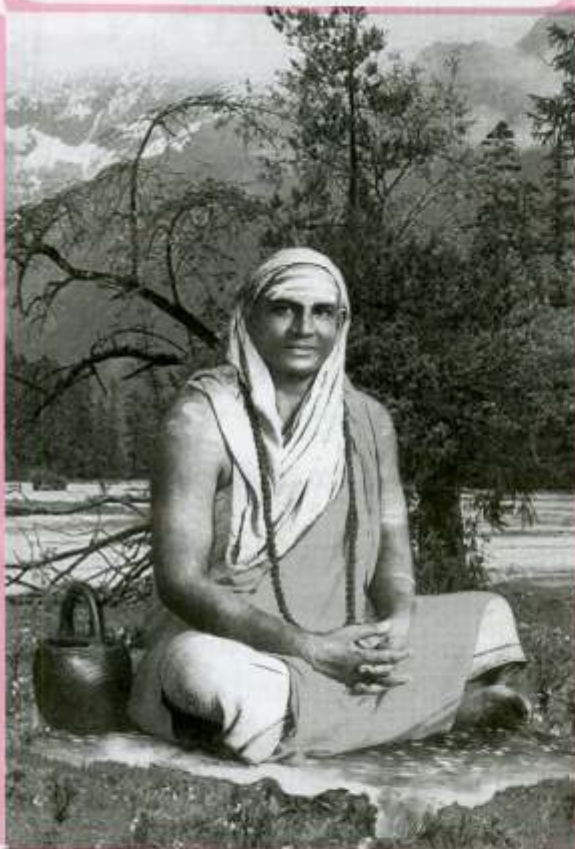


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The DIVINE LIFE



The one
great Master,
the Living Master of
Masters, the Source of the
world, Jivas and everything, is
ever shining in the chambers of
your heart. He is very close to you. He
is sitting with outstretched hands to
lift you up and embrace you with His
Sweet Love. Rely on Him alone. Identify
yourself with bold and clear
understanding with that eternal, living,
indweller of your heart. Then alone will
come Eternal Peace, Infinite Bliss,
Supreme Satisfaction and Sure
Immortality.

Swami Sivananda

JUNE 2024

THE UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
Salutations and prostrations unto Thee.
Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Satchidananda (Existence-Consciousness-Bliss Absolute).
Thou art the Indweller of all beings.

Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.

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**

UNLOCK THE DOORS WITHIN

The ever-restless mind becomes quiescent when all desires vanish. Desire raises Sankalpas (thoughts). Man performs actions for acquiring the desired objects. Thus, he is caught up in the wheel of Samsara.

Just as there are doors, in a bungalow between the outer and the inner rooms, so also, there are many doors between the lower and the higher mind. When the mind is purified by the practice of Karma Yoga, Tapas, right conduct or the practice of Yama, Niyama, Japa, meditation, etc., the doors between the lower and the higher mind are opened. Discrimination between the real and the unreal dawns. The eye of intuition is opened. The practitioner gets inspiration, revelation and higher Divine Knowledge.

Swami Sivananda



THE DIVINE LIFE

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MUNDAKOPANISHAD

CHAPTER II—SECTION I

दिव्यो ह्यमूर्तः पुरुषः सबाह्याभ्यन्तरो ह्यजः ।
अप्राणो ह्यमनाः शुभ्रो ह्यक्षरात्परतः परः ॥२॥

He is very luminous, without form, he is both without and within, unborn, without Prana, without mind, pure and greater than the great, indestructible One.

शिवानन्दस्तोत्रपुष्पांजलिः
SIVANANDA-STOTRAPUSHPANJALI
PART-II

Sri Swami Jnanananda Saraswati, Shivanandanagar

नित्यकल्याणवाराकरं श्रीकरं
 कृत्यबोधान्वितं स्तुत्यनानागुणम्
 नुत्यमत्रं नृणां श्रीशिवानन्दस-
 देशिकं भावये दिव्ययोगीश्वरम्॥४७॥

I devoutly meditate on the divine sage Swami Sivananda who is the ocean of auspiciousness and bestower of prosperity, who is ever absorbed in his sacred duties, whose various virtues are praised by all and who is the goal of all adorations.

सकलागमसारमयोक्तिचयै-
 शकलीकृतमानुषतापगणम्
 अकलङ्कमनोहरशीलयुतं
 शिवदेशिकमेव भजे सततम्॥४८॥

I always worship Gurudev Swami Sivananda who destroys the sorrows of people by his words which contain the essence of all the scriptures, and whose character is spotless and charming.

(To be continued)

THE GITA-IDEAL OF SANNYASA

Sri Swami Sivananda

Follow the Gita-ideal of Sannyasa. Practice of physical nudity does not confer Mukti on you. Remaining inactive in a cave does not raise you to Godhead. Bhagavan Krishna has beautifully given the definition of Sannyasa in His Gita. Everyone should follow that.

The Gita-Sannyasa is for every man and woman in the world. This Sannyasa is Yoga; and the Yoga of the Gita is Sannyasa. Yoga and Sannyasa are inseparable. Without the renunciation of Sankalpas, you cannot practice Yoga. Tyaga and Vairagya Abhimana cling to you, when you have renounced everything, except the ego. Now you think 'I am a householder'; when you take Sannyasa without renouncing the ego, you will think, "I am a Sannyasin". Such a Sannyasin develops his own egoism. He is bound by subtler and stronger ties to the wheel of Samsara; for, his egoism is subtler and more powerful.

Gita-Sannyasa is the culmination of Buddhi Yoga. You should have real Viveka. You should

have intelligent discrimination between the Real and the unreal; you should know what to renounce.

People generally renounce some superficialities and pose to be great Sannyasins. Throwing away a cloth, eating some odd things, and such other whimsical practices mean Sannyasa for them. Renunciation of objects is very necessary, no doubt; but without first renouncing the ego, this mere external renunciation is of little value. With every object renounced, this internal ego will gain strength. You will proudly think and say—"I have given up sugar; I have given up shoes; I never touch money. I am a great Tyagi." If, on the other hand, when you renounce the ego through Vichara, selfless service, Pranayama, Japa, Kirtan, Dhyana and Svadhyaya, when the ego is thinned out, the objects will lose their power of attraction and drop off even without your effort. That is the Gita-Ideal of Sannyasa.

In the name of Sannyasa, people condemn service; they condemn Murti-Puja. It is delusion

Taken from 'Necessity for Sannyasa'

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

only. Only a Dattatreya, only a Suka Maharshi, could remain immersed in Brahmic bliss all the twenty-four hours. For every Sannyasin today, service is necessary; worship is necessary. Without these, he cannot evolve.

YAJNA, DANA AND TAPAS

Bhagavan emphatically declares that Yajna, Dana and Tapas should not be renounced. The universe is maintained by Yajna. Self-sacrifice is Yajna. Sacrifice of one's ego in the fire of selfless service unto humanity is a great Yajna. Dissemination of spiritual knowledge is the greatest Yajna, the womb of all Yajnas. Every selfless action is Yajna. Every selfless action purifies your heart, and takes you nearer to the great goal of Self-realisation.

Charity is very essential. Gift of money alone is not charity. To pray for another is charity. To serve another with the body is charity. To be kind and loving is charity. To forgive and forget some harm done to you is charity. A kind word said to a suffering man is charity. Everyone can do charity. Everyone should do charity in whatever manner he is capable of.

Tapas is control of body, mind

and speech. And, the Lord has clearly pointed out that mortification of the body is not real Tapas. Control your senses through Shama, Dama, Titiksha. Control your mind through Vichara and Viveka. Control your speech through the practice of Mouna, Mita-bhashana and Madhura-bhashana. This is Tapas.

These should never be renounced. A man-of-God is ever busy in the welfare of all beings. He is not an idler. The idler is afraid to work. He is effeminate. To him, Sannyasa is only a cloak. He cannot mix with anybody. His Vairagya is only an excuse for escapism. He is, so to say, afraid of himself. He is the picture of delusion. He is pessimist and is sunk in gloom.

QUALIFICATION OF A SANNYASI

The real Sannyasin, on the other hand, is full of divine virtues. He is all-bliss and peace, and he serves vigorously. He works not for the sake of himself, but for the sake of service itself in the Yajna-spirit. He is outwardly seen to engage himself in actions in the same way as any ordinary man, but there is a vast difference; and that is, the Sannyasin is unattached. He does not long for anything. He works

selflessly. He does everything as worship of the Supreme Lord. That is the secret of his tranquillity, equanimity, and even-mindedness in success and failure, praise and censure. Such a man is a glorious Sannyasin.

There is no work which is specially dear to him; there is nothing which is repugnant to him.

He greets every piece of work as service of the Lord. He does every work well. And he offers every work as a flower at the Lotus-feet of the Lord. Such Sannyasins are the greatest need of the hour. The world should have ideal and dynamic Sannyasins. May you all become the embodiments of the Gita-Ideal of Sannyasa!

A real Yogi does not make any difference between a menial and respectable work. It is only an ignorant man who makes such a difference. Some aspirants are humble in the beginning of their spiritual career. When they get some name and fame, some followers, admirers, devotees and disciples, they become victims to pride. They cannot do any service. They cannot carry anything on their heads or hands. That Yogi who carries the trunk on his head without the slightest feeling in the Railway platform amidst the multitude of his admirers, disciples and devotees without making any outward show of humility must be admired. Sage Jada Bharata carried the palanquin of a Raja on his shoulders without murmuring. Lord Krishna shampooed the legs of a Raja when His barber-devotee was on leave. Sri Rama carried a pot of water for the ablution of one of His devotees. Sri Krishna took the form of a menial servant as Vithoo and paid the money to the Nawab on behalf of His devotee Dhamaji. If you really want to grow in the spiritual path, you must do all sorts of service daily till the end of your life. Then only you are safe. Do not stop doing service when you have become a famous Yogi. The spirit of service must enter every nerve, cell, tissue, and bone of your body. It must be ingrained in you. Then only you will become a real, fully-developed practical Vedantin. Is there any greater Vedantin or Karma Yogin than Lord Buddha? He still lives in our hearts because the spirit of service was ingrained in him and he spent his whole life in serving others in a variety of ways. A magnanimous soul, one without a second. You can also become a Buddha if you apply yourself diligently to selfless service with the right mental attitude.

Swami Sivananda

SONG OF A SANNYASIN

Sri Swami Sivananda

Chidananda-Roopah, Sivoham, Sivoham, Sivoham,
Chidananda-Roopah, Sivoham, Sivoham, Sivoham!

I am Sannyasin bold, King of kings, Emperor of emperors,
Shah of shahs, Lord of lords, Maharaja of Maharajas!
Brahman is one, without name, without form or colour,
He is Eternal, He is free, He is pure and perfect;
All life is one, the world is my home, I include, embrace all;
All is Brahman, All is Atman, All is my own Self!

(Chidananda-Roopah.....)

I am bodiless, I am sexless, I am all-pervading Soul,
I am birthless, I am deathless, I am immortal Atman;
I am above caste, creed, cult, race and all distinctions,
I am above love, hate, pleasure, pain, all good and bad;
The Self is in all, none else exists, I am That I am!
I am That I am, I am That I am, I am That I am!

(Chidananda-Roopah.....)

Maya's fetters I have broken right through and through,
She cannot bind me, I know her ways, forms and all her tricks;
Honour, dishonour, censure or praise, cannot touch me now,
The praiser, the praised, the censurer and the censured are now one.

Glory to Sankara, Dattatreya and Sri Sanaka!
Glory to Sanandana, Sanatkumara and Sanatsujata!

(Chidananda-Roopah.....)

