Everyone has his own or her own philosophy. We have an outlook of life, we have an interpretation of things, and we have an evaluation of all things in the world. That is our philosophy, and that is the meaning that we want to discover in things. Anything that keeps us in a state of tension and isolatedness in any level of our being is the tendency to lose the soul. Even illhealth is a tendency to the loss of what

we can call the meaning of a healthy body. A soul is a force; it is not a thing. It is a force which keeps in cohesion the parts of the being we call a person, an organisation, a world, a humanity, an everything. So the soul can be a force that is keeping the limbs of our body in cohesion, and in that sense we may call it a soul, because other people also have the need to feel a meaning in their own lives. There is, similarly, a necessity to keep in cohesion the organisation we call a family circle or a community, or even a larger one like the whole nation or the entire humanity; otherwise, there will be no humanity. 'Humanity' is a word that we use without understanding what it means. It is not a heap of people sitting together; it is a conceptual unity that we introduce into the presence of these isolated particulars called 'people'. Humanity is one, though people are many. We can imagine that there can be one meaning in the midst of many people. That one meaning can be said to be the soul of humanity.

Hence, the soul is large, and it is small. When it is large enough to comprehend the meaning discoverable in the whole of creation, we call it the soul—yes, it is true. But the process by which we discover the location of the soul or the meaning in life is by degrees. The soul may be one, which is a different matter, but in our lives it does not always reveal itself as one. There are degrees of the manifestation or descent of this concept of the soul. I do not say there are degrees of the descent of the soul itself, but the concept of the soul has a descending character and an ascending character. This is the reason why we feel

that there are many souls, and each one is searching for one's own soul, which perhaps is the reason why one is sometimes impelled to become selfish in spite of the fact that there are similar souls in other people. Yet we are occasionally altruistic; we think in terms of larger circles and the welfare of many other people, and we are serviceful, which tendency cannot be explained if the soul is only inside our body. So there is a larger soul than our own soul, yet we are searching for our own meaning.

In our individual lives we have our own predilections and we stick to our guns, oftentimes. "What I say must be done, and let anything else go to the dogs." When we speak and think like this, we are imagining that our meaning in life is conditioned by our own body, and our soul is only inside the body, whatever it be. But we are not always like that. We oftentimes have a cultured attitude to discover a similar meaning in other people's existence also, which requires us to recognise the national soul: "I work for my nation." When we work for the nation, for whose sake are we working? It is not the number of people considered as the citizens of a country that are called a nation. It is, again, an invisible thing. I am driving the point that the world is unreal, finally. It is only an idea in our heads; it does not exist physically, if we go deep into the matter. But this larger ideology of the national spirit, though invisible, is that which can shake the hearts of people. People work day and night for the welfare of their nation, which is not merely a heap of people.

Likewise, we can extend this dominion—the dimension of this concept of the meaning of life, the spirit of existence—into wider circles until it reaches the furthest limits of infinitude itself. That meaning that we discover, the one meaning that we discover in the whole creation, may be said to be the soul, because there can be many universes and many infinitudes.

There are gradations in an army hierarchy, for instance. The lieutenant colonel is a soul of the group which he commands, and the colonel is a soul of a wider group that he commands. Now, are there two souls? Is the lieutenant colonel one soul and the colonel another soul? And there is the brigadier, the lieutenant general, major general, and so on. Each one is a soul. I have already said that the soul is not a person, because one person cannot control so many other people. It is a pervasive influence, a larger immanence of an invisible something—a meaning, an authority, a soul, intelligence, consciousness, whatever we like to call it. That thing exists, pervading all. Perhaps the general's soul pervades the souls of all the lower categories. The soul of the general is immanent in the souls of the lieutenant generals, the soul of the lieutenant general is present in the souls of all the major generals, and the soul of the major general is present in all the souls of the brigadiers, etc. So are

there many souls, or is there only one soul? We can answer this in any way because there are gradations of the concept of organisation, the concept of authority and the concept of pervasive influence, which is the soul that we are speaking of. Thus, there is a soul, and there is also the soul; both are correct. The larger dimension appears to comprehend the lower levels, absorbing the existence of the lower categories of soul in the higher one; yet the lower ones exist in their own capacity, notwithstanding the fact they are subsumed by the operation of a higher soul. In that sense we are searching for the soul, but we are also searching for a soul when we are ascending the series from lower levels.

I do not think I should go too far into this question, and I propose to conclude merely by saying that what I have endeavoured today in these few minutes is only to stimulate your minds into finding a solution, an answer to a great question that will not allow you to keep quiet at any time and which you will pursue until death. I have not tried to give an answer, but I have tried to stimulate your minds to a need that you will feel, and must feel, for an answer which you cannot escape giving to the question of your own life. Please consider it for yourself.

(Concluded)

Never worry about what other people say or think.
Do the right. Have clear conscience and roam about
happily.

Sivananda

New Year Message:

TIME SWIFTLY PASSES AWAY, TAKE HEED

We are just now at the commencement of a New Year, a fresh and a new period in time. A year in our life has passed and let us all reflect what virtuous qualities we have developed in the year that has just passed out. In what respects were there set-backs in our Sadhana? Let us analyse, analyse without the least trace of the tendency to self-justification, as critically as we would analyse others; for we are doing this for our own improvement, for our own good. Then, let us enter the New Year with a fresh, firm determination, to avoid the mistakes of the past year, and to make rapid progress in our efforts to lead a virtuous and righteous living.

The New Year is a new birth for you; let not past mistakes and failings dishearten you, but let them goad you to greater and greater effort to achieve the goal. The last year has passed; this year is in your hands. Make the best use of it. By the Grace of the Merciful Lord, the year is out, you must make more effective efforts to realise the Ultimate Truth that will give you eternal happiness.

Time is fleeting. This is one of the truths that the New Year brings into focus. It is the supreme factor of the passage of time. It tells us: "O Man, Awake! Realise that you may be standing still due to your neglect, but life does not stand still. Life is rushing onward like a swift stream. Even as the thought is entering your mind, time has passed.

That is what the chime of every clock at the end of every hour reminds man that so much less of time you have in your hands; utilise it for your welfare. Awake, arise, be up and doing. Do not stop until you have crossed time and made yourself timeless. We should, therefore, alert ourselves to earnestly take to the spiritual practice, so that we may attain the Supreme Purpose for which the precious gift of human life has been bestowed upon us.

