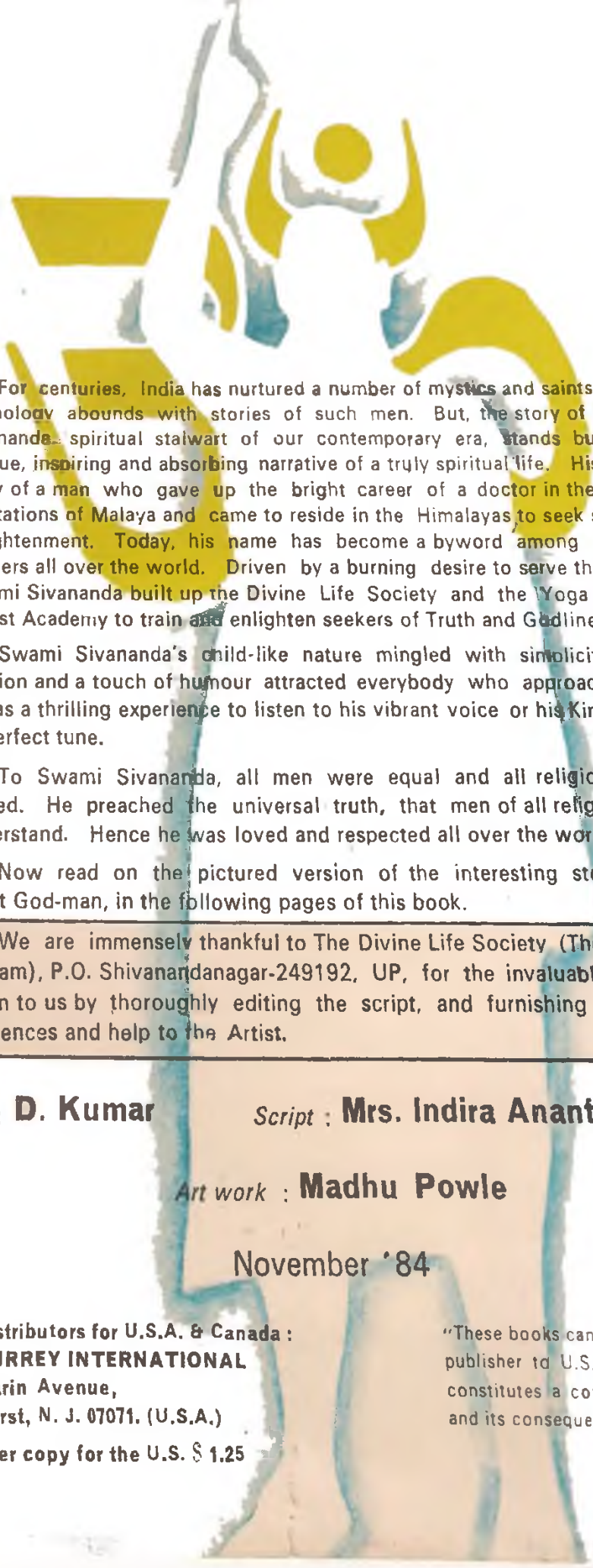




SWAMI SIVANANDA





For centuries, India has nurtured a number of mystics and saints. Our mythology abounds with stories of such men. But, the story of Swami Sivananda, spiritual stalwart of our contemporary era, stands but as a unique, inspiring and absorbing narrative of a truly spiritual life. His is the story of a man who gave up the bright career of a doctor in the rubber plantations of Malaya and came to reside in the Himalayas to seek spiritual enlightenment. Today, his name has become a byword among spiritual seekers all over the world. Driven by a burning desire to serve the world, Swami Sivananda built up the Divine Life Society and the Yoga Vedanta Forest Academy to train and enlighten seekers of Truth and Godliness.

Swami Sivananda's child-like nature mingled with simplicity, compassion and a touch of humour attracted everybody who approached him. It was a thrilling experience to listen to his vibrant voice or his Kirtans sung to perfect tune.

To Swami Sivananda, all men were equal and all religions equally sacred. He preached the universal truth, that men of all religions could understand. Hence he was loved and respected all over the world.

Now read on the pictured version of the interesting story of this great God-man, in the following pages of this book.

We are immensely thankful to The Divine Life Society (The Sivananda Ashram), P.O. Shivanandanagar-249192, UP, for the invaluable assistance given to us by thoroughly editing the script, and furnishing the needed references and help to the Artist.

