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CHAPTER II

VALLI iii

न संदृशे तिष्ठति रूपमस्य न चक्षुषा पश्यति कश्चनैनम् ।
हृदा मनीषा मनसाऽभिक्लृप्तो य एतद्विदुरमृतास्ते भवन्ति ॥९॥

9. His form is not to be seen. No one beholds Him with the eye. By controlling the mind by the intellect and by incessant meditation He is revealed. Those who know this (Brahman) become immortal.

शिवानन्दस्तोत्रपुष्पांजलिः

SIVANANDA-STOTRA-PUSHPANJALI

(Sri Swami Jnanananda Saraswati, Sivanandanagar)

(Continued from the previous issue)

नानालोकाभिवन्द्यं निरवधिनिगमाधीतिलब्धावबोधम्
 मानातीतानुभावं महितगुणगणोदारकेदारभूतम्।
 दीनापीनानुकम्पातरलितमनसं दिव्यतेजोविलासम्
 ध्यानालीनान्तरंगं हृदि भजत शिवानन्दयोगीन्द्रमेनम्॥३१॥

31. Worship the great Yogi Sivananda who is adored by different peoples of the world, who is possessed of knowledge born of the study of innumerable scriptures, who is endowed with infinite fame, who is the treasure-house of all virtues, whose heart melts at the sight of the needy and miserable, who is shining with divine aura and who is deeply immersed in meditation.

सौमुख्यं सन्ततं सज्जननिवहसमाशास्यसत्कर्मनिष्ठा
 वैमुख्यं पापकृत्येष्वखिलपतिपदाम्भोजभक्तिप्रकर्षः।
 इत्येवं दिव्यभव्यप्रकटगुणगणाम्भोधिरानन्दमूर्तिः
 स्तुत्यर्हानर्घशीलो जयति गुरुवरः श्रीशिवानन्दयोगी॥३२॥

32. Victory is to the great ascetic and Yogi Swami Sivananda, who is endowed with invaluable good qualities, who is always of an amiable nature, who is engaging himself in doing such work as is praised by virtuous people, at the same time averse to sinful acts, who is intensely devoted to God, and who is the embodied expression of all manifested qualities of Divine Bliss.

(To be continued)

REST IN THY OWN SWAROOP *

Friends! Free thyself from egoism and attachment.
 Discipline thy minds and senses thro' detachment,
 Identify not with the body—illusory.
 Have a balance of mind in pleasure and misery.
 'Work is worship.' Serve one; serve all,
 The poor, the sick, the needy and all.
 Service purifies the heart and the soul;
 Service leads to Knowledge. That's the Goal.
 Love all, embrace all, be kind to all;
 Love unites, love elevates, love knows no fall,
 Love leads, love purifies, love, begets love,
 Love is a ladder to the Supreme; therefore do love.
 Sublate the Upadhis. Annihilate the Vasanas,
 Destroy the Sankalpas. Fry the Samskaras.
 In the Fire of Knowledge, you do gain
 Thro' discrimination and dislike for pleasures, vain.
 Know the Self thro' enquiry "Who am I?"
 Root out passion and the surging 'I'.
 Embrace Peace, enjoy Bliss and behold
 The One Self in faces all around, new or old.
 Be patient, in difficulties, dangers, troubles;
 Stand adamant—you'll overcome obstacles.
 Roar OM OM OM OM and boldly march
 On the ascent of Knowledge in Brahman's search.
 Thou art Immortal Atman—Self-luminous;
 Bodiless, birthless and all-glorious;
 Self-realisation be thy life's Goal;
 Thro 'Tat-Twam-Asi' attain the Supreme Soul.
 Purify, concentrate, reflect and meditate,
 Transcend the mind and body and reach the Super-state.
 Cut the three knots, rejoice in the Self,
 Rest in thy own Swaroop and shine a Jivanmukta—self-less Self.

*Fifty Fourth Birthday Message 1940

Swami Sivananda

(Swami Chidananda's letter of 1.9.1968)

SIVANANDA'S BIRTHDAY MUST BE A DAY OF RETROSPECTION, SPIRITUAL REASSESSMENT AND SELF SCRUTINY

Worshipful Immortal Atman!
 Beloved Seeker after Truth,
 Greetings in the name of Sri Gurudev.
 Om Namō Bhagavate Sivanandaya.

This letter brings to you my heart-felt spiritual good wishes on the eve of the sacred SIVANANDA JAYANTI. The 8th of September is a day that shall ever be regarded by thousands of souls as a supremely blessed and auspicious day. To all of Gurudev's disciples the 8th September is a great day, which gave them their spiritual Master, divine guide and loving saviour. May this Sivananda Jayanti bring now into your hearts the illumination, the realisation and the divine bliss and wisdom that is Gurudev. This divine light and wisdom which enlivened the outer form of Swami Sivananda is the Eternal Gurudev, who has never ceased to be and who is enshrined in your heart as a light within. Whenever you move and act upon the lofty principles of Divine Life, then and there is Sivananda born anew into your life.

To walk along the holy path of truth, purity and universal love is to celebrate his Birthday. To practise selfless service, devotion to God, daily meditation, and enquiry into the nature of Reality is verily a perennial Sivananda Jayanti.

Gurudev lives in all and is ever born afresh in all those, who are practising and perpetuating his gospel of divine living. Gurudev is Divine Life. Divine Life is rooted in him. He lives vibrantly in those, who earnestly strive to live in the spirit of his sublime spiritual teachings. May God give us the strength and inspiration to make Gurudev a living force in this present-day world, where the crying need is idealism. Gurudev is personified idealism. May his Birthday impart a fresh and vigorous impulse to your aspiration towards a life of virtue and spiritual quest. This is my special prayer to the Almighty Lord upon this holy anniversary of Gurudev's earthly birth. May his life shine forever.

May every day see 'Sivananda' being born anew in countless people everywhere in the world in the form of an ideal life. Let each rising sun see the lotus of Divine Life bloom out of the hearts of Gurudev's innumerable disciples and devotees the world over. Thus, may the beauty of the divinity within manifest in this world as Auspiciousness and Bliss—SIVANANDA.

Beloved Atman! The essence of life is the fulfilment of the duty that stands before you. It is the proper doing of that which requires your attention at this

moment. Reflecting too much about the future, speculating too much about the future are deceptive processes, which deprive you of the present, which is in fact the only true time that you have got. Now is what you have. Recognise this vital fact about life and be wise. Be up and doing on the path of virtue and actively fulfill Dharma and move towards perfection. It is not that forethought and intelligent planning are useless. But the point is, while you exercise forethought and you are planning, at the same time be up and doing in the present. The planning has its place but it is not a substitute for action in the Now. They are to be carried on simultaneously. Action is by itself the valuable factor that points out the lines on which the right planning is to be done. Learn to live in the NOW. Recognise the value of the present. Time that has been allowed to go by and become the past will not be available anymore. Let not fanciful tomorrows rob you of the most important today. Strive to make each day as perfect as you can. Live each day ideally and fill it with spiritualised activity. Do this and your future will be safe and contain a harvest of blessedness.

There is no need to wait for some wonderful opportunity or extraordinary opening to prove your worth to God or man. No need to keep on thinking and speculating what your life's mission is or how you can commence a task in the most proper way. The important thing is to take circumstances as they are and start doing the thing that is before you. As you are and as things are now, do what you can. Then God will open up

new avenues for you and take you towards bigger and better tasks. For He sees that you are DOING what He has put before you. Use what opportunities you have. Do not wait for imaginary opportunities to present themselves. You are where you should be. Therefore, where you are, there do what you are called upon to do. Longing for a great achievement is all right. But working for it is the very essence of its ultimate attainment. And this working is neither done in the past nor in the future. Work is only done NOW. Recognise this and make your life a success.

In the spiritual life and evolution the little things in everyday life have a tremendous importance. It is through doing little things in an ideal way day after day that one ascends to perfection. To forget little things of everyday life and to wait for some great opportunity and keep preparing for some unique and tremendous act is a great Illusion. The ordinary things of your day-to-day life, because of their littleness begin to look insignificant and fail to arrest your attention. Thus you lose a hundred golden opportunities. Be aware of this. Remember! Myriad tiny strands make up a strong rope. Every day, throughout the years, use every little opportunity. This is the essence of Yoga. This is the secret of attainment. This is the key to progress and success. There is a wise Sanskrit saying, "By the falling of drops of water the pot is gradually filled. In the same way verily it is with wealth, with learning and with Dharma". And so indeed is your spiritual life.