Once having become aware that time is passing away, we will understand that every period in time is a thing not for rejoicing, but for very serious heart-searching repentance, new resolutions for enthusiastic onward progress; unlike the ignorant father or mother who, seeing the child grow up, rejoices that a new birthday has come and gives it lots of presents. What a depth of ignorance! They do not understand that every year of the child's growth means a shortening of its life to that extent. The Viveki-Purusha (a man of discrimination) keeps before him, when he arrives at these periodical markings upon the field of time, this ideal of the factor of the passing of time. When this factor is brought to one's consciousness, one realises that there is a very real reason why we should do something about it.

This conception brings us to another important point that we have to

remember, viz., that we should never lose opportunities. Make the best of every opportunity that God gives to you in His love and mercy. An opportunity once lost is lost for ever. When God has given us this great opportunity of opportunities, this human birth, for achieving the greatest thing that can ever be achieved, viz. the imperishable treasure of everlasting, infinite, bliss and peace, it should not be lost. At the same time life is fickle. Just as a drop of water put upon a white-hot iron disappears even without leaving a trace or semblance of it behind, even so this life is an appearance for a fleeting moment in eternity, and it at once disappears without any trace at all. Opportunities do not come again. Knowing that the chance given to us is rushing towards its end, the sages cry out from house-tops: 'Awake, arise, stop not till the goal is reached,—do not be immersed in this world of pain, disappointment, grief, disease and death.

Therefore, these great ones with their hearts throbbing with love for human beings wish to share that experience with us. This is an opportunity for attaining Immortality, and therefore they say: "Be up and doing in Yogic Sadhana. You will attain Kaivalya Moksha." We should heed this message in the New Year and make the best use of this rare human birth. Have thoughts such as: "Why have I taken this birth here? What is the meaning and purpose of life? How to achieve that purpose? I must achieve it." These thoughts do not arise in the ordinary mind that is outgoing. Only in the

blessed mind, where the light of the Lord's Grace has reached and penetrated the darkness of grossness, do these thoughts arise.

How great is the ignorance of the ordinary man of the world! Days and nights pass away, months pass away, years pass away, and with these, one's life is passing away. Yet there is the clinging to life due to ignorance, due to man's not knowing that this life is transient. He laments, suffers and yet he clings to it. Therefore, this state of awakened Viveka (discrimination) itself is a mark of Grace. Let us not prove unworthy of this gift of Grace, which the Lord has given to us in the form of Viveka.

Let us offer our adorations for the great Message Time has given us today and is giving every day; with sunrise it gives the message of the day that is born and with sunset it gives the message of the day that is past. We should not be asleep; we should be vigilant. Let us hearken to the message of the Lord in the form of fleeting Time! May the New Year bring to all mankind peace, joy, prosperity and the best of everything here, and Eternal Happiness hereafter.

Swami Bhidanda
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Sivanandashram,
20th December, 1964.

Sivananda: Day to Day – 1st January 1956

YEARS ARE FALSE; ETERNITY ALONE IS REAL

The dawn of the New Year found the people at Sivanandashram in Satsanga, for the Satsanga which commenced at 7 p m. on the 31st December lasted till 1-45 a.m. the next day, as the programme during the Satsanga included such items as dances, music, etc. besides the usual Bhajans and Kirtans, since it was the last Satsanga during the Sadhana Week, and many people from India and abroad were present at the Satsanga. In the course of the Satsanga, Swami Chidanandaji ascended the platform to exhort people to do practical Sadhana during the New Year, and he began with the statement that the Satsanga commenced during 1955 and would end in 1956. On hearing this statement, Swamiji, who was sitting on his arm chair at the opposite end of the hall, remarked at once in a voice audible to all people, "Both are false", meaning that both 1955 and 1956 are false, eternity alone being real. Needless to mention, Swamij's remark invited laughter from the whole audience.

GOD'S WONDROUS CREATIONS

While returning from the Satsanga, Swamiji felt the bad smell emanating from an underground drain and said,

"Pour some phenyl there. Bad smell is coming." Then Swamiji philosophised thus, "God has created bad smell, and, He has also created phenyl to counteract the bad smell! Lord's way of creation is wonderful!"

THE NATURE OF THE WORLD

After the Satsanga, Swamiji was returning to his Kutir accompanied by a few devotees. A dog was also going in front of Swamiji, occasionally sitting on the way and causing inconvenience to Swamiji. While a disciple was trying to drive away the dog, so that it might not inconvenience Swamiji any more, Swamiji said, "What harm is there? Let the dog remain there; I will go by this way", meaning that Swamiji would go along an edge of the road. While thus Swamiji was proceeding, with the dog in front and people behind, with his walking stick Swamiji tried to straighten the curved tail of the dog. The tail became curved as before as soon as Swamiji removed his stick from the tail. "Can you straighten the dog's tail?" Swamiji questioned some of the people accompanying him. They said, "No." Swamiji immediately remarked, "Such is the nature of the world!"

Face the worst bravely and fight for the best boldly.

—Swami Sivananda

NATURE OF DIVINE GRACE *

*(The gist of a talk given by Sri Swami Chidanandaji on 20th January, 1951,
(Sukla Pradosha Day)*

Immortal Brothers,

Today is Pradosha the fortnightly worship done to Lord Vishwanath by the Ashramites. Just a few ideas occurred to me just now. In fact no special occasion is needed to exchange views among the Sadhakas and to extol the glory of the glorious Lord whose glory is endless.

The powerful demons carried on a series of ceaseless attacks on the Devas. Devaloka was the prey to the terrible onslaughts of the Asuras. Indra, the Lord of Devas, became helpless being defeated again and again by the mighty Rakshasas. The Devas then went and sought the help of Lord Siva to bless them with a commander for their army who would be able to defeat the Asuras. Lord Siva felt pity for the Devas and blessed them. Out of the energy of Siva was born Lord Skanda the six-faced. He became the general of the Deva army. The beautiful Skanda, dressed in military costume with arms came to the battlefield to take the lead and fight for the Devas.

Suppose for a moment the Devas did not accept the leadership of Lord Skanda who was specially deputed by Lord Siva in his infinite mercy. What would be the condition of the Devas then? The enemies of the Devas would have very gladly welcomed such a circumstance and inflicted fatal injuries on the Devas

who were already defeated. Or even after accepting the leadership of Skanda, suppose one portion of the Devas army worked as anti-Skandites in the war, what then would have been the fate of the Devas?

Let us now analyse within ourselves taking the case of a Sadhaka. There are always the twofold warring forces of Sattwa (good, Divine) and the Rajo-Tamasic (undivine) forces carrying on regular fight within the individual. You can clearly perceive the forces of Rajas, anger, passion, enmity, hatred, arrogance, envy, jealousy etc., on one side and humility, service etc., goading the Sadhakas to elevate himself from the meshes of Samsara. God is all-merciful. He comes to the rescue of the Sadhaka when the fight becomes very formidable and when the Sadhaka is apt to succumb, He sends his grace at the right time. It is very difficult to find out how and when the Divine Grace helps the aspirant.