Taken from 'Necessity for Sannyasa'

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

RENUNCIATION OF SATGURU SIVANANDA— A UNIVERSAL BLESSING

Sri Swami Chidananda

Today it is our unique good fortune and a joy to commemorate a great event of wonderful significance and supreme importance that took place 35 years ago, and which has borne its fruit in the form of immense and inestimable blessedness to mankind of the present times. That far-off event has proved to be like unto the birth of a river with its life-giving water that having sprung forth in a remote distance flows out later into a stream of blessedness, bringing life, prosperity, fertility and happiness to innumerable people over vast lands. I refer to the great renunciation, the holy act of Tyaga done by our Worshipful Lord and Master, Satguru Sivananda Bhagawan, at whose feet we have the privilege to live and to serve.

Oh! What a blessed day it was when our Divine Satgurudev snapped the bondage of secular life, turned his face towards the holy Himalayas and set foot upon the ancient path of Nivritti and Sannyasa. Across the seas in a far-off land, a holy blaze lit up in the heart of

him, who was to be known to the world as Sivananda, the great Sage and Seer of the Himalayas. The fire of Vairagya burst into the blaze of renunciation and the result was the radiance of spiritual life and Divine realisation.

FULFILMENT OF A TRADITIONAL IDEAL

This tremendous turning point in the life of our Worshipful Gurudev Sivanandaji Maharaj is, in truth, the fulfilment of a grand tradition of this sacred land, Bharatavarsha, our mother country. This holy nation has, as one of the grandest aspects of her culture, the ideal of renunciation. It is in India that the man of renunciation is worshipped by everyone. It is here that Tyaga is given the foremost place and the highest value. '*Na karmana na prajaya dhanena tyagenaike amritatwamanashuh*'— is the emphatic declaration of the wise ones. Through renunciation, you attain the Supreme seat of Immortality.

Upon this blessed day,

Taken form DL 1958

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

1st June, three and a half decades ago, the fulfilment of this time-honoured and worthy tradition resulted in bestowing to the modern humanity a World-Teacher, who was destined to guide, help, save and illuminate countless souls, scorched in the fiery desert of modern materialistic Samsar. This World-Teacher shines resplendent in his spiritual glory before us upon this blessed day in the form of Sivananda Satgurudev. Behold him — This dazzling repository of the fire of Renunciation and the radiance of Divine Wisdom. We have in him a Superman.

SUPERMAN

It is easy to perform a solitary act of sudden renunciation in the white heat of divine emotion and inspiration. But, it requires an extraordinary personality to keep up that highest pitch of Vairagya or renunciation and make it blaze on continuously throughout one's later life. Such a superman we have in our Master Sivananda, who is the veritable living embodiment of Tyaga-Agni and Jnana Jyoti (fire of renunciation and light of knowledge). The blaze of supreme Renunciation is constantly burning within him and the radiance of Wisdom emanates from him. The moment you approach

him, all worldly thoughts fly away, desires and cravings are burnt up, and you enter into a spiritual mood. This is the wonderful force of his spiritual personality that is dominated by the twin divine forces of Renunciation and Atmic Knowledge.

Renouncing self for the sake of bringing happiness unto others is a distinct and dominant feature of the Vedic way of life. In each of the four Stages of Brahmacharya, Grihastha, Vanaprastha and Sannyasa, in the life of man, this ideal of self-sacrifice, self-denial and self-renunciation was ideally incorporated and actively inculcated. It forms and should form the warp and the woof of the fabric of our individual and national life. 'What can I get for myself' is not the question the Hindu heart seeks to answer. Rather, it is 'what can I give unto others', that is the question implicit in the heart of every son and daughter of Bharatavarsha. Thus, by his renunciation, Gurudev gave himself unto modern humanity.

DIVINE MISSION

It is revealed in the life of Buddha, the Enlightened Shakya Muni, that, as he arose from his tree at Bodh-Gaya, he was filled with an ecstasy of Divine intoxication and

bliss and 40 days passed away as if they were 40 seconds. And then, when he contemplated the miseries of mankind, the thought arose in him, "Shall I preach the Gospel of going beyond pain, sorrow and death?" But, in his spiritual vision, he perceived that there were very few who were fit and eager to receive this doctrine; for, they were sunk in the pursuit of sense-pleasure. Thus, when he was about to abandon his idea of spreading his doctrine, we are told how the Celestials appeared and entreated Gautama, the Illumined, to give the Wisdom of life to those that would receive it. Thus, we find that the Dharmachakra was set into motion in the deer park at Saranath, near Kashi, for the good of all and the happiness of all.

Even so, in a greater measure, the renunciation of Satgurudev and its resultant Divine realisation have flowered forth into countless blessednesses to suffering men and women of this fear-ridden and strife-ridden modern age, with its chaotic life of desire and passion. His nectarine gospel of Divine life, this Divine Life Society, which propagates this life-transforming gospel into the four corners of the globe, and this holy Headquarters Ashram, with its wonderful facilities for spiritual

Sadhana and a life of renunciation and worship, have all flowered forth as a tangible and effective blessedness, having for their source the supreme act of Gurudev's Tyaga.

REWARD OF RENUNCIATION

The event of his renunciation is unto this wonderful holy activity that is going on in this sacred spot by Ganga's banks, what a seed is to the luxuriant crop of fragrant flowers and delicious fruits that adorn the tree sprung out of the seed. From his renunciation, has resulted this vast world-awakening Divine life work of Sri Gurudev and the unprecedented dissemination of spiritual knowledge being done by his creation, the Divine Life Society. Out of his Tyaga has flown forth a stream of countless boons and blessings, not only to the spiritual aspirants and seekers, but also to the ordinary men of the world, to the poor, to the suffering and to people in all walks of life. His Divine feet have proved a haven of peace to innumerable souls all over the present-day world. His spiritual personality is a glorious source of strength and inspiration to the aspirant-world.

The fact that we fortunate souls sit at his feet now, imbibe his nectarine spiritual Upadesh and strive to utilise the divine privilege of

-serving him, all this we owe to that momentous event, whereby he discarded his secular life and embarked upon his spiritual career. Had the Fates but dispensed otherwise, then lo! what would have been the shape of our lives? What a darkness would have covered this atomic world, deprived of the splendid Sun of Knowledge named Sivananda?

LOKA-SANGRAHA

But, blessed is the day, and verily thrice blessed are we all, that the Fates smiled on us and thus the young doctor in Malaya renounced the path of Pravritti and like the Sun entering into the path of Uttarayana, our Worshipful Gurudev, resplendent with Renunciation, took to the path of Nivritti. Upon that blessed day, he entered into the spiritual life of Tyaga, Sannyasa, Tapasya and Brahmajnana. This has bestowed upon the present-day world the supreme fruit of Gurudev's Loka-Sangraha.

To modern India, his Renunciation has bestowed a dynamic renaissance of Bharatavarsha's ancient Dharma and spiritual idealism. And the world at large has gained through Gurudev's Tyaga the divine boon of a glorious living Satguru, who, ever

intent on their spiritual welfare, day and night, leads them from the unreal to the Real, from darkness to Light, from mortality to Immortality.

SPIRITUAL LITERATURE

Last but not least, posterity has gained from this blessed event, the gift of Gurudev's gospel of divine life and the peerless treasure of his immense spiritual literature that will serve as guide, friend and philosopher to innumerable generations into the future. Gurudev's spiritual literature will illumine the world of tomorrow and shine forever in the glorious firmament of India's cultural history. May mankind ever be guided by the Divine Light of this great Spiritual Sun, whom we worship in the form of Maha-Tyagi Sivananda, our Beloved Gurudev.

May his blessings be ever upon us and may we be inspired by him to acquire supreme Renunciation and to attain Illumination! Hail to Sivananda, the visible manifestation of radiant Brahmajnana and supreme Para-Vairagya and Tyaga of the highest type, ever to be found in any sage, saint or Superman! Prostrations and worship unto his divine feet that are capable of bestowing upon us the supreme state of Immortality.

GURUDEV'S MISSION IN THIS WORLD

Sri Swami Krishnananda

This is the most auspicious occasion, presenting itself before us annually so that we may contemplate a little on the nature of the great mission with which Gurudev Sri Swami Sivanandaji Maharaj can be said to have veritably incarnated himself as a ray of divinity on this Earth.

The great significance of his mission in this world is to be the object of our contemplation. This would be perhaps the greatest service that his humble followers and disciples would offer at his holy feet as their Seva; because, no service to the Guru can be regarded as perfect, as complete, as to attune the inner being of oneself with the intention of the Guru. Physical service and the external forms of service are there; but, when there is no inner attunement with the purpose, the intention and the meaning of the vision of the Guru, physical service becomes inadequate and does not serve its purpose. So, together with the ardour, fervour and devotion to the outer forms which his great

mission has taken as this Divine Life Society—service to humanity through cultural revival, etc.—we would do well to focus our attention on the central point of his mission, which is the be-all and end-all, we may say, of his entire life and the whole gamut of his activities and works in this world.

That mission for which he came is the reconstruction of the concept of spiritual life. The concept of spiritual life is as old as creation itself. Spirituality is not the new innovation of any saint. But, every saint and sage comes with a peculiar purpose: to accentuate, emphasise or floodlight certain aspects of this concept which, through the passage of time, gets diluted into the ordinary life of the individual, and spirituality becomes one of the aspects of human activity rather than the vital centrality of the very existence of people. We may simply say that Gurudev Sri Swami Sivanandaji Maharaj was one of the greatest spiritual personalities of our times, a stalwart of the spirit whose main

Taken from 'The Mighty Godman of our Age'

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

teaching was the lesson that he imparted concerning the goal of life. All other functions, all other works, duties and activities contribute to the fulfilment of this spiritual purpose which is struggling to gradually unfold itself through the personality of man. This is a very important point which he came to emphasise in our lives, lest we should forget its meaning, its importance, lest we should mistake it for one of the several functions and duties of our life. It is not one of the functions of life. It is the only function of life as a whole, of which other functions are auxiliaries, accessories, preparations and contributory values. As I mentioned, he came to reconstruct the concept of spirituality itself—which mainly lies in the fact that the spiritual is the background and the rock bottom of the entire evolutionary process of all beings in the world. Life is an onward movement towards God. Life is a Godward movement; and the mystique of life does not necessarily mean human life. Life is larger than what can be included merely in the species of humanity. The whole life of the universe, the entire function of creation, is an irresistible tendency

towards God-realisation. In this sense, it is that people say that the universe is a process. It is not a static mass of matter before us, lying as if it were dead. Matter and life, mind and intellect, are all stages of the unfoldment of life towards spiritual realisation. The work that you do in your offices, the duties that you perform in the various vocations of your life, your very existence itself, the breath that you breathe, the thoughts that you think, the words that you utter—everything is a manifold form of spirituality.

Vairagya and Sannyasa, renunciation and spirituality, were the very stuff and fibre of the personality of Gurudev. He was a fire of renunciation and a fire of the spirit, a flaming spiritual personality before us, the like of which it is difficult to see. This personality of Gurudev is clinging to us in another language even today, even now at this moment, even though his physical personality may be said to have withdrawn itself into its causal elements. The relation between the Guru and the disciple is not a physical one. It is not a connection temporarily established between two bodies or individuals, ending with

the end of the body. Not so! Far from it, is the truth. The initiation which the disciple receives from the Guru is the contact that is established between the Guru and the disciple inwardly, spiritually. It is a relationship between two souls, not two bodies. In this sense, the Guru never dies, nor is the Guru ever born. God Himself, Paramatman, the Supreme Ishvara comes as the great teacher to mankind through the vehicle of these personalities of the Gurus. While the personalities may oftentimes be human, and the vehicles or means through which this great message is conveyed to mankind may be visible forms, the message itself is eternal. It is the light of the spirit which cannot be extinguished by the winds of the world. Such light was shining in the personality of Gurudev Swami Sivananda. Should we not regard ourselves as thrice blessed that most of us had the blessing and the opportunity of visibly seeing him, living with him, and physically coming in contact with him every day—to see God moving among us, as it were?