On a little hillock stands this Durban Sivanandashram of the Divine Life Society of South Africa, from where Chidananda sends you this letter. About a furlong away down the slope flows the river Umgeni which I have named as our local Ganga. We have been having very strong winds from the interior which herald the approaching summer season. Winter has started to take leave. In India the fierce summer would have given place to the monsoon rains. At Rishikesh the holy river Ganga must be in floods, reaching the upper banks of Muni-ki-reti and Swargashram with its rushing torrent. She was always the beloved Mother to Sri Gurudev and doubtless she has risen close to the verandah of

our holy Master's Ganga Kutir. May the Grace of holy Mother Ganga grant you all long life, health, happiness and highest spiritual blessedness! Mother Ganga is verily an aspect of divine Mother Para Shakti. She is a visible manifestation of Mother's sin-destroying, life-purifying and liberation-bestowing power of Adi-Shakti. Glory to the Mother! Blessed are those who are privileged to live on her holy banks. Their lives will be crowned with divine illumination.

God bless you all. Jai Gurudev!

Swami Chidananda
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A Sage Is not Selfish

Ignorant people say, "A sage is attempting for his own Self-realisation. He is extremely selfish. He is of no use to society." This is a serious mistake. A sage is the most benevolent superman. He is extremely kind and compassionate. He elevates at once all persons who come in contact with him. Further, he does Sakti-sanchar through his Divya Drishti. He finds out the deserving aspirants and raises them up through Sankalpa Sakti, even while remaining in a cave or Kutir in the distant Himalayas.

A Jnani is not a selfish man as worldly men think. His spiritual vibrations purify the world. His very life is exemplary and elevating. He gives hope and encouragement to others to tread the spiritual path. He is the only real lover of mankind. He feels the presence of God in everyone. He loves his neighbour as himself. A Jnani only does real selfless service as he feels the presence of God in all beings. He is the real altruist and humanitarian.

—**Swami Sivananda**

THE PHILOSOPHY AND TEACHING OF SRI GURUDEV

(Sri Swami Krishnananda)

[Spoken on July 8th, 1972]

The history of The Divine Life Society can be divided into several chapters. The first chapter is the conception of The Divine Life Society. 'Conception' means that it is like a baby which is still in the mother's womb, not yet born. The period of conception of The Divine Life Society was from 1924 to 1936.

The years 1936 to 1948 may be regarded as the educational process of The Divine Life Society when the whole Society was being trained, disciplined, chastened and put to hard work. I was one of those who joined the Society during that period. We all had to work very hard, to labour and sweat without the facilities that we have today in the Ashram. It was a period of intense Guru-seva, I may say, where whatever the Guru said was the gospel truth and the order from an irrevocable source of law and ordinance. That was the period until the year 1948.

We were very few in the ashram during that period, not even one-fourth the number of what we see today. But it was a period of intense moral and intellectual discipline for every inmate of the ashram. Sri Swamiji used to come and see us at least four times a day and give us various types of work, but it was

work with great pleasure and satisfaction attached to it because it was a period of training specifically of the type of the Gurukula where the tutor, the head of the institution, was also a parent to the children who were under him for training and education. He was not merely a teacher, an instructor or an agent for training, but a well-wisher and a caretaker in every sense of the term.

Inasmuch as there was that deep affection underlying the discipline that Sri Gurudev imposed on people in the ashram, it should perhaps be regarded as the golden age of the Society when it was all work and at the same time all delight, joy and strength of an uncanny nature. Swami Sivananda himself was a hard worker, and he would also put others to the rack, and the training that he gave to people in those days was versatile. His motto was that every member of The Divine Life Society, at least at the headquarters, should be a versatile genius. He must be a good cook, a good sweeper, a good speaker, a good *sadhaka*, and he must be a man of ideal conduct and demeanour. He never tired of emphasising to his disciples this need for versatility of conduct and practice.

Swamiji always disliked lop-sidedness of approach in any walk of life or any chosen ideal or path of yoga. If a person took to *japa* alone, he would take that person to task: "This method I do not like, rolling the beads from morning till evening without any kind of work." But if a person was very *rajasic*, only running about and working, he would say, "I do not like this kind of *rajasic* nature. You must have one or two hours every day for meditation and study." If a person took only to study and reading, becoming a bookworm and never coming out of his room, Swamiji would say, "This is not going to take you anywhere. You go to the National Library of Calcutta. This is not the place for you." And if a person said "I am a Vedantin", he would say, "You go to Kailash Ashram. Don't stay in this place. It is not meant for you. Go to Uttarkashi." So anything taken exclusively was not to his liking or to his satisfaction.

Nor did Swamiji wish any member of the ashram to make any kind of complaint. We should bear everything. Bear insult and injury, bear hardship. There should be no lop-sidedness, no one-sidedness of approach in anything. Wherever you are, you must be an all-round person. He used to say, "This is my disciple who says, 'Do you want a cook? I am ready to cook your food. Do you want me to clean the place? I shall clean it. Do you want me to give a discourse? Yes, I shall give one. Do you want me to conduct a yoga asana class? Yes, I shall do it. Do you want me to sing a *kirtan*? I can sing it. There is nothing I cannot do.'" In one of his poems he gave a

definition of his disciple: "My disciple is an all-round person. My disciple does not make complaints. My disciple does not ask anything from people. My disciple is always happy and never morose or melancholy." You can see how many disciples are there of Swami Sivanandaji Maharaj from the point of view of this definition.

I am giving you a very bare outline of what we had to undergo during the period from 1936 to 1948. I was not there from 1936; I came in 1944, towards the end of this period. This is what I heard and also what I saw to some extent during the later part of this period of discipline, training and education which the members of the ashram received from Swamiji directly till the year 1948 when, on the 3rd of July, a brainwave occurred to him. One fine evening he called a few of us—Swami Chidanandaji, myself, Swami Venkatesanandaji, and Harishanandaji Maharaj primarily—and said, "Tomorrow morning at 4:30 we shall have a special class, and I will sow the seed of what shall be called the Yoga Vedanta Forest Academy."

Then people said, "It cannot be an academy or a university. There are no students and no professors." Swamiji said, "I don't want professors, I don't want students, I don't want to call it a university, I don't want even a place. We shall sit under a tree only. And students are plenty. I am the first student." He called Swami Chidanandaji and myself, and said, "Chidanandaji, Krishnanandaji, you are the professors, and I shall be the first student."

(To be continued)

SWAMI CHIDANANDAJI

(Sri Swami Shivapremananda)



On the occasion of the sixtieth birthday of Sri Swami Chidanandaji Maharaj it is my privilege to wish him all the divine blessings. I came to know him thirty years ago when I joined the Sivanandashram in Rishikesh. He was then already a highly respected assistant to Sri Swami Sivanandaji Maharaj. So many of us had the good fortune to serve under the Master for so many years, and our early life was formed under his remarkable guidance. Even thirty years ago, Sri Sridhar Raoji—as Swami Chidanandaji was then known—gave an example of what a spiritual aspirant should be. His devotion to Sadhana was inspiring and dedication to service, specially of the needy, exemplary.

Even as early as 1950, when a few of us travelled with the

We present this article of Pujya Sri Swami Shivapremanandaji Maharaj, a direct disciple of Sadgurudev Sri Swami Sivanandaji Maharaj, as our reverential offering on the occasion of his 90th Birthday.

Sri Swamiji Maharaj joined the Sivananda Ashram, Rishikesh on 10 January 1945, at the early age of 19. Recognising his literary talents, Sadgurudev put him in the Correspondence Department along with Sri Swami Venkateshanandaji Maharaj. Thereafter, Gurudev appointed him the editor of The Divine Life and Wisdom Light. In this position, Sri Swami Shivapremanandaji served for more than 12 years, from January 1949 to August 1961, when Gurudev deputed him to disseminate the spiritual culture of India in the western countries.

Sri Swamiji founded Sivananda Yoga-Vedanta Centers in Buenos Aires, Argentina, Montevideo, Uruguay and Santiago, Chile to propagate the Divine Life Message of the holy Master. Besides giving lectures on Yoga and Vedanta, Sri Swamiji Maharaj has authored three books—Maharishi Sivananda, An Insight into Yoga and Yoga for Stress Relief.

His article on Worshipful Sri Swami Chidanandaji Maharaj's sixtieth birthday expresses his great admiration and reverence for Pujya Sri Swami Chidanandaji Maharaj.