The fact is that God helps the aspirant always. Only if you have the eyes to perceive, you can clearly understand the working of the Lord. What is Divine Grace? Does it mean a huge big one-hundred-faced being adorned in silk, bedecked with jewels etc., descending from the skies? Does it mean that you will be led by hand at

*Taken from Y.V.F.U. Weekly 22nd March, 1951

every stage by a Divine Being putting on a lovely and smiling appearance? No, certainly not. It does not necessarily mean that you will receive the grace of the Lord in just the way you want it to come upon you. Lord's grace can take any form, any shape at any time. If you are a very angry man, the Grace of God may come to you in the form of an insult from another man suggesting that you should control your anger. Instead of making the proper use of such opportunities, instead of properly receiving the Divine Grace what you do is to further succumb to the evil trait anger, which God wants you to get rid of. Similarly when you are about to commit a sin, the Lord comes to you in the shape of your inner conscience and tells you "Friend, do not do so. You are not acting rightly. Stop!" Without paying heed to such helpful suggestions of the inner soul, you by your wanton effort in complete defiance of the voice of the soul

go against it and commit the sin. You do not pay heed to the voice that clearly warns you against the sin. In what better way can God help you if you are purposely bent on violating His laws?

In such cases you are acting like the man who phoned for the doctor to attend to a serious case and when doctor came he refused him entrance.

Therefore Sadhakas should take particular care to see that they watch every little thing that occurs around them and take the Divine Grace and utilise it as and when it presents itself before them. At the critical moment instead of indulging in the vices you should get over them by intelligently following the inner voice then and there.

Swami Bhidhananda
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Sivananda is everywhere, He is here and there. Wherever 'The Divine Life' moves, He too goes with it. Whenever I receive his books, He comes with them and enters my meditation. He is the spiritual sun that rises in the Himalayas and illuminates the divinity of this country called Bharata. Mahatma Gandhi gave freedom to the country, while Sivananda gave freedom to the souls. Mahatma Gandhi hoisted the national flag, while Sivananda hoisted the flag of Advaita. Delhi has democracy (Gana Rajyam), while Sivananda Ashram has Ananta-Kalyana-Guna-Rajyam, meaning a kingdom with infinite auspicious qualities. It is the kingdom of Yoga (Yoga Samrajyam) that is flourishing in Sivananda Ashram. Doctor Kuppuswamy, the physician of the inert body (Jadarogavaidyar) now shines as Sivananda, the divine healer of the cycle of births and deaths (Bhavarogavaidyar).

Bharata is a country of divine life; it is a country where Yoga resides. The power of this country is due to the strength of the great Kundalini; it is Brahmaakari; its art form carries the fragrance of divinity; its civilisation is because of the radiant rays of knowledge of the great sages; its inhabitants are the practitioners of the Vedas and Agamas; the glory of Bharata is Self Knowledge, the union with the Supreme Self. If sugar were to lose its sweetness, it cannot be called sugar. If salt were to lose its salinity, it cannot be called salt. If this country were to lose its power of spirituality, then it cannot be called Bharata.

Shuddhananda Bharati

8-7-1951

FIND A WAY

(Sri Swami Atmaswarupananda)

The fundamental teaching of Vedanta is that Brahman alone is without a second. The logical derivative of that declaration is the *mahavakya*, the great sentence, that declares: That thou art. If Brahman alone is without a second, we must be That.

Unfortunately, for most of us, that is not our experience. It may be our brief experience when we first wake up in the morning. For a moment we may not know where we are, and there may be a sense of oneness, but then the ego arises and the mind starts to function. We see something outside ourselves, hear something outside ourselves, feel something outside ourselves, and we become established in duality. And that has its consequences.

It means that our concern and interest is not with the Whole, but in the protection and promotion of one individual. It is the most important thing to us. Others and God come second because the ego is led by the outgoing power of the senses. How do we overcome this problem which includes thinking that we are the centre of the universe, the subject, and everything else is our object? In his book, *Ponder These Truths*, Pujya Swami Chidanandaji says, "Connect yourself with God." To connect ourselves consciously with God is the purpose of all our spiritual practices. But then, it's one thing to find God in our spiritual

practices, it's another thing for Him to be there during our normal working day.

Therefore, we must bring about that connection between the oneness that we can discover through our spiritual practices and how we function in our daily life. As far as we know, there is no simple answer to this except hard work, except continuous *sadhana*, except a great aspiration on our part to integrate what we can find in the inner world with what we experience in the outer world. We have to be determined to find a way.

Why is that so important? Because the outer world where we live in duality can never satisfy us. Everything is temporary. Everything suffers from the pairs of opposites and the three *gunas*. Our soul starves for a sense of unity, for a recognition of non-duality as we see, hear, and feel duality. Thus we must align ourselves with that great longing.

When Pujya Swamiji said, "Connect yourself with God," he added, "Do it by any means, but by any means do it." It means developing our own technique for remembering the highest we know as we move through our daily life. No one promised us that it was going to be easy. Rather, if we want the greatest thing in life, we have to be prepared to give our greatest effort. It has to be, for us, the most important thing in life. And if it is, we will find a way.

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NEWS AND REPORTS

NEWS FROM THE HEADQUARTERS

CELEBRATION OF THE SEVENTIETH ANNIVERSARY OF MAHAMANTRA SANKIRTAN YAJNA

Kirtan is nectar. Kirtan is divine food for the soul. Kirtan can make you immortal.

(Sadgurudev Sri Swami Sivanandaji Maharaj)

By the divine grace and abundant blessings of Sadgurudev, the Divine Mahamantra Sankirtan Yajna commenced by Worshipful Gurudev himself on 3rd December 1943, has been going on at the sacred Bhajan Hall for the last seventy years permeating the entire Ashram with divine vibrations. The auspicious day of the Seventieth



Anniversary of this unique Yajna was celebrated with great devoutness and spiritual gaiety at the Headquarters Ashram on 3rd December 2013.

