

# ARADHANA

## Yoga of the heart ♥

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Year 9 Issue 6  
Nov/Dec 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 Satyananda Saraswati and his Guru Swami Sivananda Saraswati



**Rikhiapeeth**, 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 Rikhiapeeth, 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 issue of **ARADHANA** is dedicated to Swami Satyananda and his Guru Swami Sivananda and the timeless Guru disciple bond that they share that continues to inspire us all. The union of Guru and disciple is Satyam, Shivam, Sundaram.

This issue shares highlights of the inspiring Shivam Satyam Aradhana conducted at Rikhiapeeth throughout September 2020.

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### 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).





## A Month of Remembrance

September was the month of Sivam-Satyam-Sundaram at Rikhiapeth, as every day was dedicated to the inspiring teachings of our great Guru Parampara and their abiding presence in our lives. It was an endless stream of Holy Days that included Swami Sivananda's Birthday Week, Guru Bhakti Yoga, Swami Satyananda's Sannyasa Diwas and Rikhia Agaman, which commemorates the day Sri Swamiji arrived at Rikhia in 1989.

The celebrations began on first September with the Sivam Aradhana, an eight-day festival of love and joy during which every waking moment was infused with Paramguru Swami Sivananda's divine personality. His books of wisdom circulated throughout the ashram and his melodious voice echoed over the sound system. The feature of the week was the Brahmamuhurta Sadhana. Every morning at 4:30 am sannyasins and residents gathered in the Samadhi Sthal for the anusthan, which included the chanting of the Sri Suktam and Purusha Suktam and abhisheks of Sri Yantra and Siva Lingam, and concluded with a purnahuti havan on the eighth of September, Swami Sivananda's birth anniversary. Over the period of the anusthan, these sacred hymns were chanted a total of 1,200 times each.



With bhava for Guru Bhakti already in full-swing, the monthly Guru Bhakti Yoga on the fifth and sixth, dedicated to Sri Swamiji's Maha Samadhi, was a particularly powerful event. As per ashram tradition, the aradhana included Guru Puja by Swami Satyasangananda, havan, bhajan and joyous kirtans for Gurudev.

The Satyam Aradhana was conducted from the ninth to the twelfth of September. Dedicated to the Sannyasa Diwas of Gurudev Swami Satyananda, the aradhana included daily abhisheks of the Sri Yantra and Siva Lingam and the chanting of the Mahamrityunjaya Mantra, the mantra of Sri Swamiji's Ishta Dev. The theme of the event was connectivity, and on the final day of the anusthan Swami Satyasangananda wrapped mauli, sacred string throughout the Samadhi Sthal, which is a symbol of connectivity, thus establishing an important connection for all of us with Guru. Guru Paduka Puja was performed by sannyasins, followed by purnahuti havan of 108 malas of the Mahamrityunjaya mantra.

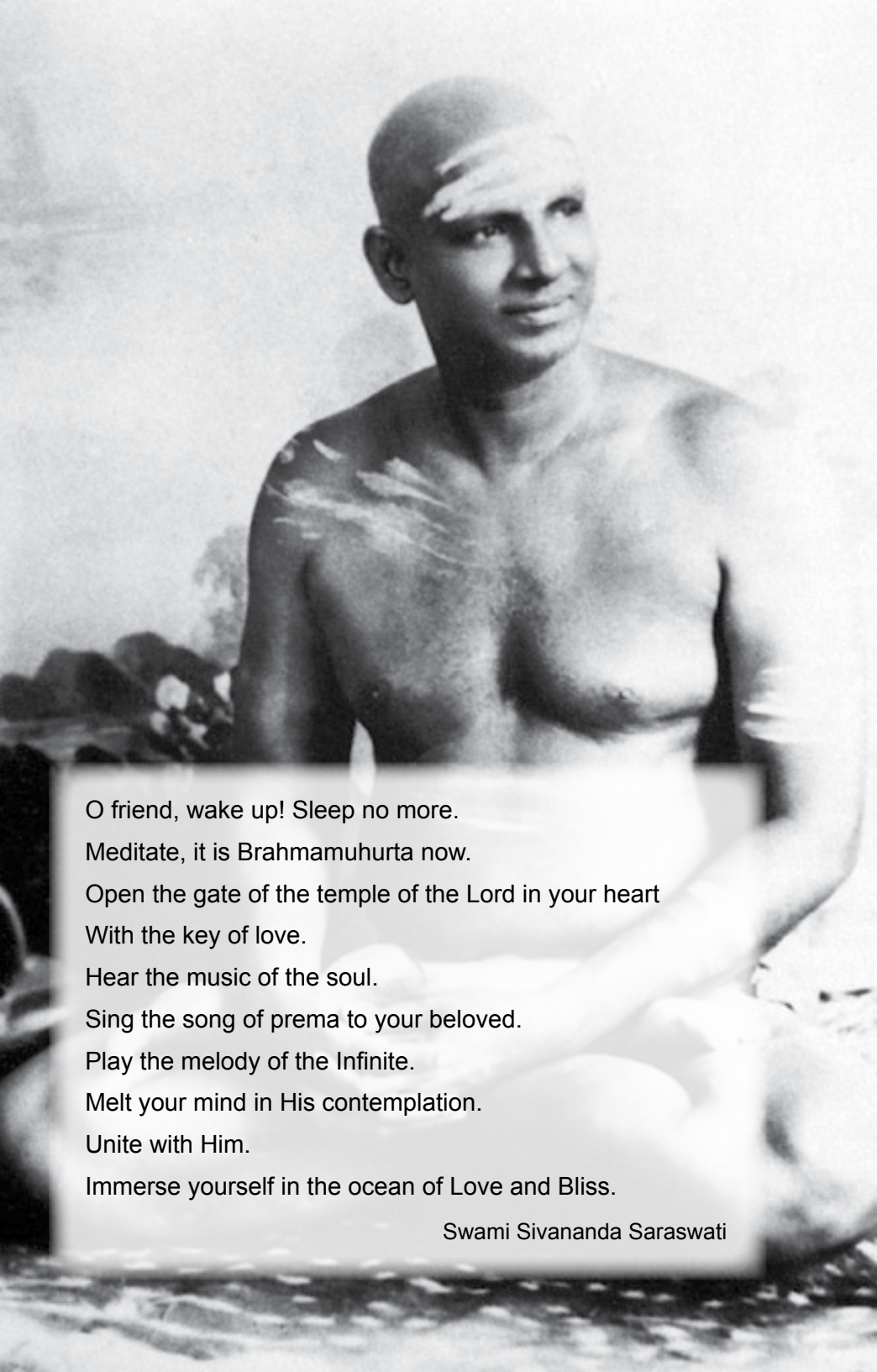
The 23rd of September, Rikhia Agaman, was a stunning conclusion to a powerful month of remembrance. The celebration began at exactly noon with a re-enactment of Sri Swamiji's arrival at Rikhiapeth thirty-one years ago. To the delight of everyone present, our beloved Swami Niranjanananda also arrived from Munger to join in the festivities and grace us with his warming presence. Throughout the day he and Swami Satyasangananda shared their stories and experiences with Sri Swamiji, sharing with all their love and devotion to Guru. In the evening everyone gathered to watch the feature film 'Satyam', a cinematic portrayal of our own Sri Swamiji's incredible life and teachings at Rikhia.

Included in this year's final issue of Aradhana are some of the most memorable satsangs given by Swami Satyasangananda and Swami Niranjanananda during this very special time in Rikhiapeth. It is our sincere wish that by sharing them, you may also connect with these moments and with the Tapobhumi of Swami Satyananda, which is abundant with the blessing and grace of Guru.

*Satyam, Sivam, Sundaram.*

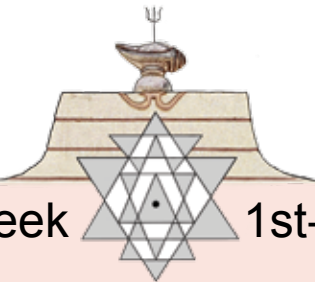
*Wherever there is Satyam, wherever there is Sivam,  
there is Sundaram.*

- Swami Satyasangananda



O friend, wake up! Sleep no more.  
Meditate, it is Brahmamuhurta now.  
Open the gate of the temple of the Lord in your heart  
With the key of love.  
Hear the music of the soul.  
Sing the song of prema to your beloved.  
Play the melody of the Infinite.  
Melt your mind in His contemplation.  
Unite with Him.  
Immerse yourself in the ocean of Love and Bliss.

Swami Sivananda Saraswati



Sivananda Week 1st-8th September

## Brahmamuhurta Sadhana

Swami Satyasangananda Saraswati

The 1st to 8th September is Swami Sivananda Week, which we always celebrate here in Rikhiapeeth. In the past we have conducted the Bhagavad Katha, different yoga retreats and medical camps during this period, all as a means of deepening our connection with him. And so, in keeping with that we are starting the chanting of the Purusha Suktam and the Sri Suktam during Brahmamuhurta as a tribute to Swami Sivananda. This chanting is dedicated to Swami Sivananda, so that he will bless and protect us, guide us, illumine our lives, fill our minds with nice, good, positive thoughts, and remove all negativity that may be within us or around us, so that we may always tread the right path.





Why are we doing Brahmamuhurta Sadhana? Because that is what Swami Sivananda taught. What did he say? He said, “Wake up at 4 am, Brahmamuhurta. Do japa and kirtan in Brahmamuhurta.” That is what he taught, that is what he sang, and you have all heard it. Wake up at 4 am, Brahmamuhurta. That is the first teaching, and if you don’t follow the first instruction then how can you proceed with the others? So we start with that – wake up at 4 am, Brahmamuhurta. Brahmamuhurta is the period just before the dawn. It is such a special time of the day and most people spend it sleeping. It is the time when the whole universe is being irrigated with prana. The prana is alive, it is tangible, and this is the time when you can avail of that.