Master throughout the Indian sub-continent for two months, Swami Chidanandaji inspired many audiences through spiritual teachings whenever Swami Sivanandaji wanted him to be a stand-in. Since 1959, when Swami Chidanandaji came to the West for the first time to propagate the sacred teachings of India for more than two years, his role in their revival and re-interpretation has been, both in the land of his birth and abroad, most extraordinary and extensive.

Although I have been away from India since fourteen years, I am continuously impressed by Swami Chidanandaji's untiring lecture tours all over India and in the West, in the service of spiritual ideals. Few indeed have done more for the religious good of his country than Swamiji.

Few indeed are equal to him in devotion to God. Under his guidance, The Divine Life Society and the Sivanandashram have prospered more than ever. In March 1975, when I visited my Ashram after a lapse of seven years, I could barely recognise it, for it had developed rapidly not only materially but also in its scope of spiritual service. Swamiji's loving

kindness and attention had not diminished a bit through the years. His concern for those who come to him remains exceptional. He has indeed proved himself to be a worthy successor to Swami Sivanandaji in spiritual leadership and in keeping alive his love and concern for the people.

MYSTERY OF DIVINE LIFE

Jiva is individual life
 Hiranyagarbha is cosmic life
 Brahman is life eternal
 The goal is to attain life eternal.
 Life eternal is existence Absolute
 It is Sat, or OM Tat Sat,
 Life transient is mundane life
 The little Jiva experiences this life.
 Sages experience life eternal
 They know the life beyond
 They know what lies beyond this life
 They have the eye of intuition.
 Life and death are a great mystery
 This little intellect cannot solve
 The mystery of life and death
 The seer alone can solve this.
 Life is meant for higher purpose
 The goal of life is self-realisation
 O Man! Utilise this life well
 And attain the life eternal.

Life cannot be created
 In the test tube
 Of a scientist's laboratory
 Life's mystery remains unsolved for him.
 Scientists tried to find out
 The origin of life,
 But they hopelessly failed
 They must give up their vanity.
 Life is vibrant in every atom
 Death is an aspect of life only
 Therefore be not afraid of death
 Strive to attain the life eternal.
 The source of life is Brahman
 To eat, drink and sleep is not life
 To move, talk and see is not life
 To live in God is life.
 O hidden life! All-pervading!
 Thou art Satchitananda
 Reveal Thy true nature unto me,
 Let me realise Thee and be free.

—**Swami Sivananda**

PUJYA SRI SWAMI CHIDANANDAJI MAHARAJ

A MINI-BIOGRAPHY

(Sri Swami Pranavananda, Malaysia)

(Continued from the previous issue)

TRAVELS, TALKS AND WRITINGS

Swami Chidanandaji Maharaj had, in earlier years, travelled extensively within India and Ceylon and represented Gurudev in many Divine Life Conferences and other spiritual conventions. In 1959 Gurudev sent him abroad for the first time as his cultural ambassador and personal representative to radiate the message of Divine Life. In his special Message to the people of America, Gurudev said: "I am sending to you my disciple-saint Swami Chidananda, who will preach to you the ideals of Divine Life". For two and a half years, Swamiji toured North and South America, England and Europe disseminating the ideals of Yoga and Vedanta and brought laurels to the Worshipful Master as the torch-bearer of his divine wisdom. Swamiji was hailed as the Great Yogi of India, very well fitted to interpret Yoga to the occidental mind. He returned to India in 1962 and in response to many calls was on tour in the South. In June, 1963 he cancelled his visits in South India and returned to the Headquarters to seek permission from the Master to proceed to Kedarnath for seclusion and Tapasya. We see here the mysterious Hand of God in Swamiji's ultimate arrival at the ashram when Gurudev fell ill and a few weeks later attained Mahasamadhi on 14th July, 1963.

Swami Chidanandaji's election as President of The Divine Life Society was a foregone conclusion. The Board of Trustees were unanimous in their decision that he should take the place of Gurudev as the Head of The Divine Life Society.

Among the books standing to the credit of Swamiji, the first is his biography of Gurudev Sivananda written a year after his joining the Ashram. Entitled 'Light Fountain', it bears eloquent testimony to his unsurpassable Guru-Bhakti. Then the big volume 'Yoga' contains a series of erudite and inspiring discourses delivered by Swamiji at the Yoga-Vedanta Forest Academy. To students of Yoga and Vedanta, this is a comprehensive hand-book. His illuminating lectures delivered during the 'Navaratri' in 1953 are embodied in the book 'God as Mother'. This is a masterly exposition. Swamiji's recent works are 'Path to Blessedness', 'A Guide to Noble Living' and 'Advice on Spiritual Living'. His articles, messages and news-letters are innumerable.

In 1966 Swami Chidanandaji Maharaj visited Malaysia mainly for the opening of the new Ashram, building and the installation and consecration of the holy marble statue of Satgurudev Swami Sivanandaji Maharaj. This was a unique event in the history of the Divine Life Mission in Malaysia. Public receptions and

prayer meetings were held in the Malaysian Capital. Swamiji also visited the Branches of the Society in all important towns where programmes were arranged. He created an unprecedented spiritual stir in the minds of people. After this tour, Swamiji visited Hongkong.

Swamiji was on tour again from May, 1968. He visited Africa, Europe, the United Kingdom; North and South America, Australia, Indonesia, Malaysia and Ceylon and returned to the Headquarters at the end of 1970. This world-tour carried him to the climax of his spiritual and humanitarian service, in transforming the lives of millions of people. The writer had the opportunity of being with Swamiji Maharaj during his tour at the Yoga World Brotherhood Convention held at the end of August, 1969 at the Sivananda Yoga-Vedanta Centre Headquarters at Val Morin in Canada (it was here that an array of seven disciples of Gurudev headed by Swami Chidanandaji appeared on the stage) ; then in New York ; in Paris ; at Aalst; then at Brussels at an International Yoga Conference held under the auspices of the Belgium Yoga Federation. I witnessed how affectionately and reverentially Swami Chidanandaji Maharaj was greeted everywhere and how his elevating and soul-stirring messages were received by his audiences consisting of the highest dignitaries and the humblest folk. I came to know of his devotees in the West, who contact him over the telephone at long distances just to say 'hello' and hear him say a few words of solace and blessings! Swamiji's sincerity, simplicity and utter humility, and the magnetic force in his spontaneous utterances and, above all, his intuitive perception of human problems have captivated the hearts of seekers everywhere.

History repeats itself! Bhagavan Sri Ramakrishna Paramahansa, the great Avatara of the 19th Century, had Swami Vivekananda as his illustrious disciple to carry his universal message to various parts of the world; they were both entirely responsible for the modern renaissance of the ancient Indian Culture. We can now safely state that Gurudev Swami Sivananda is the Avatara of the 20th Century and has spread the self-same culture in his inimitable way; and his chosen disciple, Swami Chidanandaji Maharaj, has disseminated on a world-wide basis, the ethical and spiritual idealism of India as propounded by the Worshipful Master. "What Vivekananda was to Sri Ramakrishna, Chidananda is to Gurudev Sivananda".

Swami Chidanandaji is a born saint, Yogi and philosopher. He is a worthy replica of Gurudev. He is an embodiment of love, service and renunciation; a Bhakta, Jnani, Nishkama Karma Yogi and a Raja Yogi; an adept in the Yoga of Synthesis; a linguist, an orator and a prolific writer. His Kirtan and Bhajans are soul-elevating. He has a fine sense of humour. Within his lovable and delicate frame, Swamiji's appearance is the very image of Lord Buddha. Today Swamiji is not only the International President of The Divine Life Society, but is also one of the foremost living saints of India, a brilliant star in the spiritual firmament of India.

Let our earnest invocations to the Lord Almighty be that our venerable President, Pujya Swami Chidanandaji Maharaj, is blessed with radiant health and strength and a Vedic age to serve the Master's noble mission.

(Concluded)

OUR TRUE CONNECTION TO GOD

(Sri Swami Atmaswarupananda)

Pujya Swami Chidanandaji used to often remind us of the three blessings—a human birth, a desire for liberation and contact with a realised soul. But then, he would add a fourth blessing—a mind that wants to cooperate. That includes a mind that both wants to take advantage of the opportunity and is also determined to strive for the highest—come what may.