As in yesteryears, the special collective chanting of the Mahamantra was done daily for three hours from 27th November to 2nd December 2013. H. H. Sri Swami Vimalanandaji Maharaj and H.H. Sri Swami Padmanabhanandaji Maharaj inaugurated the special chanting by lighting the sacred lamp. The programme of 3rd December

morning included special Satsanga at the Divyanama Mandir and a Havan for the peace and welfare of world. At 3.30 p.m., a grand procession was organised wherein the devotees carried the portraits of Lord Sri Rama, Lord Sri Krishna and Sadgurudev in a beautifully decorated palanquin filling the entire atmosphere of Muni-ki- Reti with the the sacred vibrations through their



teachings of Sadgurudev and various scriptures, enlightened the devotees on the glory of Mahamantra in Kaliyuga. H.H. Sri Swami Advaitanandaji Maharaj in his brief talk apprised the gathering how and why this Mahamantra Sankirtan Yajna was commenced by Worshipful Gurudev.

fervent singing of the Mahamantra. Thereafter, floral Archana to the chants of Ashtottarashata-Namavali was offered to Lord Sri Rama and Lord Sri Krishna in the Bhajan Hall. The programme concluded with Arati and distribution of special Prasad.

May the grace of Lord Sri Rama, Lord Sri Krishna and Sadgurudev be upon us all. □ □ □

During the night Satsanga, H.H. Sri Swami Padmanabhanandaji Maharaj illustrating from the divine



SRI GITA JAYANTI CELEBRATION AT THE HEADQUARTERS ASHRAM

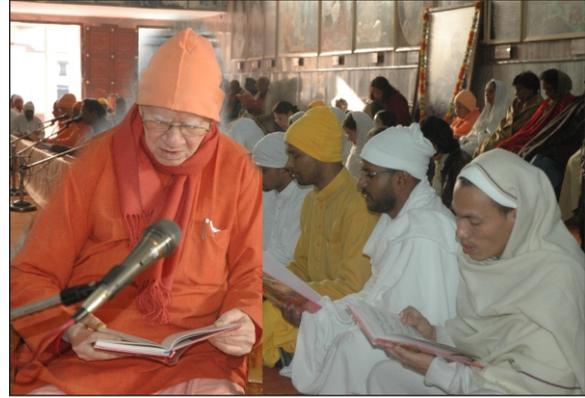
The Gita gives man a positive promise of Salvation and makes him fearless. Therein lies the supreme value of the Gita.

(Sadgurudev Sri Swami Sivanandaji Maharaj)

The Ekadashi (11th day) of the bright half of the Margasirsha month is the sacred day when Lord Sri Krishna, out of His infinite compassion and loving grace bestowed upon His children the gift of Srimad Bhagavad Gita. The blessed day of Sri Gita Jayanti was celebrated with great sanctity and devotion at the Headquarters Ashram on 13rd December 2013.



A Gita Havan with Ahuti (oblation) to the chant of each verse of Srimad Bhagavad Gita was performed at the Ashram Yajnasala for the peace and welfare of the world. A special Satsanga was organised from 09 to 11.30 a.m. at the sacred Samadhi Hall wherein all the eighteen chapters of the Holy Scripture were recited by the Sannyasins, Brahmacharins and devotees of the Ashram. Thereafter, floral Archana was offered to Lord Krishna to the chant of Ashtottara-shatanamavali followed by Arati and distribution of sacred Prasad.



During the night Satsang, H.H. Sri Swami Padmanabhanandaji Maharaj in his message enlightening the devotees on the supreme significance of the Glorious Scripture said that this Celestial Song 'Srimad Bhagavad Gita' was sung by Lord Sri Krishna with the Divine Mission of establishment of Dharma (righteousness). Two books of Sadgurudev were also released on this auspicious day. The Satsang concluded with Arati and distribution of Prasad.

May the abundant blessings of Lord Sri Krishna and Sadgurudev be upon us all.

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SRI DATTATREYA JAYANTI CELEBRATION AT THE HEADQUARTERS ASHRAM



Lord Sri Dattatreya is a unique manifestation of the Divinity establishing the ultimate oneness of the Divine Trinity i.e. Brahma, Vishnu and Siva. The sacred day of Lord Sri Dattatreya’s advent on earth plane was celebrated with great devotion on 16th December 2013 at the Headquarters Ashram.

The celebration commenced at 9 a.m. with Jaya Ganesh prayers followed by a special worship of Lord Sri Dattatreya enshrined in Sri Dattatreya Temple. The

devotees offered Bhajans and Kirtans as their Pushpanjali at the lotus feet of the Lord. After the Arati, everyone partook of the sacred Prasad.

During the night Satsang, Sri Swami Hariharanandaji Maharaj gave a talk on Lord Sri Dattatreya’s advent and his twenty four preceptors. Sadgurudev’s two books were also released to mark this sacred day.

May the divine grace of Lord Dattatreya and Sadgurudev be upon all ! □ □ □



CHRISTMAS EVE CELEBRATIONS AND THE CHRISTMAS-NEW YEAR RETREAT AT THE HEADQUARTERS ASHRAM

The Call of Christmas is the Call to a new Birth in the Spirit.

Sadgurudev Sri Swami Sivanandaji Maharaj

As per yesteryears, Holy Christmas was celebrated with great devotion and spiritual rejoicing at the Headquarters Ashram on December 24, 2013. The Ashramites, devotees and guests participated enthusiastically in the joyous function which began with Jaya Ganesh Kirtan at 7.30 p.m. in the Swami Sivananda Auditorium Satsang Hall. The nativity scene, illustrating the birth of the new child, was installed in a temple in the centre front of the Satsang Hall and a beautifully decorated Christmas tree was placed at the front side of the Hall.



The evening featured many devotional songs in German, Hungarian, Russian, Hebrew, Dutch, Italian, Japanese, Malayalam, Tamil, Hindi and English. Silent Night was sung beautifully in nine different languages, but the highlight was the rosary of Hail Mary chanted in 13 languages with Ave Marie sung softly in the background. Two animated classical Christmas films, "A Christmas Carol" and "The Other Wise Man," were also shown. The Bible readings and accompanying songs began at 11.00 p.m. and continued till midnight. The evening concluded with silent meditation at midnight followed by closing prayers and distribution of sacred Prasad. On the sacred day of 25th December, Sri Krishna Das, an ardent disciple of Baba Neem Karoliji Maharaj, delighted the hearts of the gathering during night Satsang by his melodious and soulful Kirtans.



The 18th Annual Christmas-New Year Retreat for devotees from abroad was held at the Headquarters Ashram from 25th December 2013 to 1st January 2014. Forty-five devotees from sixteen countries and a number of guests attended the inspiring sessions. Mid-morning talks were given by senior Swamijis of the Ashram in the Swami Sivananda Auditorium Satsang Hall. The speakers offered their wisdom and insight on this year's theme: "True Spirituality Means Absolute Trust." Daily guided meditation led by senior Swamijis every evening was very much appreciated by the participants. Morning meditation and evening Satsang in the sacred Samadhi Hall were also included in the very successful programme.

May the benedictions of Lord Jesus and Sadgurudev be upon all.