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November '84

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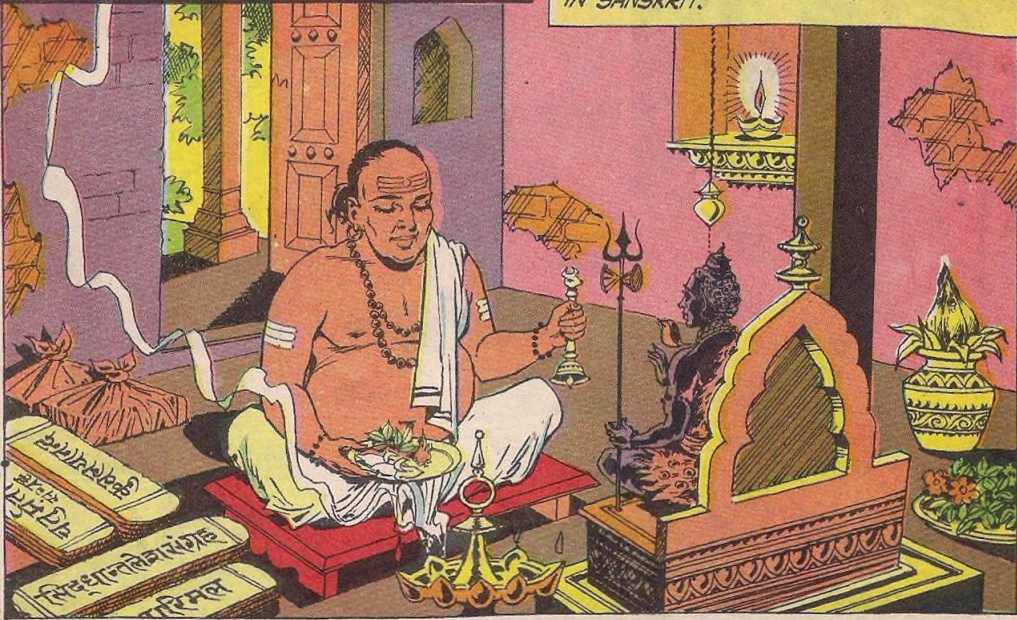
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SWAMI SIVANANDA

APPAYYA DIKSHITAR WAS A GREAT SAIVAITTE SCHOLAR-SAINT OF THE 16TH CENTURY. HE HAS WRITTEN MANY AUTHORITATIVE WORKS ON VEDANTA, IN SANSKRIT.



HE IS REGARDED BY MANY AS AN AVATARA OF LORD SIVA. ONCE, HE WENT TO TIRUPATI FOR HAVING DARSAN OF LORD VENKATESWARA (BALAJI). BUT —

HE SEEMS TO BE A REAL DEVOTEE OF GOD. LET HIM HAVE DARSAN. WHAT IF HE IS A SAIVAITTE!

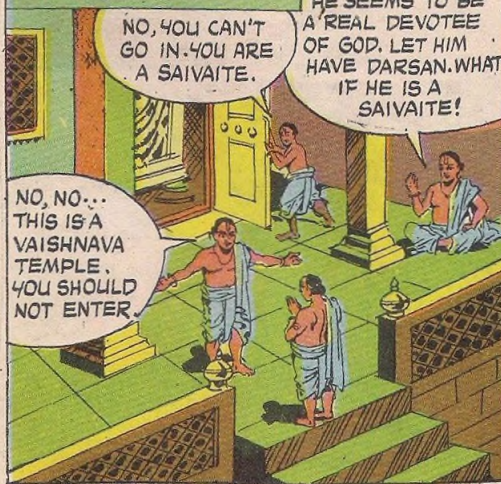
NO, YOU CAN'T GO IN. YOU ARE A SAIVAITTE.

NO, NO... THIS IS A VAISHNAVA TEMPLE. YOU SHOULD NOT ENTER.

LO! NEXT MORNING WHEN THEY OPENED THE TEMPLE, THEY FOUND TO THEIR DISMAY THE MURTI OF VENKATESWARA WAS CHANGED INTO THE FORM OF SIVA-LINGA.

PLEASE PARDON US, AND COME IN FOR DARSAN.

AND, PLEASE CHANGE THE MURTI BACK TO VENKATESWARA



AND, WHEN APPAYYA DIKSHITAR WENT INSIDE THE TEMPLE FOR DARSAN, THE MURTI WAS CHANGED INTO VENKATESWARA, ONCE AGAIN.



LORD, THOU ART AN OCEAN OF LOVE

VENGU IYER WAS A DESCENDANT OF APPAYYA DIKSHITAR. HE LIVED WITH HIS WIFE PARVATI AMMAL AT PATTAMDAI IN TIRUNELVELI DISTRICT IN TAMIL NADU. THEY WERE SIMPLE, DEVOUT AND RELIGIOUS. KUPPUSWAMI WAS THEIR THIRD SON. HE WAS BORN ON 8TH SEPTEMBER 1887.



AH! WHAT A BEAUTIFUL CHILD!

WE HAD SEEN SOME GOOD OMENS! LOOKS LIKE APPAYYA DIKSHITAR RE-INCARNATE!

LET US CALL HIM KUPPUSWAMI

LOVE FOR GOD WAS INBORN IN LITTLE KUPPUSWAMI. KIRTANS HAD MARVELLOUS EFFECT ON HIM. HE ALWAYS PARTICIPATED, WITH GREAT INTEREST, IN PUJAS, PRAYERS AND KIRTANS THAT HIS PARENTS CONDUCTED. ONE EVENING VENGU IYER WAS CONDUCTING KIRTAN.

HE IS NOT AN ORDINARY BOY! SO MUCH DEVOTION IN ONE SO YOUNG!

HARA, HARA, HARA, HARA,

HARA, HARA, HARA, HARA, NAMAH SIVAYA!!!

NAMAH SIVAYA!