Ultimately, to strive for the highest, we require a connection to God. As Pujya Swami Chidanandaji said, “You can have the best lighting system in the world, but if there is no electricity, the lights won’t do you much good.” And so it is with our spiritual life. We can do all the outer things of worship and study and even meditation, but if there is no inner connection to God, then the outer practices won’t make a significant change in our life.

All our spiritual practices are designed to connect us to God. But then, we should realize that there are several different types of connection. There is a mental connection to God, where our mind thinks of God, speaks about God, wants God. There can also be a feeling connection to God; we have had spiritual experiences that are engraved into our memory. Perhaps repetition of God’s name gives us a sense of connection. Prayer can also do it.

The Apostle Paul said—after having dismissed lesser connections as either being of no use or of limited value—that

there remains faith, hope and love. And, he said, the greatest of these is love. Why is love the greatest? Because we can have faith in God without fully involving our heart. We can have hope in God without fully involving our mind. But love of God—both love of God in His transcendental aspect and love of God in His immanent aspect—involves our whole being. And that finally is the test of our spiritual life.

We can be a highly developed spiritual person, having tremendous understanding and devotion and still leave ourselves outside, which is why they had to add the words “without a second” when they declared that Brahman alone is. We can have a beautiful spiritual life and still we stand outside, aware of that spiritual life. But the mahavakya declares: That thou art. So whatever God we have found outside, whatever God we have found within, That we are.

To make our spiritual life complete, to fill in what is missing, ultimately we have to claim that truth for ourselves. We have to put ourselves into any God we have found, and we have to put God into any sense of I that we have. God and I are one. I and God are one. There is no two. This is the real connection with God. We become That. There is no two. Advaita, not two. One and one alone. That is our true connection with God.

□ □ □

PURIFY! REGENERATE!! REALIZE!!!

(Precious gist of the inspiring and illuminating talk by

Sri Swami Sivanandaji Maharaj on the 8th September, 1945)

Kirtan is Yoga of Yogas. Throughout Bhagawat the one ringing note is the glory of the Lord's Name. You may not be able to practise austerities or to do Hatha Yoga, but everyone of you—man, woman and child, young and old alike—can see God face to face and be fully illumined through Nama Sankirtan. It is the safest, easiest and quickest path. Do Japa. Stick to one Name. Pin your faith in the Divine Name Do not change the Name. Do not think that "Soham" or "Aham Brahmasmi" is in any way superior to "Sri Ram" or "Hari Om". Once you select a Mantra, stick to it. Mere lip-Vedantins, will say that Soham or OM is superior to all other Mantras. You are already deluded. Do not be puzzled still further by their teachings.

Do not have lukewarm faith. You lose your faith in the Name if you lose some of your dear relatives. If the bank fails and you lose some money, you lose faith in the Name. God has declared that he will remove the pleasure centres from his devotee to make him more God-minded. These are all trials. Wife is your pleasure centre. Money is your pleasure centre. Son is your pleasure centre. When you lose your wife, when you lose some money, you begin to blame God; you lose your faith in Kirtan, Japa. No, your faith must be intense.

God in his infinite mercy has given us this human body. This body is a mystery. The greatest of scientists, with all their boasted intellect, are quite unable to explain many things. Are you proving yourself worthy of this Divine gift, i.e., human body? Can we be called men? Have we got nobility, magnanimity and such other divine virtuous qualities that go to make up the real Man? Money is our goal. If a man gets a few thousand rupees, if he gets a good job, if he has four or five sons, he is satisfied. But he is full of impurities. It is very, very difficult to rid the mind of all impurities.

Develop virtues. This you can do by Japa, Kirtan and Upasana. Turn the outgoing senses inward. You must keep this body under perfect control. Serve humanity. Everybody wants others to serve. You have not done any selfless service. Just introspect. How much of selfless service have you put before God as your offering? How much have you shared with others? These are the things that make you great. You cannot become great by simply repeating "Sivoham" "Sivoham." Do not think that you have done your all after a few minutes' sitting on the Ganga side. Serve.

Practise equal vision. Don't have any dislike even for a thief. You daily read—

*Ya Devi sarva bhuteshu santi rupena
samsthita,
Namastasyai namastasyai
namastasyai namo namah,*

The Lord says in the Gita Dyutam Chalayatam Asmi. Again in Rudra comes the passage Taskaranam Pataye. It is the Lord who plays the part of a thief. The whole world is kept up by the Lila of the Lord.

Practise. Afterwards you will realise that you are seeing through all eyes, hearing through all ears. You will feel Vibhuti Yoga. Namadev said to Lord Vitthala when he came in the form of a dog: "My dear Vitthal, do not take dry roti, Your throat will be scratched." He actually ran after the dog with ghee in his hand. Lord Vitthal was pleased. He gave Darshan to Namadeva. Get rid of the old ideas that you are different from others. You want everything for yourself. You will take the good fruit yourself and give the stale and spoiled ones to your servants. And yet you call yourselves man! Find your defects. You have heard many lectures, but you must put everything into practise.

Again, all these virtues can be developed only by Abhyasa. If you introspect, if you find out your own defects, if you develop humility, the way is easy for you. Do Japa, meditation, selfless service. Perhaps a Vedantin would say that "Karma will bind, Karma will not give Moksha. Sri Sankara condemned Karma". We have not

prepared ourselves. We have not purified ourselves. I say "Karma will not bind. Karma will elevate." Buddha and Sankara still live in our hearts on account of their service to humanity. Nehru and Gandhiji have dedicated their lives for service. Without Karma, you cannot understand Vedanta. Karma, Bhakti and Jnana are all so many rungs in the spiritual ladder. Feel for others. Everybody is selfish, why, more than that, an embodiment of selfishness. But everybody can become Divine when he leads the divine life. You say "I did Japa for 12 years and I have not so far progressed "But you have not observed Yama Niyama; you have no Sadachara. How can you progress? How can you achieve anything? Similarly you say "I did Yoga Asanas but found no improvement. Why, it is your fault. You have not observed Brahmacharya."

Everybody wants happiness. Man thinks that he can get happiness only from material things. He does not know that happiness is independent of objects. This is proved by sleep when you enjoy perfect peace and happiness without external sensual pleasures. Moreover how can you get happiness, when there is Raga-dwesha in your mind? Raga-dwesha (likes and dislikes) produce virtue and vice, which in turn produce pleasure and pain. These are the six spokes on which the world moves. The first World War ended in four years, the second World War ended in six years, but this internal war is going on still. Develop nobility, magnanimity and other virtuous qualities.

Everybody is selfish. One man tries to cheat the other. In this respect everybody is punishable under Sec. 420. You are 420. Everybody can be charged as a 420 (i e. cheat). And some are not 420, but 840 (double cheat). The world is full of them. Everywhere there is intrigue. In business, the clerk wants to deceive the Manager. The wife wants to deceive the husband. The son wants to deceive, cheat his father. Again 420!

Sow the spiritual seed in youth. You cannot begin anything at your 50th year when you will be full of worries and anxieties. All young persons imagine that they can take to Yogabhyasa, the spiritual path, after earning money, begetting children and so on. When you are young, you possess a healthy body and a clear mind. Devote one or two hours daily to solid spiritual Sadhana. One or two hours daily of religious practices will create in you a spiritual force and this will later take you on to the spiritual goal. Make a resolve that you will spend at least two hours daily in spiritual Sadhana. Do Japa, Kirtan, Gita study, Mantra writing. In a year you would have devoted 730 solid hours to Sadhana. Running after money will only make you over-egoistic, more proud and vain. Even the possession of little things will make you proud and egoistic.

Even after years of spiritual training, Svetaketu was proud and egoistic. Seeing that he was proud of his knowledge, Svetaketu's father, Uddalaka, asked him "Do you know that by knowing which the unknown becomes known, the unseen becomes seen, and the unheard becomes heard?"

to which Svetaketu could not reply, for he could not know the Truth as he was still egoistic. Give up egoism and vanity.

This is all false learning. Have the goal of God-realisation always before you. Eradicate the thought of superiority and inferiority.

The cobra has its venom in its tongue. The scorpion has venom in its tail. But man is full of venom, all over the body. But, he can change it. He can make himself Temple of God. Eradicate all these old Vasanas. Develop cosmic love. Feel for others. Have abundant sympathy. Then only you will become great. You cannot become great by wearing a costly suit. You will become great by possessing magnanimity alone. How great is the task before you? Have you realised your responsibility? But you have no time to think! You have not got the strong conviction and you are not willing to develop such virtues as magnanimity. The task is no doubt difficult. Maya will deceive you at every stage. You hear the talk now, but as soon as you get out of this hall you would forget all about it. This is Maya.

