

# ARADHANA

## Yoga of the heart ♥

Year 2020 Issue 3  
May/June 2020



Rikhiapeeth, Rikhia, Deoghar, Jharkhand, India



**ARADHANA** Yoga of the heart ❤️ is an offering to Paramguru Swami Sivananda and our beloved Pujya Gurudev Swami Satyananda. It is compiled, composed and published as an offering of seva by the sannyasin disciples, devotees and well-wishers of Paramahansa Satyananda.

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Cover photo:

Swami Satyasangananda Saraswati performing Maha Mrityunjaya havan for universal well being, peace, plenty and prosperity.



**Rikhiapeth**, the tapobhumi of Swami Satyananda Saraswati, has developed into a vibrant spiritual epicentre abundant in peace, plenty and prosperity. Aspirants, seekers, devotees, householders and sannyasins come from all parts of the world to live and work together for the benefit of others by following the high ideals of seva, selfless service, sadhana, spiritual practice, swadhyaya, self study, and satsang, association with truth, as taught by Swami Sivananda and established by Swami Satyananda. It is a place of inspiration and joy for the thousands of natives who live in the hundreds of villages that surround Rikhiapeth, as well as for millions of spiritual aspirants and devotees who come to imbibe the spiritual vibrations that abound in this sacred place.

**ARADHANA** Yoga of the heart ❤️ is intended to share the profound teachings and lifestyle that are being practised and lived in this sacred place for the benefit of all.

This special issue of **ARADHANA** is dedicated to the profound teachings of Karuna, *compassion*, and its expression and application during the Coronavirus pandemic.

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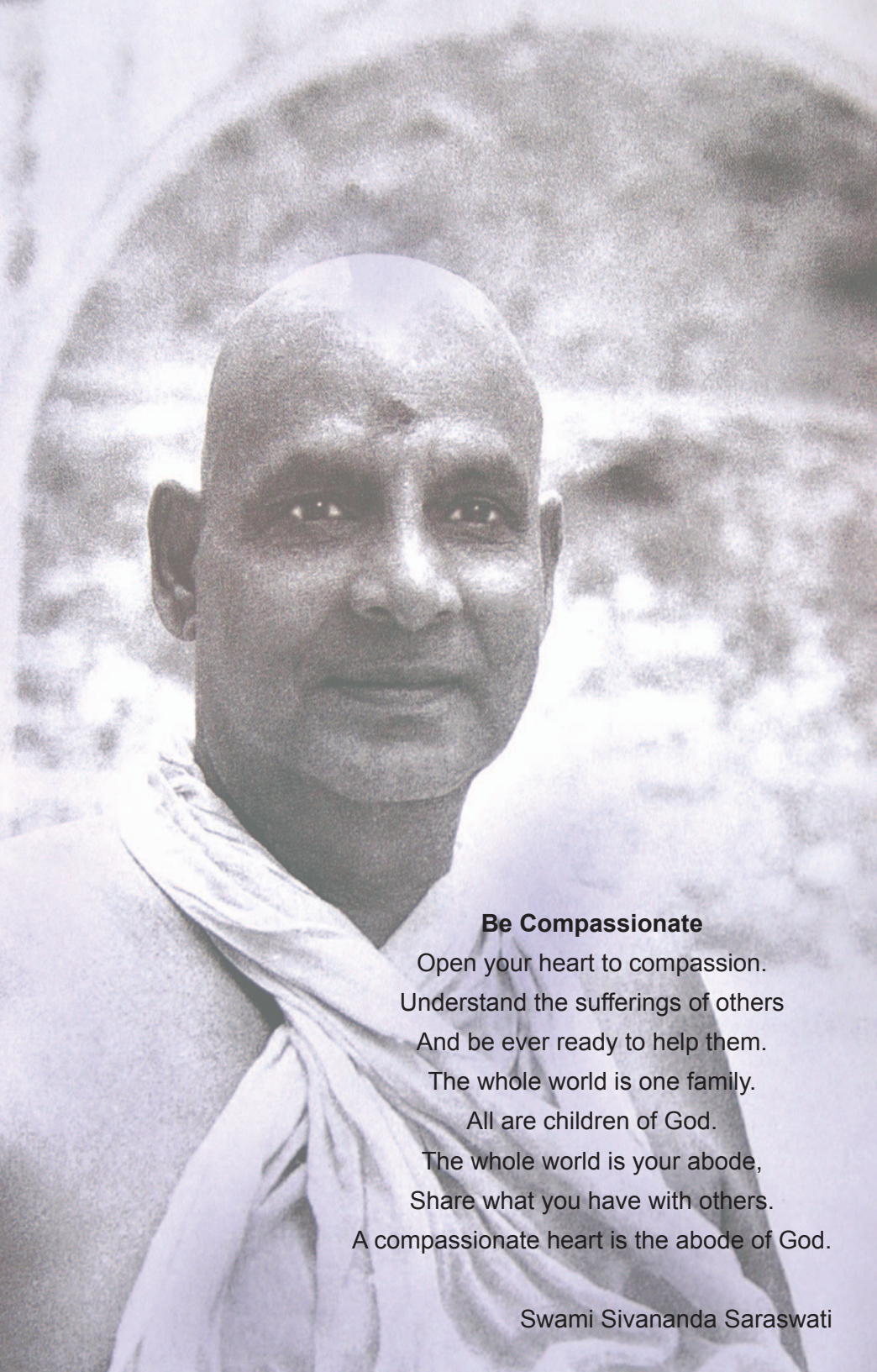
Year 9 Issue 3  
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### Contents

3. The Secret of Compassion
5. The Importance of Compassion
6. A Pilgrim of Love
8. Their Happiness is My Happiness
11. Serve, Love, Give - The Yoga of the 21st Century
15. Karuna
16. Fight Corona with Karuna
20. Lockdown Learnings
23. Karuna Relief Seva
27. Akshay Tritiya
28. Creating Balance in Society
30. Know Your Mantra
32. इक्कीसवीं सदी का योग - सेवा, प्रेम और दान
37. प्रेम को विश्व-व्यापी बनाइए
40. करुणा से कोरोना पर विजय
46. प्रेम

### Aradhana Invocation

देवान्भावयतानेन ते देवा भावयन्तु वः । परस्परं भावयन्तः श्रेयः परमवाप्स्यथ ॥ Bhagavad Gita 3:11  
Yajnas nourish, strengthen and empower the Devas, they in turn empower us.  
Strengthening and nourishing each other in this way, both attain shreya (prosperity).



### **Be Compassionate**

Open your heart to compassion.  
Understand the sufferings of others  
And be ever ready to help them.

The whole world is one family.  
All are children of God.

The whole world is your abode,  
Share what you have with others.

A compassionate heart is the abode of God.

Swami Sivananda Saraswati



# The secret of Compassion

Swami Sivananda Saraswati

Compassion for another's suffering is oneness with others, to put oneself in another's place, to ease another's headache is to forget one's own. To mitigate another's grief is to alleviate or dispel one's own. Therefore, one should let the heart melt at the suffering of others.

The whole world is one family. Feel this. Open your heart to compassion. Understand the suffering of others and be ever ready to help them. Share what you have with others. Wipe the tears of the suffering. Compassion opens the door to freedom and expands the heart.