Well, he is yet alive. No one but he, nothing but his invisible hands

could be responsible for the increasing rapidity of the movement and work of The Divine Life mission. It is continuing in leaps and bounds, we may say. He has withdrawn himself from one form and entered into another form. Change of form is not destruction of personality; it is only a difference introduced into the mode of working of the very same power and force. Immanence is his form at present.

In this immanent form of his spiritual personality, he works through us, speaks through us, drives us, sustains us. The Divine Life Society itself is a wonder. It is a miracle. Many disciples, many admirers of this Society have asked, “Did Swamiji work miracles? Did he work wonders in this world, as we hear of in connection with the lives of great Masters?” What could be a greater wonder, a greater miracle than the existence of this Society itself—the way in which it works and the effect which it has produced upon the mind of mankind, the transformation that it has brought about in the hearts of people, and the emphasis that it has laid on the importance of the life of the spirit? What can be a greater wonder than

the incarnation of the Spirit itself in the heart of man? This miracle he has worked, and he is working. We are indeed happy. We are blessed.

We are thrice blessed and most fortunate. There is absolutely no doubt that God has been immensely gracious upon us. Gurudev has been kind to us; and I for one, can confidently say that I see God is definitely pleased with us. Though we

may be moving with faltering steps, yet, it is honestly and sincerely towards the reception of this Divine Grace.

May this central point of the great mission of Gurudev Swami Sivanandaji Maharaj—the focal point of the life of the Spirit in this universe—be the object of our contemplation on this auspicious day. God bless you all.

Rely on your own self. Do not be credulous. Believe not in any dogmas. Hear the inner voice of the soul or promptings of the pure conscience. Be not a slave. Do not sell your liberty. Thou art the immortal soul. Destroy the inferiority complex. Draw power, courage, strength from within. Be free. Have no blind faith. Reason out carefully and then accept anything. Do not be carried away by blind surging emotions. Subdue them. Expand. There is a vast magazine of power and knowledge within you. It needs ignition. Then the whole mystery of the Self will be revealed unto thee. The darkness of ignorance will be dispelled by the light of knowledge of the Self. Constant meditation on the Atman is the master-key to open the realms of knowledge. I have given here the gist of Karma Yoga and Vedanta in a few lines. Taste the Nectar and attain immortality, eternal bliss and perennial joy. This is the goal of life. This is the end and aim of existence. Karma Yoga and Upasana will prepare you to realise this highest goal.

Swami Sivananda

TRYING SITUATIONS

Sri Swami Venkatesananda

You can well imagine that it was a headache to the secretary, and the treasurer, and so on, of an organisation, i.e. the Ashram, to have a person like Swami Sivananda as the Head. He just went on giving, giving, giving—he did not seem to have any notion where the money came from or where it went. But, I think he knew, though others thought he did not. He was aware all the time that the source is also the goal. “It comes from Him and returns to Him: We are merely channels. We think we are running this institution, this Ashram, but we are only trustees.”

At least once a year, the Ashram experienced a financial crisis. Gurudev would seriously consider the position and say, “We will be very careful. We won't admit any new aspirants into the Ashram.” Usually this only lasted a few days. Soon a poor man would walk in without even a change of clothes asking to stay at the Ashram, Swamiji would say: “Yes, yes..... better let him stay. Where else will he

go? Do not worry about expenses. Every man brings his own ration with him. Before God sends him here, God has already delivered to the kitchen the food supply that he will need.”

These were not just words; if you looked into his face, into his eyes, you knew he was speaking the truth. In him, there was no doubt at all, there was no questioning. In him, this truth lived. He knew that what you and I call God's will, alone prevailed. If we are going to be bankrupt, we will be bankrupt in any case. There is nothing to worry about! And the secretary submits, “Alright, Swamiji.” And then the flood-gates are open again, otherwise the next financial crisis wouldn't come so soon.

Another time we had a classical tragedy. A young man joined the Ashram. He was a ceaseless and untiring worker, brilliant in every way. He had captured the heart of the Master. Gurudev loved him and admired him, and took him into his confidence. He had made him nearly the all-in-all.

Taken from 'Sivananda's Integral Yoga'

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

He was the post-master, he was the treasurer, he was almost the secretary too, unofficially. He was the cashier and on top of all this, he was also doing some literary work for Gurudev. He was such a dynamic personality, and it was only half an hour after he had left the Ashram one day that it was discovered that he had embezzled, heaven only knows how much! He was the cashier and the post-master, so nobody could really estimate to what extent the Ashram had been robbed. All we knew was this—there was not a single cent in the entire Ashram, which was heavily in debt to local shopkeepers.

So for once again, we started with a minus balance, and the news spread to Rishikesh. Once again, the grocers very politely told the secretary, “For some time it is better to pay cash for whatever you take,” because the Ashram owed a lot to them already. That was the worst calamity I have ever seen in the Ashram's life. And what did the Master do? Nothing. Absolutely nothing. He was enjoying the whole thing as a big joke: “How was it possible for him to cheat us like this? He was such a good man! He must be a genius.” Two things he went on

repeating. “He must have been a genius to do this.” And, “But he did a lot of work.” He added, “We must have owed him some money—but he could have asked me, I'd have given him.” What is that vision, that realisation, established in which one can say this? That is the vision of God.

One more example of this. In 1946, a businessman came to the Ashram from South India. He knew that the Master was very fond of dissemination of spiritual knowledge and that the shelves were full of books which had been printed and published by the Ashram. So, he said to Swamiji, “I can distribute and market all your books in South India. He took a large consignment. Six months later the secretary wrote to the address given by the businessman—the letter was returned, “No such address!” The secretary was amazed. Gurudev said, “Oji, if you think that you are the self of the man who cheated you, you won't be disappointed. If God is one, omnipresent, what is stealing? Stealing is only transferring the object from the right hand to the left hand. You think that you are Swami So-and-so, and that you have an

Ashram, and that those books belong to the Ashram, and someone else took them, and made a profit, and so on. This makes you angry. If you see your own self in that other person, not only would you not feel sorry, but you may even feel happy.” Nothing more was said about the whole affair.

“Be equanimous; balanced, even-minded in success and failure, gain and loss.” It is not grinning and bearing it—not at all. “He who cheats me, and that which I call 'me', are but the two hands of the omnipresent being, who alone exists!”

But sometimes, to the discomfiture of the authorities of the Ashram, Gurudev could make a big joke of this whole thing. One night the Ashram temple was broken into, although a number of people were sleeping on the covered verandah which went around the four sides of the temple. The silver pot and other silver vessels were missing. The priest who had discovered the loss, reported the theft to the Master. But instead of getting serious, the Master was curious. “People were sleeping right there at the time when the theft was taking place?” Then he burst out laughing. “He must be a very clever thief. If he is found, I'll award him a

title 'Chora Shikhamani' (which means a super-expert in stealing).”

That was all. Gurudev made it look as if there was no theft. He who needed them took them away. He used a very beautiful expression. He used to call it 'Gupta Daan'—secret charity, in which the receiver saved you from even the trouble of giving it! He needed it—he took it.

Once we decided that instead of Swami Sivananda, he should have been called Swami Givananda—he who rejoices in giving. He knew that the supply came from the source, and to the source it returned. Material considerations of accounting did not bother him at all. He proved in his own life that in such generosity, there was no bankruptcy. He used to say very often, “Giving has never made a person poor; charity has never made a person poor.” In 1924, the Master arrived in Rishikesh, with only the clothes that he had on his body. In 1973, hardly fifty years later, the Ashram that he had built was worth a few million rupees, and yet he went on giving, giving, giving. He himself used to say, “Such an attitude puts you in direct communion with the inexhaustible source of all prosperity.”

A TRUE SANNYASI

Pujya Sri J. P. Vaswani, Sadhu Vaswani Mission, Pune

September 8th returns with its wealth of blessings. I join the endless procession of devotees and disciples, eager to offer you, Revered Swamiji, their loving Pranams, this sacred day.

The great mystic, Plotinus, spoke of the "flight of the alone to the Alone." Your dedicated life has through many years, borne witness to a different ideal. And though you have blessed many with Sannyasa, you have never advocated withdrawal from the world of outward activities. You are not a teacher of that self-centred asceticism which strives for the salvation of an individual soul. The true Sannyasi, you have rightly urged, is a helper and server of the children of God. Like you, he lives in the world, yet lives an eternal life, lives in the Infinite. Such men are India's urgent need today; they will lead Her to that New Freedom which has its home in God!

You, Swamiji, are of the race of heroes. Fearless, courageous and

bold, you have shown what it is to walk the heroic way. It is the glorious way, the upward way, the way that leads to the realm of Wonder, the realm of the Inexplicable. It is the way of tender intimacy with Him who is the Lover, the Friend, the Spouse of the soul. So it is that life to you means intimate fellowship with God and God-in-man. So it is that every man is your brother and the whole earth is your country. No one is an alien to you and you are a stranger to none! Dwelling in the midst of men, you are as one apart. And though you live on earth, your true life is in the Kingdom of God.

May you live for many more years and spread the gospel of love in this sad world of hate and strife! We need you. India needs you. The broken world needs you. Many a weary, heavy-laden heart needs you. For out of you flow, as in endless streams, health and harmony, peace and joy to so many who come in contact with you.

Taken from 'Sivananda— Our Divine Master'

SANNYASA DIKSHA CENTENARY YEAR OF SADGURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

You have founded institutions for the welfare of the common man. You have written books which infuse in many hearts abiding faith in the Power that sustains a dynamic, spiritual life. The world knows you as a leader of men, a builder of institutions, an organiser, a tremendous worker. I love to think of you, Swamiji, as an artist. Your strong hands wield a mighty brush.

The world does not—cannot—see the picture you are painting. It is within you; it is your soul. And the skies at dawn and the midnight moon are but dim reflections of that picture. And long after the institutions have done their work and passed away, the beauty and the inspiration of your picture will continue to travel from planet to planet, from star to star!

If you are firm in your resolve to reach the highest goal of Yoga, if you have firm determination to attain the aim of spiritual life, you will rise up again and march forward even if you have a temporary fall. Feel the divine in you. Open yourself fully to the divine influence. Have perfect faith in the divine Grace at every step. Feel the divine guidance in all your actions. Aspire for the divine truth fervently. Develop burning desire for the attainment of God-consciousness and burning Vairagya. Abandon all worldly ambitions and mundane desires. If this is done rightly, the divine light will descend. You will have rapid progress in Yoga. Feel the Divine Presence in your heart, in all faces, in all objects, in all sentiments and thoughts and in all movements. Go on with your practice assiduously. Do not become impatient if there is delay in the descent of divine Grace. Be contented in the Self. You are bound to succeed in the attainment of the highest aim of Yoga, viz., Immortality and eternal Bliss.

Swami Sivananda

ANECDOTES FROM SIVANANDA DAY-TO-DAY

Sri Swami Venkatesananda

14th JANUARY, 1949

SIVA KUTIR OPENED

Sri Shroff's "Siva Kutir" has been completed. It occupies a wonderful vantage point at the foot of the hill with a grand view in front.

At 9 a.m., the opening Ceremony "Havan" was going on. Milk was boiling in an adjoining room as is customary in the case of Griha-Pravesha ceremony. Festoons adorned the house everywhere.

Siva graced the Siva Kutir with his august Presence. He witnessed the Havan.