KUPPUSWAMI REJOICED IN GIVING AND SHARING. HE DISTRIBUTED SNACKS GENEROUSLY TO SERVANTS AND BEGGARS, TOO. WHENEVER HE COULD, CROWS AND SPARROWS LIKED TO EAT OUT OF HIS HANDS



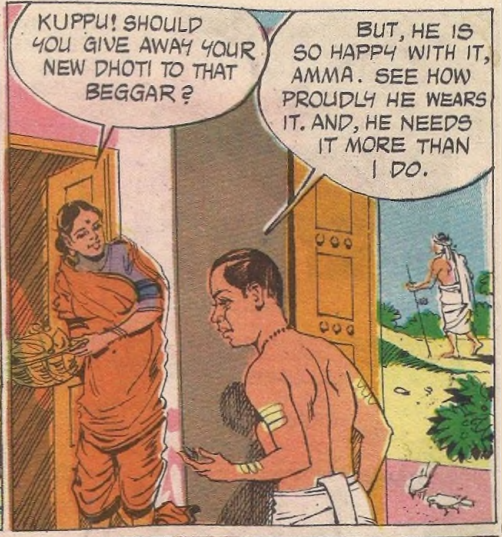
SWAMI S. VANANDA
KUPPU SWAMI WAS VERY KIND AND COMPASSIONATE TOWARDS THE POOR AND NEEDY. HE WAS EVER READY TO HELP THEM. ON A PARTICULAR FESTIVE OCCASION, KUPPU SWAMI WORE NEW CLOTHES. SHORTLY AFTERWARDS —



AH! THAT BEGGAR'S NEED FOR CLOTHES IS MORE THAN MINE.

HERE! WEAR THIS.

THANK YOU SO MUCH MY BOY.



KUPPU! SHOULD YOU GIVE AWAY YOUR NEW DHOTI TO THAT BEGGAR?

BUT, HE IS SO HAPPY WITH IT, AMMA. SEE HOW PROUDLY HE WEARS IT. AND, HE NEEDS IT MORE THAN I DO.

IN SCHOOL, KUPPU SWAMI EXCELLED IN STUDIES...



CAN NONE OF YOU ANSWER MY QUESTION?

YES, SIR, I CAN.

THERE IS NOT A QUESTION THAT KUPPU CANNOT ANSWER IN CLASS.

...AS WELL AS IN THE PLAYGROUND.



COME ON, BOYS; DON'T BE LAZY. PHYSICAL EXERCISES BUILD UP A STURDY BODY..

I THINK THIS BOY CAN DO BETTER THAN I IN ROUNDING UP THE BOYS FOR P.T.

ONCE, THE GOVERNOR, LORD AMPHILL VISITED THE KURUMALA HILLS, NEAR PATTAMADAI.



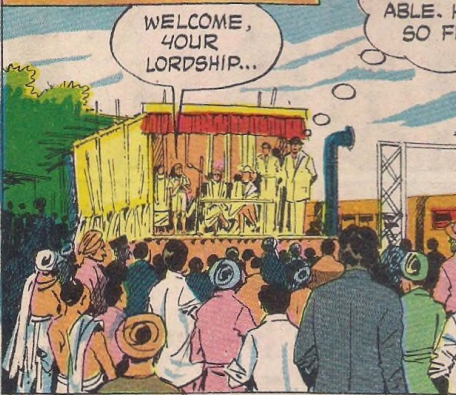
WHO WILL GIVE THE WELCOME ADDRESS TO THE GOVERNOR?



NOT I SIR

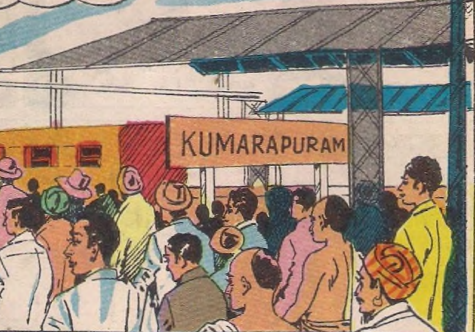
WHY NOT, SIR, OF COURSE, I WILL

ON THE IMPORTANT DAY —



WELCOME, YOUR LORDSHIP...

THAT BOY IS REMARKABLE. HE CAN SPEAK SO FEARLESSLY!



YOUNG AND BOISTEROUS KUPPUSWAMI LOVED FUN AND ADVENTURE. ONE DAY, AT THREE O'CLOCK IN THE EARLY MORNING,



THAT LOOKS LIKE ME, SLEEPING SOUNDLY.

KUPPUSWAMI, THEN SLIPPED OUT OF THE HOUSE, TO PRACTISE GYMNASTICS.

A LITTLE LATER —



SIVA, SIVA! KUPPU IS NOT IN BED. THEN WHERE IS HE?

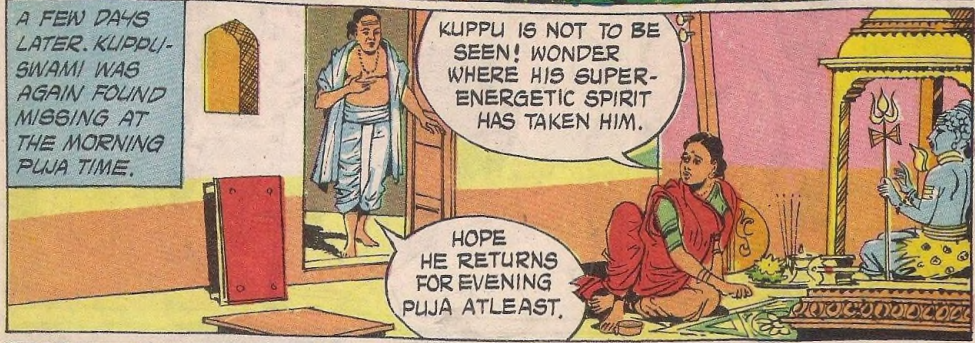
KUPPU, GET UP. THE SUN HAS RISEN.