Just consider what an abject slave you are to your sense cravings.

You get headache if you do not take your tea at the proper time. You cannot take milk without sugar. Of course, Shastras do not forbid your taking these things but you have to be the master. Take milk without sugar for a month. Afterwards take it with sugar. Give up tea for some time. Afterwards you can take it, not as its slave but as its master.

(To be continued)

EVEN THIS IS FOR YOUR GOOD

(H.H. Sri Swami Sivanandaji Maharaj)

There was once a great Yogi who lived in the caves of the Himalayas near Vasishtha Guha. He used to remain in Samadhi for days together. Once in four days he used to come down to Rishikesh town for alms. He would go from door to door begging. Some would give him Bhiksha; some others would refuse and send him away; yet some others would even abuse him.

The Mahatma was a good Yogi and Jnani. One day he thought: "Had there not been this stomach it would have been very good. I would have worshipped God all the time and would have been saved from the trouble of going from door to door for Bhiksha and bearing such insults." He, therefore, determined to complain to God and protest against the creation of this stomach. One day he prayed to God and God appeared before him.

The Yogi said, "My Lord, I have a complaint to make." The Lord urged him to tell Him what he had in his mind. The Yogi then poured forth his heart—mentioning how unkind it was of God to have created the stomach along with man; how he, for instance, could have prayed to Him all day and night but for this part of the body; and how, in wandering for food, men have to suffer various hardships and bear innumerable insults from others. God said: "It is all

true; but I have created the stomach for the good of humanity." The Yogi was surprised at this answer. "How could that be?", was his doubt.

The Lord explained: "It is only because of your stomach you go out of your cave for taking Bhiksha. Otherwise, you would have remained completely in solitude. When you go out, you help innumerable men and women, by your Darshan, by your conversation, by accepting prostrations and blessing people, and by providing an opportunity for men to offer you alms and thus purifying themselves. Further, you sanctify the place you visit, by the very dust of your feet; and such a place becomes "Punyakshetra" (sacred place). But for these, how can a householder get Atma Suddhi (self-purification)?"

The Yogi then exclaimed: "Oh, it is for the sake of these householders that You put us Sadhus to so much trouble, suffering: and misery? How am I benefited by the stomach? I would again request You, O Lord to remove it from us. You can provide some other means for the purification of the householders, without depriving us of the bliss that we derive from meditating on You." The Lord gave a hearty laugh and said, "Your good, my child, lies in doing" good to others. Your happiness lies in others' happiness. Your salvation lies in

SIVA'S ABC FOR CHILDREN

I

A-Always depend on God.
 B-Bear insult, bear injury.
 C-Control the tongue.
 D-Do not cheat anybody.
 E-Evil company is dangerous.
 F-Fear nothing.
 G-Give, give, give; God will love,
 love, love.
 H-Helping others is a virtue.
 I-Injury is a vice.
 J-Japa is your coat of arms.
 K-Knowledge is the fruit.
 L-Live for others.
 M-Mind deceives; beware!
 N-Nip anger in the bud.
 O-Overcome greed by liberality.
 P-Pure mind is your friend.
 Q-Quietness will lead you to progress.
 R-Recite sweetly, speak softly.
 S-Speak sweetly, speak softly.
 T-To love is to serve.
 U-Understand yourself.
 V-Virtue is the staff of life.
 W-Within you is Bliss.
 X-(E)xert yourself for good.
 Y-Your treasure is God.
 Z-Zero has no value if not attached to a
 unit; so life has no value if not attached
 to God.

II

A-A friend in need is a friend indeed.
 B-Better late than never.
 C-Cheat not anybody even mentally.
 D-Do as you would be done by.
 E-Every lie will drag you to tell other lies.
 F-Failure is a stepping-stone to success.
 G-God sees your heart, not appearance.
 H-He who gives, enjoys happiness.
 I-It is never too late to mend.
 J-Just as you sow, so shall you reap.
 K-Keep your powder dry.
 L-Look before you leap.
 M-Much cry, little wool.
 N-No vice like avarice.
 O-Out of sight, out of mind.
 P-Penny-wise, pound-foolish.
 Q-Quarrel not with anybody.
 R-Rome was not built in a day.
 S-Saying and doing are two things.
 T-Too much of everything is good for
 nothing.
 U-Union is strength.
 V-Vice brings its own punishment.
 W-Where there is will, there is a way.
 X-W-Ray your own mind.
 Y-Your real friend is God only.
 Z-Zeal you must have to see God.

TOMORROW NEVER COMES

(Swami Ramarajyam)

The war between Rama and Ravana was over. Ravana was lying on deathbed. He saw Lakshmana approaching him. Lakshmana came to him and said, "My brother Sri Rama wants to hear some words of wisdom from you."

Ravana said, "Your brother Rama is the omniscient Lord. What can I tell Him? Moreover, I am lying on my deathbed. How will I go to Him?"

Lakshmana replied, "Don't worry. I will bring Sri Rama here."

Sri Rama came there. Ravana greeted Him with reverence and said, "O the pride of the lineage of the Sun-God! I pay my obeisance to you. I am a demon. What can I teach you?"

Sri Rama said, "It is true that you are a demon, but it is also true that you have been a wise and powerful ruler. You know what is good and what is evil. I have come to acquire from you the knowledge about performing good and evil deeds."

Ravana said, "Never postpone doing good deeds to the future. If you do so once, you may not get an opportunity to do them again. I had planned to do three good deeds. Firstly, I wanted to get the portals of hell closed so that no one could go there to suffer the pangs of torture; secondly, I wanted to get the sea of salt water, surrounding Lanka, emptied and filled with milk; and thirdly, I wanted to build a ladder from earth to heaven so

that everyone—the sinner as well as the pious—may gain entry into heaven. Alas, I could not do any because I postponed translating them into action."

Ravana paused. He was losing his power of speech. He was breathing with difficulty. After a little while he said, "You have said rightly that I was a powerful ruler. It was not difficult for me to do these three deeds. But I kept postponing them to tomorrows. I could not do any of them as 'tomorrow' never comes."

Having said this, he fell silent.

Sri Rama said, "Now, also tell me about performing evil deeds."

Ravana said, "Just as postponement of the good deeds is bad, in the same way non-postponement of the evil deeds is also bad. The evil deeds must be postponed at all costs. I had planned to abduct mother Sita. Look at my misfortune, I kept on postponing good deeds but I did not postpone this evil deed. And, today I am suffering the consequence."

And, Ravana breathed his last.

Dear children, the right time to do good deeds is—'today and right now'. And, the time to do evil deeds? Pray to God that such a bad period of time would never come in your life. Always try to postpone doing such deeds.

* * *

SEVA THROUGH SIVANANDA HOME

“Sivananda Home is a Centre for the loving care of the destitute and the dying people who are found by the roadside, with no one to care for: people, who are home-less, temporary or permanent, fell sick, got lost or were abandoned.”

(Swami Chidananda)

A rickshawpuller brought him to the Home. He was lying on the handcart, with big anxious eyes wide open. From the opposite side of the Ganga he had come, where he had been lying at the Ganga Ghat. Half of his name sounded as from a Hindu background, and the other name as from Muslim roots.

‘The lamps are different, but the Light is the same. Define and narrow me, you starve yourself of yourself. I do not know who I am. I am not a Christian, I am not a Jew, and I am not a Zoroastrian, not a Muslim. I do not belong to the land, or to any known or unknown sea. Nature cannot own or claim me. My birthplace is placelessness.’

(Rumi).

This boy was very ill, suffering from Pulmonary Tuberculosis and severe jaundice. He had been sick for more than a year. Continuously vomiting and not able to keep any food inside, with a progressive TB which had brought his weight down to 32 kgs only. His age was 35 years, and after he was admitted, he was washed, bathed and put on intravenous medication and drip. He could not talk much and slipped in and out of consciousness—an unknown life, a stranger and a brother, a huge amount of pain, a body at the end of the road. After a few days, he quietly left for the

heavenly abode with a last sigh. May the Almighty Merciful Lord shower His Grace upon him! Om Shanti.

An other young man was admitted in the Home, also suffering from PTB. His weight was just above 35 kg and he had not taken food for almost one week. This patient gradually felt better when he started eating and enjoying a simple roti and dal.