Brahmamuhurta is so important, it’s even mentioned in the Srimad Bhagavad. In the Srimad Bhagavad Krishna says that first thing in the morning, at 4 am, you should come out of your room and let the first air of the morning and the fresh breeze enter you. And just walk a bit, wherever there’s some grass just walk around a bit and breathe in the fresh air, feel the freshness. And then you can go back inside and do your japa and meditation. This is what Krishna says in Srimad Bhagavad, and so you should try it.

You don’t have to struggle to follow the teachings. Start with one, and this is the first one that you should pick up. If you pick up this one – Wake up at 4.00 am, Brahmamuhurta – ALL the other teachings will begin to crystallize around you. They will attach themselves to you, and you will not even have to make effort. Because when you wake up at 4 am, what will you do? You will think, “Ok, let me chant the Ramayana, or let me do japa or let me do asana and pranayama.” You’ll think of doing something good, right? And if you start your day like that, then your health will improve, your mind will improve and your inspiration will be at optimum level.





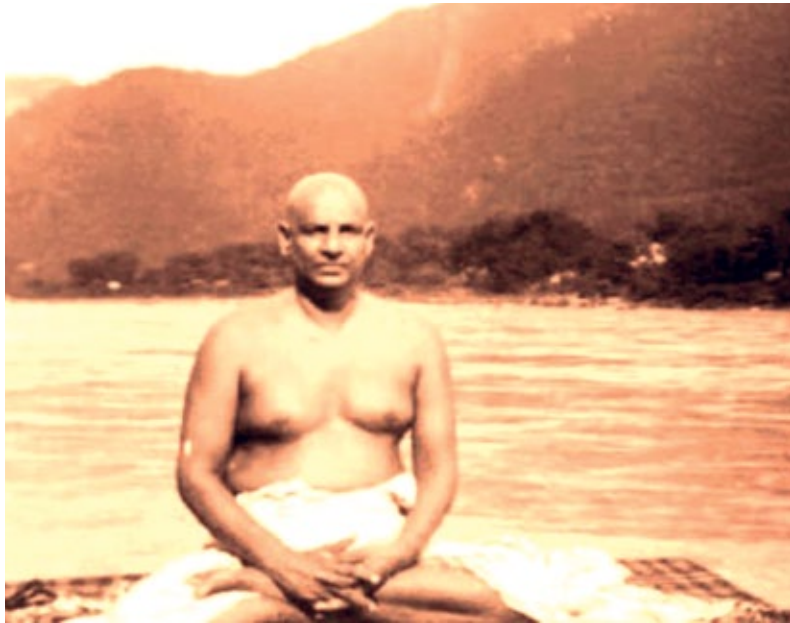
Inspiration is the main thing. You should feel inspired, right? You should feel inspired to do what you should do, and your inspiration will be very high if you start your day like this. The whole day will be very productive and constructive. You will build up stamina, and you will get tired less easily. At first it may seem difficult, but you have to expose yourself to difficulty in order to develop stamina. People get fatigued because they have no stamina, and the stamina is built up by exposing yourself to the difficulty of waking up at 4.00 am. Initially, you might feel tired, on the first day, second day, third day. But gradually, your whole body rhythm will change. That is the rhythm of the universe. The birds wake up so early. Early morning they are singing! The whole nature wakes up early, because they know that they have to soak up the prana for the day. It's a way of recharging.

'Early to bed and early to rise makes a man healthy, wealthy and wise', isn't that what they say? For Brahmamuhurta Sadhana you have to be regular. Regularity is one of the 'Ities', but there's no use just mouthing it, you have to live it if you want to connect.



# Brahmamuhurta: The Best Time for Sadhana

Swami Sivananda Saraswati



Get up at Brahmamuhurta and practice meditation. Do not fail at any cost. Brahmamuhurta is the morning period from 4 to 6 am. It is very favourable for meditation. The mind is quite refreshed after good sleep. It is quite calm and serene. There is the preponderance of sattva or purity in the mind at this time. In the atmosphere also, sattva predominates at this period.

The mind is like a blank sheet of paper or a clean tablet and comparatively free from worldly samskaras or impressions at this period. Raga-dwesha currents, likes and dislikes, have not yet deeply entered the mind. The mind can be moulded very easily at this period any way you like. You can charge the mind now easily with divine thoughts.

Further, all the yogins, paramahansas, sannyasins, aspirants and the rishis of the Himalayas start their meditation at this period, and send their vibrations throughout the world. You will be immensely benefitted by

the spiritual currents. Meditation will come by itself, without any effort. It is a terrible spiritual loss for you if you do not utilize the period in divine contemplation and if you snore at this time. Do not become a Kumbhakarna, become a yogi like Jnana Deva.

Wash the face, hands and feet quickly. Dash cold water on the face and the top of the head. This will cool the brain and the eyes. Remember the pure atman. Repeat the formula, "I am ever-pure soul." This is a powerful wisdom bath in the Jnana Ganga and it is highly purifying. It burns all sins. Answer the call of nature quickly. Cleanse the teeth quickly. Do not waste much time. Be quick. Hurry up. Get ready soon. The Brahnamuhurta will pass quickly. You must utilize this precious time in japa and meditation.

Do not worry if you are not in the habit of getting up early. Once the habit is established, there will be no difficulty. The subconscious mind will become your willing and obedient servant to wake you up at the particular time. As soon as you get up from your bed do japa and meditation. This is important. After finishing, you can take to the practice of asana, pranayama and the study of the Gita and other religious books.

During Brahnamuhurta the shushumna nadi flows readily. You will enter into deep meditation and samadhi without much effort when the shushumna nadi flows. That is the reason why rishis, yogins and the scriptures speak very highly of this period of time. Whenever the shushumna functions, sit for meditation and enjoy the inner peace of atman or soul. Try to climb the supreme height of Brahman, the peak of divine glory and splendour.

### **Reflections on the Sivam - Satyam Aradhana:**

Just recalling those days is uplifting in itself. No words can adequately express my experience during these days. The excitement of the Brahnamuhurta Sadhana, getting up early to get things ready on time, the sweet chants of Sri Suktam and Purushsuktam and the blissful presence of Swami Satsangi was a great fortune for us all.

The early morning darshan of Samadhi Sthal, the rising sun and rejoicing in this beautiful time of day made us all twinkle. I think we are the most fortunate people on earth to experience such a pure atmosphere during such a crucial time.

Anugrah, Patna



# Do it for Guru

Swami Satyasangananda Saraswati

This Sivananda week has come to us as a great blessing, where we are chanting all the mantras – not for ourselves, but for Guru. In life, whatever we do, we always do for ourselves, but our sankalpa during this Sivananda week is that whatever we are doing, we are doing for Gurudev. So you should dedicate everything that you do, think and feel – your head, your heart and your hands – to Swami Sivananda. This week, whatever you are doing, whatever you are thinking, whatever you are feeling, dedicate it to Swami Sivananda and in this way you can connect with him, so that on 8th September when we celebrate his birth, you will get his full blessings.

When you do for others then you get back in return a thousand fold. But when you do for yourself you get a very limited return. And that return you get when you do for yourself, it has an expiry date, it has a beginning and



an end. It doesn't last. You may work hard for riches, you may work hard for fame, you may work hard for anything, but it will all come to an end some time or another. And then you will think, "I have been running after a mirage! I thought this would bring me eternal happiness and look what it has brought me."

But when you do for others, and most of all when you do for Guru, then you get back a thousand fold. And that effect keeps growing because it is eternal. It has no beginning and no end, so you will carry it with you even after you leave this world. And this is a very nice concept – whatever I am doing, I am doing for Guru and Guru is acting through me. When you think like that then all the tension goes. There's no stress or strain because Guru is doing everything. And that is the reality -

*'Na ham karta' - I am not the doer.*

*'Guru hi karta' - Guru is the doer.*

*'Guru hi karta hai kevalam' - Guru alone does everything.*

So you will be thinking, when I am thinking negative things, is Guru doing it? When I am doing wrong things, is Guru doing it? Is Guru making me do it? Yes! Guru is putting you through the grind, through the test – not to trouble you, but so that you rise above it. It is only when we face darkness that we look for the light. If there is light, then who is going to look for the light? You are in the light, you don't need to look for it, but when you





go through negative thoughts, the negative feelings, and actions, at those times, especially, you have to remember Guru. In a moment your mind will change and you will feel that, 'No, I shouldn't do this'. That is the way Guru helps us to rise above.

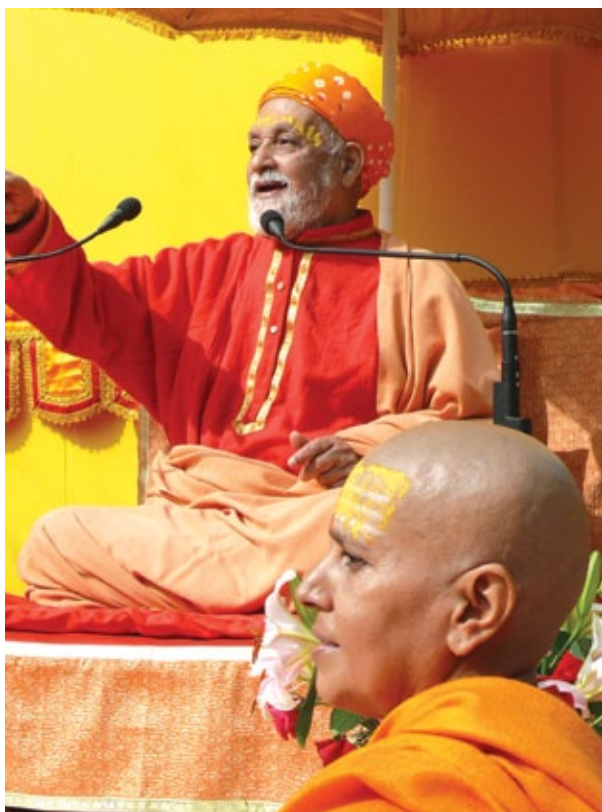
But we don't really remember Guru. We only remember Guru intellectually. We think about how nice he is, how good he is, how he is full of so much wisdom. That is good, but still it is only an intellectual understanding. When that goodness and wisdom that you find in Guru becomes a living experience for you, then only the Guru can act. Feel that Guru is looking over your shoulder. Feel that Guru's hand is over your head, protecting you. Feel that Guru is seeing through your eyes, talking through your mouth. And when that happens, when you do for Guru and Guru does through you, then naturally your actions will be much better than if you were doing for yourself, because Guru has vision. Guru knows what is to come, what is to happen.