AMMA! HERE I AM, RETURNING AFTER A REFRESHING EARLY MORNING WALK.

OH, KUPPU! WHERE ARE YOU?

A FEW DAYS LATER, KUPPUSWAMI WAS AGAIN FOUND MISSING AT THE MORNING PUJA TIME.



KUPPU IS NOT TO BE SEEN! WONDER WHERE HIS SUPER-ENERGETIC SPIRIT HAS TAKEN HIM.

HOPE HE RETURNS FOR EVENING PUJA ATLEAST.

MEANWHILE, KUPPUSWAMI HAD WALKED 12 MILES AWAY FROM HOME, TO THE TEMPLE AT KAZHUGUMALAI.



MURUGA! I LEFT THE HOUSE VERY EARLY IN THE MORNING EVEN WITHOUT TELLING MY MOTHER, JUST TO HAVE YOUR DARSAN.

KUPPUSWAMI SPENT A GOOD PART OF THE DAY AT THE TEMPLE.

EVENING PUJA AND EVEN SUPPER WERE OVER. IT WAS TIME TO RETIRE TO BED AND KUPPUSWAMI'S PARENTS WERE WORRIED. SUDDENLY—



I AM SORRY TO HAVE CAUSED YOU WORRY. I LIKE TO WANDER AND VISIT FAR OFF TEMPLES. I HAD BEEN TO KAZHUGUMALAI.

TWELVE MILES! WERE YOU NOT HUNGRY AND TIRED!!

I DIDN'T MIND HAVING TO GO HUNGRY.

STRANGE BOY!



THENCEFORTH, KUPPUSWAMI WENT AWAY ON HIS OWN, OFTEN, TO VISIT HOLY PLACES, NEAR-BY.

IN 1905, KUPPUSWAMI PASSED HIS INTERMEDIATE EXAMINATION, FROM THE S.P.G. COLLEGE, TRICHINAPOLY. AFTER THAT—

I AM GOING TO DO A DEGREE COURSE IN ARTS.

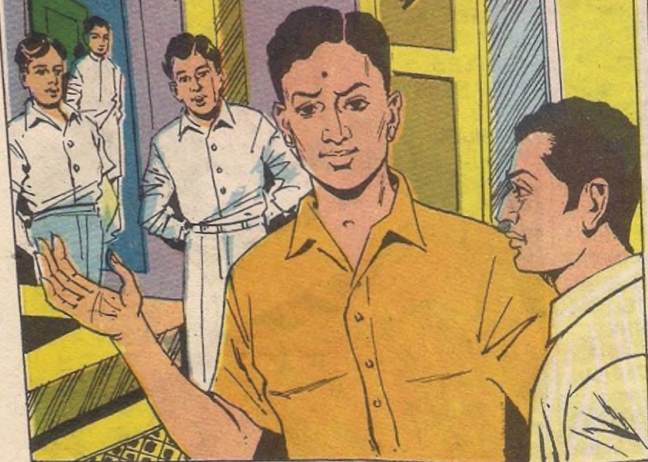
ARTS IS NOT INTERESTING.



MY LINE IS SCIENCE. I'LL MAKE DISCOVERIES THAT'LL SHAPE THE WORLD.

HMPH! WHY DREAM OF MOVING THE WORLD? OUR HEARTS SHOULD MOVE AT THE SIGHT OF SUFFERING IN THIS WORLD.

I SHALL DO MEDICINE, AND TRY MY BEST TO REDUCE THE SUFFERINGS OF MY FELLOW MEN.

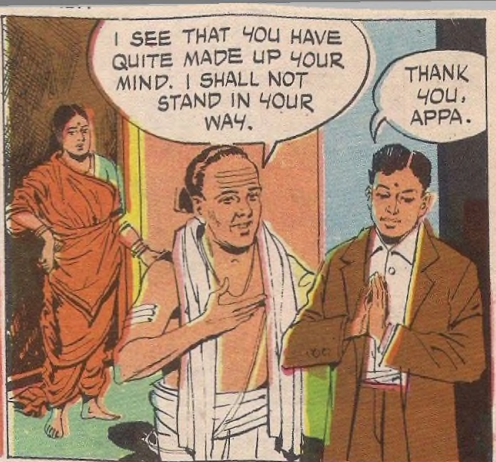


AT HOME —

KUPPU! FOR A BOY OF OUR COMMUNITY, A DOCTOR'S PROFESSION IS NOT SUITABLE.



WHAT DO YOU SAY APPA?



I SEE THAT YOU HAVE QUITE MADE UP YOUR MIND. I SHALL NOT STAND IN YOUR WAY.

THANK YOU, APPA.

KUPPUWAMI JOINED THE TANJORE MEDICAL COLLEGE, AND BEGAN STUDYING WITH A LOT OF INTEREST AND ZEAL.



THIS FIRST YEAR STUDENT SHOULD NOT BE ALLOWED IN HERE.

HE IS A REMARKABLE STUDENT. HE HAS OBTAINED SPECIAL PERMISSION TO BE HERE.

AT RECESS TIME, IN COLLEGE —



LOOK HOW KUPPU ENJOYS HIS RECESS.

HE IS VERY INTELLIGENT. I ALWAYS GO TO HIM WHENEVER I HAVE ANY DOUBTS.