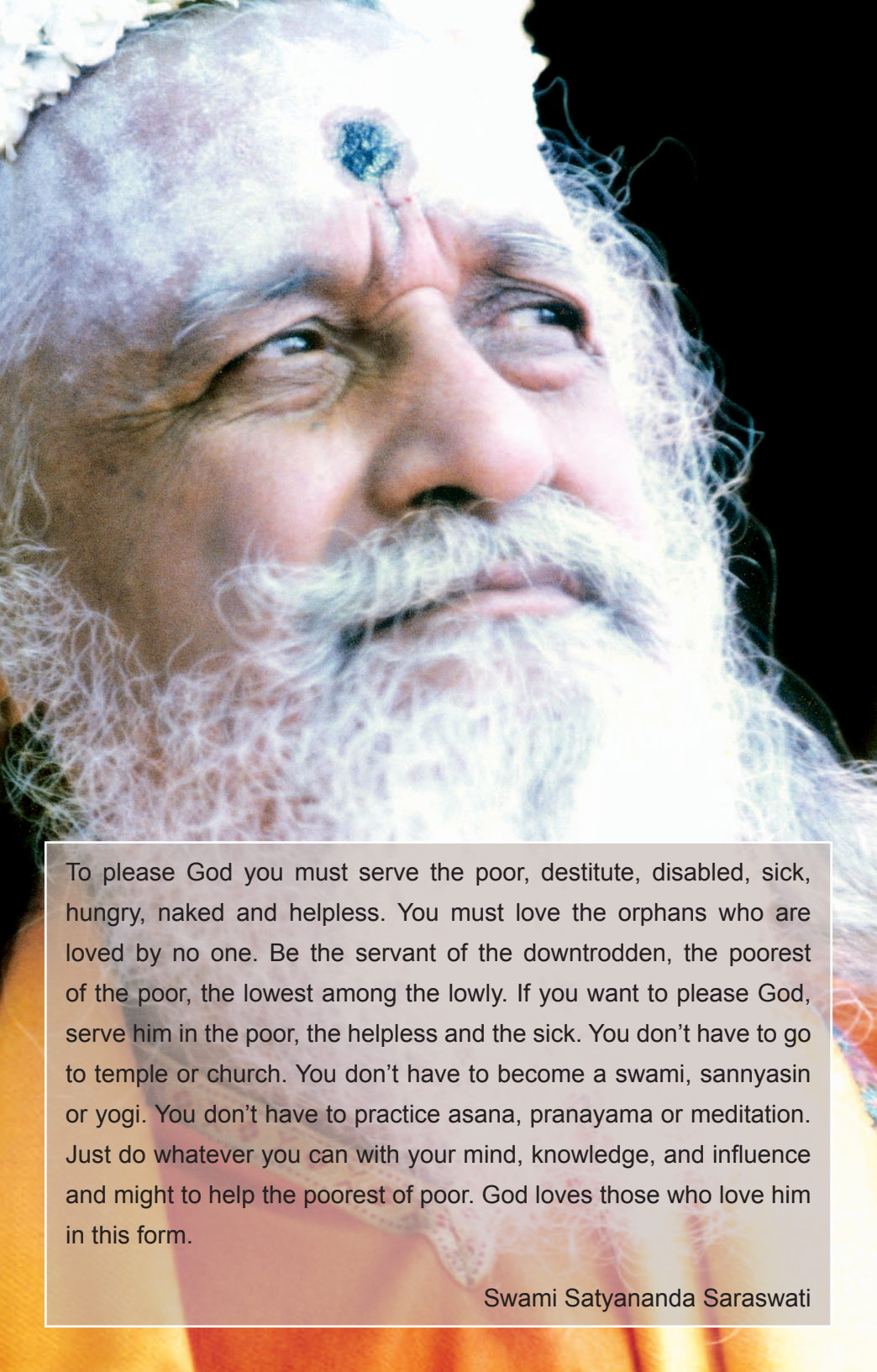


There is no power greater than love. You can win the hearts of others through love alone. You can conquer your enemies through love alone. You can tame wild animals through love alone. The glory of love is ineffable. Its splendour is indescribable. The power of love is unfathomable.



Live in love. Breathe in love. Sing in love. Eat in love. Drink in love. Walk in love. Talk in love. Pray in love. Meditate in love. Think in love. Move in love. Write in love. Die in love. Taste the honey of divine love and become the symbol and embodiment of love.





To please God you must serve the poor, destitute, disabled, sick, hungry, naked and helpless. You must love the orphans who are loved by no one. Be the servant of the downtrodden, the poorest of the poor, the lowest among the lowly. If you want to please God, serve him in the poor, the helpless and the sick. You don't have to go to temple or church. You don't have to become a swami, sannyasin or yogi. You don't have to practice asana, pranayama or meditation. Just do whatever you can with your mind, knowledge, and influence and might to help the poorest of poor. God loves those who love him in this form.

Swami Satyananda Saraswati



# The Importance of Compassion

Swami Satyananda Saraswati

People wonder why God does not hear them when they perform rituals and worship, asana and pranayama, study Vedanta, make pilgrimages to Vaishno Devi and Kashi. God is sitting right in their heart, but he is not ready to listen to them because they do not recognize the pain of others.

God only listens when one is able to feel the pain of others the way one feels the pain of one's own child. If one's child is in pain or meets with an accident, what kind of state is one in? Does one think of others like that? Is there one person who has spent a sleepless night thinking of the millions of poor who will go to bed hungry tonight?

Everyone is selfish, only concerned with themselves and theirs, not anyone else. Why then should God who is all-pervading listen? Isn't the one who is in pain God's child as well?

A big change should come about in India, the way it did in England after the two World wars. English society completely changed and the first thing they ensured was that every person had food and clothing. Until the basic needs are provided to those who do not have them, there is no meaning to religion, politics, national laws or spirituality. Therefore, it doesn't matter if one doesn't perform the rituals of worship or go on pilgrimages, but it is necessary to have compassion and sympathy in one's heart. These are important qualities for every aspirant.





# A Pilgrim of Love

Swami Satyananda Saraswati

Love is the feeling of oneness with others, feeling for other as one feels for oneself, being able to feel the difficulty of another person as one feels one's own. In love, duality is fused into unity – two become one. Sometimes emotions come and take the form of love. However, there is a clear-cut distinction between love and emotion – they are two substances completely different, but they look almost alike.

With love one feels oneness behind diversity. Yet, the definition most people give to love relates to emotional activities, which suits most people, but any experience of love related to emotional activity is not infinite. If one loves an object or a person there is always a kind of reaction. One's love for that object is not durable or permanent, and there are fluctuations every now and then. How can that be love? Love is a higher experience, an experience of total unity. Therefore, when loving, the attitude has to be continuous, constant and consistent.

Love is an act of giving and giving without expecting anything in return. When something is expected in return, it is not love - it is something else. To attain love the mind has to be purified and a lot of experiences undergone in life. That is only possible when one is a pilgrim, when one is searching for God.





# Their Happiness is My Happiness

Swami Satyananda Saraswati



We who have enough of everything should develop the philosophy of atmabhava in our lives. That is the philosophy of Vedanta - you and I are the same. It is written in Vedanta, in the Upanishads, that all of us, living or dead, are part of the universal soul which resides within all of us. It is very easy to say that, but in actual practice we do not follow that tenet. In practice 'I' is separate from 'you'. The feeling of oneness comes when you can feel that all those who live around you have the same soul or are part of the same soul that is within you and that their sorrow and pleasure are your own sorrow and pleasure. It may not be possible for me as a human being to share all the difficulties of my neighbours, but certainly I should have the quality to feel that.

One person cannot wipe out the pain of everyone in the world. But there should be the feeling that if your child is sick, I should feel the pain that you feel for your child, or for that matter the pain of your friends, wife, daughters and neighbours, in the same way as I would for my own kith and kin. This is very important. The sayings of the Upanishads will not be true until one practises that. It is no use saying that everyone is myself. You should feel that everyone is yourself, then you will feel their problems.



I'm not saying that we should pay for their education, although it would be good to do so, but at least they should have two square meals a day for their children. There are millions of families in this world whose children do not have two square meals a day. There was a driver with this ashram who stayed with us for two or three years. Then we arranged an auto rickshaw for him and now he is self-sufficient and earns his own living of one hundred rupees a day. It is the duty of each one of us, be it the ruler or the ruled, to see that no one is deprived of this basic minimum need.

### **Live for the pleasure of others**

One should live and do for the pleasure of others. You all know this, as you live for the well-being of your children, but at times people forget. It is not wrong to live for your own well-being, but you should not forget the well-being of others. You should take care of their well-being along with your own. The poverty-stricken outnumber the affluent. We cannot help all the poor, but at least we should all be aware of our duties to the downtrodden. This is a fact of life which you must all understand.

If this society cracks and breaks, then there will be chaos. Therefore, it becomes our duty, your duty, everyone's duty, to sustain this society. Society does not depend on us. We are the load, not the load-bearers. We are a burden on society, not the bearers of the burden. It is our duty in every society – Eastern or Western, African, Chinese or Russian – to care for the common folk, because their needs are very few. The oxygen, food and water they consume in one year, an American or European consumes in one second. So you can understand how economical they are for our existence, for our society. The villagers have been receiving prasad since I came to Rikhia. We all have a duty, a compulsory obligation to look after the common people, the supports of society.





## Be Kind

Cultivate kindness.

Kindness is a healing balm.

It soothes suffering.

A kind peck, a kind word,

A kind act - all cost nothing,

But brings to others happiness

Which money cannot buy.

Kindness is the language the deaf can hear

And the dumb understand.

Kindness is a direct passport to the kingdom of eternal bliss.

Swami Sivananda Saraswati



# Serve, Love, Give

## The Yoga of the 21st Century

Swami Satyasangananda Saraswati



Wherever I turn today I see people serving and giving and loving. Whether it be the doctors, medical teams, police, volunteers, social workers, corporates, media, the government and even the public at large, all are joining their strengths to support and help those in distress. Right in front of my eyes, a mighty world army is being born, which does not amass weapons and arms to capture, control and destroy nations, people and lands, but uses the ammunition of service, love and selfless giving to capture and destroy the unseen enemy lurking in every shore.

In this universal effort of serve love and give today more than ever before we are witnessing the Vedic truth, "Vasudhaiva Kutumbakam", the whole world is a family of the Divine. Today the collective universal spirit of mankind is slowly but surely awakening to the fact that we are essentially ONE. We are realizing that when it comes to the harsh truth of how fragile human life is then all differences disappear. It takes an epidemic of this proportion to demonstrate to us that there are forces beyond our control that do not distinguish between nationality, religion, caste, creed, gender or status.

Death and disease strike everyone. A virus or bacteria does not have special affinity for the rich or poor. It can strike anyone at anytime regardless. This makes every man, woman and child, each one of us very vulnerable.