An elderly destitute patient was also admitted this month, brought from the Ashram Headquarters road side area. His complaints were of pain in the low back region, with loss of sensation in both the legs. After consultation of the Orthopedic Surgeon and the needful investigations, i.e. X-ray and MRI scan, he was diagnosed with a fracture of the spine, in two different places, and having a poor prognosis for recovery, medically speaking. This patient has been admitted in the male ward for bedridden patients, and attendance and nursing care is being provided to him, together with the prescribed medicines, in supervised dose. May He, Who has come in the form of the patient, the doctor, the disease, and the medicine, touch all of us, His children, with His comforting, healing and protecting glance! Oh, The Ocean of Compassion and Light!

“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)

ANNOUNCEMENT

The “Prachar Yatra” to disseminate Spiritual Knowledge on the auspicious occasion of the Birth Centenary Celebration of Worshipful H.H. Sri Swami Chidanandaji Maharaj will start from the holy Samadhi Mandir of Worshipful Gurudev Sri Swami Sivanandaji Maharaj on Vijaya Dasami, the 22nd October 2015 and will go round the Bharatvarsha in clockwise direction. The Yatra schedule is appended below.

Sri Swami Sivachidanandaj Maharaj and Sri Swami Dharmanishtanandaji Maharaj of The Divine Life Society will lead the Yatra team, carrying the holy Padukas of Worshipful Gurudev Sri Swami Sivanandaji Maharaj. The Divine Life Society Branches and devotees are requested to receive the Yatra team in their respective Branches/places, hold Satsang and receive the blessings of Worshipful Gurudev Sri Swami Sivanandaji Maharaj and Pujya Sri Swami Chidanandaji Maharaj.

For further details please contact:

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—The Divine Life Society

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TOUR MAP AND SCHEDULE OF THE PRE-CENTENARY SPIRITUAL PRACHAR YATRA COMMENCING FROM THURSDAY; 22-10-2015- VIJAYA DASAMI DAY

SI.No.	Name of the Place	Date of Arrival	Date of Departure
1	Rishikesh (Sivananda Ashram)	START	22/10/2015
2	Roorkee	22/10/2015	22/10/2015
3	B.H.E.L Haridwar	22/10/2015	23/10/2015
4	Bareilly	23/10/2015	24/10/2015
5	Lakhimpur Kheri	24/10/2015	25/10/2015
6	Lucknow	25/10/2015	26/10/2015
7	Kanpur	26/10/2015	27/10/2015
8	Allahabad	27/10/2015	27/10/2015
9	Varanasi	27/10/2015	29/10/2015
10	Patna	29/10/2015	30/10/2015
11	Jhumri-Teleya	30/10/2015	30/10/2015
12	Bolpur	30/10/2015	01/11/2015
13	Kolkata	01/11/2015	02/11/2015

14	Imphal	02/11/2015	02/11/2015
15	Ningthoukhong	02/11/2015	03/11/2015
16	Moirang	03/11/2015	03/11/2015
17	Ningthoukhong	03/11/2015	04/11/2015
18	Kakching Khunou	04/11/2015	04/11/2015
19	Kakching	04/11/2015	04/11/2015
20	Khangbok	04/11/2015	05/11/2015
21	Imphal	05/11/2015	06/11/2015
22	Kolkata	06/11/2015	07/11/2015
23	Jamshedpur	07/11/2015	08/11/2015
24	Rairangpur	08/11/2015	08/11/2015
25	Jashipur	08/11/2015	09/11/2015
26	Baripada	09/11/2015	10/11/2015
27	Balasore	10/11/2015	11/11/2015
28	Erein	11/11/2015	11/11/2015
29	Pirhat Bazar	11/11/2015	11/11/2015
30	Bhadrak	11/11/2015	12/11/2015
31	Chhayalsing	12/11/2015	12/11/2015
32	Badakuanla	12/11/2015	12/11/2015
33	Jajpur Road	12/11/2015	13/11/2015
34	Keonjhar Garh	13/11/2015	13/11/2015
35	Barbil	13/11/2015	14/11/2015
36	Rourkela	14/11/2015	15/11/2015
37	Raigarh	15/11/2015	16/11/2015
38	Bilaspur	16/11/2015	17/11/2015
39	Nandininagar	17/11/2015	18/11/2015
40	Durg	18/11/2015	18/11/2015
41	Bhilai	18/11/2015	19/11/2015
42	Dongargarh	19/11/2015	19/11/2015
43	Raipur	19/11/2015	20/11/2015
44	Mahasamund	20/11/2015	21/11/2015
45	Khursaliguda	21/11/2015	22/11/2015
46	Bhawanipatna	22/11/2015	23/11/2015
47	Balangir	23/11/2015	24/11/2015
48	Dunguripali	24/11/2015	24/11/2015
49	Bargarh	24/11/2015	25/11/2015
50	Sambalpur	25/11/2015	26/11/2015
51	Deogarh	26/11/2015	26/11/2015

52	Gaham	26/11/2015	26/11/2015
53	Talcher Town	26/11/2015	26/11/2015
54	Talcher-Thermal	26/11/2015	27/11/2015
55	South Balanda	27/11/2015	27/11/2015
56	Danara	27/11/2015	28/11/2015
57	Bhimkand NTPC	28/11/2015	30/11/2015
58	FCI Talcher	30/11/2015	30/11/2015
59	Angul	30/11/2015	30/11/2015
60	Nalco Nagar	30/11/2015	01/12/2015
61	Dhenkanal	01/12/2015	01/12/2015
62	Choudwar	01/12/2015	01/12/2015
63	Cuttack	01/12/2015	03/12/2015
64	Salipur	03/12/2015	03/12/2015
65	Taradipal	03/12/2015	03/12/2015
66	Bhubaneswar	03/12/2015	05/12/2015
67	Nimapara	05/12/2015	05/12/2015
68	Puri	05/12/2015	06/12/2015
69	Jatni	06/12/2015	06/12/2015
70	Khurda	06/12/2015	06/12/2015
71	Odagaon	06/12/2015	06/12/2015
72	Nayagarh	06/12/2015	07/12/2015
73	Boudh	07/12/2015	07/12/2015
74	Phulbani	07/12/2015	08/12/2015
75	Bhanjanagar	08/12/2015	09/12/2015
76	Surada	09/12/2015	09/12/2015
77	Aska	09/12/2015	10/12/2015
78	Buguda	10/12/2015	10/12/2015
79	Polasara	10/12/2015	10/12/2015
80	Kabisurya Nagar	10/12/2015	11/12/2015
81	Podapadar	11/12/2015	11/12/2015
82	Narayanpur	11/12/2015	11/12/2015
83	Chatrapur	11/12/2015	12/12/2015
84	Berhampur—1	12/12/2015	12/12/2015
85	Gosani Nuagaon	12/12/2015	12/12/2015
86	Ankoli	12/12/2015	12/12/2015
87	Lanjipalli	13/12/2015	13/12/2015
88	Lanjipalli (Ladies Branch)	13/12/2015	13/12/2015
89	Berhampur—2	13/12/2015	14/12/2015

90 Sihala	14/12/2015	14/12/2015
91 Khajuria	14/12/2015	14/12/2015
92 Parlakhemundi	14/12/2015	15/12/2015
93 Gunupur	15/12/2015	16/12/2015
94 Koraput	16/12/2015	16/12/2015
95 Jeypore	16/12/2015	17/12/2015
96 Jagdalpur—1	17/12/2015	18/12/2015
97 Gumargunda	18/12/2015	18/12/2015
98 Jagdalpur—2	18/12/2015	19/12/2015
99 Sunabeda	19/12/2015	21/12/2015
100 Srikakulam	21/12/2015	21/12/2015
101 Layidam	21/12/2015	21/12/2015
102 Kotapenta	21/12/2015	22/12/2015
103 Visakhapatnam	22/12/2015	22/12/2015
104 Kakinada	22/12/2015	23/12/2015
105 Bhadrachalam	23/12/2015	24/12/2015
106 Warangal	24/12/2015	25/12/2015
107 Sirpur-Kaghaz-Nagar	25/12/2015	26/12/2015
108 Karim Nagar	26/12/2015	27/12/2015
109 Hyderabad	27/12/2015	28/12/2015
110 Kacheguda	28/12/2015	28/12/2015
111 Ongole	28/12/2015	29/12/2015
112 Karavadi	29/12/2015	30/12/2015
113 Betraguntha	30/12/2015	31/12/2015
114 Chennai	31/12/2015	02/01/2016
115 Karaikudi	02/01/2016	03/01/2016
116 Madurai	03/01/2016	05/01/2016
117 Tirunelveli	05/01/2016	05/01/2016
118 Pattamadai	05/01/2016	07/01/2016
119 Rashipuram	07/01/2016	09/01/2016
120 Bangalore (ShardaTapovan)	09/01/2016	09/01/2016
121 Bangalore (DLS-Tasker Town)	09/01/2016	10/01/2016
122 Vijayvittal Ashram	10/01/2016	10/01/2016
123 Channa Patna	10/01/2016	10/01/2016
124 Maddur	10/01/2016	10/01/2016
125 Mysore	10/01/2016	11/01/2016