Guru is like a touchstone – he can make the dumb speak and the lame walk, the blind see and the deaf hear. The person who knew nothing, the person who could do nothing, is suddenly able to do everything. And so sometimes you begin to develop ego, you begin to think that you are doing everything. And suddenly you think, "Oh, I am so great." Then what happens? The downfall begins.

You know what it is when you fall into a black hole? You are pulled inside and there is nothing left of you. When you come out, you are not the same person. We disciples fall into black holes, only we don't know we have

fallen into a black hole because we are riding high on our ego and we think that we are right. We always think that we are right and everybody else is wrong. So even if we are told that what we are doing is not correct, we don't understand it. So who is going to bring you out of that black hole? At that time it is only Guru's love that can bring you out. It is the Love that will save you, but for that the connection has to be strong. So it is like walking on the razor's edge. In order to experience the beauty of Guru doing through you, there must be humility and gratitude for what Guru is bringing into your life.

And that is why we are doing all of this, to get connected. So that whenever such a possibility comes into our lives, Guru will rush in to save us. Always feel that Guru's protective hand is on your head, that Guru is always in your life. So we pray to Guru today that he always blesses us, protects us, shields us and leads us on the right path. That he should always inspire us to do better and better. And that whenever we are falling, Guru will again and again bring us out of the black hole.



# आठ सितम्बर

जन्म दिवस है आज, सब जय मंगल गाते।  
आनन्द कुटीर में चहल-पहल, गिरि बन सुरसरि गाते॥  
मुनि पद भूमा धन्य हुई है,  
अलक नन्दिनी हर्षमयी है,  
सब मिल कर गाते,  
जन्म दिवस है आज, सब जय मंगल गाते॥ 1॥

दूर-दूर से भक्त पधारे हैं,  
गुरु पद रज नव कमल बने हैं।  
जिन चरणों को जगत तरसता, भक्त उन्हें हैं धोते,  
योगी जन सम्राट विजय हो, मंगल जय होवे।  
जन्म दिवस है आज, सब जय मंगल गाते॥ 2॥

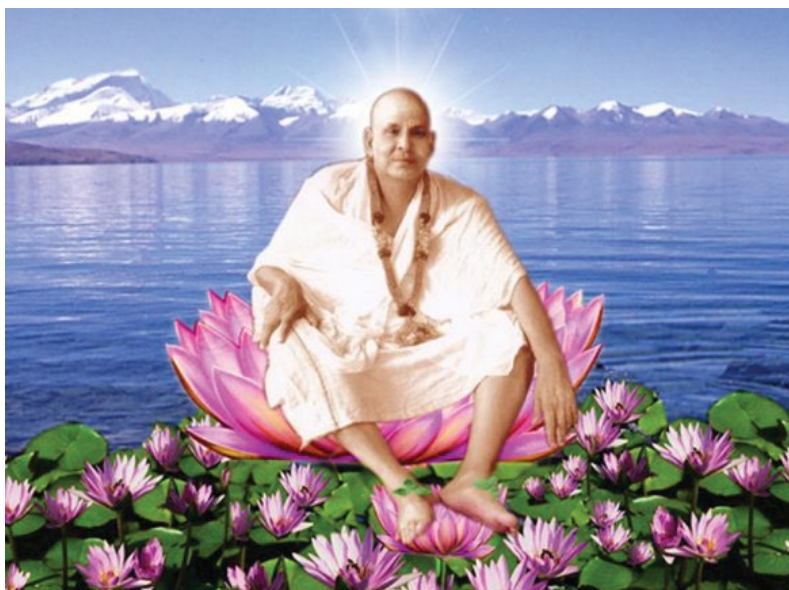
चन्द्र दिवाकर सम छवि लेकर,  
धर्म पताका अम्बर पथ पर,  
युग-युग तक फहरावें,  
जन्म दिवस है आज, सब जय मंगल गाते॥ 3॥

युग-युग स्वामी अमर बनो हे,  
सत्य चिरन्तन ज्योति बनो हे,  
जयतु शिवानन्द अमृत गाना,  
आज सभी मिल गाते,  
जन्म दिवस है आज, सब जय मंगल गाते॥ 4॥

जीवन में उल्लास जगा दे, पावन श्रुति गाते।  
गो द्विज याचक मुक्त बने हैं,  
करुण पतित के भाग्य जगे हैं,  
इन्द्र सूर्य सम युग-युग जीना,  
अमर नाम का अमृत पीना,  
युग-युग जीवो देव शिवानन्द आज सभी गाते।  
जन्म दिवस है आज, सब जय मंगल गाते॥ 5॥

*Satyans*





### **A Special Celebration:**

Swami Sivananda's birthday party on 8th September, may have been a 'washout', and yet it stands out as a peak moment for me during this beautiful Aradhana. The thunderous, black clouds loomed heavily above us all day, yet we chose to ignore them, carrying on with the preparations with a full sense of love and duty, cleaning and decorating Sivananda Sarovar, arranging flowers, dressing up a table to receive the cake, setting up the sound equipment for the kirtans we were all very excited to sing.

The rain didn't strike until we'd finished mopping the floor and lighting all the decorative candles – of course! But even that record-breaking thunderstorm couldn't dampen our need to celebrate. We danced in the wind and pouring rain, losing ourselves to Amargeet's song for Gurudev, 'Another You', bodies drenched and hearts overflowing with joy and love for Swami Sivananda, for Sri Swamiji, for Guru, the light that is always shining, if we only open our eyes to see. The cake came with dinner, a sweet ending to a delicious week. All we needed was one moment to connect and experience the luminosity all around us.

Amritamurti, USA



Satyam Aradhana



9 - 12 September

# Birth of a New Vision

Swami Satyasangananda Saraswati



The 12th of September is Sri Swamiji's sannyasa birthday, the day he became Swami Satyananda. Sri Swamiji had punar janma - he was reborn in the same body. Ordinary people have to die to be born again, but extraordinary people are reborn in the same body. On the 8th of September Swami Sivananda had his physical birth and on the 12th Swamiji had his spiritual rebirth.

When we speak of birth it doesn't only refer to the body. This rebirth is the birth of a new awareness, a new vision. Because there has to be a new vision, we can't keep on thinking in the same old way. There has to be a new way of thinking, and that new way of thinking has to include each and everyone. We are not excluding anyone from the field of this new vision,



and for that our own vision has to expand. We can't keep looking only at what is in front of our eyes, because eyes are not the only medium for seeing things. There is a much larger world, there is a much bigger picture than we are aware of at the moment. This new vision is called Atma Drishti, or Atmabhava, and that is what Swamiji used to speak about. He said that we have to develop Atmabhava.

People think that Atma is spirit, but that idea limits the field of Atma, because Atma is truly expansive. Atma is limitless, boundless and knows no barriers. Atma is knowledge. Wherever it travels, it gives knowledge, it gives illumination. Your sensorial vision will give you only limited knowledge, but whatever your Atmic vision touches will give you knowledge that expands. That is the difference.

Just as intelligence is the vehicle for the mind and intellect is the vehicle of Buddhi, awareness is the vahan or vehicle of Atma. Become Aware! Awareness is the key to Atmic (Atomic) experience.

So, this is the birth of a new vision, where we see and feel for others around us. And of course, it is not going to be easy because man is by habit selfish. Not by birth, not by nature, but by habit. Your natural self is loving and giving. Your natural self thinks of others. That is your natural self, but we have gone very far from that. We think selfishly, we think only about what will benefit us. That's ok, think of it, but also think about others. Don't have limited vision, only thinking about me, myself and I.

Start with your immediate neighbours. You know, Christ said, "Love thy neighbour." Who loves their neighbour? He's the one you hate the most. Neighbours are always fighting, so Christ said love thy neighbour because if you're going to be always fighting with the person who is right beside you then where will your peace of mind go? You will have no peace of mind. All the time your mind will be agitated because you are always fighting. So, you have to start this new vision with your neighbour because they say that charity begins at home. This is not easy when the mind comes into it and you begin to make excuses about why you should not be kind and why you should not be selfish, but this is an eternal process and you have to make a start in it.

When I say that you should connect with each and everything, I mean that nothing should be out of your vision, whether it's people or objects or thoughts or ideas. What is the thought that is going on inside your mind? Connect with that, understand it. What's the idea that's going on, what's the event that's going on, who are the people I'm interacting with, what are the objects around me? Is everything in its right place? That is connecting with each and every thing. That is called Atmabhava.





Sri Swamiji used to know, sitting here and doing Panchagni, what was happening everywhere. He used to know someone was coming to the gate even before the gatekeeper knew it. And I used to ask him if he got disturbed because there were all these people everywhere working, carrying bricks and building walls. There were over 800 workers and labourers and contractors here and he was in the middle of it all, doing panchagni sadhana. But he would say, "No, Atmabhava doesn't mean just going inside. Atmabhava means connecting with each and everything that is in my vision, and my vision has to be all-pervasive. It has to be expansive." That is what Sri Swamiji used to say - connect. But we don't do that, we don't connect, rather we keep separating ourselves.