Vulnerability leads to insecurity, insecurity leads to fear and fear completely overrides the harmonious peaceful joyous vibrations of the brain. Soon the underlying despair and not the virus becomes the problem.

Swami Satyananda once said to me that if the modern world does not embrace yoga it will go into civilizational depression. I realize today that this is what he meant when he said that. Despair, despondency, disappointment lead to depression. Most of us equate Yoga with asanas or exercises, pranayama or correct breathing, relaxation and meditation. These are all necessary and most important to streamline, regulate and balance our energies.

However, after revealing all these practices in simplistic and scientific detail and inspiring millions worldwide in every shore to lead a yogic life, it was here in Rikhiya he revealed and inspired millions to lead a Divine Life. He said Serve Love and Give is the Yoga of the 21st century! That is the mandate he gave for Rikhiya. It was the dictum of his Guru, Swami Sivananda who said more than one hundred years ago, " Serve, Love, Give, Purify, Meditate, Realise, Be Good, Do Good, Be Kind, Be Compassionate".

Indeed, what a visionary statement or sutra he gave us. To live a Divine Life is to realize the unbroken and eternal unity of creation. The Vedic mathematics which Sri Swamiji taught me was that One plus One equals to One, unlike modern mathematics which makes us believe that one plus one



equals to two. The Vedic concept leads to unity and the other divides. Unity is strength, division makes us weak. We have to decide whether we want to be strong or weak. Swamiji has shown us the way and now it is up to us.

Perhaps we did not understand earlier, it took a catastrophe of this proportion to make us ponder on the unshakeable truth that we are all inter-connected and inter-dependent on one another as well as everything in creation. My health and well-being is dependent on yours and clearly we have to start caring for one another.

The sights I see around me of humanity rising up to Serve, Love and Give makes me understand and deeply appreciate this concept, the seeds of which Swami Satyananda sowed here at Rikhiapeth, his tapobhumi over thirty years ago. At Rikhia we have been practicing this Yoga everyday every second and moment of our lives. Our day begins and ends with the activities of Serve, Love and Give. We did not need an epidemic to make us realize that the pain of another is our pain, even if he is not related to us in any way, nor will we get anything in return, maybe not even a thank you. How can one sleep soundly when even one child goes to bed hungry? Swami Satyananda said, "How long will you live in the coolness of your air-conditioner when there is a fire burning outside?".

More than anything else that we take away from this worldwide wake-up call is the necessity to reflect and introspect on our lives. We have to set benchmarks on what is meaningful for life. If there is no life then of what use are the millions and trillions that we yearn for all the time. It could be benevolent Mother Nature guiding us on how to live a healthier and happier life and thus shape a better world. The future will be shaped by the actions we take today. Let's unite by practicing the Yoga of the 21st century - Serve, Love, Give, Purify, Meditate, Realise.





## Acts of Kindness

Swami Satyananda Saraswati

Swami Sivananda said “Serve, love, give, purify, meditate, realize, be good, do good, be kind, be compassionate.” He used to say these ten meaningful words to everyone. He was not a miserly man. Whenever anyone came to ask him for something he would say, “Come on, give it to him”. Once he completely cleaned out the whole ashram. We had no blankets because he had given them all away.

Swami Sivananda always used to think about others. Whenever he met people, he did not give spiritual lessons such as I give. He always used to say nice things about people and he would give them clothes, food and medicine for their sickness and disease.





# Karuna

Swami Niranjanananda Saraswati

The act of giving is known as karuna. People translate karuna as compassion. Kara means hands, something that one does with hands, in karuna there is also this kara. When one spreads ones hands to lift somebody up, that is karuna. When one uses the hands to help somebody, that is karuna; and that is giving with love. It is not compassion, it is not sympathy, it is reaching out to connect with the other person. Giving means reaching out to uplift their spirit, to bring a twinkle to their eyes and a smile on their lips. That is the act of giving and of compassion.

There is no use in trying to perfect your own sadhana without first contributing to the upliftment of humanity. The more you serve humanity, the more divine energy flows into you. Good karma or works are always encouraged by the guru. However good works by themselves are not sufficient to remove the veil of ignorance. This can only be done when the sannyasin accepts the tasks assigned to him or her and offers them to the guru and not to anyone else.

Good works may be beneficial to society, the sick, the hungry, the ignorant, but they are still in the dimension of maya wherein you can be trapped, as in any other worldly activity. Unless you are serving the guru or God within yourself, then social service in any form cannot be considered as a sadhana, because it produces karma rather than eliminating it.

# Fight Corona with Karuna

Swami Satyasangananda Saraswati

Corona has come to us with a message. That message is enshrined in the word itself. In the Hindi language 'Corona' (Karo Na) means "Do something". It seems as if Nature is beaming out a signal that the way forward for us towards health, wealth and happiness is simply to do something. Prakriti or Nature is saying, Do something for the suffocated air, do something for the choking waters, do something for the polluted earth, do something for the fractured ether, do something to ignite the fire.

It feels as if benevolent Nature has forcibly thrust rest and recuperation on us. Perhaps we needed it, for who else but Mother Nature who created us, would know what we need most. This is a time for rest, recuperation, re-energising and re-charging for all of Nature's creation. That includes all of us as well.



In these few days when no cars hit the road, no Metros and trains run, no aeroplanes take off, no factories spew out toxic waste, no humans spill garbage and waste on the streets, we have seen the earth, water, fire, air and ether smile again. Life is much larger than we perceive it. If the earth is sick we get sick, if the earth is healthy we will be healthy. That's how deeply we are inter-connected.

So this worldwide holiday at home which Nature has granted us out of the blue is for us to recharge. We always feel happy when there is a holiday and

wait with eagerness for our holidays. Well now you have one. Make it a memorable one. To make it remembrance worthy you must not forget the message "Do something". Things will get better, but meanwhile, Do Something.





**Do something for the needy, the hungry, do something for the ailing and sick, do something for the destitute, who have no home. Do something to lend a helping hand. Do something to be useful to another. Do something to bring hope, happiness and a smile to someone's face. Do something to Serve another! Do something to Love another! Do something to Give another!**

That is the message as well as the lesson that Corona (kuch to karona) is signalling out to us. You have got to do something. We have to start living not only for ourselves but for the rest of creation too. In that lies our progress and forward movement or evolution, otherwise we can face disintegration, destruction and perhaps disappearance.

The need of the hour is to pay heed to the lesson that Nature is trying to tell us. Each one of us has to feel responsible for this. It is up to each individual to awaken and rise to the occasion and join in this universal movement of Serve, Love and Give. We should not just expect others to do it and watch from the sidelines. In whatever small manner we can we should endeavour to be a part of this opportunity that has been thrown our way.

What you will do will be your offering to Mother Nature, it will be your thank-you and act of gratitude to Mother Nature who serves us selflessly throughout our lives. A ninety three year old Italian man who recovered from Corona was given a bill for his treatment when he was being wheeled out. It brought tears to his eyes. On seeing him cry the health worker became concerned and enquired if there was any problem. The old man said, "I just felt choked with the emotion of gratitude to Mother Nature. For three weeks



there in the hospital on ventilator air I am paying five thousand dollars and for ninety three years of my life I was breathing air free of cost, I never paid a single dollar". The time to pay is here and we can do that by caring for one another.

The sentiment of gratitude is most important for us at this time. The moment you feel gratitude for everything you had begun to take for granted, you will feel calm and peace. The fear will vanish and you will feel re-charged. Be grateful. Make a list of things that you have to be grateful for. Read it twice a day, once when you wake up and before you go to sleep. Keep adding to it.

Soon you will have a new level of perception about yourself and the world and people around you. You will begin to feel more in tune with yourself, more hopeful, positive and inspired. In loving others you are purified and in giving to others you receive in abundance. Swami Satyananda said, "Feed man and God will be fed". Param Gurudev Swami Sivananda said, "Feed the hungry and God will feed you." At this time one of the most useful seva that can be offered is 'annadaan' or giving of food to the hungry. Even the shastras regard annadaan as one of the most sanctifying form of daan by which both the giver and receiver is benefitted.

Along with the lesson to do something there is another lesson enshrined in the word Corona and that is the attitude with which one should do something. If you pronounce Corona the Indian way you end up saying Karuna. This Sanskrit word which means compassion beautifully sums up the message from Mother Nature which is, "Do something, but do it with love born out of compassion."



It was the immense karuna or empathy that arose in Paramahansaji's heart and soul, or atman, which connected him to others. Although he never met anyone and was the original social distancer, he could feel the difficulties and suffering of others. That is known as the state of Atmabhava, which he embodied at Rikhia.

Here at Rikhiapeeth service to those who need it most, who have nothing, no facilities at all, just a pathetic hand to mouth existence, has been the focus. The foundation of this service is Love. It is an act of giving, love, joy and happiness to another. It is to lessen the suffering of another. The spirit of service offered at Rikhiapeeth is born out of Love and Love is the substratum on which the service rests. It is not done as an act of charity, out of pity. Nor, is it done with any expectation of gain. It is purely nishkaam or selfless seva.