After the Havan was over, Sri Shroff and Srimati Kanta along with the boy Ajai Kumar prostrated before Siva. Siva pronounced his benediction:

"May God bless Sri Shroff, Srimati Kanta and young Ajai Kumar with health, long life, peace, prosperity and Kaivalya! May you all shine as Jeevanmuktas in this very birth."

The function came to a close with a sumptuous feast on the verandah of the Kutir in which Siva himself partook.

Taken from Sivananda-Day-to-day

CHILD AMONG CHILDREN

Suresh approached Siva with a small notice announcing their meeting at Muni-ki-reti to celebrate the Tehri Independence Day. The note asked for more contributions.

Siva inwardly admired the enthusiasm and forward nature of the children, but said, in jest: "O Suresh! Do not take too much of tea these days. It will spoil your health."

Disappointment writ large on his face, Suresh went away. But, and such is the effect of training that these boys have received from Siva; they went ahead with the arrangements for the meeting.

While Siva was returning to his Kutir in the evening, he noticed the children assembled at the meeting-place. Quietly, he also slipped in. Vishnudevji had gone to the bazar already to purchase sweets and tea. Purushottamji brought Siva's harmonium.

Siva conducted Kirtan with the boys. He distributed sweets and tea also. He sang a song composed extempore touching on the glory of the State's heroic patriots, e.g.,

Sumant, Lakshman (the local Congress President), etc. Siva sang the national anthem also. The function was a grand success. All the boys were greatly surprised.

Suresh then said: "Swamiji! You have done a very good thing. If I had insisted, then you might have disposed me off with a couple of rupees. Now you have yourself come, inspired us with your Kirtans, and spent nearly ten rupees for this simple function. Bolo Sivananda-Maharaj-ki..... All the boys responded with a "Jai"."

1st FEBRUARY, 1949

DISEMBODIED SPIRITS REJOICE

Those with eyes subtle enough to see could have seen and appreciated. The gross vision of blind mortals is quite useless for supersensuous tasks.

Punctually at 12 noon, all Sadhakas and visitors assembled on Ganges bank; Siva was there, too. At a word from him, the function commenced.

Shanti Mantras were repeated. Then a Sankalpa that the worship of the Ganges, the food offerings, Kirtan and prayer were conducted for the peace of the departed souls of all devotees in general and in particular for some whose earthly descendants had requested Siva to pray for their

ancestors.

Then Mrityunjaya Mantra Japa was done followed by Mahamantra Kirtan and consecrated food offerings to the accompanying chant of Vedic Mantras. In the Vishwanath Mandir, special Rudra-Abhishekam had been performed for the peace of departed souls.

In the evening during Satsanga, Siva desired that there should be Akhanda Mahamantra Kirtan by all those assembled for some time—also for the departed souls. It went on and on.....Siva was completely oblivious of the surroundings. The Kirtan had gone on for two and a half hours—though the original intention was to do it for half-an-hour! While coming down from the Bhajan Hall after the Satsanga, Siva asked for the time. "Half past ten, Swamiji!" "Half-past-ten?" exclaimed Siva! "I thought it must be nearing nine!"

Later Siva told us humorously: "All the disembodied spirits were greatly rejoiced today. An entire plane would have been cleared by the celebrations here..... (After a pause added).....I had already a telegraphic communication!" Surely, that is why Siva could not hear the ding-dong of the clock at 9 and at 10, either!



CHILDREN'S WORLD

Beloved Divine Children!

Jai Sri Ramjiki! Om Namō Narayanaya! I feel most happy to meet you all once again. Note how I greet you. You should also say, 'Jai Sri Ram' or 'Om Namō Narayanaya', when you meet friends. This is the beautiful custom of our land. Don't say, Hello! Hello! It is meaningless. You have surely followed all that I told you last month. Please do as I have told you. You will soon become great. Father, mother and all others will say, "What a very good boy you are!" Follow carefully what I say. I will give you beautiful short lessons, easy to remember, easy to follow. Read them daily. Practice them always.



GOLDEN RULES

Obey your parents. Speak the truth always. Be punctual. Never tell a lie. Always be neat and tidy. Be good and do good. Be a hero. Help the poor and the needy. Do your daily duty well.

Learn your lessons well. Respect elders and your teachers. Serve your country. Serve society. Never shirk work. Do not put off anything for tomorrow. If you do your duty well, the battle of life will be won. You will be

ever happy.

Be ever active. Selfless service, sacrifice and love must be your motto. Lead an exemplary life. Be polite and courteous. Never injure the feelings of others. Never speak harsh words. Speak sweetly. Give up talkativeness. Do not abuse anybody. Do some good service every day.

CHARACTER

Truthfulness, purity, obedience, honesty, kindness, politeness, sincerity all go to make up ideal character. Good character is the most precious treasure. Possess an exemplary moral character. There can be no real lasting success without good character. Character is power. Without it, life is a failure.

Don't cram a subject. When you study, understand carefully the meaning also. Study intelligently. Then it is easy to remember what you have studied. Be very attentive, when you study. Be very hopeful always. Read everything thoroughly. Learn the inner moral lesson from what you read.

Study your old lessons again and again. If you do not do so, you will forget them. Try to reproduce what you have learnt in paper. Pray to the Lord daily and ask His blessings.

GOD LOVES YOU

God loves you. He gives you many good things. He gives you food to eat and clothes to wear. He has given you ears to hear, eyes to see, a nose to smell, a tongue to taste, hands to feel and work and legs to walk.

You cannot see God with your fleshy eyes; but, He sees you. He takes care of you. He knows all that you do.

He is very kind to you. Love Him. Praise Him. Sing His name and glory. Pray to Him to keep you away from all sins. He will be pleased with you. He will bless you.

BEAUTY IS GOD

O David! Look at the rose. How beautiful it is! What a fine fragrance it has! You can love it. You pluck it and smell it. Can any man produce a rose? You can make a paper flower, which may look beautiful; but, it has no sweet smell.

The rose soon fades and loses its beauty and fragrance. You throw it away. It is perishable. Its beauty lasts for a few minutes. Who has created the beautiful flower? The Creator is God. He is Beauty of beauties. He has everlasting Beauty. Attain Him. You also will possess eternal beauty. Beauty is God. Always discriminate between the real and the unreal.

Swami Sivananda

DOG IN STONE

There is a worldly proverb,
'When you see a dog, there is no stone.
When you see a stone, there is no dog.'
There is deep philosophy in this.

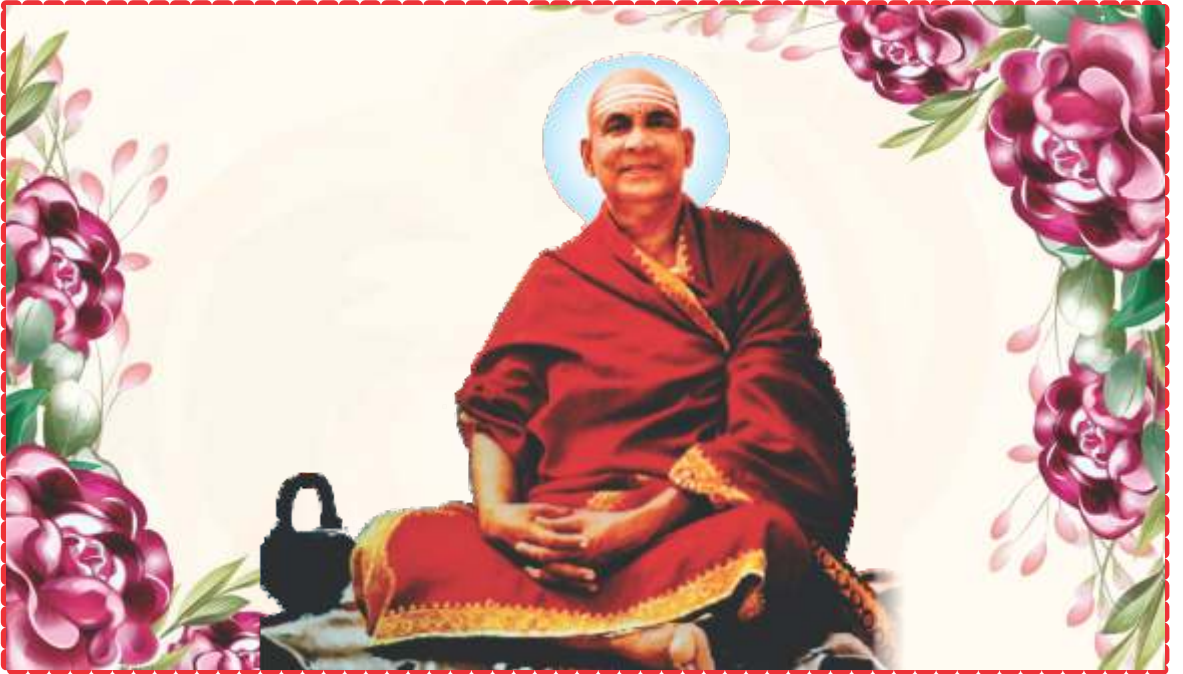
A big Maharaja had a dog
In front of his palace.
At night, some officers entered his palace.
They saw this big marble dog.

They were terribly afraid.
But, the dog did not bark.
They quietly went near the dog.
They found out that it was a stone dog.
Now the dog disappeared.
It was all stone.

When there was the dog, there was no stone.
When there was stone, there was no dog.
Even so, when you see the world,
There is no Brahman.
When you see the Brahman,
There is no world.

Swami Sivananda

CELEBRATION OF SANNYASA DIKSHA CENTENARY OF WORSHIPFUL GURUDEV SRI SWAMI SIVANANDAJI MAHARAJ



नमो ब्रह्मज्ञाय प्रणुत शिवरूपाय च नमो
नमस्सर्वज्ञाय प्रहतभवतापाय च नमः।
नमस्सिद्धार्थाय प्रतिदलितपापाय च नमो
नमस्तुभ्यं स्वामिन्! यमिवर! शिवानन्दयतये॥

O Knower of Brahman! Salutations to Thee. O Siva Incarnate! Prostrations to Thee. O Omniscient! Salutations to Thee. O Destroyer of worldly afflictions! Prostrations to Thee. O Achiever of Divine Powers! Salutations to Thee. O Destroyer of all sins! Prostrations to Thee. O Great Sage Swami Sivanandaji Maharaj! Salutations to Thee.

The sacred day of 1st June 2024 commemorates the Centenary of Sannyasa Diksha of Worshipful Gurudev Sri Swami Sivanandaji Maharaj. To mark this auspicious occasion, the Headquarters Ashram organised a series of programmes commencing from 22nd February 2024, which culminated on the final day of celebration i.e. 1st June 2024.

COLLECTIVE MAHAMANTRA KIRTAN

As a part of the Sannyasa Diksha Centenary Celebration, 100-days Collective Mahamantra Chanting was done by the residents of the Ashram at



the Bhajan Hall from 22nd February to 31st May 2024. Sannyasis and Brahmacharis of the Ashram devoutly sang Mahamantra for one hour daily in various mellifluous tunes as their love-offering at the lotus feet of the Holy Master.

SRI RAMA KATHA

Sri Rama Katha was organised during the night Satsanga at the sacred Samadhi Hall from 29th April to 7th May. Smt. Kamal Panigrahi Mataji from DLS Ladies Branch, Sunabeda, melodiously singing couplets from



Sri Ramacharitamanasa, narrated the divine legend of Lord Sri Rama and also highlighted the glory of Sri Rama Katha. On 8th May, Revered Mataji gave a discourse on the inspiring life of Kaka-Bhushundi in the night Satsanga.