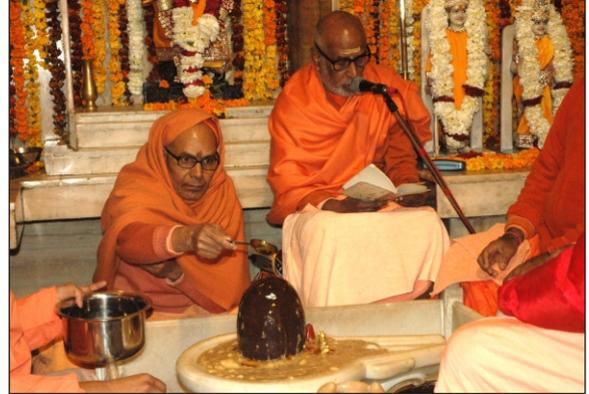
PRATISHTHA MAHOTSAVA OF SRI VISWANATHA MANDIR

Lord Vishwanatha abides within you. Perceive your body as His living and moving temple and offer your adorations to Him through meditation, prayer and silent Japa.

Worshipful Sri Swami Chidanandaji Maharaj

The blessed day of the 70th anniversary of the Pratishtha (consecration) of Sri Viswanatha Mandir was celebrated with great devoutness and sacredness at the Headquarters Ashram on 31st December 2013.

As a prelude to the celebration, the inmates and devotees of the Ashram chanted the sacred Panchakshari Mantra in Sri Viswanatha Mandir for three hours in the afternoon from 27th to 29th December 2013. On 30th December, the Akhand Kirtan of the sacred Mantra from 7 a.m. to 6 p.m. permeated the entire Ashram with divine vibrations.



On the auspicious day of 31st December, the celebration commenced with Prabhat-pheri followed by a Havan for the peace and welfare of the world. Thereafter, a grand worship was offered to Lord Sri Viswanatha enshrined in the *sanctum-sanctorum* of the beautifully decorated Sri Vishwanatha Mandir to the chant of Vedic Mantras. The melodious and sonorous singing of Bhajans and Kirtans glorifying Lord Siva reverberated in Mandir premises and in the hearts of the devotees as well. At midday, the celebration concluded with elaborate Arati and distribution of sacred Prasad.

May Lord Sri Viswanatha and Sadgurudev Sri Swami Sivanandaji Maharaj shower abundant blessings upon all.

NEW YEAR CELEBRATION AT THE HEADQUARTERS ASHRAM

God has given you this New Year for your spiritual betterment and attaining 'Sreyas' or highest bliss of the Eternal. Be regular in your Japa, meditation and study of the Gita and realise the Self.

Sadgurudev Sri Swami Sivanandaji Maharaj

The New Year Eve was celebrated with great festivity and spiritual éclat at the Headquarters Ashram on 31st December 2013. The celebration commenced at 7.30 p.m. with Jaya Ganesh prayer and Stotra-chanting. Thereafter, Sadgurudev's children from different parts of the world poured out their love and devotion at His



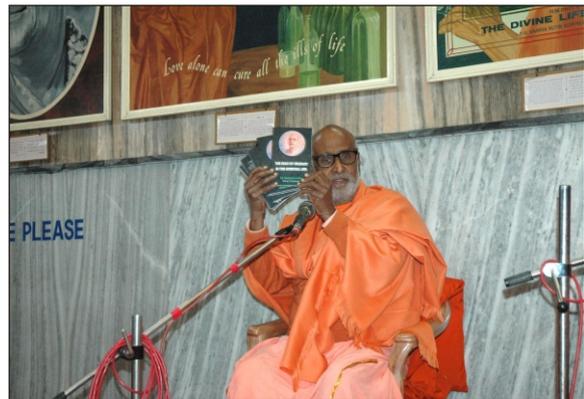
lotus feet in the form of melodious and soul-stirring devotional songs in Hungarian, Hebrew, Japanese, Hindi, Sanskrit and English languages thereby echoing His message of Universal Love and Brotherhood and also proclaiming the magnificent glory of Sivananda Durbar.

H.H. Sri Swami Vimalanandaji Maharaj, H.H. Sri Swami Yogaswarupanandaji Maharaj, H.H. Sri Swami Padmanabhanandaji Maharaj and H.H. Sri Swami Advaitanandaji Maharaj blessed the gathering with their inspirational talks. The highlight of the programme was the Darshan



of Beloved Gurudev through a DVD show which filled the hearts of the devotees with indescribable joy. The gathering also felt blessed to listen to the inspiring messages of Worshipful Sri Swami Chidanandaji Maharaj. With deep feelings of prayerfulness and meditation till 12 midnight, the devotees bid adieu to the year 2013 and welcomed the New Year 2014. To commemorate the year 2014, fourteen books were also released. The celebration concluded with Arati and distribution of special Prasad.

May Lord Almighty and Sadgurudev bless us all to strive sincerely to realise the Self.



RELIEF WORK IN NATURAL CALAMITY AFFECTED AREAS IN UTTARKASHI

In continuation of the relief work reported in our previous issue, a team from the Ashram went to Uttarkashi on 2nd December 2013, under the leadership of H.H. Sri Swami Yogaswarupanandaji Maharaj, Vice-President of DLS, HQ., to conduct the relief work. Around 200 school children were identified from eight different villages in Ganganani area, which is located halfway between Uttarkashi and

Gangotri. These children were given monetary help to cover their school fees, notebooks, uniforms, warm clothes, shoes, etc. The amount was distributed to their parents in the presence of the Principal of Government Inter College, Bhatwari. Br. Ram Chaitanya and Br. Rajnish Ranjan, who are staying at Sanglai (Ganganani) conducted the survey to identify the school children and assisted in distribution of aid.

ANNOUNCEMENT

DIVINE LIFE SOCIETY, CHANDIGARH BRANCH, SADHANA SHIVIR

The Divine Life Society, Chandigarh Branch will be observing the 6th Anniversary of Sivananda Ashram at Chandigarh on 8th and 9th of March 2014. A Sadhana Shivir will be held on this occasion. Senior saints from Sivananda Ashram, Rishikesh will grace the occasion. All devotees are cordially invited to participate in the function and have the most spiritually elevating experience.

For enrolment and information, please contact Sri F. Lal Kansal President, 09814015237, Dr. Ramneek Sharma Secretary, The Divine Life Society, # 2, Sector 29-A, CHANDIGARH - 160 030. Phone: 0172 - 2639322, Mobile : 09814105154

TOUR PROGRAMME OF SWAMI DHARMANISHTHANANDAJI, D.L.S. Hqr.