Rikhiapeeth has always been committed to the service of the neighbours of Sri Swamiji. And now at this time when all are in great distress, Rikhiapeeth has initiated the 'Karuna Relief Seva' through which thousands of families extending even beyond our neighbourhood will be served. You can say that Paramahansaji's family is becoming bigger and bigger.

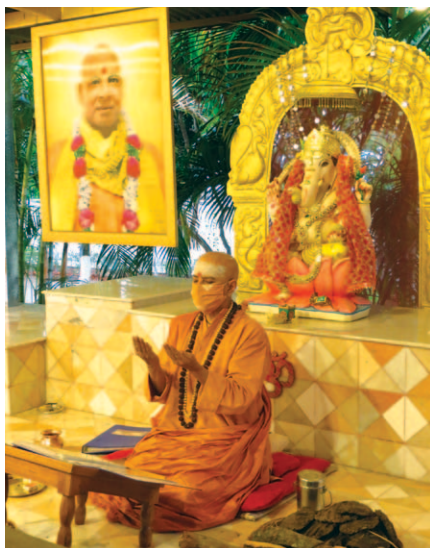
So take a sankalpa to do something out of the compassion and love that arises from your heart and soul. Unite with Mother Nature in this great task of healing and restoration that is taking place right before our very eyes through the mandate given by Sri Swami Satyananda of Serve Love and Give. For it is through serving, loving and giving that we can purify, meditate and realize. Seva Karo na. Love Karo na. Give Karo na.



# Lockdown Learnings

Sannyasins and Residents of Rikhiapeeth

Since the nationwide lockdown began in March 2020 the sannyasins and residents of Rikhiapeeth have worked tirelessly day and night to meet the needs of the most vulnerable within our community through the activities of Karuna Relief Seva. Side by side with the seva, this unprecedented time has given all a chance to pause and reflect and has been a golden opportunity for swadhyaya, self study, learning and growth.



The sannyasins and residents have utilised this period to develop skills and refine their talents in many areas including music, art, gardening, cooking, writing, stitching, editing, desktop publishing and the chanting of sanskrit mantras to name just a few.



These months have seen a surge in creativity and self-reliance at Rikhiapeeth as within days of lockdown being declared the sannyasins of Rikhiapeeth were busy designing and stitching face masks as well as preparing handmade sanitizer and PPE equipment including face shields and masks that were distributed to local healthcare workers and essential service providers.

Rikhiapeeth sanitizer was made by the sannyasins and residents and was used and distributed during the Coronavirus pandemic.



“Lockdown has made me realise the true meaning and definition of Karuna, not just as a philosophical idea or emotional action, but in a very practical and aware act of loving and understanding”.

**Swami Sevadhara, Italy**

“I feel that we are the luckiest people, because at Rikhiapeeth I never felt even for a second that a tragedy is going on in the world. We are in the open air and have all the necessities”.

**Sannyasi Gyantara, India**

“In the ashram there is the possibility to experience a wholistic lifestyle. The tools of our tradition are available and there is rhythm and space to work on all aspects of life- spiritual, mental, emotional and physical”.

**Swami Shyamananda, India**

“Lockdown has compelled me to become self-reliant, self-dependant and self-disciplined. This has been a time to pick up the ways in which things are to be done with the right feeling, attitude, understanding and approach”.

**Swami Suryaprakash, India**



Rikhiapeeth residents prepared hundreds of PPE kits which included mask, shield and gloves.

“This is a time to realign ourselves with Sri Swamiji and try to follow his example in whatever small way we are able to”.

**Swami Shankarananda, Serbia**

“During the lockdown I realised when I am not able to change the situation I must change myself to adapt to the situation.”

**Jignasu Gurubandhu, India**

“I am learning that we limit ourselves, but that inside each of us is the power to decide, I decide how I feel.”

**Swami Satyadhara, Australia**

“I am learning to let go of mental nonsense. I am learning to open my heart.”

**Sannyasi Amritamurti, USA**

“The world as we know it has changed and this is the best time to change the inner world as well. I am most grateful to be here at Rikhiapeeth. To be in such a positive, healthy and safe space is a souls greatest blessing.”

**Sannyasi Lavina, Australia**



I came to Rikhia to retire and live quietly in solitude. I did not want to meet anyone.

I realized that knowing the Self is necessary to keep one self disciplined, without any craving for name and fame, or even for doing service and helping others. There is a difference between the feeling of service and the feeling of Self. The feeling of Self means atmabhava, the sentiment of others being like one's own Self. If I am hurt I feel pain, that is natural, but do I also feel pain if you are hurt? Atmabhava means to feel experience of others as my own experience. The sorrow and sufferings of others, the death of somebody unknown to me, the problems of families who are strangers to me, are all felt as my own.

This is atmabhava, not charity. Seeing everyone in oneself and oneself in everyone is the highest attainment of Vedanta: "Atmanipashyantibhutani", which means seeing the Self in all and all in the Self as one Brahman.

Swami Satyananada Saraswati

# Karuna Relief Seva

Rikhiapeeth

The activities of Sivananda Math, Rikhiapeeth and Sivananda Ashram are now more vital than ever to respond to the growing humanitarian crisis resulting from the current Coronavirus pandemic.

Hardships are being experienced by millions throughout the world, but especially by those in rural and backwards areas where even without the pandemic there is struggle on a daily basis for the basic necessities of life.

In Rikhia Panchayat thousands of rural families are facing increased hardships due to the compounding factors of unemployment, limited health care, reduced access to rations and supplies. Restrictions on farmers from tending their crops and on daily wage earners from seeking jobs is leaving entire families and communities in precarious situations. The widows and elderly remain the forgotten and rural youth are being increasingly excluded from education and self development opportunities as the digital gaps widen.

To alleviate some of the hardships resulting from the Coronavirus pandemic, Peethadhishwari Swami Satyasangananda has initiated and masterminded the Karuna Relief Seva which is supporting the most vulnerable within our community during these unprecedented times. The Karuna Relief Seva is continually assessing the evolving needs of the community and strives to alleviate the hardships being faced by thousands of rural families as well migrant workers, unemployed, youth, farmers, tribal villagers, widows and the elderly.

This has been possible thanks to the tremendous support of devotees, well-wishers and aspirants from around the globe.

We would like to thank all those who have supported the Karuna Relief Seva being offered towards the fulfilment of Sri Swamiji's sankalpa to bring peace, plenty and prosperity for all.





"Fight Corona with Karuna".

- Swami Satyasangananda Saraswati -











# Akshay Tritiya

## The Day of Breakthrough



## Declaration of Freedom

Whatever may seem to bind or limit you, declare yourself free from it now. There is nothing in the outer world, no person, no condition and no circumstance which can take away the freedom that is yours in spirit. Instead of wishing that you were free to live your life differently, accept the truth that right now you are free. Free to change your thinking, free to change your outlook on life, free to be all that you long to be. Make this a day of freedom, spiritual freedom. Declare yourself free from anxiety and fear, free from any belief in luck or limitation.

Swami Satyananda Saraswati



# Creating Balance in Society

Swami Satyananda Saraswati



Money has three destinations - daan, offering; bhoga, enjoyment; and nasha, destruction. All property has these three destinations only. You may enjoy it or you may offer it, otherwise it will be lost or destroyed. Anything and everything, movable or immovable, gold or silver, food or sweetmeats, clothes or animals, cars or anything else. You should think about how much you need for your own enjoyment. To collect and keep things is not enjoyment; to store things is also not enjoyment. Enjoyment is utilizing things for oneself. You have many things that you do not need and such things you must offer to the needy. If you offer a job or service to the needy, or if you make a firm arrangement for the livelihood of a needy person, you will be doing yeoman service to that family.

The society that only knows the culture of receiving and not giving promotes social exploitation. To strike a balance in society we should teach children to follow the culture of give and take. If we don't receive from others, how

can we give? Unless social balance is achieved, the gap between affluence and poverty cannot be bridged. Therefore, provision is made in the yajna for the giving of prasad.

The general populace are the foundation of the nation. The village children and their parents are the load bearers of our society. The masses provide the base, the solid ground, the direction and destination for a nation to move forward. This section of society must be looked after properly, otherwise there will be rape, looting, extremism. If the larger section of the country is not looked after, society cannot be given security. Sixty to seventy percent of the world's population is neglected.

This is a message to each and everyone. If you bake four loaves of bread, one loaf is for society. You have to share your joy, your booty, your money. You have to share your happiness with everyone. Everyone should ponder over the plight of that section of society that has been kept deprived for so long. If you don't give to others how will you get anything back?

For a human being, the most difficult vow is to forsake, to renounce, to let go. Everyone knows how to collect, how to add up. To renounce means to make a sacrifice. Sacrifice is made for the sake of others, just as a mother makes sacrifices and abstains from many comforts for the sake of her child's well-being. A time should come when people cultivate the habit of giving. You should give to everyone, even the affluent, not only to the poor and the destitute. God does not discriminate between rich and poor. He gives to all. He gives to the poorest of the poor and the wealthiest of the wealthy too. This is the way of God and we should learn it.