SRI RAMACHARITAMANASA PARAYANA

During these nine days i.e. from 29th April to 7th May, the members of DLS Ladies Branch, Sunabeda, offered their worship to Sri Gurudev by doing Parayana of Sri Ramacharitamanasa, in different melodious tunes in the morning hours at Sri Vishwanatha Mandir.



CELEBRATION OF SRI ADI SANKARACHARYA JAYANTI

The blessed day of Sri Adi Sankaracharya Jayanti was celebrated with great devotion on 12th May. A special Satsanga was organised from 9.00 a.m. to 11.a.m. in the divine presence of Jagadguru Sri Adi Sankaracharya at Sri Vishwanatha Mandir. The Satsanga commenced with Jaya Ganesha Prayer followed by the soul-elevating singing of Bhajans and Stotras. Thereafter, H.H. Sri Swami Advaitanandaji Maharaj, Sri Swami Hariharanandaji Maharaj and Sri Swami Poornabodhanandaji Maharaj gave discourses on the inspiring life and divine teachings of Bhagavan Sankaracharya. The Satsanga concluded with the offering of floral Archana to Adiguru Sankaracharya to the chant of Ashtottarashatanamavali, Arati and distribution of holy Prasad.



VEDIC PUSHPANJALI

A Vedic Pushpanjali was offered to our Adorable Gurudev, in the form of Vedic chanting by the students of Gayatri Veda Vidyalaya, Tapovan and Sri Veda Mahavidyalaya, Rishikesh at Sri Vishwanatha Mandir on 14th May



and 20th May respectively. 34 students of Gayatri Veda Vidyalaya sonorously chanted Siva Sankalpa Sukta, Purusha Sukta and Agni Sukta; and 126 students of Sri Veda Mahavidyalaya rendered soulful chanting of Sri Rudram.



SRIMAD BHAGAVATA KATHA

From 17th to 23rd May, Srimad Bhagavata Katha was organised during the night Satsanga at the holy Samadhi Hall wherein Pujya Baba Sri Deenbandhudasji Maharaj of Vrindavan gave a series of discourses on Prahalada-Charita from Srimad Bhagavata. Quoting copiously from Srimad Bhagavata and other scriptures, and highlighting the unflinching devotion of Sri Prahalada towards Lord Narayana, Pujya Babaji lucidly explained the nature of true devotion.



1008 SRI VISHNUSAHASRANAMA PARAYANA

The members of the Divine Life Society Karvadi Branch and Kakinada Rural Branch of Andhra Pradesh, Karimnagar Branch, Telangana, and the students of Sri Sivananda School, Karvadi recited Sri Vishnusahasranama from 23rd to 26th May at Sri Vishwanatha Mandir as their worshipful offering at the lotus feet of Gurudev Swami Sivanandaji Maharaj on the sacred occasion of his Sannyasa Diksha Centenary.



VEENA RECITAL

Smt. Kalyani Hemlatha, Smt. K. Lakshmi and Smt. M. Lakshmi Surekha from Divya Sai Veena Institute, Hyderabad, offered their Swara-

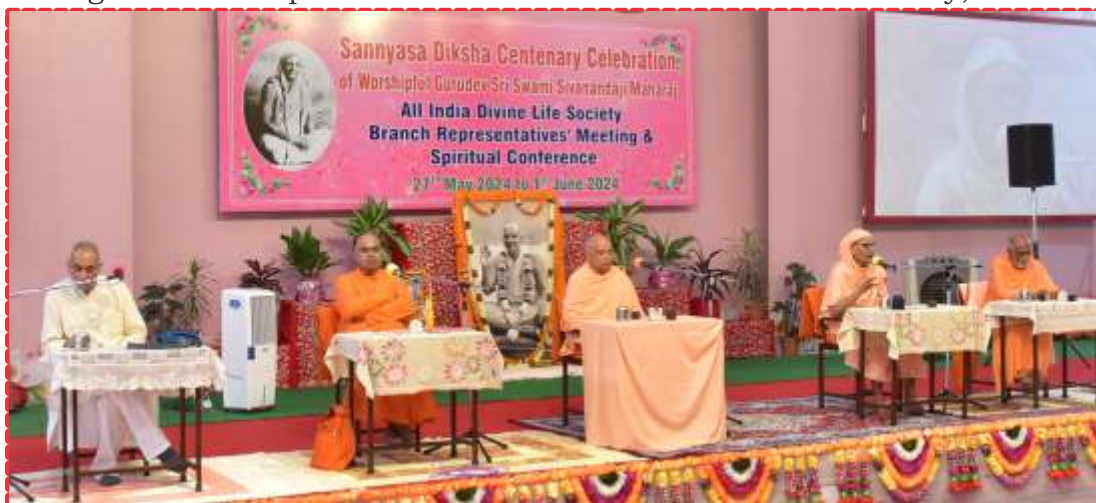


Archana i.e. Veena-Archana at the lotus feet of Sri Gurudev on 24th May during the night Satsanga. Their beautiful rendition of Sri Mahishasuramardini Stotra, Lingashtakam, Sri Ganesha Pancharatna Stotra and Tyagaraja Kirtan on

Veena delighted the hearts of one and all present. Sri P. Varaprasada ably assisted them on Mridanga.

All India Divine Life Society Branch Representatives' Meeting

To ensure the smooth functioning of the Divine Life Society Branches and to strengthen the bond between the Divine Life Society Headquarters and its Branches, a meeting of Branch Representatives was convened on 27th and 28th May, 2024.



Both the days, the programme commenced with early morning prayer and meditation session followed by Prabhat-Pheri. The Branch Representatives' Meeting held at Sivananda Satsanga Bhavan comprised two sessions each day which were ably conducted by Dr. Jayantbhai Daveji of DLS Vadodara Branch. Each of the four sessions began with the Jaya Ganesha prayers and Guru Stotra by Sri Swami Devabhaktanandaji.

On 27th May, the Inaugural Session began at 8.45 a.m. with devout prayers. Thereafter, H.H. Sri Swami Yogaswarupanandaji Maharaj, in his inaugural address extended a warm welcome to one and all present and also blessed the gathering with his inspiring words. Then, H.H. Sri Swami Nirliptanandaji Maharaj, H.H. Sri Swami Padmanabhanandaji Maharaj and H.H. Sri Swami Advaitanandaji Maharaj in their blessing messages provided guidelines regarding the effective functioning of the Branches.

During the next two sessions, the delegates were requested to put forth their suggestions to strengthen the Divine Life Movement. In the concluding session, H.H. Sri Swami Advaitanandaji Maharaj summed up the proceedings of the Meeting. The



Meeting concluded with the blessing messages of H.H. Sri Swami Yogaswarupanandaji Maharaj, H.H. Sri Swami Nirliptanandaji Maharaj and H.H. Sri Swami Padmanabhanandaji Maharaj. 91 delegates from 54 Branches attended the Meeting.

SPIRITUAL CONFERENCE

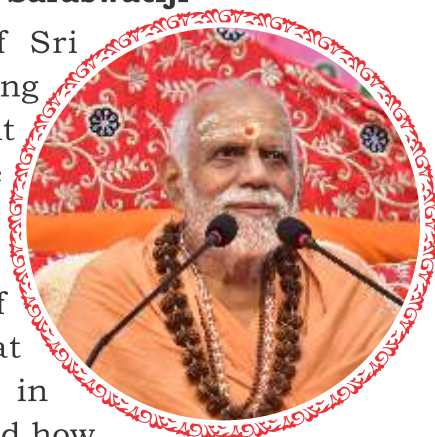
From 29th to 31st May, a Spiritual Conference was convened at Sivananda Satsanga Bhavan. Eminent saints and spiritual luminaries from different institutions graced the Conference with their august presence and inspiring discourses. Everyday, the programme commenced with early morning prayer-meditation session followed by Prabhat-Pheri. The forenoon and afternoon sessions of the Conference began daily with Jaya Ganesha Prayer and Bhajans followed by the illuminating discourses of the distinguished speakers. Sri Swami Tyagavairagyanandaji Maharaj conducted the different sessions of the Conference as the Master of Ceremonies.



The Conference was inaugurated on 29th May with the lighting of the sacred lamp. Thereafter, Param Pujya Sri Swami Yogaswarupanandaji Maharaj in his Welcome Address extended a hearty welcome to one and all present.

Param Pujya Sri Swami Divyananda Saraswatiji

Maharaj, Acharya Mahamandaleshwar of Sri Kailash Ashram, Rishikesh in his enlightening discourse glorifying the human birth said that it is a great blessing of God and it is only in the human birth, that one can attain liberation from the rounds of birth and death. Therefore, one should do sincere Sadhana for attainment of this Supreme Goal. Highlighting the great importance of Nishkamata (desirelessness) in spiritual life, Swamiji Maharaj further explained how it is the foundation of all Yoga-Sadhanas.





Param Puja Sri Swami Ramanacharana Tirthaji Maharaj, Tiruvannamalai, in his four illuminating discourses, quoting from various scriptures and referring to the teachings of Bhagavan Ramana Maharshi, Sadgurudev Sri Swami Sivanandaji Maharaj and other saints, explained in a very lucid and scholarly way, the different aspects and interpretations of the concept of Sannyasa. Beautifully summing up all these aspects and interpretations, Swamiji Maharaj said that renouncing everything for God is true Sannyasa.



Param Puja Sri Swami Atmapriyanandaji Maharaj, Sri Ramakrishna Mission, Belur Math, Kolkata, in his inspiring talk paying his reverential tribute to Worshipful Gurudev Sri Swami Sivanandaji Maharaj beautifully explained the significance of his Divine Mantra 'Be good. Do good.' Delineating the characteristics of a Sannyasi, Swamiji Maharaj said that one who constantly abides in the Self and serves others as the divine embodiments of his own Self is a true Sannyasi.



Param Puja Sri Swami Japasiddhanandaji Maharaj, Sri Ramakrishna Mission, Belur Math, Kolkata, in his brief talk in Sanskrit said that every moment in our lives presents before us different objects and situations to choose between Shreya (good) and Preya (pleasant). We should be wise enough to choose good over pleasant for our supreme welfare.

Param Pujya Sri Swami Muktanandaji

Maharaj, President, Anandashram, Kanhangad , Kerala, in his illuminating message, focusing upon the sublime lives of Param Pujya Gurudev Sri Swami Sivanandaji Maharaj and Param Pujya Papa Ramdasji, said that absence of otherness, universal love, infinite compassion and selfless service are the uniform characteristics of all the great saints. Celebration of the sacred days associated with their beautiful lives are indeed the blessed occasions to recall to our minds their lofty ideals and to strive to emulate their glorious examples in the best possible manner.



Param Pujya Sri Swami Tejomayanandaji

Maharaj, Former Head, Chinmaya Mission Worldwide, Mumbai, in his enlightening talk highlighting the glory of Sannyasa Ashram, quoted the words of Lord Sri Krishna from the Uddhava Gita of Srimad Bhagavata Mahapurana, “*Ashramanamaham turyo*— Among the four Ashramas, I am Turiya Ashram (Sannyasa Ashram).” “*Dharmanamasmi sannyasah*— Among the principles of religion, I am renunciation.” Swamiji Maharaj also lucidly explained how Sannyasa, being the Vibhuti of God, signifies constant abidance in our True Self and practice of cosmic love.