WHEN HOLIDAYS CAME —



BYE, KUPPU. WHEN ARE YOU GOING HOME?

DON'T YOU WANT TO ENJOY YOUR HOLIDAYS?

I'M STAYING BACK IN COLLEGE. STUDIES ARE MY ENJOYMENT.

EVERY 4 DAY, KUPPLI-SWAMI USED TO READ TILL LATE AT NIGHT. BUT, HE WAS ALSO FOND OF GYMNASTICS AND VIGOROUS EXERCISES. SO, HE STARTED LEARNING FENCING FROM A TEACHER WHO WAS AN UNTOUCHABLE, BY CASTE.

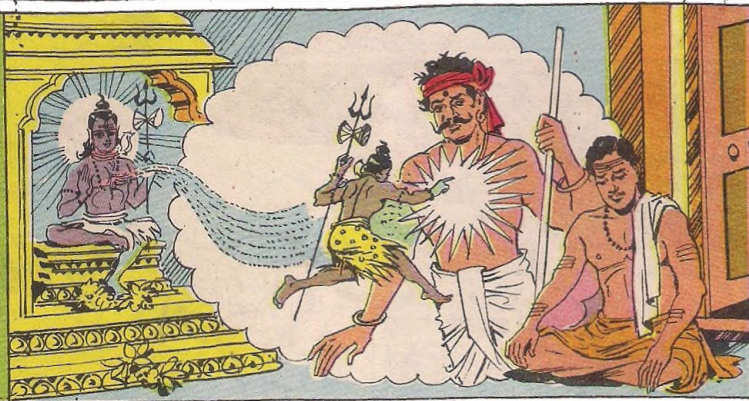
OKAY. YOUR ATTACK IS CORRECT. NOW TAKE THIS, AND DEFEND YOURSELF.

O KUPPU, HOW CAN YOU, A CASTE BRAHMIN, BECOME A STUDENT OF AN UNTOUCHABLE!

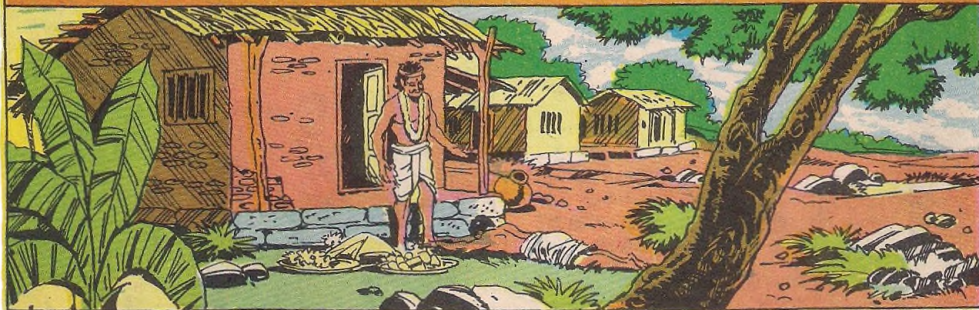
STOP IT

YES, I AM READY.

WHEN HE RETURNED HOME, KUPPLISWAMI DEEPLY PONDERED OVER WHAT THE BRAHMIN SAID. IN A MOMENT HE HAD AN AMAZING MENTAL VISION, IN WHICH HE SAW LORD SHIVA, WHOM HE WORSHIP-PEP IN HIS FATHER'S PUJA ROOM, EMERGED FROM THERE AND ENTERED INTO THE HEART OF THE UNTOUCHABLE.



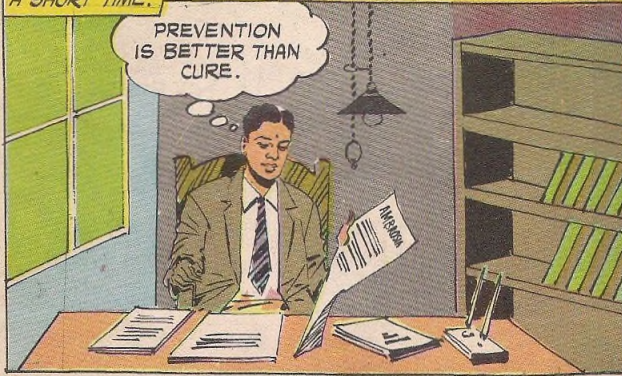
AT ONCE, KUPPLISWAMI WENT WITH FLOWERS, SWEETS AND CLOTHES, GARLANDED THE UNTOUCHABLE, PLACED FLOWERS ON HIS FEET AND FELL PROSTRATE BEFORE HIM.



THIS DID GOD COME INTO KUPPLISWAMI'S EARLY LIFE TO REMOVE THE VEIL OF CASTE DISTINCTION, WHICH WAS VERY PREVALENT THEN, AND ENABLED HIM, LATER ON, AS A DOCTOR, TO SERVE THE SICK AND POOR WITHOUT THE LEAST DISTINCTION OF CASTE.

KUPPUSWAMI EMERGED WITH FLYING COLOURS FROM THE MEDICAL COLLEGE. HE REALISED THAT LACK OF KNOWLEDGE OF HEALTH AND HYGIENE WAS THE CAUSE OF PEOPLE'S SUFFERING. SO, HE STARTED A JOURNAL ENTITLED "AMBROSIA" FROM TRICHINOPOLY, WHICH GAINED POPULARITY WITHIN A SHORT TIME.

PREVENTION IS BETTER THAN CURE.