SL.NO	DATE	PLACE	PROGRAMME
1.	15th Jan. 2014 to 18th Jan. 2014	Nagpur (Mah.)	Yoga Camp & Satsang
2.	19th Jan. 2014 to 22nd Jan. 2014	Thane (Mah.)	Satsang
3.	3rd Feb. 2014 to 17th Feb. 2014	Manipur	Youth Camps
4.	22nd Feb. 2014. To 23rd Feb. 2014	Ferozepur (Punjab)	Satsang

—The Divine Life Society

SEVA THROUGH SIVANANDA HOME

By the profound Blessings of Sri Gurudev the humble service of the Divine Life Society Headquarters through Sivananda Home, situated in Tapovan near Laxman Jhula is being continued. Medical facilities for homeless people who have become ill and are in need of in-patient treatment are provided, which is of considerable help to them.

More than fifteen new patients were admitted this month in Sivananda Home. There were people who stayed on the roadside, and being wounded and injured could not find any other place for medical treatment and shelter. One of them was an elderly Sadhu, who almost completely lost his eyesight; he could hardly see. He had been staying in one small corner somewhere, not leaving that place. He used to sleep there, eat, and could not go anywhere out for his bath or bathroom functions. In utterly helplessness he came, not even aware of having passed his motions in his clothings again and again. The mind was scattered, after he lost any sense of relation to his environment, and he would repeatedly say: I cannot see, I cannot see...When he got settled down somewhat and started feeling at ease, the Eye Specialist was consulted and his

medical treatment started for the eyes, as also for his general weakness.

...We are born in extreme fragility, and we die in extreme fragility.

Throughout our lives we remain vulnerable, and at risk of being wounded...

One of the other admissions was a youngster, 32 years, abandoned at a young age, who was brought from the roadside with both his legs paralyzed. After investigations he was diagnosed by the Orthopedic Surgeon with a spinal fracture, including involvement of bladder and bowel functions. The gentleman seemed to have lost consciousness for a while and could not remember what had happened to him. He had a fracture of the left under leg too.

It is unimaginable, what a person would feel, just being all by oneself, helplessly, at the side of the road or in a forlorn corner, not able to move, or not able to see, just hoping and praying....

“To come back to those basic words of St Paul that God has chosen what is weak and foolish of this world and to recognize that it is the weakest among us - the elderly, the small children, the handicapped, the mentally ill, the hungry and sick—who form the real center...The crushed and humiliated heart is His HOLY PLACE.” (Vanier)

“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).

VISIT OF H.H. SRI SWAMI NIRLIPTANANDAJI MAHARAJ TO MALAYSIA

H.H. Sri Swami Nirliptanandaji Maharaj, Vice-President, DLS headquarters, visited Malaysia on a cultural tour upon invitation from Divine Life Society Malaysia Branch, from 21st November to 2nd December, 2013.

Swamiji arrived at Kuala Lumpur on 21st November. He was received at the airport by H.H. Sri Swami Swayamjayanandaji Maharaj, President DLS Malaysia Branch, Dr. Kumarajah, and Sri Marimuthu.

On 22nd November there was a Satsanga at Sivanandashram, Batu Caves, Kuala Lumpur for an official Welcome Ceremony for Swamiji Maharaj. Swamiji spoke on the occasion giving a discourse on the life of Worshipful Gurudev Swami Sivanandaji Maharaj highlighting his stay in Malaya (present Malaysia) from 1913 to 1923, his subsequent Sadhana at Rishikesh, and his message of Divine Life.

Accompanied by H.H. Sri Swami Swayamjayanandaji Maharaj, Swamiji Maharaj visited Sungai Karangan sub-Branch on 23 November. Swamiji attended the Satsanga arranged on the occasion in the sub-Branch Bhajanalaya where a large number of enthusiastic devotees had assembled. Swamiji Maharaj addressed the devotees and gave a discourse on the teachings of Gurudev and the Divine Life Society, its objectives, etc. Swamiji also answered questions of the devotees.

From there Swamiji proceeded to Penang and attended Satsanga at the sub-Branch Penang on 24th November.

Here also there was a good gathering of the devotees. Swamiji addressed them and spoke on the four Purusharthas or important objectives of life, Gurudev's teachings and way to attain eternal peace. Questions of devotees were also answered by Swamiji Maharaj.

Then Swamiji visited Perai Sub Branch on the same day. The devotees had organized a Satsanga in their Sub-Branch premises and there was lively participation from them. Swamiji Maharaj spoke on the occasion by way of a discourse on the Goal of life and Gurudev's teachings for attaining it. There was also question and answer.

On 25th November Swamiji paid a visit to Petaling Jaya Sub Branch to meet the devotees and attend their Satsanga. Sri Swamiji addressed them and gave a talk on the occasion, as a discourse on the law of Karma and its relevance for spiritual seekers and for attaining the Goal of life.

There was also a Satsanga arranged by DLS Senawang Sub Branch at Sivananda Memorial Centre, Seremban, where Worshipful Gurudev had rendered service for some years as a Doctor. Swamiji visited the Memorial Centre, Mari Amman Temple where Gurudev worshipped and also attended the Satsanga. Devotees of Senawang Sub-Branch and nearby places had also attended. Swamiji Maharaj spoke on the

occasion, mentioning about the life of Gurudev there and the importance of selfless service as part of spiritual Sadhana as also the important teachings of Gurudev about Divine Life Swamiji also spoke to the pre-school pupils on 'Moral Values in Education'. Swamiji also visited the Dispensary functioning at the Memorial Centre.

On 25th November Swamiji visited Port Klang Sub Branch to attend the Satsanga of devotees. Swamiji Maharaj spoke to the devotees giving a discourse highlighting the value of a virtuous life in the spiritual path and the need to follow the basic virtues of "Be Good, Do Good", etc., as taught by Sri Gurudev. There were some questions from devotees which were answered by Swamiji Maharaj.

For visit to all these places H.H. Sri Swami Swayamjayanandaji Maharaj was present all along. There were big gatherings of devotees at each of these Sub Branches. The devotees were very much inspired by Gurudev's teachings and were doing good work through the centres. Their participation was very sincere and active. Swamiji Maharaj also met some individual devotees during the visits.

During his stay at Batu Caves Sivanandashram, Swamiji also attended the programmes at the Ashram on 25th,

26th, 27th, 28th, 29th, 30th November and 1st December, arranged for the Inmates and interested devotees. These programmes were on Narada Bhakti Sutras, Sannyasa—its Dharma and Sadhana, Meditation—its technique and obstacles, etc and Swamiji Maharaj spoke at length on these topics on all the days.