Guru is 'Sutra Dhar', the one who connects, the one who connects all of us. That is Sutra Dhar, and we are like beads, just scattered on the floor. You know how beads are – they're useless unless they are strung, unless they're connected to each other. Lying on their own they may get trampled, they may get lost or buried, anything. But when they're connected on a mala, everybody wants to wear them, to see them, to touch them, everybody wants to use them for japa. We are celebrating the birth of a new vision, let's get connected like the beads on a mala.

This birthday week now is dedicated to Swami Sivananda and to Swami Satyananda, because Swami Sivananda gave us Swami Satyananda. He gave birth to him. He nurtured him, he gave him all the knowledge, the teachings, which Sri Swamiji then handed down to us. So this birthday is dedicated to both of them.



# पुनर्जन्म -आत्मदृष्टि का अभ्युदय

स्वामी सत्यसंगानन्द सरस्वती

12 सितम्बर श्री स्वामीजी का संन्यास दिवस है। इसी दिन उन्होंने अपने पूर्व शरीर में ही पुनर्जन्म लेकर स्वामी सत्यानन्द सरस्वती का स्वरूप धारण किया। साधारण लोगों को दुबारा जन्म लेने के लिए शरीर त्यागना पड़ता है लेकिन कुछ ही विरले उसी शरीर में पुनर्जन्म ले सकते हैं। 8 सितम्बर को स्वामी शिवानन्दजी का शारीरिक जन्म हुआ था और 12 सितम्बर को श्री स्वामीजी का आध्यात्मिक पुनर्जन्म हुआ।



यहाँ जन्म का तात्पर्य केवल भौतिक शरीर से नहीं है। यह पुनर्जन्म एक नई चेतना का है, एक नई दृष्टि का है। हम सबमें एक नई चेतना का प्रादुर्भाव होना

चाहिए, एक नई दृष्टि होनी चाहिए। हमें इस नए दृष्टिकोण में सभी को शामिल कर उनसे जुड़ना है। हमें किसी को भी इस नई दृष्टि के परिपेक्ष्य से बाहर नहीं रखना चाहिए और इसके लिए हमें अपने दृष्टि का विस्तार कर उसे व्यापक बनाना होगा।

हम अपने भौतिक आँखों से दृष्टिगोचर होने वाली चीजों को ही सत्य नहीं मान सकते हैं क्योंकि चीजों को देखने समझने के लिए भौतिक आँखें ही एकमात्र माध्यम नहीं हैं। इससे परे भी एक बड़ी दुनिया है, एक बड़ी तस्वीर है जिसके प्रति हमें सजग और चेतन होना है। हमें इसी नई दृष्टि का विकास करना है, जिसका श्री स्वामीजी ने आत्मदृष्टि या आत्मभाव के रूप में परिचय कराया।

आत्मा भूत-प्रेत नहीं है जैसा कि साधारण लोगों का मंतव्य है, यह मंतव्य आत्मा को सीमित और संकुचित करता है जबकि आत्मा वास्तव में बहुत ही व्यापक और विस्तृत है। आत्मा केवल ऊर्जा नहीं है, आत्मा ज्ञान है, प्रबोध है। यह प्रदीपन का कार्य करती है, प्रभा

बिखेरती है। आपकी संवेदी या इन्द्रिय दृष्टि आपको केवल सीमित ज्ञान देती है, परन्तु आपकी आत्मदृष्टि का ज्ञान और प्रबोध विस्तृत और व्यापक होता है। इन्द्रिय दृष्टि और आत्मदृष्टि में यही अन्तर है।

अतः यह एक नई दृष्टि का जन्म है जिसके द्वारा हम अपने आस-पास के लोगों के दुःख-दर्द का अनुभव करते हैं। निश्चित रूप से यह अनुभव आसान नहीं है क्योंकि मनुष्य आदतन स्वार्थी है। मनुष्य जन्म से नहीं, स्वभाव से नहीं, प्रकृति से नहीं बल्कि आदत से स्वार्थी है। अतः यह आपका प्राकृतिक या स्वाभाविक स्वरूप नहीं है। अपितु निःस्वार्थ सेवाभाव, प्रेमशीलता और दानशीलता का सम्मिश्रण ही आपका प्राकृतिक और स्वाभाविक स्वरूप है। आपका स्वाभाविक स्वरूप दूसरों के बारे में सोचता है। परन्तु हम अपने इस स्वाभाविक स्वरूप से बहुत दूर हो गए हैं। हमारी सोच स्वार्थपूर्ण हो गई है, हम केवल अपने लाभ और फायदे के बारे में सोचते हैं। एक सीमा तक, एक हद तक यह सोच ठीक है परन्तु मैं और मेरा के इस सीमित सोच से बाहर निकल दूसरों के लिए भी सोचिए और अपने इस सोच को व्यापकता प्रदान करते हुए समाज के वंचितों व जरूरतमंदों को भी सम्मिलित कीजिए।

अपने नजदीकी पड़ोसियों के साथ इस सोच की शुरुआत कीजिए। ईसा मसीह ने कहा था, “अपने पड़ोसियों से प्रेम करो।” अपने पड़ोसियों से कौन प्रेम करता है? उनसे तो आप सबसे अधिक नफरत करते हैं। पड़ोसी हमेशा आपस में लड़ते ही रहते हैं, इसीलिए ईसा मसीह ने कहा अपने पड़ोसियों से प्रेम करो, क्योंकि अगर आप हमेशा अपने आस-पास के लोगों से लड़ते रहेंगे तो आपको मन की शान्ति कहाँ से प्राप्त होगी? हमेशा लड़ते रहने के कारण आपका मन सदा उत्तेजित, उद्विग्न और बेचैन बना रहेगा। लेकिन आपको अपने पड़ोसियों के साथ आत्मदृष्टि का शुभारम्भ करना है क्योंकि यह कहा गया है कि परोपकार घर से ही शुरु होती है। परन्तु यह इतना सरल भी नहीं है क्योंकि आप स्वार्थ और परमार्थ के विरोधाभासी विचारधाराओं में उलझ जाते हैं जो एक शाश्वत प्रक्रिया है। अतः आपको इन उलझनों के बीच ही इसकी शुरुआत करनी है।

जब हम यह कहते हैं कि आपको प्रत्येक और हर चीज से जुड़ना चाहिए, तो हमारा तात्पर्य यह है कि आपकी दृष्टि से कुछ भी ओझल नहीं हो, चाहे वो व्यक्ति हो या वस्तु हो या विचार हो या कोई अवधारणा हो। आपके मन में कौन से विचार चल रहे हैं, उसके साथ जुड़िए, उसे समझिए। कौन सी अवधारणा आपको आकर्षित कर रही है, आपके आस-पास किस प्रकार की घटनाएँ घटित हो रही हैं, किस तरह के लोगों से आप मिलजुल रहे हैं, आपके आस-पास कौन सी वस्तुएँ हैं? क्या सबकुछ अपने उचित और सही स्थान पर है और सामंजस्यपूर्ण रूप से संपादित हो रहे हैं? यही है प्रत्येक और हर चीज से जुड़ने की प्रक्रिया और इसी को आत्मभाव कहते हैं।

पंचाग्नि साधना के दरम्यान श्री स्वामीजी को बाहर दूर होने वाली घटनाओं की जानकारी हो जाती थी। द्वारपाल के जानने से पहले द्वार पर आने वाले की जानकारी श्री स्वामीजी को हो जाती थी। हम उनसे पूछते थे कि ये मजदूर जो यहाँ काम कर रहे हैं उनसे आपकी शान्ति और साधना में विघ्न तो नहीं आ रहा है? उस समय उनके चारों ओर लगभग 800 मजदूर कार्यरत थे और उन सबके बीच वे अपनी पंचाग्नि साधना में लीन रहते थे। लेकिन वे कहते थे “आत्मभाव को जाग्रत करने का तात्पर्य केवल अपने अन्दर जाना नहीं है। आत्मभाव का तात्पर्य दृष्टिगोचर होने वाली प्रत्येक और हर चीज से जुड़ना है। दृष्टि सर्वव्यापी होनी चाहिए।”