HE, THEN MOVED TO MADRAS. HE BEGAN WORKING IN A PHARMACY IN ADDITION TO EDITING THE 'AMBROSIA' BUT HE WAS NOT CONTENT.

I HEAR OPPORTUNITIES FOR SERVICE IN MALAYA ARE VERY GOOD. I MUST CONTACT MY FRIEND THERE.



KUPPUSWAMI BROACHED THE SUBJECT AT HOME.

I'D LIKE TO WIDEN MY HORIZONS... SAY... BY TAKING UP A JOB IN MALAYA.

OH! HOW CAN YOU LEAVE US ALL AND GO SO FAR AWAY?



'BUT, AMMA, I SHALL ALWAYS REMEMBER YOU AND RETURN SOON.

MY SON! I'LL MISS YOU.



CROSSING THE SEAS IS PROHIBITED IN THE SHASTRAS.

I AM GOING TO CROSS THE SEA TO SERVE HUMANITY. SHASTRAS SHALL NOT STAND IN MY WAY.



BLESS ME, FATHER!

YOU HAVE MADE A DARING DECISION, MY SON. GOD BE WITH YOU IN YOUR NOBLE MISSION.

WHAT DETERMINATION!



THE DAY OF HIS DEPARTURE SOON ARRIVED.

WISH YOU, ALL SUCCESS.

KUPPU! TAKE SOME OF YOUR FAVOURITE LADDOOS FOR THE JOURNEY.

THANK YOU, AMMA.

KUPPUSWAMI HAD NO EXPERIENCE OF SEA TRAVEL.

OH, OH! I AM A VEGETARIAN. I CAN'T SWALLOW THIS NON-VEGETARIAN FOOD.

WE HAVE NO OTHER FOOD ON BOARD, SIR.

THESE DELICIOUS LADDOOS AND WATER SHALL BE MY ONLY FOOD, THEN!

DURING THE JOURNEY, DR. KUPPUSWAMI VOLUNTEERED TO HELP THE PASSENGERS.

YOUR CHILD SEEMS TO BE SICK. LET ME TREAT HIM.

BY THE END OF THE JOURNEY, KUPPUSWAMI GOT SICK, EATING LADDOOS FOR BREAKFAST LUNCH AS WELL AS FOR DINNER.

HOW KIND OF YOU, SIR.

HOW USEFUL IT IS TO HAVE A DOCTOR ON BOARD!

BUT, HOW MANY WILL COME FORWARD AND RENDER SERVICES SO KINDLY AND FREE OF COST?

AFTER SEVERAL DAYS ON SEA, THE SHIP REACHED SINGAPORE. DR. KUPPUSWAMI PROCEEDED THENCE TO SEREMBAN, AND MET MR. ROBINS.

CAN YOU MANAGE THE ENTIRE HOSPITAL, ALL BY YOURSELF?



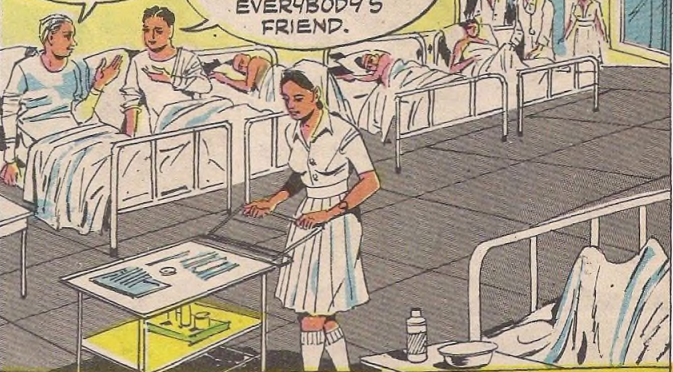
I CAN MANAGE EVEN THREE HOSPITALS.

DR. KUPPUSWAMI WAS IMMEDIATELY GIVEN AN APPOINTMENT AT THE SENAWANG RUBBER ESTATE HOSPITAL.

AT THE HOSPITAL, DR. KUPPUSWAMI TREATED THE PATIENTS WITH CARE AND KINDNESS.

THE NEW DOCTOR IS A GEM OF A MAN.

WE HAVE NEVER HAD SUCH A WONDERFUL DOCTOR SO FAR. HE IS EVERYBODY'S FRIEND.



SOON, HE ROSE IN THE ESTEEM OF NOT ONLY THE PATIENTS, BUT ALSO HIS FELLOW DOCTORS, HIS SUPERIORS AS WELL AS THE HOSPITAL STAFF.

IT WAS MIDNIGHT. DR. KUPPUSWAMI JUST THEN RETURNED HOME AFTER ATTENDING AN URGENT CASE.



NO, I SHALL GO NOW. KEEP MY MOTOR-CYCLE READY.

PLEASE TELL THE DOCTOR, MY WIFE NEEDS VERY URGENT ATTENTION. SHE IS HAVING LABOUR PAINS AND IS VERY CRITICAL.

NOT AT THIS ODD HOUR, IN THIS POURING RAIN. COME TOMORROW.

IMMEDIATELY THE DOCTOR TOOK THE WORKER ON HIS MOTOR CYCLE AND RUSHED TO HIS HOUSE. THE LADY WAS CRYING IN GREAT AGONY.



I HAVE DONE MY BEST, BUT MY SERVICES MAY BE NEEDED TILL DELIVERY TAKES PLACE. LET ME WAIT, PRAYING.