Param Pujya Sri Swami Niranjananandaji Maharaj, Bihar School of Yoga, Munger in his inspiring discourse congratulated all for their great blessedness to be part of this sacred celebration of Sannyasa Diksha Centenary of Worshipful Gurudev Sri Swami Sivanandaji Maharaj. Sharing the sweet



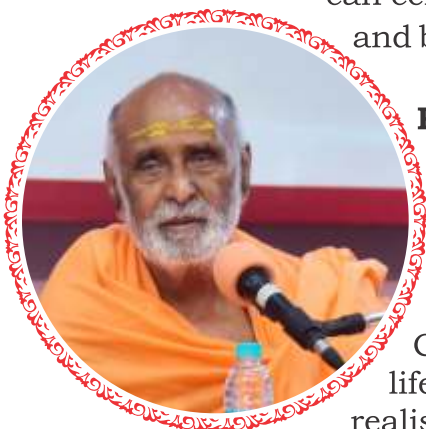
memories of his first visit to the holy Ashram along with his Master Param Pujya Sri Swami Satyanandaji Maharaj in 1968, and highlighting the glory of Guru-disciple relationship, Swamiji Maharaj inspired all to practise the three divine precepts of Worshipful Gurudev — Seva(Serve), Prema(Love), and Dana(Give) as they constitute the foundation of spiritual life.



Param Pujya Sri Swami Yogaswarupanandaji Maharaj, President, The Divine Life Society Headquarters, in his message expressed his heartfelt gratitude towards all the distinguished speakers of the Conference and devotees and guests as well for making Sri Gurudev's Sannyasa Diksha Centenary Celebration a grand success. Swamiji Maharaj also inspired one and all to lead the Divine Life of truth, love and purity as propounded by Worshipful Gurudev.



Param Pujya Sri Swami Nirliptanandaji Maharaj, Vice-President, The Divine Life Society, Headquarters, in his talk apprising the great inspiring austere life of Gurudev Sri Swami Sivanandaji Maharaj said that Sri Gurudev was an embodiment of the spirit of Sannyasa. Swamiji Maharaj further said that by following Sri Gurudev's footsteps in the best possible manner, we can celebrate his Sannyasa Diksha Centenary in a true and befitting way.



Param Pujya Sri Swami Padmanabhanandaji Maharaj, Vice-President, The Divine Life Society, Headquarters, in his discourse beautifully explained various simple Sadhanas prescribed by Sri Gurudev and inspired the devotees to take a resolve on the sacred occasion of his Sannyasa Diksha Centenary to strive sincerely to lead the spiritual life and thereby attain the goal of life i.e. God-realisation.



Param Pujya Sri Swami Advaitanandaji Maharaj, General Secretary, The Divine Life Society Headquarters, in his brief message, narrating inspiring anecdotes from the glorious life of Sri Gurudev and highlighting his divine virtues, said that Sri Gurudev's life is a great scripture in itself.

CULTURAL PROGRAMMES DURING THE CONFERENCE



On 29th May, Kum. Gangotri Das from Brahmapur, Odisha presented beautiful classical dance during the night Satsanga as her loving offering at the lotus feet of Sri Gurudev. Dr. P. Krishnavasu Srikanta and his students of Matrui Sivananda Kalakshetram Narasa Rao Pet, Andhra Pradesh delighted the hearts of devotees by their mesmerising performances of Bharatanatyam dance on 30th and 31st May 2024.



Celebration of 100th Sannyasa Diksha Anniversary of Worshipful Gurudev Sri Swami Sivanandaji Maharaj



The blessed day of 1st June 2024 commenced with Brahmamuhurta prayer and meditation in Sivananda Satsanga Bhavan. Thereafter, Prabhat-Pheri was organised wherein a large number of devotees, devoutly singing the Divine Name, participated with joyous hearts. A Havan was also performed at the Ashram Yajnasala for the welfare of entire humanity.



In the forenoon session, a special worship was offered to Adorable Gurudev at the beautifully decorated Samadhi Shrine. Thereafter, a grand Satsanga was organised at Sivananda



Satsanga Bhavan wherein ceremonial worship was offered to sacred Padukas of Sadgurudev Sri Swami Sivanandaji Maharaj followed by Jaya Ganesha Prayer and Bhajan-Kirtan. The Satsanga concluded with the blessing message of Param Pujya Sri Swami Yogaswarupanandaji Maharaj. Swamiji Maharaj in his message inspired all to always feel the presence of Sri Gurudev and repeat the Divine Name. Thereafter, Yati-Puja was organised wherein more than 100 monks were reverentially worshipped and offered Bhiksha and Dakshina.

From 4 p.m. to 5.00 p.m., special Mahamantra Kirtan was organised at the Bhajan Hall wherein the



Sannyasis, Brahmacharis and devotees of the Ashram ecstatically sang the Divine Mahamantra. Thereafter, a devout worship was offered to Mother Ganga at Sri Sivananda Ghat in the sacred memory of Beloved Gurudev.



During the night Satsanga, the devotees got the blessed opportunity to have Sri Gurudev's Darshan through a Video Show. To commemorate the sacred occasion of Sannyasa Diksha Centenary of Worshipful Gurudev, ten booklets, five books and Special Issues of monthly magazines



'The Divine Life' and 'Divya Jeevan' were also released during the celebration days. A large number of devotees from various parts of India and the world attended

this glorious celebration and felt themselves immensely blessed.

May the abundant blessings of the Lord Almighty and Sadgurudev Sri Swami Sivanandaji Maharaj be ever upon all.



Valedictory Function of the 99th Basic Yoga-Vedanta Course

The Valedictory Function of the 99th Basic Yoga-Vedanta Course was organised at YVFA Hall on 29th April 2024. H.H. Sri Swami Advaitanandaji Maharaj, General Secretary of the Divine Life Society Headquarters graced the function. After the invocatory prayers, Br. Sri Gopiji, Registrar of the Academy, welcomed all those present on the occasion.

It was followed by the presentation of the Course report by Br. Sri Gopiji, then some of the students shared their experiences about the Course. It was followed by the distribution of certificates and Jnana-prasad to the students and felicitation of the faculty members.

H. H. Sri Swami Advaitanandaji Maharaj, highlighting the significance of Sri Gurudev's teachings "Serve, Love, Give, Purify, Meditate, Realise. Be Good. Do Good. Be Kind. Be Compassionate" as the essence of all Scriptures, inspired the students to put into practice these divine teachings. The function concluded with the worship of Mother Saraswati and distribution of Prasad.

May the Lord Almighty and Sadgurudev Sri Swami Sivanandaji Maharaj shower blessings upon all.

A disciple is he who follows the instructions of the Guru to the letter and spirit, and who propagates the teachings of the Guru to less evolved souls in the path till the end of his life.

A true disciple is concerned only with the divine nature of the Guru. The Guru's action as man is not the disciple's concern. He is totally oblivious of it. To him, the Guru is Guru even if he acts unconventionally. Always remember that the nature of a saint is unfathomable. Judge him not. Measure not his divine nature with the inadequate yardstick of your ignorance. Criticise not your Guru's action which is done on universal vision.

Swami Sivananda

Inauguration of the 100th Basic Yoga-Vedanta Course

The 100th oblation in the sacred Jnana Yajna of Sadgurudev Sri Swami Sivanandaji Maharaj was offered in the form of 100th Basic Yoga-Vedanta Course. This 100th Course was inaugurated on 3rd May 2024 at YVFA Hall. Thirty six seekers from different parts of India came to the holy abode of Worshipful Gurudev to be blessed with the Divine Knowledge.

The Inaugural Function commenced with the Puja at the holy temples of Mother Durga and Dattatreya Bhagavan. After the invocatory prayers and welcome address by Br. Sri Gopiji, Registrar of the Academy, H.H. Sri Swami Advaitanandaji Maharaj, General Secretary of the Divine Life Society Headquarters, lighted the 'Deepa' as the token of the auspicious commencement of the Course. Thereafter, Br. Sri Gopiji, introduced the students to the Swamijis and the audience.

In his inaugural address, Swamiji Maharaj invoked the divine grace of Lord Almighty and Sadgurudev Sri Swami Sivanandaji Maharaj upon the students for their successful completion of the course. Swamiji Maharaj advised the students to ever keep in mind the noble purpose of their coming to Sri Gurudev's Ashram. The function came to a close with Puja to Mother Saraswati and distribution of sacred Prasad.

May the abundant grace of the Lord Almighty and Sadgurudev Sri Swami Sivanandaji Maharaj be upon all.

Aspirants should direct their whole attention in the beginning towards the removal of selfishness by protracted service to the Guru. Serve your Guru with divine Bhava. The cancer of individuality will be dissolved.

The captain of a ship is ever alert. A fisherman is ever alert. A surgeon in the operation theatre is ever alert. Even so, a thirsting hungry disciple should be ever alert in the service of his Guru.

Swami Sivananda

SRI GURU PURNIMA, SADHANA WEEK AND THE SACRED PUNYATITHI ARADHANA OF GURUDEV SRI SWAMI SIVANANDAJI MAHARAJ

The Holy Sri Guru Purnima will be celebrated at the Headquarters Ashram on the 21st of July, 2024, and the 61st Anniversary of the Punyatithi Aradhana of Gurudev Sri Swami Sivanandaji Maharaj will be observed on the 29th of July, 2024.

In between the above two sacred functions, there will be a Spiritual Conference, known as Sadhana Week, for seven days from 22nd July to 28th July, with programmes every day.

Devotees who intend to participate in the above programmes, are requested to write to us through Email or letter, giving complete Postal address, number of persons etc. arriving, which should reach us not later than the 30th of June, 2024.

Persons with any kind of physical handicap, or health problem, may consider to avoid the strain of this concentrated programme and visit the Ashram at some other time. Further, this being Shravan month, there will be large floating pilgrim population in the whole of Uttarakhand, disrupting traffic.

The period will be in the monsoon season when there is likelihood of heavy rains in this area. Therefore, devotees who are coming for the celebrations may kindly bring with them necessary requirements befitting the season, such as an umbrella, a torch and the like.

Due to difficulty in accommodating large number of persons, the Ashram has to request for rooms from neighbouring Ashrams. Guests may kindly bear with these difficulties and adjust themselves, lovingly. Devotees are requested kindly to come one or two days earlier only and also not to extend their period of stay in the Ashram beyond one or two days after the function is over.

May Sri Gurudev's Blessings be upon all!

Shivanandanagar

1st May, 2024

—THE DIVINE LIFE SOCIETY

Sadhana Shivir and Srimad Bhagavata Katha Yajna organised by Chidananda Shanti Ashram at Chidananda Hermitage Shanti Ashram, Baliguali, Puri, Odisha

By the grace of the Lord Almighty and Worshipful Gurudev Sri Swami Sivanandaji Maharaj, Chidananda Shanti Ashram is organising its First Sadhana Shivir and Srimad Bhagavata Katha Yajna from 23rd to 29th July 2024 at Chidananda Hermitage Shanti Ashram, Baliguali, Puri, Odisha.

Baba Sri Deenbandhu Dasji Maharaj of Vrindavan will grace the Shivir with his presence and deliver the discourses in Odia language on Srimad Bhagavata Mahapurana in two sessions each day. Apart from the Katha, early morning prayer-meditation, Prabhat-Pheri, Yogasana-Pranayama, Paduka-Puja, Bhajan-Kirtan and evening Satsanga will also be the part of this Shivir.

Devotees from all the Branches of the Divine Life Society are cordially invited to participate in the Sadhana Shivir and Srimad Bhagavata Katha Yajna. They are requested to arrive on 22nd July Evening. Accommodation shall be provided as per first come first served basis up to 250 delegates.

For Registration and Information, please contact:

Chief Coordinator: Sri Adwaita Prasad Biswal

Co-Coordinators: Ananda Bhai, Sala Bhai, Bijay Bhai &
Narottam Bhai

Contact: 94370 43225, 79781 41003, 94370 00981

Note: Delegates are requested to send the photocopy of their Aadhaar Card to
Whats-App No.99386 92309



IMPORTANT ANNOUNCEMENT

YOGA-VEDANTA FOREST ACADEMY

THE DIVINE LIFE SOCIETY

P.O. SHIVANANDANAGAR, PIN: 249 192, Distt. Tehri-Garhwal, Uttarakhand (INDIA)

ADMISSION NOTICE

Applications are hereby invited for undergoing the **101** residential Basic YOGA-VEDANTA COURSE of two months' duration, i.e., from **30-8-2024** to **25-10-2024**. This Course will be held in the Academy premises at the Headquarters of the Divine Life Society, Shivanandanagar, Rishikesh.