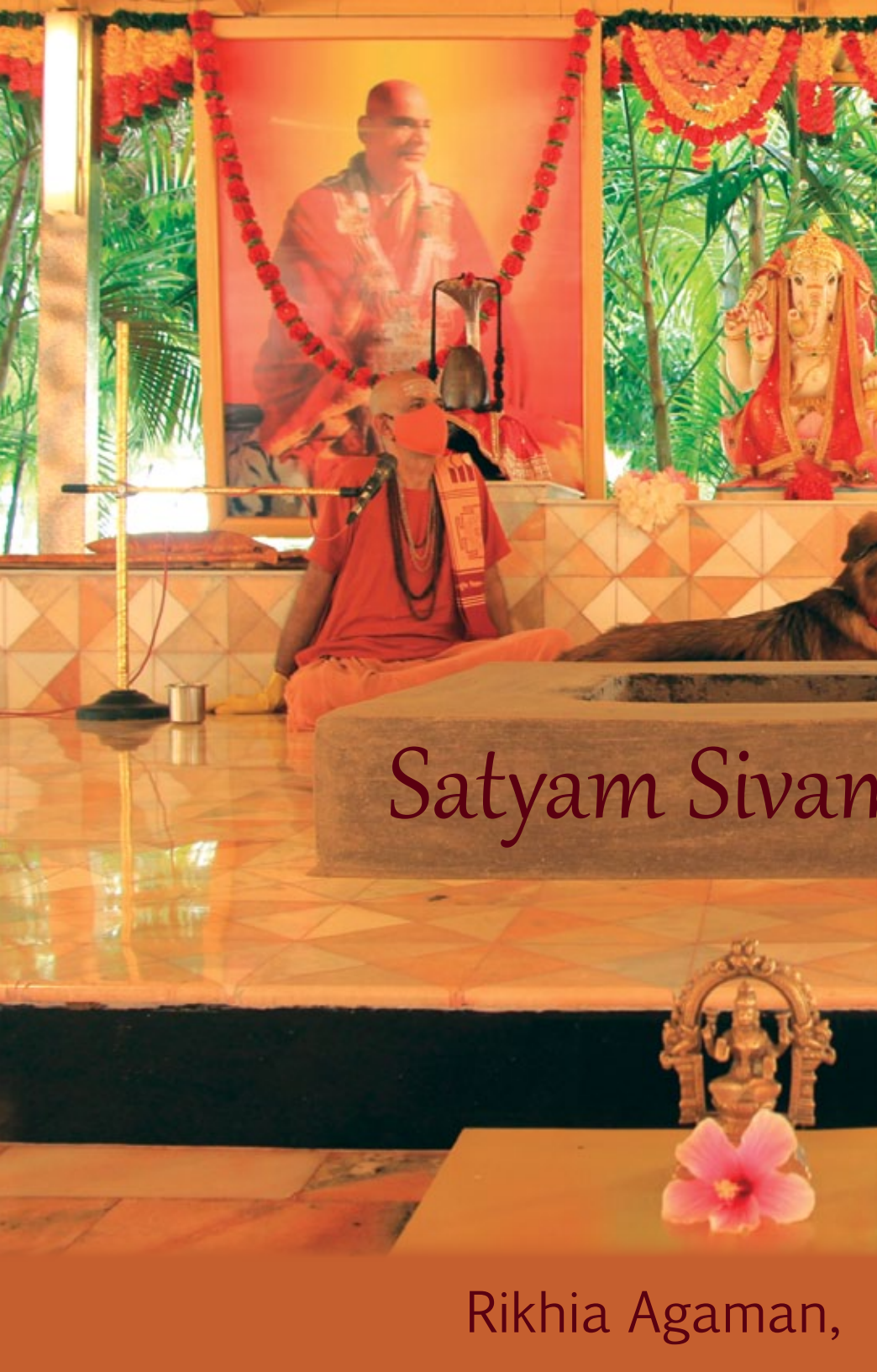
यही श्री स्वामीजी कहा करते थे - “जुड़ो, जुड़ो, सभी से एकात्मता स्थापित करो।” पर हम यह नहीं कर पाते हैं, हम जुड़ नहीं पाते हैं, हम अलग-थलग रह जाते हैं।

लेकिन गुरु ‘सूत्रधार’ हैं जो जोड़ते हैं, वे सभी पहलुओं को जोड़ते हैं, सभी अवधारणाओं व विचारधाराओं को जोड़ते हैं और हमें मार्गदर्शित करते हैं। वे सूत्रधार हैं और हम बिखरे हुए स्फटिक दाने की तरह हैं। जबतक दाने एक दूसरे से जुड़े नहीं होते हैं वे निरर्थक, अनुपयोगी और बेकार हैं। लेकिन जब दाने एक सूत्र के माध्यम से जुड़कर माला बन जाते हैं तो हर कोई उसकी सराहना करता है एवं उसे पाना चाहता है, पहनना चाहता है तथा जप करने के लिए उसका उपयोग करना चाहता है। हमलोग एक नई दृष्टि के जन्म का उत्सव मना रहे हैं इसीलिए हम एक माला बन जाएँ और आपस में जुड़कर इस उत्सव में भाग लें।

यह जन्म-सप्ताह स्वामी शिवानन्दजी और स्वामी सत्यानन्दजी को समर्पित है। स्वामी शिवानन्दजी ने ही स्वामी सत्यानन्दजी को इस धरा पर अवतरित किया, उन्हें आध्यात्मिकता के प्रकाशपुंज से अभिसिंचित किया, उन्हें सारे ज्ञान और सारी शिक्षाओं से विभूषित किया जो स्वामी सत्यानन्दजी ने हमलोगों को विरासत में दी। अतः यह उत्सव उन दोनों को समर्पित है।







Satyam Sivan

Rikhia Agaman,



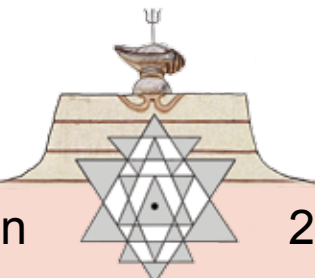


n Sundaram

23rd September 2020







Rikhia Agaman

23rd September

# Feasting on Memories

Swami Satyasangananda Saraswati

Today is Rikhia Agaman, the day that Paramahansaji first stepped foot on this soil and its destiny changed forever. Every 23rd of September we bring Sri Swamiji here in the way we did today and each year he comes, like he has come now. So today is Rikhia day. It is happy day. And it is also memory day.

You know, the food for mind is memory. We feed on our memories. We relive the same memories our whole life. You still relive memories that happened many years ago. Right now I am reliving a memory that happened thirty one years ago. Memory is so personal. This is my memory – it is not your memory or his or her memory. It is my memory and how much I can keep that alive within me depends on me. The intensity of reliving it increases if it is alive in me, and this moment is so alive.

We have to choose what to remember. There are many things I don't remember, and there are moments I have chosen to hold onto, and those I relive again and again. In fact, I remember clearly these thirty-one years, and I would love to relive them again and again with Swamiji. And not just in this life, but in every life, I would relive every moment, because every moment with him was full of knowledge, every moment was full of inspiration.



Swamiji used to be sitting here the whole day at the Sanatan Agni Vedi and the Mahakaal Chitta Dhuni. He would sit in his langoti and do his japa. It was so hot and there was nothing here. It was not like it is now, it was barren, dirty, full of weeds. There was a small kitchen where he would cook, and we would watch him and learn because none of us knew how to prepare food. He had a set time – 40 minutes – to prepare the whole day's food, and it was so tasty. I have never eaten anything more tasty than that, really. Whatever he prepared, it was always simple and very tasty.



The whole day he would be sitting here, out in the open. He never had any house, he lived out in the open, and at night too he would be here where we are sitting now. That is how sacred this place is. And where the Samadhi is there was a kutir where he would keep his damaru and the shankh and other puja items. He never stayed there, but he kept those things inside because he could not leave them out in the rain. He lived out in the open, and every day there was thunder, lightning and rain. Those were the early days of Rikhia. And that visual of Swamiji sitting there doing his japa, those visuals, those moments come alive.

Every chapter of Swamiji's life is very significant, and he gave the most valuable treasures. If you start talking about it, there is no end. In Rikhia, he gave the most important lesson of all. And not a just lesson, he gave an experience. In Rikhia

Sri Swamiji initiated the possibility of opening the heart. He set that wheel in motion here, at the HridayaPeeth, the place where Sati's heart fell. This is most significant.

Bhakti, bhakti, bhakti – that is what he spoke of all the time here. Rikhia is very important because it was not just a philosophy that he gave, or a teaching that he gave, he gave the indication for the further evolution of mankind. Do you want to remain within the animal instincts of greed, fear, enmity and aggression? He said, "If man wants to evolve further, then this is the way."

Memories of this type have to stay alive, you have to hold onto them – and all other memories you can wipe out, erase. The more these memories come alive in you, the more focused you will become and the more you will become aligned. But we don't remember all this. We remember when somebody hurt us, when somebody betrayed us, when somebody disappointed us, or insulted us, or when we were unhappy or sick or in difficulties. We remember those things more. Memory is what your life is built on, and also your future. What will you carry with you? Just your memory. You're not going to carry this body, you're going to carry your memory in the form of a hard disc, your karmas.



Swami Satyananda with Bholenath and Bhairavi

So you have to be selective about memories, and hold those memories which can give you a push forward, such as Rikhia Agaman. Rikhia Agaman is the seed of a revolution that was planted here. Not a revolution with guns and ammunition and bombs but a heart revolution. That is what happened in Rikhia, and that is why it is so special. Because ultimately that is what we have to do – we have to open the heart space, we have to connect.

Guru is the connecting force, he is the one who connects us. Guru has connected all of us, and how did he connect us? With a vision. And that vision is very large. Guru expands our awareness and gives us a very big picture of how things can be for us in our lives.

If you live with Gurudev and you don't get focused then it's a waste, there's no use being near Guru. If you are near your Guru, focus has to become your nature. You can't be unfocused and hang around Guru. Only two people can live near Guru – one who is very stupid, who doesn't know anything, and the other who is very aware. I was the former, a total 'buddhu', but Gurudev made me focused. Just living with him, I became focused. That is called aligning. When you live with that kind of energy and awareness, you get focused.

So, every year we celebrate Rikhia Agaman like this. Earlier we used to celebrate it in a simple way. We would walk in with a picture of Sri Swamiji held high so Swamiji sees everything when we bring him in. There were only three or four of us back then, but now it has become a big drama! Somebody rings the bell, another person holds the umbrella, we sprinkle flower petals and Ganga Jal. It's good, it should be like a drama, a real-life drama. Let's see. And who knows?





# हे दिग्विजयी !

तुम्हारे गीतों में गीता है मेरी,  
जिसको मैं गाता हूँ अब...  
क्योंकि यही आदेश तुम्हारा था।

तुम्हीं हो प्रेरणा मेरी,  
भव्य जिसे कहता हूँ मैं और अमर...  
गीतों के देव! चित्रों के सौन्दर्य सनातन!