# Know Your Mantra

## DURGA MAHAMARI VINASHAK MANTRA

Durga Mahamari Vinashak mantra, from Durga Saptashati, is a powerful tool to protect from illness and boost immunity and to strengthen resilience during this time of malady resulting from the Coronavirus pandemic.

The Durga mantra is especially powerful for overcoming disease, illness and a range of afflictions. It provides protection during pandemics when the spread of disease and sickness is rampant and we are all vulnerable. It is known as “Maha Mari”, as it is the ultimate defence against killer diseases.

The power of this mantra is incomparable when chanted with faith and belief. It is most effective when chanted daily at the same time either early in the morning or in the evenings. At Rikhiapeth this mantra is part of the daily sadhana being followed by the sannyasins to generate protection and immunity from disease and illness.

**Jayantee Mangalaa Kaalee Bhadrakaalee Kapaalinee**

**Durgaa Kshamaa Shivaa Dhaatree Swaahaa Swadhaa Namostute**

“The science of mantra is the science of sound. Sound waves affect both the physical and the mental bodies. People seem to think that only medicines, injections, tablets or herbs can cure sickness. These things are fine, but there is definitely a more powerful and effective formula available to man and that is sound in the form of mantra. In mantra yoga you repeat a particular sound, which is suitable to your personality and your qualities. The mantra is then transformed into a form of pure energy, which is responsible for the regeneration of dead cells in the body.”

Swami Satyananda Saraswati

# मंत्र को जानें

## दुर्गा महामारी विनाशक मंत्र

दुर्गा सप्तशती में वर्णित दुर्गा महामारी विनाशक मंत्र कोरोना वायरस की इस आपदा के समय प्रतिरोधक क्षमता बढ़ाने, सशक्त बन अपनी दुर्बलताओं से निजात पाने और रोग से बचाव के लिए एक शक्तिशाली साधन है।

सभी प्रकार के कष्टों से मुक्ति तथा बीमारी व रोगों के प्रकोपों को दूर करने में यह कल्याणकारी दुर्गा मंत्र बहुत ही प्रभावशाली है। महामारी के दौरान रोगों के तीव्र संक्रामक विस्तार से जब हम सब असुरक्षित से हो जाते हैं तब यह मंत्र हमारी सम्पूर्ण सुरक्षा करता है। भीषण महामारी के प्रकोप से बचने के लिए यह रामबाण है इसीलिए इस मंत्र को महामारी विनाशक मंत्र के रूप में जाना जाता है।

श्रद्धा और विश्वास के साथ इस मंत्र का जप करने से मंत्र का प्रभाव अतुलनीय हो जाता है। प्रतिदिन सुबह या शाम में एक निश्चित समय पर मंत्र-जप से इसकी प्रभावोत्पादकता बहुत बढ़ जाती है। प्रतिरोधक क्षमता बढ़ाने एवं महामारी के प्रकोप से सुरक्षा के लिए यह मंत्र रिखियापीठ के संन्यासियों के दैनिक साधना का एक महत्वपूर्ण अंग है।

**जयन्ती मंगला काली भद्रकाली कपालिनी।  
दुर्गा क्षमा शिवा धात्री स्वाहा स्वधा नमोऽस्तु ते॥**

मंत्र विज्ञान ध्वनि या नाद का विज्ञान है। नाद या ध्वनि की तरंगें शारीरिक और मानसिक दोनों स्तरों पर प्रभाव डालते हैं। लोग ऐसा सोचते हैं कि रोग व बीमारी से बचाव के लिए केवल दवाइयाँ, सूई, जड़ी-बूटी आदि ही कारगर उपाय हैं। ये सब सही हैं लेकिन मंत्र के रूप में नाद या ध्वनि एक बहुत ही शक्तिशाली और प्रभावशाली नुस्खा मानव को सहज ही उपलब्ध है। मंत्रयोग के अनुसार जब आप अपने व्यक्तित्व और गुणों के अनुरूप एक विशेष मंत्र का जप करते हैं तब यह मंत्र एक शुद्ध ऊर्जा में परिवर्तित होकर आपके शरीर की मृत कोशिकाओं को पुनर्जीवित करती है।

स्वामी सत्यानन्द सरस्वती





## इक्कीसवीं सदी का योग - सेवा, प्रेम और दान

स्वामी सत्यसंगानन्द सरस्वती

आज मेरी नजर जिधर भी जा रही है, लोग सेवा, प्रेम और दान के कार्यों में ही संलग्न दिख रहे हैं। चाहे वे चिकित्सक हों, स्वास्थ्यकर्मी हों, पुलिस हों, स्वयंसेवक हों, सामाजिक कार्यकर्ता हों, कॉर्पोरेट्स हों, मीडिया या सरकार हो, यहाँ तक कि बहुत बड़े पैमाने पर जनता भी, सभी लोग अपने सामर्थ्य के अनुसार संकटग्रस्त लोगों की सहायता के लिए एकजुट हो रहे हैं। मेरी आँखों के सामने एक शक्तिशाली वैश्विक सेना का उदय हो रहा है जो हर कोने में छुपे उस अदृश्य शत्रु वायरस के नियंत्रण और विनाश के लिए सेवा, प्रेम और दान को अपना अस्त्र-शस्त्र बना रही है।



सेवा, प्रेम और दान के इस सार्वभौमिक प्रयास द्वारा आज 'वसुधैव कुटुम्बकम्' की वैदिक विचारधारा चरितार्थ हो रही है, मानो सम्पूर्ण विश्व एक दैवीय परिवार बन गया है। सेवा, प्रेम और दान की इस सार्वभौमिक भावना से मानवजाति धीरे-धीरे इस सत्य के प्रति जागरूक हो रही है कि अन्ततः हम सब एक हैं। हम जब इस कटु-सत्य के प्रति जागरूक होते हैं कि मानव जीवन कितना क्षण-भंगुर है तो हमारे सारे भेद-भाव मिट जाते हैं। महामारी की इस विभीषिका ने बहुत स्पष्ट रूप से इंगित किया है कि हमारी पहुँच से परे ऐसी शक्तियाँ हैं जो राष्ट्रीयता, धर्म, जाति, पंथ, लिंग, पद, प्रतिष्ठा आदि के बीच अन्तर नहीं करती हैं।

रोग और मृत्यु हर किसी पर प्रहार कर सकते हैं। वायरस या बैक्टीरिया गरीब या अमीर से विशेष आत्मीयता नहीं रखता है। यह बिना किसी परवाह के किसी पर भी किसी समय प्रहार कर सकता है। और यह हम सबको बहुत ही असहाय बना देता है। असहायपन की यह भावना असुरक्षा की ओर ले जाती है और असुरक्षा से भय का वातावरण तैयार होता है। भय का यह माहौल मस्तिष्क के व्यवस्थित शान्तिपूर्ण और हर्षित स्पन्दनों को तहस-नहस कर देता है। और बहुत जल्द ही ये अन्तर्निहित निराशा हमारे लिए एक विकराल समस्या बन जाती है।





एक बार स्वामी सत्यानन्दजी ने मुझसे कहा था कि अगर आधुनिक दुनिया योग को अपने दैनिक जीवन में नहीं अपनाती है तो यह सभ्यतागत अवसाद के दलदल में धँसती चली जाएगी। उस समय उनके इस कथन का तात्पर्य क्या था यह मैं आज देख और समझ पा रही हूँ। निराशा, बेदिली, उदासी, मायूसी अवसाद या विषाद की ओर ले जाती है। हमलोगों में से अधिकांश योग को आसन (शारीरिक अभ्यास), प्राणायाम (श्वास-प्रश्वास), शिथिलीकरण और ध्यान से परिभाषित करते हैं। हमारी ऊर्जा-प्रवाह के नियमित, संतुलित और सुव्यवस्थित संचालन के लिए ये सब अति आवश्यक और बहुत महत्वपूर्ण माध्यम हैं परन्तु वास्तव में योग इससे कहीं अधिक व्यापक और विस्तृत है।

स्वामी सत्यानन्दजी ने इन अभ्यासों की वैज्ञानिकता और उपादेयता का बहुत ही सरलरूप प्रस्तुत कर विश्व के प्रत्येक कोने में लोगों को यौगिक जीवन जीने के लिए प्रेरित करने के बाद यहाँ रिखियापीठ में विश्व के लाखों लोगों को दिव्य जीवन जीने के लिए प्रेरित किया। उन्होंने कहा - 'सेवा, प्रेम और दान ही इक्कीसवीं सदी का योग है।' रिखियापीठ के लिए यही उनका आदेश था। यह उक्ति उनके गुरु स्वामी शिवानन्दजी की है जिन्होंने लगभग सौ साल पहले ही इसे सम्पूर्ण विश्व के लिए संप्रेषित किया था - 'सेवा, प्रेम, दान, परिशुद्धि, ध्यान, आत्म-साक्षात्कार, अच्छा बनो, अच्छा करो, दयालु बनो, कृपालु बनो।'।