SAFE DELIVERY. MOTHER AND CHILD ARE WELL.

DOCTOR SAHEBJI, IT IS 4 O'CLOCK IN THE MORNING. PLEASE GO AND TAKE SOME REST. THANK YOU VERY MUCH.



FIX YOU UP.
YOU GET A JOB. I WILL
AND STAY WITH ME TILL
AS YOUR OWN HOUSE
PLEASE TREAT THIS

SIR, I CAME FOR A
JOB. I AM PENINSULAR.
I NEED YOUR
HELP.



OH!
DON'T
WORRY. GO TO
DR. KRUPUSWAMI
AT JOHORE.
HE WILL DO
EVERYTHING
FOR YOU.

I CAME
IN SEARCH
OF A JOB TO
THIS COUNTRY.
BUT I GOT
STRANDED NOW.
PLEASE HELP
ME?

DR. KRUPUSWAMI'S CHARITABLE AND HELPING
NATURE WAS SO ALL-ENCOMPASSING THAT
HIS NAME WAS KNOWN THROUGHOUT THE
LENGTH AND BREADTH OF MALAYA.



USE ARE ALL THE
MATERIAL PLEASURES
THAT I AM ENJOYING
CAN THESE GIVE
ME LASTING
PEACE!

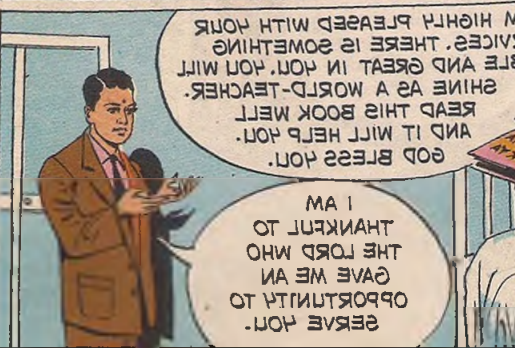
MY HAPPY
MASTER LOOKS
SAD NOWADAYS!



HERE'S
HAPPINESS
AND
PEACE
TO
ATTAIN
SORROW. HOW
WORLD, FULL OF
A UNHAPPY
OH! THIS IS

THE CHEERFUL
DOCTOR IS MORE
THOUGHTFUL AND
PENSIVE THESE
DAYS.

TO NOTICE A CHANGE IN DR. KRUPUSWAMI.
SOME TIME PASSED, THEN PEOPLE BEGAN



I AM
THANKFUL TO
THE LORD WHO
GAVE ME AN
OPPORTUNITY TO
SERVE YOU.

GOD BLESS YOU.
AND IT WILL HELP YOU.
READ THIS BOOK WELL.
SHINE AS A WORD-TEACHER.
NOBLE AND GREAT IN YOU. YOU WILL
SERVISE. THERE IS SOMETHING
I AM HIGHLY PLEASED WITH YOUR



AND DEVOTION.
GREAT REVERENCE
FELLEN SICK, AND
SADHU, WHO HAD
TO HOST A NOBLE
HAD AN OPPORTUNITY
DR. KRUPUSWAMI
AT THIS CRITICAL
JUNCTURE.

THIS KIND OF SELF-LESS SERVICE TO THE POOR, THE SICK AND HOLY MEN GAVE.

DR. KUPPUSWAMI PURIFICATION OF HEART AND MIND, BROUGHT INNER TRANSFORMATION, AND LED HIM TO THE SPIRITUAL PATH.

LIFE IS SHORT. TIME IS FLEETING. IS THERE NOT A HIGHER MISSION IN LIFE THAN THE DAILY ROUND OF OFFICIAL DUTIES, EATING AND DRINKING? IS THERE NOT ANY HIGHER FORM OF ETERNAL HAPPINESS THAN THESE TRANSITORY AND ILLUSORY PLEASURES?



SOON DR. KUPPUSWAMI REACHED A STAGE WHEN HE COULD NO LONGER DISCHARGE HIS DUTIES IN THE HOSPITAL, SATISFACTORILY. HE, THEREFORE, RESIGNED HIS JOB.

PLEASE RELIEVE ME OF MY DUTIES. I AM GOING BACK TO MY MOTHERLAND, IN SEARCH OF TRUE HAPPINESS.

COULD IT BE TRUE?

WONDER WHAT HAS COME OVER THE DOCTOR, OF LATE!



THE NEXT DAY, DR. KUPPUSWAMI LEFT THE SHORES OF MALAYA. ON REACHING INDIA, HE WENT STRAIGHT TO HIS NATIVE PLACE

BUT, AS THE CART WAS BEING UNLOADED, KUPPUSWAMI QUIETLY SLIPPED AWAY FROM THERE.