126	Mangalore	11/01/2016	12/01/2016
127	Bellary	12/01/2016	13/01/2016
128	Dharwad	13/01/2016	14/01/2016
129	Pune	14/01/2016	15/01/2016
130	Nasik	15/01/2016	16/01/2016
131	Thane	16/01/2016	17/01/2016
132	Mumbai	17/01/2016	18/01/2016
133	Valsad	18/01/2016	19/01/2016
134	Surat	19/01/2016	20/01/2016
135	Bharuch	20/01/2016	21/01/2016
136	Vadodara	21/01/2016	22/01/2016
137	Bhavnagar	22/01/2016	23/01/2016
138	Virnagar	23/01/2016	24/01/2016
139	Rajkot	24/01/2016	25/01/2016
140	Jamnagar	25/01/2016	26/01/2016
141	Surendranagar	26/01/2016	27/01/2016
142	Ahmedabad	27/01/2016	28/01/2016
143	Gandhinagar	28/01/2016	29/01/2016
144	Mehsana	29/01/2016	29/01/2016
145	Patan	29/01/2016	30/01/2016
146	Banswara	30/01/2016	31/01/2016
147	Jodhpur	31/01/2016	01/02/2016
148	Bikaner	01/02/2016	02/02/2016
149	Jaipur	02/02/2016	03/02/2016
150	Rewari	03/02/2016	04/02/2016
151	Gurgaon	04/02/2016	05/02/2016
152	Khurja	05/02/2016	06/02/2016
153	Delhi	06/02/2016	08/02/2016
154	Meerut	08/02/2016	08/02/2016
155	Chandigarh	08/02/2016	10/02/2016
156	Kalka	10/02/2016	11/02/2016
157	Nawan Sahar	11/02/2016	12/02/2016
158	Jalandhar	12/02/2016	13/02/2016
159	Patiala	13/02/2016	15/02/2016
160	Ambala	15/02/2016	16/02/2016
161	Dehradun	16/02/2016	16/02/2016
162	Rishikesh (Sivananda Ashram)	16/02/2016	

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ANNOUNCEMENT

**6TH CHHATTISGARH STATE DIVINE LIFE SOCIETY
SPIRITUAL CONFERENCE**

By the grace of Most Worshipful Gurudev Sri Swami Sivanandaji Maharaj, under the aegis of the Birth Centenary Celebration of Worshipful H.H. Sri Swami Chidanandaji Maharaj, the D.L.S Branch Gumargunda, Dantewada, Chhattisgarh, will be holding a 3-day Conference from 11th to 13th January 2016 at Gumargunda, Dantewada, Chhattisgarh. Delegate enrollment is free.

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.

For Registration and Information please contact:

- | | |
|---------------------------------|------------------------|
| 1) Sri Swami Vishuddhananda | 09406093744/ 078562043 |
| 2) Sri Swami Sivadasananda | 09424284349 |
| 3) Sri Swami Premaswaroopananda | 09406329709 |
| 4) Sri K.S. Thakur | 08103660657 |

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

—The Divine Life Society

THE RESTLESS QUEST

The human soul, being in fact a part and parcel of the Infinite Existence, is in its essential nature identical with it. Being set awhirling in this cycle of the world-process, veiled from the knowledge of its essential Divinity and its Consciousness severely limited by the encasing sheaths of Matter, the Jiva ever seeks to put an end to this separation, limitation and the senses of incompleteness that it feels. Through successive incarnations, its life constitutes a constant reaching forth towards its Primal Abode of Infinite, Immortal Blissful Existence and until that state is attained, each centre of individualised Ego-consciousness will keep us this restless quest on the upward path of evolution. Through every moment Humanity as a whole is inevitably being drawn up towards that Ideal State of Perfect Existence.

—Swami Sivananda

13th GUJARAT STATE DIVINE LIFE SOCIETY CONFERENCE
At MORBI, GUJARAT, from 15th to 18th NOVEMBER, 2015

By the Grace of Worshipful Gurudev Sri Swami Sivanandaji Maharaj, under the auspices of Swami Chidananda Birth Centenary Celebrations, the Divine Life Society, Morbi Branch and Gurjar Divya Jivan Sangh Samiti will be jointly holding a 4-day State Level Divine Life Conference from 15th to 18th November 2015, at Morbi, Gujarat.

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

Delegate fee for participation in the conference is Rs.500/- with hospitality and accommodation, and Rs.300/- without accommodation, payable by cheque/draft drawn in favour of "Divya Jivan Sangh, Morbi Branch". There is no Registration fee for school students and children up to 16 years. The last date for registration is 15th October 2015.

For Enrolment and further information, please contact:

Email: dlsmorbi495@gmail.com

1. Dr. R.K. Kalaria 0-99782 06527; 028-2229 1345;
2. Dr. Anilbhai Mehta 0-97277 31361;
3. Swami Tyagavairagyananda 0-94272 47455.

Address: Dr R.K. Kalariya, President,
Divine Life Society Morbi Branch,
Shivananda, Alap Park, Plot No. 295, Street No. 15,
Opp. Shri Vishwanath Mahadev Temple, Ravapar Road,
MORBI, District-Rajkot, Gujarat-363641.

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REPORTS FROM THE D.L.S. BRANCHES

INLAND BRANCHES

Ambala (Odisha): In June and July 2015, regular Satsang was held on Sunday and Tuesday. Guru Purnima was celebrated on 31st July with Paduka Puja. Free Jala Seva and Homeopathy Dispensary continued to serve the people.

Anna Nagar-Chennai (Tamilnadu): The Branch conducted Satsang on Sundays. Guru Purnima and 52nd Anniversary of the Punnyatithi Aradhana of Gurudev Sri Swami Sivanandaji Maharaj were observed with Prayers, Divyanama Sankirtan, Sivananda Bhajanavali, Ashtakam and talks on Guru Mahima and Advaita Sadhana, and benediction by noble scholars.

Aska (Odisha): Daily morning and evening Puja, Weekly Satsang every Thursday and Paduka Puja on 8th and 24th of every month are the regular programmes of the Branch. There was a special Satsang on 29th June conducted at the residence of a devotee.

Babanpur (Odisha): In the month of April, May, and June, weekly Satsangs on Thursday and Sunday, Matri Satsangs with recitation of Hanuman Chalisa, Bhajans and Archana were carried on regularly. Sri Swami Chidanandaji Maharaj Birth Centenary Celebrations Sadhana Diwas was observed with Paduka Puja and discourses on life and teachings of Paramapujya Sri Swami Chidanandaji Maharaj. The Branch celebrated International Yoga day on 21st June.

Bangalore (Karnataka): The Branch conducted Satsang on Thursday and Sunday with Paduka Puja, Swadhyaya from Sri Gurudev's books and distribution of Prasad. On 19th July Akhanda Mahamantra Kirtan was done. Sri Swami Chidanandaji Maharaj Birth Centenary Celebrations were organised with Bhajans, and discourses on Bhagavad Gita followed by an audio visual. It concluded with Mangalarati and Prasad distribution.

Bargarh (Odisha): Daily and weekly Satsang activities were carried on regularly. The Oriya Magazine Mahat Vani (100 copies) was published for free distribution, and treatment of poor patients through Sivananda Charitable Homeo Dispensary was done. A talk on Srimad Bhagavat Mahapuran (Ekadasa Skandha) was arranged on 11th July. There was a special Satsang on 18th with presence of Sri Swami Samatvanandaji Maharaj, DLS Hqs. Rishikesh. On 31st Guru Purnima was celebrated with Guru Paduka Puja, Rudrabhishekam and Ramcharit Manas Pravachan, and Sri Swami Chidananda Birth Centenary Merit Award was given to a student. It concluded with Arati, Narayana Seva and Vastra Danam.