उन्होंने एक छोटे से सूत्र के माध्यम से इतने विशाल दूरदर्शिता वाला वक्तव्य दिया जो आज भी हमारे लिए संजीवनी के समान है। दिव्य जीवन जीने के लिए सृष्टि में व्याप्त अटूट, अखण्ड और अनन्त एकता को हमें आत्मसात करना होगा। एकता में ही बल है,

अलगाव, विघटन या विभंजन हमें कमजोर करता है। हमें यह निश्चित करना है कि हम मजबूत बनना चाहते हैं या कमजोर।

शायद हम पहले नहीं समझ पाए। आज महामारी की इस विभीषिका ने हमें इस अटल सत्य पर विचार करने के लिए बाध्य कर दिया है कि हम सब एक दूसरे के साथ तथा सृष्टि के सभी अवयवों के साथ बहुत गहरे से जुड़े हैं और उन पर आश्रित हैं। मेरा स्वास्थ्य और कुशल-क्षेम आपके स्वास्थ्य और कुशलता पर निर्भर है। स्पष्टतः हमें एक दूसरे की देखभाल और एक दूसरे के दुःख-दर्द को बाँटने की प्रक्रिया शुरू कर देनी चाहिए।

आज मानवता द्वारा सेवा, प्रेम और दान की यह अभिव्यक्ति जो सम्पूर्ण विश्व में देखने को मिल रही है उस अवधारणा का बीज स्वामी सत्यानन्दजी ने अपनी तपोभूमि रिखियापीठ में तीस साल पहले ही बोया था। दूसरों के दुःख-दर्द को अपना दुःख-दर्द समझने और उनकी मदद करने के लिए किसी महामारी के आने की प्रतीक्षा नहीं करनी है।

अन्य संदेशों के अतिरिक्त यह विश्व व्यापी आवाहन हमें मूलतः आत्म निरीक्षण की आवश्यकता के प्रति सजग करता है। हमें जीवन की सार्थकता सिद्ध करने वाली कसौटी का निर्धारण करना होगा। जब जीवन ही शेष नहीं रहेगा तो इन अरबों-खरबों की सम्पत्ति के पीछे भागने से क्या लाभ। परोपकारी प्रकृति माँ हमारे स्वस्थ और सुखमय जीवनयापन के लिए हमें निर्देशित कर रही हैं ताकि एक बेहतर विश्व का पुनर्निर्माण हो सके। हमारे वर्तमान के क्रिया-कलाप ही भविष्य की संरचना का निर्धारण करेंगे। अतः हम सब एकजुट होकर इस इक्कीसवीं सदी के योग को आत्मसात करें - सेवा, प्रेम, दान, परिशुद्धि, ध्यान, आत्म-साक्षात्कार।



As part of Karuna Relief Seva, thousands of hygiene kits were packed and distributed to surrounding villagers, migrant workers, healthcare professionals and essential service providers. Each kit contained: towels, hand soap, hand sanitiser, hair oil, toothpaste, toothbrush, detergent soap, face mask and comb.



# Love

Swami Sivananda Saraswati

Love is the law of life. To love is to fulfil the law, and to fulfil the law means eternal peace and ever lasting happiness. This world has come out of love. It exists in love. Love is the motive-power of the universe.

Love is life. Love is joy. Love is warmth. Love is the golden tie which binds heart to heart, soul to soul. Love is constructive and creative. Love binds and builds. Love is the principle of regeneration. Love is an actual substance you can use with confidence. Love is a positive, concrete thing. He who applies the law of love with scientific precision can work wonders. The law of love is a far greater science than any modern science. The law of love prevails among saints and good men.

To live is to love. To love is to live. You live that you may learn to love. You love that you may learn to live in the Eternal. A life without faith, love and devotion is a dreary waste. It is real death.

There is no virtue higher than love; there is no treasure higher than love; there is no knowledge higher than love, there is no Dharma higher than love; there is no religion higher than love; because love is Truth; love is God. God is an embodiment of love. In every inch of His creation, you can verily understand His love.

Love is the immediate way to Truth or the Kingdom of God. It is the life-principle of creation. It is the highest expression of soul-force. It is the sum total of all the duties of religion. It is the magic wand in the hand of a devotee by which he conquers the whole world. It was the driving force behind Mira, Radha, Tukaram, Tulasidas, Gouranga, Jesus and the God-intoxicated Sufis, Mansoor and Shams Tabriez.



## प्रेम को विश्व-व्यापी बनाइए

स्वामी शिवानन्द सरस्वती

प्रेम जीवन का आधार है। प्रेम आनन्द का धाम है। प्रेम अन्तःकरण से बिना शब्द के बोलता है। यह मौन की भाषा है। प्रेम में हृदय अधिकाधिक कोमल हो जाता है। प्रेम में सेवा की भावना तीव्र हो जाती है। प्रेम में स्वार्थपरता का अन्त हो जाता है। स्वार्थहीन व्यक्ति अपनी चीजें दूसरों में बाँट कर आनन्दित होता है। यहाँ पर त्याग की परिभाषा चरितार्थ होती है। प्रेम की गली अति सँकरी है। इसमें दो नहीं प्रवेश कर सकते। जहाँ 'मैं' है वहाँ प्रेम नहीं, जहाँ प्रेम है वहाँ 'मैं' नहीं रहता।



**प्रेम न बारी उपजै, प्रेम न हाट बिकाय।**

**राजा परजा जेहि रुचै, सीस देय ले जाय।।**

सूर्य, पुष्प, गंगा, चन्दन, फलदार वृक्ष, गायें-हमें प्रेम की शिक्षा देते हैं, निष्काम भाव से मानव-जाति की सेवा करने के लिए ही वे जीते हैं। चाहे किसान की झोपड़ी हो या राजा का महल, सूर्य अपना प्रकाश सर्वत्र समान रूप से बिखेरता है। फूल किसी भी प्रतिफल की अपेक्षा रखे बिना सबको समान भाव से सुगन्धि विकीर्ण करता है। गंगा का शीतल और परिशुद्ध जल सभी लोग पीते हैं। चन्दन का वृक्ष सबको-उसे पानी देने वाले को भी और कुल्हाड़ी से काटने वाले को भी-समान रूप से सुवासित कर देता है। सभी फलदार वृक्ष भी ऐसा ही आचरण करते हैं। वे पालन करने वाले को जिस प्रकार प्रसन्न करते हैं, वैसे ही पत्थर फेंकने वाले को भी प्रसन्न करते हैं। गायों का जीवन बच्चों, बूढ़ों, रोगियों और दुर्बलों के परिपालन के लिए ही है। इनसे प्रेम करना सीखो। सदा दो और देते ही जाओ। बदले में कुछ भी न चाहो, कुछ भी अपेक्षा न रखो, यहाँ तक कि प्रशंसा, सराहना या मान्यता भी न चाहो।

अपने पड़ोसी से प्रेम करो और उनकी सेवा करो। अपने लिए जो अधिक पसंद करते हो, उसे दूसरों को आनन्द और स्वेच्छा से दो। इससे विश्व-प्रेम विकसित होगा और आपकी दृष्टि में एकता और समता समा जाएगी। शीघ्र ही ब्रह्मज्ञान प्राप्त होगा। जल्दी ही सबमें आत्मा को और आत्मा में सबको देखने लगोगे। सम्यक् दृष्टि प्राप्त होगी। एक माता अपने एक मात्र जीवित बच्चे से जिस प्रकार प्रेम करती है, आपको उतना ही प्रेम विश्व के प्रत्येक प्राणी से करना चाहिए। सबके प्रति दयालु रहो। सबसे प्रेम करो। किसी की भावना को चोट न पहुँचाओ। सबसे एक-रूप हो कर रहो। आपके पास भौतिक, मानसिक या



आध्यात्मिक जो कुछ भी है, उसे सबके साथ बाँट कर भोगो। कोई आपसे घृणा करे, तो भी उससे आपको प्रेम करना चाहिए। सबसे आपको प्रेम करना चाहिए। चोर, शराबी, गुण्डे और आवारा से भी प्रेम करना चाहिए। किसी सद् हेतु के लिए आप अपना जीवन उत्सर्ग करने को उद्यत रहो। अपने शत्रु को बचाने के लिए अपना प्राण देना पड़े, तो उसके लिए भी तैयार रहना चाहिए। तभी एकता का अनुभव कर सकोगे। इस प्रकार असीम प्रेम करने वाले का सूक्ष्म शरीर विशुद्ध और सुन्दर तेज की आभा से प्रकाशित होता है। उसमें कभी मलिन न होने वाली कान्ति रहती है। चमेली से जिस प्रकार सौरभ फैलता है, उसी प्रकार आपसे भी प्रेम का मधुर सौरभ निकल कर दसों दिशाओं में फैलना चाहिए। तभी वह विश्व-प्रेम बन सकेगा और आपका हृदय विशाल होगा। प्रेम में भेद-भाव की इतिश्री हो जाती है और विश्व-बन्धुत्व का श्रीगणेश होता है।