The details are as follows:

1. It is open to Indian citizens (Men) only.
2. Age Group: Between 20 and 65 years
3. Qualifications:
 - (a) Preferably graduate with keen spiritual aspiration and deep interest in the practice of Yoga-Vedanta
 - (b) Must be able to converse in English fluently as the medium of instruction is English.
 - (c) Should have sound health
4. Scope and syllabus of the Course:
 - (a) An outline study of History of Indian and Western Philosophy, Studies in Upanishads, Studies in Religious Consciousness, Study of the Bhagavad Gita, Patanjali's Yoga System, Narada Bhakti Sutras and The Philosophy of Swami Sivananda
 - (b) There will be final examination after the completion of syllabus.
 - (c) Asana, Pranayama, Meditation, Karma Yoga, Lectures, Group discussions, and Questions and Answers will also form part of the Course.
5. There will be no charges for training, boarding and lodging. Pure vegetarian food (Breakfast and two meals a day only) will be provided. Smoking, drinking and use of intoxicants are strictly prohibited.
6. The Application Form and Prospectus can be had from the Registrar through post or downloaded from our website www.sivanandaonline.org. Candidates can also apply for the Course using Online Mode through the link given in our website www.sivanandaonline.org. Duly filled Application Form should reach the undersigned by **31-7-2024**.
7. The aim of the Yoga-Vedanta Forest Academy is not merely academic equipment of students, but to prepare the students for a successful life in the world and to facilitate the living of a wholesome life with an integrated personality. The Course conducted in this Academy is more of the nature of an all-round discipline than merely providing students with scriptural learning or textual information.

Shivanandanagar
1st May, 2024

Registrar,
Yoga-Vedanta Forest Academy,
Phone: 0135-2433541, email—yvfacademy@gmail.com

IMPORTANT ANNOUNCEMENT REGARDING DONATIONS

Due to administrative reasons, and also to simplify the existing complex accounting system, it has been decided in the 'Board of Management' Meeting held on 10th March 2021 and subsequently in the 'Board of Trustees' Meeting held on 11th March 2021 that any donations to The Divine Life Society will be received only under the following 'Heads of Accounts' with effect from 1st April 2021: –

General Donation

1. Ashram General Donation
2. Annakshetra
3. Medical Relief

Corpus Donation

Sivananda Ashram Corpus (Mooldhan) Fund

Therefore, devotees are requested to send donations to the above mentioned account heads only.

Further, it is hereby conveyed to all the devotees and well wishers of the Ashram that

- The income from the **ASHRAM GENERAL DONATION** shall cater to all the spiritual, religious as well as charitable activities of the Divine Life Society viz. care for the homeless and destitute through Sivananda Home, serving leprosy patients through Leprosy Relief Work, providing educational aid for poor students, running of Yoga Vedanta Forest Academy, printing of free literature, dissemination of spiritual knowledge, worship in Ashram temples, maintenance of the Ashram and Goshala, conducting regular religious and spiritual activities of the Ashram and also to any other spiritual, religious or charitable activities taken up by the Society from time to time.
- The donations for the **MEDICAL RELIEF** shall be utilised towards the treatment of sick and needy patients at Sivananda Charitable Hospital and also towards other medical relief works undertaken by the Society.
- Similarly, Interest income generated from **SIVANANDA ASHRAM CORPUS (MOOLDHAN) FUND** shall be utilised towards all the activities (spiritual, religious as well as charitable) of the Society.
- It is to be noted that the Society is not dispensing with any of its

- activities; it will continue to conduct its regular Ashram activities and Charitable activities as usual, though the 'Heads of Accounts' to receive donations have been reduced.
- Donations towards the Divine Life Society may be made through 'Online Donation Facility' by accessing directly to the web address **<https://donations.sivanandaonline.org>** or by clicking the 'Online Donation' link provided in our website **[www. sivanandaonline.org](http://www.sivanandaonline.org)**.
- Donations can also be sent through cheque/D.D. /E.M.O. drawn in favour of '**The Divine Life Society', Shivanandanagar, Uttarakhand**, payable at Rishikesh. A covering letter mentioning the purpose of donation, Post Mail Address, Phone No., Email Id and PAN should accompany the same.
- Further, devotees are informed that Puja in Ashram temples shall be done free of cost for all those who would like to perform Puja in their name or in their family members' name. They may do so by sending a written request well in advance with requisite details either by email or letter addressed to the General Secretary or the President.
- There is no change in guidelines regarding Remittance towards Fee for Membership, Admission, Life Membership, Patronship, Branch Affiliation and SPL advances as well.

**MEMBERSHIP FEE AND BRANCH AFFILIATION FEE OF
THE DIVINE LIFE SOCIETY HEADQUARTERS
SHIVANANDANAGAR—249 192, Uttarakhand**

1. New Membership Fee*	₹ 150/-
Admission Fee	₹ 50/-
Membership Fee	₹ 100/-
2. Membership Renewal Fee (Yearly)	₹ 100/-
3. New Branch Opening Fee**	₹ 1,000/-
Admission Fee	₹ 500/-
Affiliation Fee	₹ 500/-
4. Branch Affiliation Renewal Fee (Yearly)	₹ 500/-

* Application for Membership should be sent with Photo Identity and Residential proof of the Applicant.

** Prior written permission has to be obtained from the Headquarters for opening a New Branch.

⇒ Kindly send Membership Fee and Branch Affiliation Fee by Cheque or by DD payable at any Bank in Rishikesh.

REPORTS FROM THE D.L.S. BRANCHES

INLAND BRANCHES

Balangir (Odisha): Daily Yoga class and Paduka Puja continued regularly and there was weekly Satsanga on Saturdays. Ramnavami was celebrated on 17th April with Puja, Archana, Parayan of Ramcharitamanas, Bhajan and Kirtan. There was recitation of Hanuman Chalisa on Sankranti day, and Gita Path on Ekadasis. Besides this, butter milk was distributed at Parasuram chowk. Homeopathic and Ayurvedic medicines were distributed to poor patients through Chidananda Charitable dispensary.

Bargarh (Odisha): The Branch conducted daily Puja, Swadhyaya, Yoga and Pranayama, Rudrabhishek on Mondays, Guru Paduka Puja on Thursdays, weekly Satsanga on Saturdays, and recitation of Bhagavad Gita and discussion on Sundays. Homeopathic treatment of poor patients was carried on regularly. The Branch celebrated

Mahasivaratri on 8th March and Sri Ramnavami on 17th April.

Bhimkand (Odisha): The Branch continued daily Paduka Puja and weekly Satsanga on Sundays. Mahabishuba Sankranti on 14th April and Hanuman Jayanti were celebrated with recitation of Hanuman Chalisa.

Bikaner (Rajasthan): In the month of April, the Branch had daily worship and Yoga session with Asana, Pranayam and Meditation. Every Tuesday there was Bhajan Sandhya and Mahamantra Sankirtan. Besides this, recitation of Hanuman Chalisa, Sundarakanda Parayan and chanting of Mahamantra was held on Saturdays. Hawan was conducted on Amavasya day. Sri Hanuman Jayanti was celebrated on 23rd April.

Bhubaneswar (Odisha): The Branch continued daily Puja and Narayana Seva, weekly Satsanga on Thursdays, and free health service

four days in a week. There were recitation of Mahamrityunjaya Mantra on 4th April and Mahamantra Kirtan on 5th. Ramcharitamanas Parayan was conducted from 8th to 16th. The Branch celebrated special occasions like: Hanuman Jayanti on 14th with chanting of Hanuman Chalisa and Sundarakanda Parayan, Sri Ramnavami on 17th, and Birth Anniversary of Worshipful Sri Swami Krishnanandaji Maharaj on 25th. Special Satsangs were arranged on 11th, 13th and 27th, and Chanting of “Sri Ram Jai Ram Jai Jai Ram” on 24th.

Brahmapur (Odisha): The Branch had Guru Paduka Puja on Thursdays and 8th and 24th of every month, and Weekly Satsanga on Sundays. Sri Ramnavami was celebrated from 9th to 17th with Parayan and Pravachan on Sri Ramcharitamanas. Besides this, mobile Satsanga was held on Saturday.

Chandapur (Odisha): Daily

Puja, weekly Satsanga on Saturdays, Paduka Puja on Thursdays, Sundarakanda Parayan on Sankranti day and mobile Satsanga on 8th and 24th of every month were the regular programmes of the Branch. Sundarakanda Parayan was done on Sankranti day. Hanuman Jayanti on 13th April and Sri Ramnavami on 17th were celebrated by the Branch with Puja and Naam Sankirtan of “Sri Ram Jai Ram Jai Jai Ram”. Besides this, recitation of Hanuman Chalisa was done on 20th. As a part of the Sannyasa Diksha Centenary celebration of Gurudev Sri Swami Sivanandaji Maharaj, the Branch arranged Mahamantra Kirtan.

Chhatrapur (Odisha): Weekly Satsanga on Thursdays and Paduka Puja on 8th and 24th of every month were continued by the Branch. Two mobile Satsanga were arranged on 7th and 23rd March with Sundarakanda Parayan and recitation of Hanuman Chalisa. Sadhana Day was held on 7th.

Mahasivaratri was celebrated on 8th.

Cuttack (Odisha): Sadhana day was observed on 7th April with Guru Paduka Puja and Pravachan. Special Satsanga was held on 8th. There were chanting of Srimad Bhagavad Gita on Ekadasi days and recitation of Hanuman Chalisa on 14th. Sri Ramnavami was celebrated from 9th to 17th with Ramcharitamanas Parayan and Hawan. The Branch performed Durgashtami Puja on 15th with Chandi Path and Hawan. Birth Anniversary of Worshipful Sri Swami Krishnanandaji Maharaj was celebrated on 25th. As a part of the Sannyasa Diksha Centenary celebration of Gurudev Sri Swami Sivanandaji Maharaj, the Branch arranged 1 hour Mahamantra Kirtan. Besides this, daily Paduka Puja and free treatment and medicines through Sivananda Allopathic Dispensary continued for the poor patients. The Monthly Magazine "Divya Sandesh" was published.

Jaipur (Rajasthan): The Branch arranged daily Yoga class, Narayan Seva, Matri Satsanga on Mondays and Hawan on Sundays. Free Homeopathic treatment of poor patients was continued. Special Satsanga was held on 1st April. Sri Ramnavami was celebrated from 9th to 17th with Parayan of Ramcharitamanas and Hawan. Hanuman Jayanti was observed on 23rd with Sundarakanda Path, recitation of Hanuman Chalisa and Bhajans.

Kakching (Manipur): Daily Puja with chanting of Siva Mahimna Stotra, Siva Abhishekam on Mondays, and Guru Paduka Puja, Bhajan and Kirtan on Thursdays were continued by the Branch. Akhanda Mahamantra Kirtan was held on Sundays. Monthly Satsanga and Siva Abhishekam were arranged on 8th of April.

Kakinada (Andhra Pradesh): The Branch continued weekly Satsanga on Mondays with Pravachan on Bhagavad Gita and

Sankirtan on Saturdays. Monthly Satsanga was arranged on 24th March with Japa, Meditation, Bhajans and Pravachan. Mahasivaratri was celebrated on 8th with Ekavara Rudrabhishekam.