On 30th November there was the opening Ceremony of Sivananda Home, Batu Caves, which was attended by Swamiji. The Home Building has been recently built, with the kind and generous help and Patronage of the Government of Malaysia, devotees, donors and other noble members of the public. It has been very well designed and nicely built, keeping well in view the needs of the orphans and destitute for whom it is meant. There is great dedicated participation and involvement of the DLS Malaysia Branch and its Trustees, the Committee Members of the Sivananda Home, other interested devotees, organizers and the staff engaged in this noble work. Swamiji addressed all who had gathered at the function, speaking about the glory of selfless service to needy people, importance of education and moral values, and also expressing deep appreciation for the noble work being done at the Sivananda Home.

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REPORTS FROM THE DLS BRANCHES

Ambala (Haryana): Regular Satsanga activities continued. The Branch completed 10 years of free Seva at Sri Gurugranth Sahib free homeo Dispensary, and the members of DLS Ambala Branch were honoured. Jalseva continued.

Bilaspur (Chhattisgarh): The Branch conducted regular Satsangas and mobile Satsangas as per the routine schedule. A Children's Satsanga was held on 2nd Sunday. All the devotees attended the Satsangas.

Bhishmagiri (Odisha): Weekly Satsangas were conducted regularly. Sadhana day on 8th and 24th of the month was observed. Festivals like Deepavali, Govardhan Puja, Vyas Purnima, were celebrated with Paduka Puja, prayers, Gita and Bhagavata Parayana and concluded with Archana and Bhog Prasad. Special Go-seva was done in the Kartika month by distributing grass and straw to the cows of the village on behalf of Jagannath temple of the village.

Berhampur (Odisha): Apart from regular weekly, monthly and mobile Satsangas, Vishnu-sahasranama, Gita Parayana and Sundarakanda Parayana, the Branch conducted Sri Ramacharita Manas Parayana from 19th October to 17th November, 2013. Sweets and biscuits were distributed to patients of MKCG Hospital, and food, clothes distributed to the needy residents of old age home.

Bhubaneswar (Ashoknagar-Odisha): Daily Guru Paduka Puja, weekly Satsanga on Thursday continued regularly. Sri Rama Jaya Rama Mantra chanting was held on 24th of the month for 3 hours. Health services were rendered regularly to the needy patients.

1000 Booklets in Odia were distributed to the students and teachers as a part of dissemination of spiritual knowledge.

Barbil (Matkambeda-Odisha): 4 weekly Satsangas, and 4 residential Satsangas were conducted by the Branch. About 630 patients have undergone free Homeo treatment in Sivananda Charitable Homeo Dispensary. Balvihar classes continued on every Sunday.

Bhuj-Kutch (Gujarat): Satsanga activities continued regularly. On 8th November being the birth date of Sadgurudev Sri Swami Sivanandaji Maharaj, 15th Chapter of Srimad Bhagavad Gita was recited by the school girls. A talk on 'Gita—a divine gift by Lord Krishna'—was held on 9th November. An Exhibition of photographs of the various programmes held at Sivananda Ashram collected from Divine Life Magazine, and with books, was held which was attended by elders and many school children on 23rd November.

Bangalore (Kanataka): Sunday Satsangas continued regularly. Weekly Thursday Satsangas were held with Paduka Puja, recitation of Guru Gita, Bhagavad Gita, Archana, Swadhyaya of Gurudev's literature and chanting of Sivananda Ashtottaram, Arati and concluded with distribution of Prasad. Lalita-sahasranama, Vishnu-sahasranama, Devi Mahatmyam were recited on every Friday. On 17th November, Akhanda Mahamantra Kirtan was held. Yoga Asana classes were conducted at the Satsanga hall on all Sundays.

Chatrapur (Odisha): Satsanga activities continued regularly. Relief materials like blankets, bed-sheets, biscuits, chocolates along with the

photograph of Gurudev were distributed by the Branch to 401 cyclone victims in different villages on different dates with the kind donation of philanthropic persons of different areas and devotees of the Branch.

Digapahandi (Odisha): The Branch conducted two times Puja, biweekly evening Satsanga on Thursday and Sunday, Guru Paduka Puja on Sivananda day and Chidananda day, and special evening Satsanga on Sankranti day.

Deogarh (Odisha): Satsanga activities on all Sunday evenings continued regularly. 97th birthday of H.H. Sri Swami Chidanandaji Maharaj was celebrated in a most befitting manner with Paduka Puja, Bhajan, Kirtan and discourse on Guru Mahima, Guru Tattva and distribution of Jnana Prasad and concluded with Prasad Sevan.

Jeypore (Odisha): Nine Satsangas were held along with twice-a-day Puja. Sivananda day was observed on 8th November with Havan and concluded with Prasad Sevan. About 850 patients were treated by the Koraput district charitable Homoeopathic dispensary free of cost.

Kabisurya Nagar (Odisha): Along with regular Satsanga activities, 5th Punyatithi Aradhana of H.H. Sri Swami Chidanandaji Maharaj was observed on 3rd September and 126th Birthday of Sadgurudev Sri Swami Sivanandaji Maharaj was celebrated on 8th September with Paduka Puja, prayer, Japa, meditation, Gita Parayana, Havan, grand procession and Narayana Seva. Sadhana day was observed on 24th September as the birthday celebration of H.H. Sri Swami Chidanandaji Maharaj.

Khatiguda (Odisha): Sadhana day on 10th November, and Ekadasi Satsanga with Vishnu-sahasranama Parayana on 13th and 29th November were conducted by the Branch. Special Puja was performed from 13th to 17th November in observance of Kartika Panchaka. Special Gurupaduka Puja was done on the concluding day with Guru Stotra, Kirtan, Bhajan and concluded with Prasad Sevan.

Kantabanji (Odisha): Satsangas on all Sundays continued regularly with chanting of Om, Gita and concluded with Shanti Path.

Lanjipalli (Berhampur-Odisha): Weekly Satsanga activities were continued regularly. Pravachan on Kartika Mahatmya from 8th to 10th November, and Srimad Bhagavat Saptah from 11th to 17th November were conducted by the Branch. Discourses on Bhagavata were also held and on the concluding day i.e., Kartika Purnima, Bhajan, Kirtan and Narayana Seva for about 1200 devotees were done.

Lanjipalli Ladies Branch (Berhampur-Odisha): The Branch conducted Satsanga activities regularly. Relief work for the Cyclone affected areas was undertaken by the Branch on 28th October. Navaratri Puja was observed from 4th to 12th October. Narayana Seva for about 100 poor and needy persons with Sattvic food and utensils was done on 20th October.

Madhavapatnam (Kakinada-A.P.): Regular Satsanga activities, free medical camp and Narayana Seva continued. The Branch observed Kartika Sivaradhana and about 50 members and devotees participated.