Barbil (Odisha): The Branch conducted four weekly Satsangs on Thursday, five residential Satsangs on Monday in the month of June. Around 370 patients had free Homeopathic treatment in Sivananda Charitable Dispensary. Sadhana day was observed on 24th, and Balvihar classes continued every Sunday.

Bellary (Karnataka): Daily Puja was conducted regularly. Paduka Puja and Archana were on all Sundays. All the programmes were concluded with chanting of Mahamrityunjaya mantra, Shanti Mantra and Prayers for world peace, and distribution of Prasad after Mangalarati.

Bellaguntha (Odisha): Daily morning Meditation, weekly Satsang on Sunday and Mobile Satsang on Thursday, Sadhana day on every Sankranti day and Paduka Puja on 8th of every month are the regular programmes of the Branch. 18th Chapter of Bhagavad Gita Path was done for Birth Centenary Celebration of Worshipful Sri Swami Chidanandaji Maharaj.

Bhuj (Gujarat): Satsang activities continued on 8th July, being birthday of Gurudev Sri Swami Sivanandaji Maharaj and Shiv Nam Dhoon was

done. Laghu Rudra was held on 11th. On 31st July Guru Purnima was celebrated with mentally retarded children in school campus, and Bhajans and Prayers were recited by the children. It concluded with Prasad distribution.

Brahmapur (Odisha): The Branch conducted weekly Satsangs every Sunday, Mobile Satsangs on Saturday and Paduka Puja on 8th and 24th of every month. Recitation of Srimad Bhagavad Gita on Ekadasis, Sundarakanda Parayana on Sankranti and chanting of Vishnu Sahasranama on 28th June were done.

Chandigarh: Weekly Satsang on Sunday with Bhajans, Swadhyaya, and chanting of Narayana Mantra was held and it concluded with Narayana Seva for the poor and needy people. Free medical treatment to about 70 patients was extended during the month of June. Besides this, the Branch rendered financial assistance for a patient for renal treatment every month. 12hrs. Akhand Mahamantra Kirtan was observed on Chidananda day. 36th Foundation Day of the Branch was celebrated on 8th June with Swadhyaya, Pushpanjali, chanting of Mahamrityunjaya mantra for peace and welfare. It concluded with Prasad Vitaran.

Chatrapur (Odisha): During the month of June, the Branch conducted four weekly Satsangs and four Special Satsangs at different places. Monthly Jayanti ceremonies were held on 8th and 24th with Paduka Puja. For the Birth Centenary Celebration of worshipful Sri Swami Chidanandaji Maharaj, the Branch recited Sundarakanda.

Jeypore (Odisha): The Branch continued daily Puja and weekly Satsangs on Sunday and Thursday. On 8th Sivananda Day was observed with Havan. On 21st June Gita Yajna was done with chanting of Dwadasakshara Mantra. It concluded with Prasad Sevan. The Koraput District Charitable Homeopathic Dispensary treated 600 patients.

Jamshedpur (Jharkhand): The Branch continued weekly Satsangs on Friday with Bhajans and Swadhyaya as well as free Drawing and Yoga classes for poor children of the Antyodaya Baste. The Branch distributed school bags for children.

Khatiguda (Odisha): The Branch had its weekly Satsangs on Thursday. On 5th July Sadhana day was observed with Narayana Seva. Recitations of Vishnu Sahasranam were held on Ekadasis. On 31st July Guru Purnima was celebrated with Prayers, Nagar Sankirtan, Guru Paduka Puja, Nama Japa and Bhandara.

Kapileswar (Odisha): The Branch conducted Yoga demonstration and guidance classes twice a week for the students of local Govt. High School and on 21st June the International Yoga Day, the Branch organised mass demonstration Yoga classes The Navakalebara Year of Lord Jagannath was celebrated with Yajna and concluded with distribution of Prasad.

Lanjipalli Ladies Branch (Odisha): Daily, weekly and mobile Satsangs were carried on regularly. There were also Swadhyaya, Gita chanting on Ekadasis, recitation of Hanuman Chalisa and Sundarakanda Parayana on Sankranti day, and Narayana Seva for poor and needy people. On 14th June a Blood donation camp was held where 41 units of blood was collected by Red Cross Blood Bank. During the occasion of Grahan month Ramcharitmanas Parayan was conducted.

Lucknow (U.P.): In the month of July Satsangs were conducted on 1st and 11th July with Bhajan and Arati. On 31st Guru Purnima was celebrated at the residence of a devotee with Mantra Japa and Kirtan.

Moirang (Manipur): The Branch conducted special Vishwanath Puja on 1st, 4th, and 7th June, and Annadana was arranged for around 50 devotees each day. Bhajan, Kirtan and chanting of Om Namah Shivaya were conducted

Nandinagar (Chattisgarh): During the month of June, daily morning and evening Satsang, weekly mobile Satsangs and Matri Satsangs were held in the Branch. On 1st June Sannyasa Diksha day of Sadgurudev Sri Swami Sivanandaji Maharaj was celebrated. From 8th to 14th June, the Branch arranged for Children's Charitric Utthan Sivr.

Puri (Odisha): In May and June regular weekly Satsangs were held on every Thursday and mobile Satsang at the residence of devotees. Ekadasis were observed with chanting of Vishnu Sahasranama and Bhagavat Parayan by Sri Jnaneswari Mataji. The Branch has opened Sri Swami Sivananda Granthalaya.

Raipur (Chattisgarh): Weekly Satsang was every Sunday. Rudrabhishekam of Lord Viswanath on Chaturdasi, Vishnu Sahasranama chanting on Ekadasis, Sundarakanda Path on Tuesdays are regular activities of the Branch. On 31st July Guru Purnima was celebrated with Paduka Puja and inspiring talks were delivered on Brahma Sutras, Guru Tattva, and Guru Kripa. This was concluded with Arati and Prasad distribution.

Rourkela (Odisha): The Branch continued weekly Satsangs, mobile Satsangs and Paduka Puja, Abhishek and Archana on 8th and 24th of every month. In connection with Swami Chidananda Birth Centenary Celebration, the Branch observed four Sadhana days during the month of July. On 24th the Branch with the support of Sivananda Accupressure Centre served 24 people as Narayana Seva. Guru Purnima was celebrated on 31st July with Prayers and talks on importance of Gurupurnima.

Steel Township, Rourkela (Odisha): During the month of June and July, the Branch conducted mobile Satsang, Guru Paduka Puja on Thursday and Swadhyaya on Saturday. Free Yoga and Music classes were held on Mondays. On 31st July Gurupurnima was celebrated.

Sunabeda Ladies Branch (Odisha): The Branch conducted daily Mahamantra Sankirtan for 1 hour Weekly Satsangs were on Sunday, Wednesday and Saturday. Ekadasis were observed with Abhisheka and recitation of Vishnu Sahasranama, and there was Narayana Seva on Tuesday. Chidananda day was observed with chanting of Mahamrityunjaya Mantra. Guru Purnima was celebrated with Paduka Puja and Haven.

South Balanda (Odisha): Twice a day Puja, weekly Satsang on Fridays, special Satsang by the Ladies on Ekadasis, and Paduka Puja on 8th and 24th of every month are regular activities of the Branch. There was special Sadhana Satsang on 17th and 29th of July. Akhanda Mahamantra Sankirtan was held for World Peace and Universal Brotherhood. Gurupurnima was celebrated with Paduka Puja, recitation of Vishnu Sahasranam and Gita Parayan. It concluded with Prasad Sevan.

OVERSEAS BRANCH

Hong Kong (China): The Branch held 1 hour Mahamantra chanting every Saturday in both Cheung Sha Wan and North Point Yoga Centres of the Branch. Monthly Satsang was held on 9th May with Mahamrityunjaya Mantra chanting and Hanuman Chaleesa, followed by a talk on Gurudev's teachings conducted by Sri Hari Cheng. Regular Yoga classes continued. On 17th May, the Branch held 2 hours chanting session, and celebrated 15th Anniversary of Hong Kong Branch. On 25th there were Bhajan, Kirtan, and talk on the Essence of Bhagavad Gita by Sri Hari Cheng, and on 30th the Yoga Teachers Co-ordinating Group organised discussions about Yogasana, Pranayama and Meditation. The Branch also participated in "Give Blood" activity at Blood Donor Centre of Hong Kong Red Cross. It has also been providing Yoga Teachers who volunteer to serve in Yoga classes, organised by the Hong Kong Family Welfare Society—Elderly Centre.

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