K.Nuagaon (Odisha): The Branch conducted Gita Yajna from 14th to 18th March with Gita Path, Hawan and discourse. Besides this, daily meditation session and Vishnusahasranam Parayan was continued. Weekly Satsanga was held on Saturdays.

Lanjipalli Ladies Branch (Odisha): The Branch had daily Puja, weekly Satsanga on Sundays with Swadhyaya, Sundarakanda Parayan on Tuesdays. Paduka Puja and mobile Satsanga on Thursdays were continued. Besides this, Ekadasis were observed with chanting of Srimad Bhagavad Gita and Srimad Bhagavatam. There were recitation of Hanuman Chalisa and Sundarakanda Parayan on Sankranti day. It was concluded with Narayana Seva. Sri Ramnavami was

celebrated on 17th April with Abhishekam, Parayan of Ramcharitamanas and Hawan. During the summer, the Branch has been distributing drinking water to needy people.

Lucknow (Uttar Pradesh): The Branch conducted special Satsanga at Lekhraj Homes on 7th and 28th April with Prayers, Bhajans, and Mantra Japa etc. Besides this, there was Chanting of Mahamrityunjaya Mantra for welfare of all beings.

Malkangiri (Odisha): In the month of March, the Branch had weekly Satsanga on Sundays and Guru Paduka Puja was on 8th of every month. There was recitation of Vishnusahasranam on Ekadasi day and Sundarakanda Parayan on Sankranti.

Nandininagar (Chhattisgarh): In the months of March and April, the Branch continued morning prayers, Gita Path, chanting of Hanuman Chalisa and Vishnusahasranam. There was Mahamantra Kirtan on 3rd of every

month. Besides this, weekly Satsanga was held on Thursdays, and Matri Satsanga on Saturdays with recitation of Sundarakanda and Hanuman Chalisa. Chaitra Navaratri was celebrated from 9th to 17th April with Puja, Bhajan, Kirtan and Hawan. It was concluded with Kanya Puja.

Panchkula (Haryana): The Branch arranged Narayana Seva on 8th April at Civil Hospital, and Chidananda day was observed on 24th. It was followed by Satsanga at Sri Radha Madhav Mandir, and fruits, biscuits, milk and sweets were distributed to the students. Besides this, monthly Satsanga was held on 21st at the residence of a devotee.

Puri (Odisha): The Branch had daily Satsanga, weekly Satsanga on Thursdays and Sundays, and Guru Paduka Puja on 8th and 24th. Mahamantra Kirtan was held on every Amavasya and Purnima day. There was recitation of Hanuman Chalisa on Sankranti day, and Gita Path on Ekadasis. As a part of the

Sannyasa Diksha Centenary Celebration of Gurudev Sri Swami Sivanandaji Maharaj, the Branch arranged 1 hour Mahamantra Kirtan.

Visakhapatnam (Andhra Pradesh): Daily Puja, Yoga class, dance and music classes were continued by the Branch. There were weekly Satsangs on Mondays with Japa, Bhajan, recitation of Vishnusahasranam, and a short talk on life and teachings of Gurudev. Besides this, Abhishekam, Kumkuma Archana and Parayan of Lalitasahasranam were done on Fridays. The Branch conducted free medical camp on 2nd and 4th Saturday of every month with the co-operation of Mihira Charitable Trust. Gayatri Hawan on Purnima day and Mahamrityunjaya Hawan on Shani Trayodasi day were organised by the Branch. Narayana Seva was conducted twice in a month at Premasamajam Leprosy wing and Priyadarshini Old-age Home. Sri Ramnavami was celebrated on 17th April with Sri Sita Rama Kalyanam.

OVERSEAS BRANCH

Hong Kong (China): The Branch conducted chanting session of Mahamantra on 2nd and 16th March in both Cheung Sha Wan and North Point Yoga Centre of the Branch. The Branch celebrated Chinese New Year on 2nd with

gathering of Yoga Teachers Co-ordinating Group. Monthly Satsanga was arranged on 9th and 23rd with talk on Yoga Vedanta Sutras and chanting of Mahamrityunjaya Mantra, and it was concluded with a meditation session.

SPECIAL ARADHANA CONCESSION

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By H.H. Sri Swami Sivanandaji Maharaj

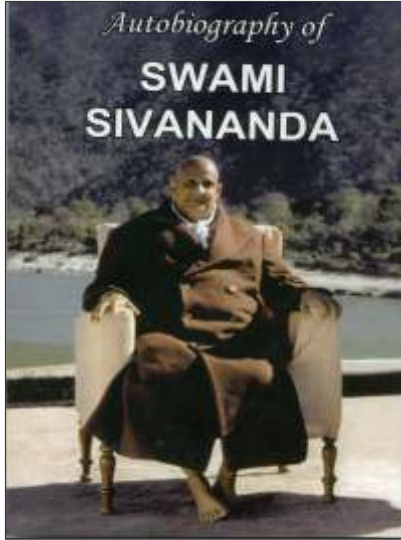
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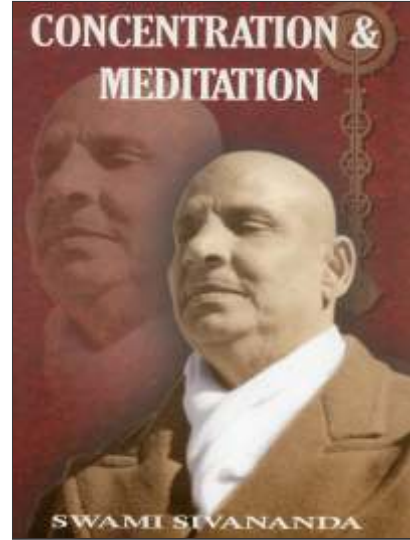
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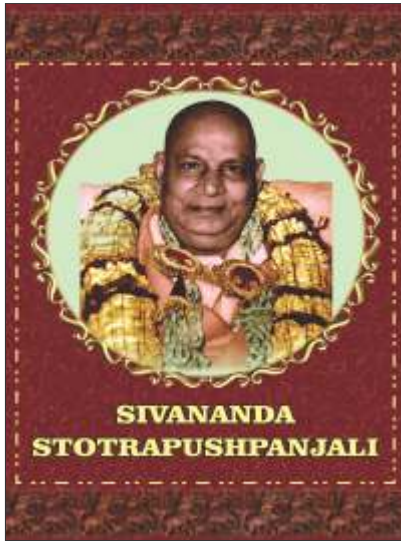
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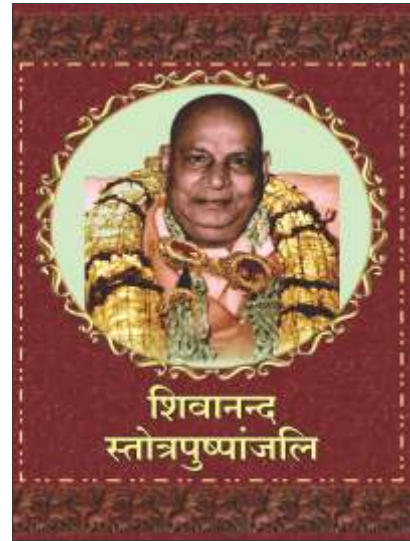
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TWENTY IMPORTANT SPIRITUAL INSTRUCTIONS

By H.H. Sri Swami Sivanandaji Maharaj

- 1. BRAHMA-MUHURTA:** Get up at 4 a.m. daily. This is Brahmamuhurta which is extremely favourable for meditation on God.
- 2. ASANA:** Sit on Padma, Siddha or Sukha Asana for Japa and meditation for half an hour, facing the east or the north. Increase the period gradually to three hours. Do Sirshasana and Sarvangasana for keeping up Brahmacharya and health. Take light physical exercises as walking, etc., regularly. Do twenty Pranayamas.
- 3. JAPA:** Repeat any Mantra as pure Om or Om Namō Narayanaya, Om Namah Sivaya, Om Namō Bhagavate Vasudevaya, Om Saravanabhavaya Namah, Sita Ram, Sri Ram, Hari Om, or Gayatri, according to your taste or inclination, from 108 to 21,600 times daily.
- 4. DIETETIC DISCIPLINE:** Take Sattvic food, Suddha Ahara. Give up chillies, tamarind, garlic, onion, sour articles, oil, mustard, asafoetida. Observe moderation in diet (Mitahara). Do not overload the stomach. Give up those things which the mind likes best for a fortnight in a year. Eat simple food. Milk and fruits help concentration. Take food as medicine to keep the life going. Eating for enjoyment is sin. Give up salt and sugar for a month. You must be able to live on rice, Dhal and bread without any Chutni. Do not ask for extra salt for Dhal and sugar for tea, coffee or milk.
- 5. MEDITATION-ROOM:** Have a separate meditation-room under lock and key.
- 6. CHARITY:** Do charity regularly, every month, or even daily according to your means, say six Paisa per rupee.
- 7. SVADHYAYA:** Study systematically the Gita, the Ramayana, the Bhagavata, Sri Vishnu-Sahasranama, Lalita-Sahasranama, Aditya Hridaya, the Upanishads or the Yoga Vasishtha, the Bible, the Zend Avesta, the Koran, the Tripitakas, the Granth Sahib, etc., from half an hour to one hour daily and have Suddha Vichara.
- 8. BRAHMACHARYA:** Preserve the vital force (Veerya) very, very carefully. Veerya is God in motion or manifestation—Vibhuti. Veerya is all power. Veerya is all money. Veerya is the essence of life, thought and intelligence.
- 9. PRAYER SLOKAS:** Get by heart some prayer Slokas, Stotras and repeat them as soon as you sit in the Asana before starting Japa or meditation. This will elevate the mind quickly.
- 10. SATSANGA:** Have Satsanga. Give up bad company, smoking, meat and alcoholic liquors entirely. Do not develop any evil habits.
- 11. FAST ON EKADASI:** Fast on Ekadasi or live on milk and fruits only.
- 12. JAPA MALA:** Have a Japa Mala (rosary) round your neck or in your pocket or underneath your pillow at night.
- 13. MOUNA:** Observe Mouna (vow of silence) for a couple of hours daily.
- 14. SPEAK THE TRUTH:** Speak the truth at all cost. Speak a little. Speak sweetly.
- 15. PLAIN LIVING:** Reduce your wants. If you have four shirts, reduce the number to three or two. Lead a happy, contented life. Avoid unnecessary worry. Have plain living and high thinking.
- 16. NEVER HURT ANYBODY:** Never hurt anybody (Ahimsa Paramo Dharmah). Control anger by love, Kshama (forgiveness) and Daya (compassion).
- 17. DO NOT DEPEND UPON SERVANTS:** Do not depend upon servants. Self-reliance is the highest of all virtues.
- 18. SELF-ANALYSIS:** Think of the mistakes you have committed during the course of the day, just before retiring to bed (self-analysis). Keep daily diary and self-correction register. Do not brood over past mistakes.
- 19. FULFIL DUTIES:** Remember that death is awaiting you at every moment. Never fail to fulfil your duties. Have pure conduct (Sadachara).
- 20. SURRENDER TO GOD:** Think of God as soon as you wake up and just before you go to sleep. Surrender yourself completely to God (Sharanagati).

Om Santih Santih Santih!

This is the essence of all spiritual Sadhanas. This will lead you to Moksha. All these Niyamas or spiritual canons must be rigidly observed. You must not give leniency to the mind.

JUNE 2024

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The irreligious man also will reach God ultimately, but through a longer and more painful route, after a lot of experience of the miseries of this world. The religious-minded man will go to Him by the shortcut and enjoy the bliss of God in this very birth. The sooner you become religious-minded, the sooner you will reach the Fountain-source of Bliss.

Swami Sivananda

To