Nandini Nagar (Chhattisgarh): Daily Satsanga activities continued with Saturday Matri-satsangas and weekly

mobile Satsangas regularly. One hour Panchakshari Mantra Kirtan was conducted from 1st to 25th November, observing Kartika month and a Havan was performed on Kartika Purnima on 18th November.

There was also a Havan on 23rd November to mark the Branch Foundation Day.

Lucknow (U.P.): A Satsanga was conducted on 10th November with Bhajan, Kirtan, Gita Path and reading of Sri Gurudev and Sri Swami Chidanandaji Maharaj's literature. Sri Swami Dharmanishthanandaji Maharaj visited the Branch and a Satsanga was organized on 18th Nov.

Panchkula (Haryana): Satsangas continued regularly with chanting of Vedic Mantras, Japa, Bhajan, Kirtan, and reading of verses from Bhagavadgita. Special Kirtan was done on the eve of Deepavali with children singing Ram Bhajan. Yoga classes, movie show, distribution of clothes and Prasad to 150 children, were held.

Steel Township (Rourkela-Odisha): 3 mobile Satsangas were conducted and 3 Sadhana days were observed on 10th, 17th, 24th November, with Gurupaduka Puja, Hanuman Chalisa, Gita Path, Bhajan and Kirtan and concluded with Prasad Sevan by the public.

Rourkela (Odisha): Regular Satsanga activities continued. Guru Paduka Puja, Abhisheka, Archana were done on 8th and 24th of every month. Free medicines were distributed to poor and needy patients. On 11th November, the Branch organized a special function to commemorate the birth centenary celebration of H.H. Sri Swami Chidanandaji Maharaj in Odisha.

Sunabeda (Odisha): Apart from regular Satsanga activities, the Branch observed the Punyatithi Aradhana of H.H. Sri Swami Krishnanandaji Maharaj with a special Satsanga. On 17th November Kartrika Purnima was celebrated. Yoga classes continued in the Branch premises.

South Balanda (Odisha): Satsangas continued regularly. 'Sivananda Divas' on 8th November, 'Chidananda Divas' on 24th November were celebrated with Guru Paduka Puja. On 23rd November Akhanda Mahamantra Kirtan was held for the sake of world peace and universal brotherhood. Bhagavata Saptah was conducted from 11th to 17th November. Narayana Seva for about 1300 people was arranged on 17th November.

Varanasi (U.P.): Satsanga was conducted at 'Vridha Ashram' on 10th and 24th November, with Bhajan, Kirtan, Japa, Shanti Mantras, prayers for all and concluded with distribution of Prasad to all who participated.

Vishakhapatnam (A.P.): Regular Satsanga activities continued. As a part of Narayana Seva 16 blankets were distributed to a nearby old-age home. In the Kartika Maasam, Rudrabhishekam was done on every Monday morning and evening.

Surendranagar (Gujarat): Besides regular Satsangas, weekly Sundara Kanda Parayana and discourses on Ramayana continued. Gujarati translation of 'Sivananda Biography of a Modern Sage' and the English book 'Radha' was released by H.H. Sri Swami Nirliptanandaji Maharaj. Gowseva and distribution of raw eatables to the needy were taken up by the Branch on 8th of the month.

OVERSEAS BRANCHES

Malaysia: H.H. Sri Swami Nirliptanandaji Maharaj, Vice-President, DLS Headquarters, visited the Branch. Sri Swamiji arrived at KLIA Airport on 21 November, 2013, and was received by H.H. Sri Swami Swayam Jayanandaji Maharaj and others and was headed to Batu Caves Ashram. On 22nd November Sri Swamiji Maharaj conducted the Satsang and spoke on 'The Life of Gurudev, his teachings and importance of worship' to the gathering of 80 devotees. On 23rd there was Satsanga at Northern region and Sri Swamiji was received with traditional welcome by Sungai Karangam sub Branch. Swamiji Maharaj spoke on 'Gurudev's spiritual journey from Malaysia to Rishikesh, Teachings of Gurudev and activities of Divine Life Society.' On 24th there was Satsang at Penang Sub-Branch. After a traditional welcome Swamiji Maharaj spoke on 'Purusharthas, teachings of Gurudev and the ways to attain Eternal Peace'. Afterwards Sri Swamiji visited Prai-Sub-Branch and after the talk, there was a question and answers session. 120 devotees participated. On 25th Swamiji Maharaj discoursed on 'Sannyasa Dharma' at Batu Caves. He also attended a Satsanga at Petaling Jaya—Sub-Branch and spoke on 'Gurudev's Teachings and God Realisation'. From 27th to 30th November, Swamiji Maharaj spoke on 'Narada Bhakti Sutras' meditation and its techniques, Moral Values and Education at Batu Caves Ashram. On 28th November Swamiji attended a Satsanga organized by DLS Senawang Sub Branch and spoke on 'Life of Gurudev and Importance of Worship', and also addressed the Pre-school Pupils on 'Moral Values and Education'. Swamiji Maharaj also visited the site

where Gurudev had worked in the Dispensary when he was in Malaysia. On 29th Sri Swamiji attended the Satsanga organized by the DLS port Klang Sub-branch and gave a discourse on 'Teachings of Gurudev and importance of a life of virtues', which was followed by a question-answer session. On 30th November, Swamiji attended the function of opening of Sivananda home which is a Home for destitute children and formally opened it. On the occasion Swamiji Maharaj spoke on "Importance of education, Moral Values and Value of Selfless Service" and blessed all. On 1st December, Swamiji Maharaj conducted a guided meditation session at Batu Caves Ashram and spoke on 'obstacles in Meditation'. Swamiji Maharaj left Malaysia on 2nd December, for Delhi and was sent off by H.H. Sri Swami Swayamjayananda and others at the Airport.

Hong Kong (China): Along with Regular Satsang activities, the Branch conducted special Satsangas in the august presence and guidance of H.H. Sri Swami Yogaswarupanandaji Maharaj, Vice-President, DLS Headquarters from 1st to 13th November. Deepavali was celebrated on 3rd November. On the 4th and 6th November, 2 sessions of lectures were delivered by Sri Swamiji Maharaj on 'Sivananda Yoga' in the North Point Yoga Centre. On 5th there was an evening public talk on the topic "Yoga Explained" at Leighton Hill Community hall in Happy Valley. Between 8th and 10th November, in an annual retreat Sri Swamiji Maharaj conducted 4 sessions of lectures on the topic 'The Bhagavad Gita Explained—In Daily Life'. Between 4th and 6th November, Swamiji also conducted Gita Classes and Satsanga for a group of Indian devotees. □ □ □