सुख और आनन्द को हर कहीं स्पन्दित होने दो। चारों ओर प्रसन्नता की किरणें फूटने दो। सबमें एकता देखो। सबसे प्रेम करो। पक्षियों के साथ गाओ, सूर्य के साथ हँसो, अखण्ड ब्रह्म के दृश्य प्रतिनिधि-स्वरूप विशाल नीले गगन के साथ मुस्कुराओ। गंगा के कल-कल और वायु के फर-फर के साथ ॐ का जप करो। विद्युत के साथ गरजो, वृक्षों के साथ नाचो, फूल-पत्तों के साथ साँस लो। उपनिषद के सौन्दर्य और भावना 'सर्वं खल्विदं ब्रह्म' का आनन्द भोगो। फैलो, बढ़ो, विकसो।

**सबै रसायन हम किया, प्रेम समान न कोया**

**रंचक तन में संचरै, सब तन कंचन होया**



# करुणा से कोरोना पर विजय

स्वामी सत्यसंगानन्द सरस्वती



कोरोना हमारे लिए एक संदेश लेकर आया है और यह संदेश कोरोना शब्द में ही निहित है। 'कोरोना' शब्द को 'करो-ना' भी पढ़ सकते हैं। ऐसा लगता है जैसे प्रकृति एक संकेत दे रही है कि उत्तम स्वास्थ्य, शान्ति, सुख और समृद्धि के साथ आगे बढ़ने के लिए 'कुछ करो-ना' ही राम-बाण है। प्रकृति पुकार रही है - घुटन भरी हवा के लिए 'कुछ करो-ना', प्रदूषित जल के लिए 'कुछ करो-ना', आकाश के क्षीण होते परतों के लिए 'कुछ करो-ना'। प्रकृति के शुद्धिकरण की ज्वाला को प्रज्ज्वलित करने के लिए 'कुछ करो-ना'।

ऐसा लगता है परोपकारी प्रकृति ने जबरन हमें आराम करने और आरोग्य-लाभ लेने की ऐसी स्थिति में डाल दिया है। शायद हमें इसकी आवश्यकता भी थी। हमें किस चीज की सबसे ज्यादा जरूरत है यह प्रकृति से ज्यादा अच्छे से कौन जान सकता है। आखिर प्रकृति माँ की दया पर ही तो हम सब का जीवन आश्रित है। यह समय सृष्टि के सभी अवयवों में पुनर्निर्माण, पुनर्संरचना और नई शक्ति प्राप्त करने का है, जिसके हम सब भी अभिन्न अंग हैं।

इन कुछ दिनों में जब कोई कार सड़क पर नहीं चली, कोई मेट्रो या रेल नहीं चली, कोई हवाई जहाज नहीं उड़ा, किसी भी फैक्ट्री ने जहरीला कचरा नहीं फेंका, किसी इन्सान ने सड़क पर कचरा नहीं फेंका, तब हमने पृथ्वी, जल, अग्नि, वायु और आकाश को मुस्कुराते हुए देखा। वास्तव में हमारा जीवन हमारे सीमित अनुभवों से बहुत अधिक विशाल है। हम प्रकृति माँ से बहुत गहरे तक जुड़े हुए हैं। अगर प्रकृति बीमार है तो हम बीमार होंगे, अगर प्रकृति स्वस्थ है तो हम भी स्वस्थ रहेंगे।

ऐसा भी तो हो सकता है कि प्रकृति माँ ने कृपा-स्वरूप यह विश्व-व्यापी आकस्मिक अवकाश हमारी पुनर्संरचना के लिए हमारे जीवन में लाया है। हम उत्सुकता से छुट्टियों की प्रतीक्षा करते हैं और जब हमें छुट्टियाँ मिलती हैं तो हम बहुत खुश होते हैं। अभी हमारे पास एक सुअवसर है इन छुट्टियों को यादगार बनाने का। इन्हें याद रखने योग्य बनाने के लिए हमें 'कुछ करो-ना' संदेश नहीं भूलना चाहिए। चीजें अवश्य बेहतर होंगी, लेकिन इसी बीच 'कुछ करो-ना'।

जरूरतमंदों के लिए 'कुछ करो-ना', भूखे लोगों के लिए 'कुछ करो-ना', बीमार लोगों के लिए 'कुछ करो-ना', बेसहारा लोगों के लिए 'कुछ करो-ना', बेघर लोगों के लिए 'कुछ करो-ना', दूसरों के लिए उपयोगी होने के लिए 'कुछ करो-ना', दूसरों के चेहरे पर आशा, खुशी और मुस्कान लाने के लिए 'कुछ करो-ना', दूसरों की सेवा करने के लिए 'कुछ करो-ना', दूसरों से प्रेम करने के लिए 'कुछ करो-ना', दूसरों को कुछ देने के लिए 'कुछ करो-ना'।

कोरोना का यह संदेश कि 'कुछ करो-ना' हमारे लिए परमार्थ की शिक्षा लेकर आया है कि हमें कुछ करना ही होगा। हमें केवल अपने लिए ही नहीं बल्कि औरों के लिए भी जीना होगा। इसी में हमारी प्रगति और आगे का विकास निहित है। अन्यथा हम विघटन, विनाश और विलुप्त होने की कगार पर होंगे।

**‘अपने लिए जिए तो क्या जिए, तू जी एे दिल जमाने के लिए’।**

यह समय की पुकार है कि प्रकृति माँ की इस शिक्षा पर हम चिन्तन-मनन करें। हममें से प्रत्येक को इसे अपनी जिम्मेदारी समझनी होगी। आज प्रत्येक व्यक्ति को जाग्रत होकर सेवा, प्रेम एवं दान के इस सार्वभौमिक आंदोलन में शामिल होना होगा। हमें मूक दर्शक



Swami Satyasangananda consulting with village chiefs with full protocol of mask, face shield and social distancing.



बन केवल दूसरों से ऐसा करने की उम्मीद नहीं करनी चाहिए। अपने सामर्थ्य के अनुसार हमें भी इस आंदोलन का हिस्सा बनने का प्रयास करना चाहिए जो प्रकृति ने हमें सुलभ ही उपलब्ध कराया है।

आप जो भी करेंगे वह प्रकृति माँ को आपकी भेंट होगी, आपका धन्यवाद होगा और उनके प्रति आपकी कृतज्ञता होगी जिनकी निःस्वार्थ सेवा पर ही हमारे जीवन का अस्तित्व सम्भव है। कोरोना से पीड़ित तेरानवे साल के एक वृद्ध को उसके स्वस्थ हो जाने के बाद जब अस्पताल के स्वास्थ्यकर्मियों ने उसे बिल दिया तो वह बिल देखकर रोने लगा। उसे रोता देख स्वास्थ्यकर्मियों उससे पूछने लगे कोई समस्या है क्या? उसने कहा- “नहीं, यहाँ तीन सप्ताह के वेंटीलेटर एयर के लिए मैं पाँच हजार डॉलर का भुगतान कर रहा हूँ और अपने जीवन के तेरानवे साल तक मैं मुफ्त में साँसे ले रहा था, मैंने कभी एक डॉलर का भी भुगतान नहीं किया। प्रकृति के इस अमूल्य उपहार के प्रति कृतज्ञता से भावविह्वल हो मेरी आँखें नम हो गईं और आँसू निकल पड़े। यह समय भुगतान करने का है, और हम सब एक-दूसरे की देखभाल करके, एक-दूसरे का दुःख बाँट करके ऐसा कर सकते हैं।

इस समय हमारे लिए कृतज्ञता की भावना सबसे महत्वपूर्ण है। जिस क्षण उन सभी चीजों के लिए कृतज्ञता की भावना आपके मन में आनी शुरू होती है जो प्रकृति से आपको उपहार स्वरूप मिल रही थी, आप तादात्म्य और शान्ति का अनुभव करेंगे। डर गायब हो जाएगा और आप फिर से ऊर्जावान महसूस करेंगे। कृतज्ञता की भावना का विकास कीजिए। उन चीजों की एक सूची बनाइए जिनके लिए आपको कृतज्ञता प्रकट करनी चाहिए। इसे दिन में दो बार पढ़ें - एक बार सुबह जागने के बाद और एक बार रात में सोने से पहले। और अपनी इस सूची में चीजों को जोड़ते रहिए।





जल्द ही आपके पास अपनी दुनिया और आस-पास के लोगों के बारे में एक नई धारणा होगी। आप स्वयं आशावादी, सकारात्मक और प्रेरित अनुभव करने लगेंगे। दूसरों से प्रेम करने से आप शुद्ध होते हैं। दूसरों को देने से आपको प्रचुरता प्राप्त होती है। स्वामी सत्यानन्दजी ने कहा है 'भूखे को भोजन देना भगवान को भोग लगाना है'। परम गुरुदेव स्वामी शिवानन्दजी ने कहा है 'आप भूखे को खिलाओ, भगवान आपको खिलाएंगे'। इस समय जो सबसे उपयोगी सेवा हो सकती है वह है अन्नदान - भूखे को भोजन देना। यहाँ तक कि शास्त्रों में भी अन्नदान को पवित्रतम दानों में से एक माना गया है जिसके द्वारा दाता और प्राप्तकर्ता दोनों लाभान्वित होते हैं।