तुम्हारी दिग्विजय को गाना,  
अनन्त की गोद में चिरन्तन नींद सोना है,  
और है जीवन का चमत्कार।

उत्तरापथ के हे अमर तपस्वी!  
कूटस्थ अचल, अवतार महान!  
तुम्हारी ज्योति जलती रहे; प्रेरणा फलती रहे,  
मेरी तूलिका अमर रहे और लेखनी अप्रतिहत -  
मैं लिखते रहूँ औ' लिखते ही रहूँ।

*Satyanshu*





**‘Let the beauty we love, be what we do’:**

During the birth week aradhanas, I felt like I got back in touch with the reasons why I first came here to the sacred grounds of Rikhiapeeth. I felt an intensity of connection with Guruji of which I had not experienced before. In a way, to write about it now is not easy. The understandings and feelings are deeply entrenched in my heart and actions, rather than in intellectual words. And to be honest, in this way, I feel like I can preserve and build upon these blessings in a more real and useful manner.

In the ashram, we have an opportunity to see and experience life in a different way. I am sincerely grateful to be a part of something so meaningful and divine as Rikhiapeeth. During this Aradhana I have been feeling more connected with Sri Swamiji which makes me happy and fulfilled. As the noise reduces from my heart and mind, He becomes my reality and life is becoming so much sweeter. I would like to finish with a quote I found recently which I often remember, ‘Let the Beauty we Love, be what we do’.

Lavina, Australia



# Know Your Mantra

**Om tryambakam yajamahe sugandhim pustivardhanam |  
urvarukamiva bandhanan mrtyormoksiya mamrtat ||**

The Mahamrityunjaya Mantra, also known as the Rudra or Tryambakam Mantra, calls upon Lord Shiva's potent healing energies to bring balance and well-being into our mental, emotional and physical bodies. It is said to be a moksha mantra which bestows longevity and immortality. This mantra calls out to Shiva for warding off untimely death and promoting rejuvenation and nurturance.

The Mahamrityunjaya mantra was given to us by Swami Satyananda as a tool to overcome difficulties of any kind. Every Saturday the Mahamrityunjaya mantra is chanted at Rikhiapeth for the health and wellbeing of the whole world and particularly for individuals who write to us. During the Coronavirus pandemic this mantra has been dedicated to the Corona Heros who daily risk their health and safety in the service of others, as well as the Corona victims who are suffering. You can connect with the power of this healing mantra by chanting the Mahamrityunjaya Mantra 108 times on Saturdays with the sankalpa of universal strength, peace and good health for all. This mantra can also be chanted on a daily basis to bring about a positive transformation in our lives and in the world around us.

*"Chanting this mantra is a great solace for the world. When we are chanting the Maha Mrityunjaya mantra, we should hold concern and care for the suffering of others in our hearts and the idea that we will overcome this calamity that has befallen mankind. Hold onto the idea that we should come out of this situation and we should learn whatever lessons we have to learn so that we can move on, progress forward and understand the cause of this tragedy."*

- Swami Satyasangananda Saraswati

# Following God's Mandate

Swami Satyananda Saraswati

The 8th of September, 1989, on the birthday of my guru, I woke at about two o'clock in the early morning, made a little tea, took my bath and sat down. I gradually lost consciousness. There was a huge storm with lightning and thunder. This storm happened internally, not externally. My mind sank again. There was total quiet, and I remember there was moonlight, as you have on the tenth or the eleventh day before the full moon. At 4 am the shrill voice came saying, "Chitabhumi." Chitabhumi means cremation ground. That was all, burial ground. Chita means burning of the body and bhumi means ground.

The question in my mind had been, "Where am I going to stay?" At once, I understood the meaning of what I had heard. It was a clear instruction that I was to go to a cremation ground. In India, in the Vedic mythology and in the Puranas, particularly in the Shiva Purana, there are references to two cremation grounds. One is at Varanasi, known as Shiva's smashan bhumi. The other is this entire area of Deoghar which, in our scriptures, is referred to as Sati's chitabhumi. When the voice uttered the word 'chitabhumi', He meant this place, and I also saw this property very clearly in a vision; the building, the trees, everything as clearly as on a television screen.

At about seven o'clock that day, Swami Satsangi arrived from Munger with Prasad and I described to her what I had seen. I said to her, "You don't have to stay here. Go back immediately. I have seen a place near Deoghar. Please go there and find it." I didn't have to worry, I just told Swami Satsangi.



Swami Satyasangananda , 1989, surveying what was to become the Tapobhumi



I arrived here on the 23rd September, 1989 at twelve o'clock, midday. It was the day of the equinox, when everything is in perfect balance; day and night are both exactly twelve hours long. On such a day, I set foot here at exactly midday. Was that auspicious moment a coincidence? I was standing over there, I did not know where to put the dhuni, the sadhana fireplace. I was standing here when suddenly a twelve-foot-long serpent appeared at that spot, and it then circumambulated the entire property. Then I said, "I shall light the dhuni here." When God gives His command, you have to tune in and be able to understand. Things become so easy that you do not have to think or struggle. When it is God's will, everything is easy. When it is man's will, then you have to struggle. You can only attune to God's command when you stop thinking. God gave the command and so it happened that way.

He gave His mandate and it is going to happen. I do not even worry about how it will happen. If I have the feeling that I am a servant, I do not have to worry. The servant does not have to worry. He just has to carry out his orders. A servant has no accountability, no responsibility. He just has to do his duty and not think too much.



Sri Swamiji surveys his Tapobhumi



Sri Swamiji's 5 Star Kutiya



Sri Swamiji's Kutiya



Soon there was a gate and a wall!



I do not have to be anxious or worried. If He gives me an order I will do it, then things become easy. Whatever I do here is because I have been told to do it by somebody, whom I have never seen and whose phone number I do not have. He has asked me to do it and since hearing this message, every time I sit down it comes to my mind.

I am doing it because He has asked me to. So now, to live only for others should be the dharma of Swami Satyananda's life. Since the day this thought came to my mind, I have achieved the aim for which I left my home, fifty or sixty years ago. I did all sadhanas, I did everything. I read a lot, travelled around the whole world, saw all the temples of Christians, Muslims, Iranians and Parsis, but now here at Rikhia I have received His order and I am meant to work for others, not for my own spiritual salvation.



On the memorable day of 12th September 1947, Swami Sivananda initiated Swami Satyananda, a cherished disciple who had immense love, affection and dedication for him, as an able successor on the path of sannyasa.

*"Today I have found a cherished and capable disciple, who will contribute to the expansion of my work and be totally successful in that endeavour."*

- Swami Sivananda Saraswati



Swami Sivananda incarnated in this age to show humanity the true path of life, he manifested in order to initiate souls of all nations and religions into the mantra of spiritual excellence. He was born in order to express and establish these sattwic states of existence all over the world.

There is no false pomposity in Swami Sivananda's appearance, there is no secret in his yoga, no selfishness in his love, no arrogance in his work, he is an example of what it is to live as a simple and good person.

- Swami Satyananda Saraswati



# The Moment of Agaman

Swami Niranjanananda Saraswati

This is the agaman day of Sri Swamiji coming to Rikhia, and it is the agaman day of him entering our lives as well. So, it's a double celebration, not only of the place, which is external, but also of the presence, which is internal.

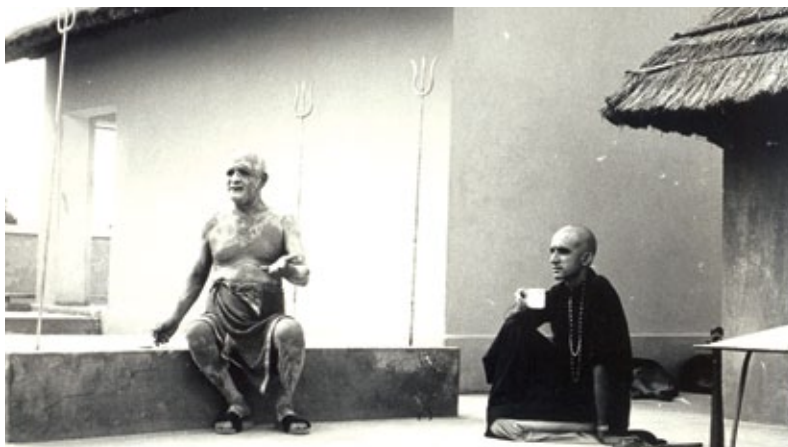
The moment Paramahansaji met someone was the agaman of Swami Satyananda in that person's life. And this remains undisputed. The moment his eyes connected with your eyes, that was the moment of agaman in your life. Just the eye contact with him was enough to welcome Swamiji into your life. That was the beauty of his eyes, of his personality, of his nature, of his presence. The life of Sri Swamiji was a mirror, showing everybody their own, true self. The president of a nation could look into that mirror and talk, a thela-wala could look into that mirror and talk, a child could look into that mirror and talk, and even God could look into that mirror and tell him what to do. And even though he is not around, it keeps happening through the images and the photographs. And the same inspiration, the same connection, is experienced by people even today.



He arrived in Rikhia today, and he also entered our lives, so today we celebrate both great events. What happened when he came to Rikhia? The destiny of Rikhia changed. What happened when he came into our lives? Our destinies also changed, and that is why we are here, living a destiny created by him for us. Lives were touched, destinies changed and they unfolded, wherever he went. So it is that moment of connection that we should always remember and relive.

Rikhia agaman opened a whole new view, a new vision for humankind at large. What Sri Swamiji initiated here is something that I can very safely say was not yet seen by the world. Everything in his life had a very specific purpose, always for the upliftment of people. Rikhia evolved as a means of uplifting the people and installing the spiritual precepts and the teachings and vision of Swami Sivananda, and these have become the aim and lifestyle of the place. This is the need of all society at present and also for the future, as the situations deteriorate and mindsets get imbalanced. This experience and this lifestyle, which Swamiji established here is going to be very much in demand by the citizens of our globe.

As Swami Satsangi said, this is a time of memories, and memories are also smriti, one vritti of chitta. So if it is a repeat, it has to have something good about it. And truly, for us who have known Sri Swamiji, every memory is cherished because in each memory of every moment, just by being in his presence, there was so much to imbibe. And memories take you back to the moment, they make you relive and reabsorb, reanalyse, re-imbibe those precious moments in time that we spent with our master. And it is this that keeps the connection. For those who have not seen him, it may be difficult





to know what we experienced and feel, but still they catch onto the feeling and also experience the subtlety and the essence of this connection. In this manner, the connection and the inspiration live on.

And for me it has been a very interesting journey, because I was born in the lap of Sri Swamiji and I stayed with him till the age of fifty. Fifty years in the physical presence of a master is a very rare experience to have. And for fifty years, I saw Paramahansaji in all the roles that he played. Throughout his lifetime, from his life at home to living in his Guru's ashram, later on at Munger, and then in Rikhia, his every moment was dedicated to the welfare of the other person. Not a single moment can I recall when he said, "This is my time, my moment." I am sure that people who have seen him will agree and confer that he never once thought about himself. And in fact, if people thought about his needs he would say, "No, you have to think of others." He was a person who lived a totally different life which nobody can even imagine, because there is no example in the world at present.

It is only through commitment, surrender, devotion and dedication that one can achieve all that. Swamiji had that commitment to the path that his Guru had shown him –and the path was sannyasa. Yoga was incidental on the way, the mandate of his Guru, which he had to fulfil. But when that mandate was accomplished, Swamiji lived his sannyasa life. And it was here in Rikhia, as a sannyasin, as a tapasvi, and in the way he lived his life that the radiance of his being illuminated the world around him. I feel fortunate to be present here in Rikhia today, to remember the past, when it all happened. Let us celebrate these precious memories and be happy for his luminosity in our lives.



## शिव-सत्य-पंचकम्

ॐ अस्य शिवसत्यपंचकस्तोत्रमंत्रस्य निरंजन ऋषिः । तोटक छन्दः ।

शिवानन्द-सत्यानन्दौ देवते ।

शिवानन्द-सत्यानन्द प्रीत्यर्थे पाठे विनियोगः ।

भवसागरतारणकारणयोः यमबन्धनखण्डनयोश्च कृते ।  
विनयेन ददामि सुमे मुदितौ भवतं शिव-सत्य-गुरुच्चतमौ ॥ 1 ॥

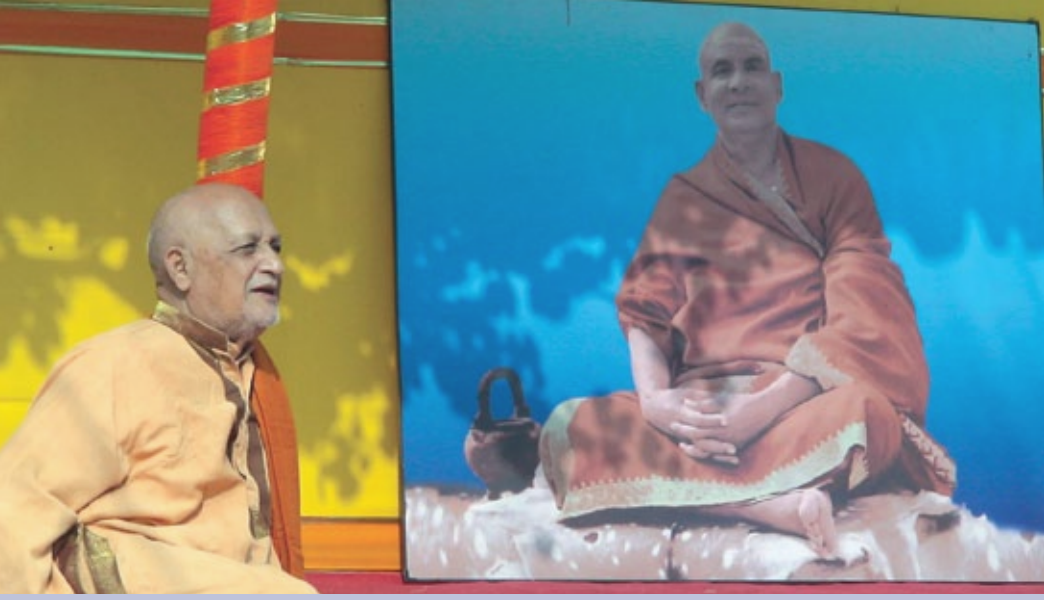
अभिमानविहीनदयालुयती सकलामलसद्गुणशक्तिनिधि ।  
विनयेन नमामि युवां द्रवितौ भवतं शिव-सत्य-गुरुच्चतमौ ॥ 2 ॥

राधिकामुरलीधरभक्तवरं रघुनाथविदेहसुताभजकं ।  
विनयेन भजामि युवां दयितौ भवतं शिव-सत्य-गुरुच्चतमौ ॥ 3 ॥

विधिविष्णुमहेशसमेशगुरु निगमागमशास्त्रविरूपविदै ।  
विनयेन गृणामि युवां भरणौ भवतं शिव-सत्य-गुरुच्चतमौ ॥ 4 ॥

सुरसिंधुतटस्थतपोधनयोः सुरकार्यसमुद्यतयोः च कृते ।  
सुमनांसि दधामि युवां शरणौ भवतं शिव-सत्य-गुरुच्चतमौ ॥ 5 ॥

स्वामी निरंजनानन्द सरस्वती



### Satyam Sivam Aradhana Reflections

Sivananda Janmotsav Saptah (1st September to 8th September) is always a very special period for me. This is the week when I am privileged to get an amazing opportunity to offer my offerings to Pujya Sri Swami Sivananda. Over the last decade, this week is observed as the 'Cataract Clear up Week' by the Sivananda Datavya Chikitsalaya.

In fact, this activity used to extend across the Samarpan Muharta and last till the Rikhia Agaman Diwas when the last of the cataract operation patients used to return back after their successful operations. By the Grace of Sri Swami Sivananda, the inspiration of Pujya Gurudev Sri Swami Satyananada and in the guidance and direction of our most respected and dear Peethadhishwari Swami Satyasangananda, this period used to be an opportunity for me to take part in the practical offering of Serve, Love, Give – the teachings of our Holy Masters.

Sri Swamiji used to often quote the couplet from Tulsi Ramayana –

गुरु पद रज मृदुमंजुलअंजन।नयनअमीयदृग्दोषबभिंज।।

He used to say that the grace of the Guru acts like the ultimate ointment which clears up the cataract, the defect in the vision in the disciple. After all it is for clearing this spiritual 'Cataract' that we take refuge of the Guru.

While every year this fortnight is a powerful opportunity for me to connect with the teachings of our Masters, the experience this time was just mind blowing and an eye opening one. This year, we could concentrate on the internal experience instead of the external one. There was no bahir chakshu yajna but perhaps the foundation of

the antar chakshu yajna was being laid. Swami Satsangi asked us to do swadhyaya of Sri Swami Sivananda's books and dedicate all our actions to Him and try to remember Him as much as possible.

Their presence was so very palpable that it was very stunning. I happened to have the book on Narada Bhakti Sutras by Sri Swami Sivananda. Doing Swadhyaya of the book was like establishing a live connection with Him. Many doubts, many perspectives became very clear during this period. A recurrent event especially during this time was that whenever I had some query or doubt or some point which was not clear to me, I would hear Swami Sivananda's audio (which was being played every morning at the Samadhi) or someone would come across and happen to speak out the exact piece which would clear the point to me. It was clear that Someone Up There was helping me out and saying 'This is the answer which you were looking for. Its so obvious, why didn't it strike you?'

On the 8th September, we were going to have a party in the evening in Sivananda Sarovar, commemorating the Descent of Sivam. We had to get the recording of the iconic song 'Another You' to be played for Him. At the exact moment when we started doing the rehearsal of playing the song, it started rumbling overhead and as the song started, it started raining and pouring. 'Another You' is the song dedicated to Paramahansaji and the moment we called out to him, he came. It is common knowledge that whenever Paramahansaji used to go anywhere there used to be rains. The rains are one of his favourite medium to express his presence.

On that day, Sri Swamiji joined us in the kirtan and just as Sri Swamiji is our 'Another You' and we sang out to him and through him to Sri Swami Sivanandaji, Sri Swamiji also joined us to call out to Sri Swami Sivanandaji for Swami Sivanandaji is the 'Another You' for Sri Swamiji. How would Swamiji not come to join us when we called out to Him on such an occasion? Thank You Sri Swamiji for gracing the occasion.

And the presence of Sri Swamiji continued from then onwards culminating on the 12th, the Samarpan Muhurta. Their presence was indeed uplifting and gave me lots of inspiration and clarity for the spiritual journey which one is supposed to undertake on the path of Sannyasa. And as is famously said:

The woods are lovely, dark and deep;  
But I have promises to keep;  
And miles to go before I sleep;  
And miles to go before I sleep.

Humble sashtang pranam and gratitude to Sri Swamiji and Swami Satsangiji for the directions, guidance and inspiration.

Jai Gurudev  
Swami Yogapratap, Rikhia

# Satyam's ode to Sivananda

O thou Light of Consciousness incomparable!  
Keep Thou forever Thy blaze imperishable.  
Gaily illuminating the darkness of age's end.  
Man's bounteous homage constantly take  
And limitless spaces full beauteous make.  
When numberless aeons have rolled away,  
Raise again the bright monarch of the day.  
Do Thou unto this vast infinitude,  
The dawn Light of Effulgent Consciousness send.

When poverty, disease and the fear of death -  
These agonizing experiences of man,  
Under the thralldom of nature -  
Overtake him at every step forward;  
He cries out in despair;  
And looks askance for help and guidance  
And there could be seen  
An Effulgent light of Consciousness  
Emerging from the Power-house of Anand Kutir,  
Showing him the way to -  
Existence, Knowledge and Bliss.