'कुछ करो-ना' की शिक्षा के साथ-साथ 'कोरोना' शब्द से एक और शिक्षा मिलती है और यही वह दृष्टिकोण है जिसे प्रत्येक को 'कुछ करो-ना' की अभिव्यक्ति में सम्मिलित करना चाहिए। यदि आप 'कोरोना' का भारतीय तरीके से उच्चारण करते हैं तो यह 'करुणा' उच्चारित होता है। प्रकृति हमें 'करुणा' के साथ 'कुछ करो-ना' की सीख दे रही है।





परमहंसजी के हृदय में दूसरों के प्रति असीम करुणा और सहानुभूति का ही भाव था जो उन्हें दूसरों से जोड़ता था, जिससे वे कभी मिले भी नहीं थे। अभी जो सामाजिक दूरी बनाकर रखने की बात हो रही है उसकी वे एक मिसाल थे। उन्हें दूसरों की पीड़ा और कठिनाइयों का अनुभव होता था जो आत्मभाव की स्थिति थी। रिखियापीठ में उन्होंने आत्मभाव की भावना को आत्मसात किया।

रिखियापीठ की सेवा मुख्य रूप से उन लोगों को समर्पित है जिन्हें इसकी सबसे ज्यादा जरूरत है, जिनके पास कुछ नहीं है, कोई सुविधा नहीं है और दयनीय अवस्था में हैं। इस सेवा की नींव प्रेम है,

यह दूसरों में प्रेम, खुशी और आनन्द बाँटने का कार्य है जो उनकी कठिनाइयों और दुःखों को कम करता है। रिखियापीठ में की जानेवाली सेवा-भावना का जन्म प्रेम से हुआ है। प्रेम की बुनियाद पर ही यहाँ सेवा कार्य किए जाते हैं। यहाँ के सेवा कार्य न तो दान की भावना न ही किसी लाभ की अपेक्षा से किए जाते हैं। यह विशुद्ध रूप से निःस्वार्थ और निष्काम सेवा है।





रिखियापीठ सदैव श्री स्वामीजी के पड़ोसियों की सेवा के लिए संकल्पित रहा है। और आज जब ये सबलोग घोर विपत्ति में हैं तो 'करुणा - परियोजना' के माध्यम से इन पड़ोसियों के साथ-साथ दूर-दराज के भी हजारों परिवारों की सेवा रिखियापीठ ने करने की ठानी है। आप कह सकते हैं कि परमहंसजी का परिवार दिनोंदिन बढ़ता जा रहा है, और बड़ा होता जा रहा है।

अतः अपने हृदय और आत्मा से प्रस्फुटित प्रेम और करुणा से ओत-प्रोत एक संकल्प 'कुछ करो-ना' का लीजिए। श्री स्वामीजी की सेवा, प्रेम और दान की शिक्षा को आत्मसात करते हुए प्रकृति से एकाकार होते हुए आरोग्य-लाभ, पुनर्निर्माण और पुनर्संरचना के हो रहे कार्यों में अपना योगदान दें। इस सेवा, प्रेम और दान के द्वारा ही हम अपना शुद्धिकरण व आत्म-साक्षात्कार कर सकते हैं।

सेवा 'करो-ना', प्रेम 'करो-ना', दान 'करो-ना'।





# प्रेम

स्वामी सत्यानन्द सरस्वती

सच्चा प्रेम पावन भाषा में तुम्हारे अन्तरात्मा की अभिव्यक्ति है, हृदय की ज्योति है, चित की प्रभा है। प्रेम अंतर्मन की कला है, जिसे हमें सीखना चाहिए। प्रेम अन्तरात्मा का विज्ञान है, जिससे हमें अवगत होना चाहिए। ऋषि-मुनियों, पीर-पैगम्बरों एवं साधु-संतों ने प्रेम की जो परिभाषा दी है, उसको व्यवहार में लाना अत्यंत कठिन है।

**आगि आंचि सहना सुगम, सुगम खडग की धारा।**

**नेह निबाहन एक रास, महा कठिन ब्यबहारा।**

तुम्हारे भावुकता को प्रेम नहीं कहते, तुम्हारे कामोद्दीपन को प्रेम नहीं कहते। प्रेम में कोई शर्त नहीं रहती, कोई कामना नहीं रहती। तुम मुझसे प्रेम करते हो, इसलिए मैं तुमसे प्रेम करता हूँ, इस प्रकार का गणित नहीं चलता है। प्रेम का अर्थ है त्याग। प्रेम में सब देना होता है, लेना नहीं होता है। प्रेम में तुम देते जाते हो, कुछ लेने की आकांक्षा नहीं रह जाती, कोई अपेक्षा नहीं करते हो। यदि अपेक्षा है तो वह प्रेम नहीं सौदा है, हिसाब-किताब है, लेन-देन है। प्रेम का मतलब है समर्पण, कोई और आपसे कहीं ज्यादा महत्वपूर्ण हो गया है। इससे आपके अस्तित्व को खतरा है। जैसे ही आप कहते हैं मैं तुमसे प्रेम करता हूँ,

आपके पास जो भी है आप उसे खो देते हैं। वास्तव में प्रेम है पीड़ा। प्रेम में बहुत कुर्बानियाँ देनी पड़ती है, अपने आपको कुर्बान कर देना पड़ता है। अपनी सुख-सुविधाओं को, अपनी आकांक्षाओं को, अपने अहम् को, अपने पैसे को, जीवन को, सबको तिलांजलि देनी पड़ती है। अगर आप ऐसा नहीं कर पाते हैं तो आप कभी प्रेम को जान ही नहीं पाएंगे।

अक्सर प्रेम एक दर्शन बन जाता है, प्रेम एक विचार बन कर रह जाता है। जब तुम प्रेम कहते हो तो वह एक बड़ा ही अस्पष्ट विचार होता है। तुम्हारा प्रेम इतनी सारी रतियों में लिप्त है- पुत्ररति, क्रियारति, कर्मरति, धनरति, यशोरति, भोगरति। तुम्हारे प्रेम का प्रवाह अनेक धाराओं में विभक्त है। जिस प्रकार सूर्य की किरणें बँटी हुई रहती हैं, यदि उन्हीं किरणों को एक लेन्स की सहायता से केन्द्रित कर दिया जाय तो घास जलने लग जाएगी। लेन्स द्वारा प्रकाश-किरणों के समान ही बिखरे मन को एकाग्र होना है। जब तुम प्रेम की सभी धाराओं को एक कर देते हो, तभी उस प्रवाह से सच्चे प्रेम, आत्मरति को उत्पन्न कर सकोगे।

प्रेम की सही अभिव्यक्ति दूसरों के साथ एकात्मकता है, जैसा तुम अपने लिए महसूस करते हो वैसा ही। यदि मैं दूसरे की समस्याओं को वैसा ही अनुभव कर सकूँ, जैसा कि मैं स्वयं अपनी समस्याओं का अनुभव करता हूँ, तो यही सुखद अनुभूति प्रेम है। प्रेम द्वैतभाव से अद्वैत में समाहित हो जाता है। दोनों मिलकर एक हो जाते हैं।

**छिनहि चढ़ै छिन उतरै, सो तो प्रेम न होय।**

**अघट प्रेम पिंजर बसै, प्रेम कहावै सोय।**

**प्रेम प्रेम सब कोई कहै, प्रेम न चिन्है कोय।**

**आठ पहर भीना रहै, प्रेम कहावै सोय।**

**जहाँ प्रेम तहँ नेम नहिं, तहाँ न बुद्धि व्यवहार।**

**प्रेम मगन जब मन भया, कौन गिनै तिथि बारा।**





**“Once the doors of the  
heart and mind are open  
everything happens  
naturally and spontaneously.”**

**– Swami Satyananda.**



## Rikhiapeeth Website: [www.rikhiapeeth.in](http://www.rikhiapeeth.in)

The Rikhiapeeth website is a sanctuary for all spiritual seekers, so that they may stay connected to the cardinal teachings of Swami Sivananda that are practised and lived here at Rikhiapeeth – 'Serve, Love, and Give'. Be inspired by satsangs, information about the tradition and Rikhiapeeth.

**A new feature** on the website are the current and topical satsangs of Swami Satyasangananda which are being posted regularly on the home page in the section: 'From Rikhia the Tapobhumi of Swami Satyananda'. Stay Connected!



Since the beginning of the Coronavirus pandemic, Peethadhishwari Swami Satyasangananda has guided the activities of Rikhiapeeth by applying the mandate entrusted to her by her Guru Swami Satyananda, of Serve, Love and Give. She has initiated and masterminded the Karuna Relief Seva which has supported the most vulnerable within our community during these unprecedented times. The Karuna Relief Seva assesses the needs of the community and strives to alleviate the hardships being faced by thousands of rural families as well migrant workers, unemployed, youth, young students, farmers, widows and the elderly affected by the Coronavirus pandemic.

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