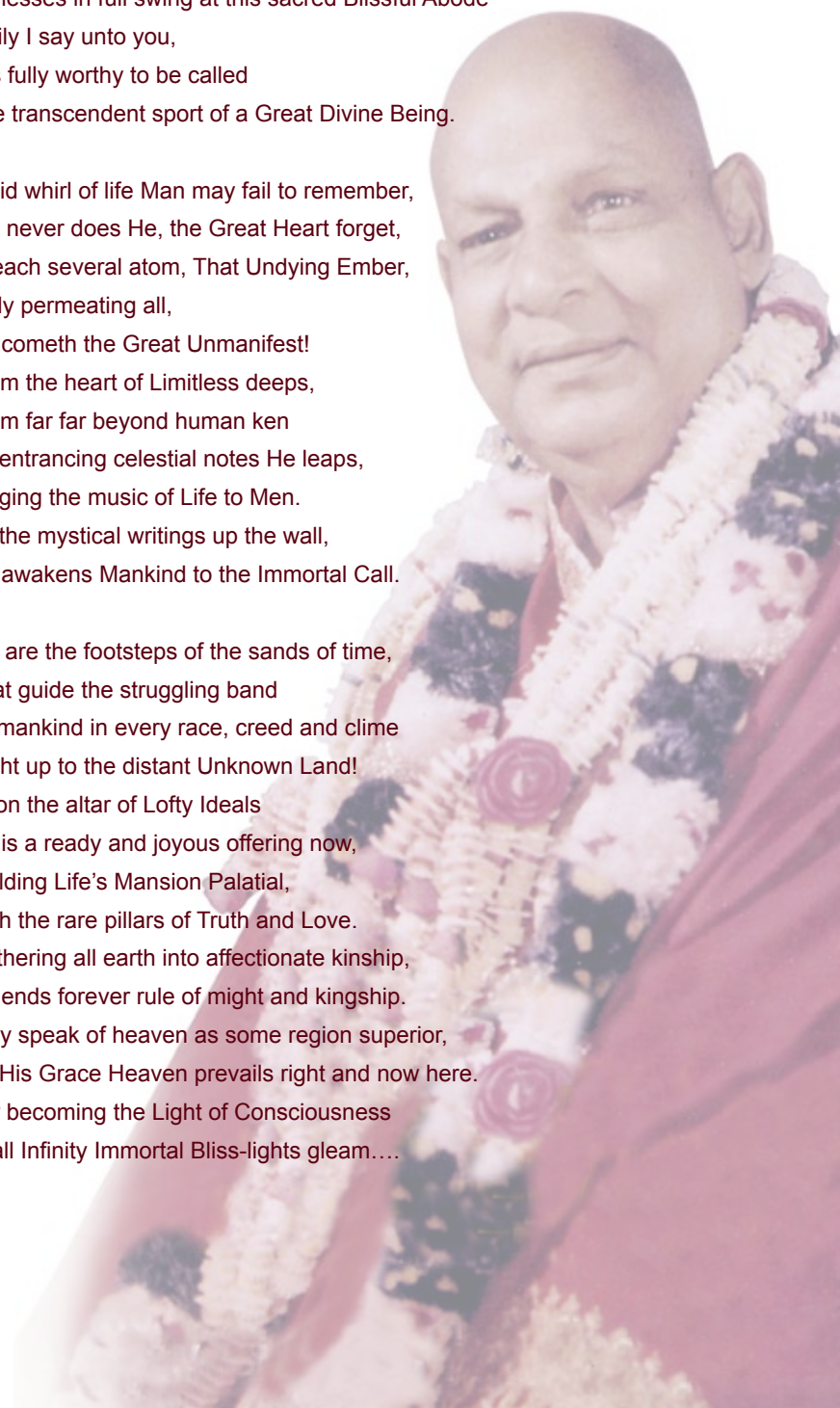
Hail! Thou Great Sivananda,  
Dweller in the Abode of Bliss!  
Infinite is Thy transcendent Sport.  
All universe Thou seekest to awaken  
With Thy Clarion Call.  
Hidden Voice and World of the Infinite Deep  
Has become human gaze,  
Self revealed and resplendent -  
Thou bestowest strength of spirit  
And final freedom unto all.



Whatsoever Blissful action the wondering of today  
witnesses in full swing at this sacred Blissful Abode  
verily I say unto you,  
It is fully worthy to be called  
The transcendent sport of a Great Divine Being.

Amid whirl of life Man may fail to remember,  
But never does He, the Great Heart forget,  
In each several atom, That Undying Ember,  
Fully permeating all,  
He cometh the Great Unmanifest!  
From the heart of Limitless deeps,  
From far far beyond human ken  
As entrancing celestial notes He leaps,  
Singing the music of Life to Men.  
As the mystical writings up the wall,  
He awakens Mankind to the Immortal Call.

His are the footsteps of the sands of time,  
That guide the struggling band  
Of mankind in every race, creed and clime  
Right up to the distant Unknown Land!  
Upon the altar of Lofty Ideals  
He is a ready and joyous offering now,  
Building Life's Mansion Palatial,  
With the rare pillars of Truth and Love.  
Gathering all earth into affectionate kinship,  
He ends forever rule of might and kingship.  
Why speak of heaven as some region superior,  
By His Grace Heaven prevails right and now here.  
For becoming the Light of Consciousness  
In all Infinity Immortal Bliss-lights gleam....





Swami Satyasangananda and Swami Niranjanananda, Sivananda Ashram, Rishikesh, 2009



Many times when people talk about love I just laugh at them. I have never met any other person who I think knows love, but I can definitely say that Swami Sivananda was a man whose very being emanated love. Nevertheless, he was the least emotional person I have known – completely calm, quiet, unruffled and absolutely detached. He was the best of men I have seen in my life. I have never seen Christ, but I have seen Swami Sivananda, and therefore I believe Christ must have existed. He was a man whose kindness and compassion knew no bounds. He was nothing but sweetness, nothing but smiling eyes. In everything he did throughout his life, he maintained only one attitude – to do good to everybody.

- Swami Satyananda Saraswati



# मंत्र को जानें

## महामृत्युञ्जय मंत्र

ॐ त्र्यम्बकम् यजामहे सुगन्धिम् पुष्टिवर्धनम् ।  
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

महामृत्युञ्जय मंत्र को रूद्र या त्र्यम्बकम मंत्र के रूप में भी जाना जाता है। इसके द्वारा हम भगवान शिव के प्रबल उपचारात्मक ऊर्जा का आवाहन कर अपने शारीरिक, मानसिक और भावनात्मक स्थिति में संतुलन लाकर अपना कुशल-क्षेम बनाए रखते हैं। इसे मोक्ष मंत्र भी कहते हैं जो दीर्घ आयु और मृत्यु पर विजय प्रदान करता है। यह मंत्र व्यक्तित्व के विभिन्न पहलुओं का पोषण कर असामयिक मृत्यु को रोकने व कायाकल्प करने के लिए भगवान शिव का आवाहन है।

सभी प्रकार की कठिनाइयों से निजात पाने के लिए स्वामी सत्यानन्दजी ने हमें महामृत्युञ्जय मंत्र से अवगत कराया है। रिखियापीठ में प्रत्येक शनिवार को इस मंत्र का पाठ सम्पूर्ण विश्व एवं अपने सुस्वास्थ्य तथा कुशल-क्षेम के लिए विशेष अनुरोध करने वाले आकांक्षियों के लिए होता है। कोरोना वायरस के इस सर्वव्यापी महामारी में यह मंत्र-पाठ उन योद्धाओं को समर्पित है जो दूसरों की सेवा के लिए प्रतिदिन अपने स्वास्थ्य व सुरक्षा को जोखिम में डाल रहे हैं। सभी के लिए सार्वभौमिक शक्ति, शान्ति, सुस्वास्थ्य व कुशल-क्षेम का संकल्प लेकर प्रत्येक शनिवार को 108 बार इस मंत्र का पाठ कर आप इस मंत्र के प्रबल उपचारात्मक शक्ति से जुड़ सकते हैं। अपने व्यक्तिगत जीवन और विश्व में सकारात्मक परिवर्तन के लिए आप इस मंत्र का दैनिक पाठ भी कर सकते हैं।

इस मंत्र का जप सम्पूर्ण विश्व के लिए संजीवनी है। महामृत्युञ्जय मंत्र का जप करते समय हमें मानव समुदाय पर आई महामारी की इस घोर विपदा को ध्यान में रखते हुए इसपर काबू पा लेने की विचार-शक्ति से ओत-प्रोत होना चाहिए। त्रासदी के अन्तर्हित कारणों को समझते हुए इससे मिलने वाली शिक्षाओं को हमें आत्मसात करना होगा तभी हम इस परिस्थिति से बाहर निकल सकेंगे और अपने जीवन में आगे बढ़ेंगे।

स्वामी सत्यसंगानन्द सरस्वती



## 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’.



## Guru

Selected teachings of Swami Satyananda Saraswati

Since ancient times, the importance of guru on the spiritual path has been held in the highest regard. This book presents a diverse collection of talks on the subject of guru by Swami Satyananda Saraswati, illuminating the necessity of guru in the life of every seeker. In honour of guru, it was presented as prasad on the sacred occasion of Guru Purnima at Rikhiapeeth, 2014.



## Important Message for Aradhana Subscribers:

As a result of the current restrictions in place due to the pandemic we are unable to dispatch Aradhana Magazines by post. For all current subscribers the printed copies of Aradhana are being kept and will be dispatched as soon as restrictions are lifted. Until then, please feel free to read and download the latest issues of Aradhana which are available online free of cost at [www.rikhiapeeth.in](http://www.rikhiapeeth.in)

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.

In compliance with the national directives, the ashram has remained closed since the beginning of March when the number of cases started increasing in India, and has cancelled all its event for the year 2020, to support the process of healing.