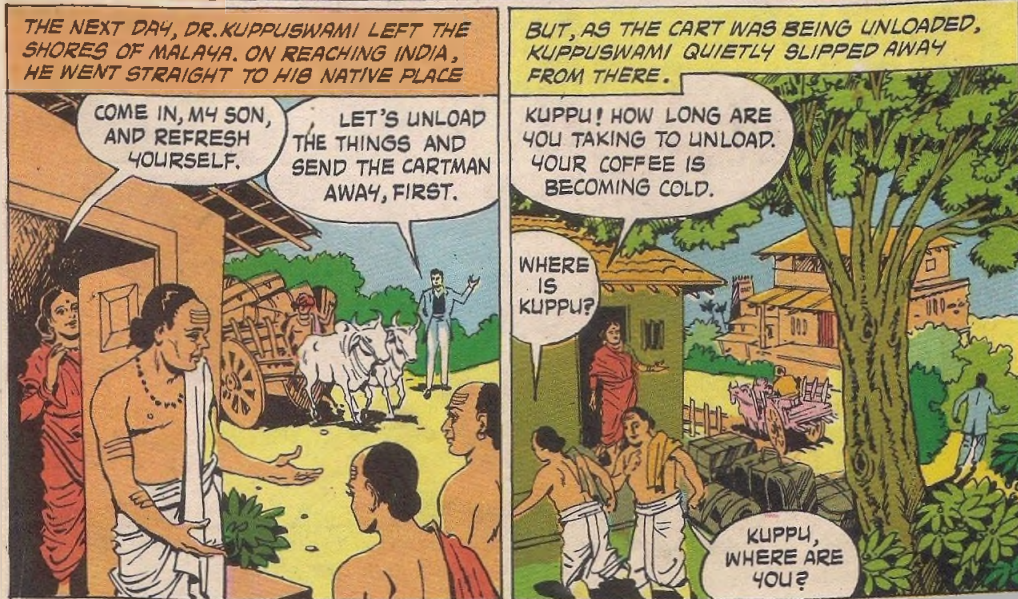
COME IN, MY SON, AND REFRESH YOURSELF.

LET'S UNLOAD THE THINGS AND SEND THE CARTMAN AWAY, FIRST.

KUPPU! HOW LONG ARE YOU TAKING TO UNLOAD. YOUR COFFEE IS BECOMING COLD.

WHERE IS KUPPU?

KUPPU, WHERE ARE YOU?





'KUPPU IS NOT HERE. PERHAPS HE HAS GONE TO MEET SOME OF HIS OLD FRIENDS.

I SHALL LOOK FOR KUPPU, AND SEND HIM HOME, SOON.

LET US WAIT FOR HIM, TO JOIN US AT DINNER.

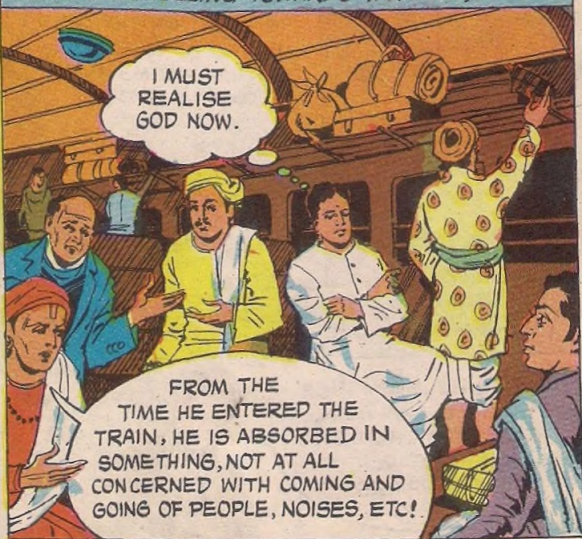
BUT THE PARENTS WAITED FOR THEIR SON, IN VAIN.

AFTER SOME DAYS, KUPPUSWAMI FINALLY REACHED VARANASI. HE TOOK A HOLY DIP IN THE GANGA AND HAD DARSHAN OF LORD VISWANATH.



O LORD! I TAKE REFUGE IN THEE! GUIDE ME IN MY QUEST FOR TRUTH.

KUPPUSWAMI DID NOT RETURN HOME. EMPTY HANDED. HE BEGAN TO WANDER IN SEARCH OF GOD. HE WAS TRAVELLING TOWARDS VARANASI, BY TRAIN.



I MUST REALISE GOD NOW.

FROM THE TIME HE ENTERED THE TRAIN, HE IS ABSORBED IN SOMETHING, NOT AT ALL CONCERNED WITH COMING AND GOING OF PEOPLE, NOISES, ETC!.



OH! VARANASI IS A BUSY PILGRIM CITY. I NEED A QUIET PLACE FOR MEDITATION.

A GOOD SAMARITAN TOOK PITY ON KUPPUSWAMI AND COVERED HIM WITH A BLANKET.



BABUJI, WHERE DO YOU WANT TO GO?

I WANT TO SETTLE DOWN IN A PLACE WHERE I CAN MEDITATE PEACEFULLY AND ATTAIN GOD.

HE SUGGESTED KUPPUSWAMI TO GO TO PANDHARRPUR AND ALSO GOT HIM A TICKET.

AS A WANDERING MENDICANT, KUPPUSWAMI VISITED POONA, PANDHARPUR AND OTHER PLACES. FINALLY, HE REACHED RISHIKESH AND FOUND IT AS THE MOST IDEAL PLACE FOR SADHANA.

THAT SADHU WAS VISWANANDA SARASWATI, OF VARANASI. HE INITIATED KUPPUSWAMI INTO THE SANNYASA-DHARMA, GAVE HIM HIS OCHRE ROBE, AND THE NAME SWAMI SIVANANDA SARASWATI.

SWAMI SIVANANDA'S SANNYASA RELIGIOUS RITES KNOWN AS THE VIRAJA HOMA, WERE PERFORMED AT THE FAMOUS KAILASA ASHRAM, RISHIKESH, BY HIS HOLINESS SRI SWAMI VISHNUDEVANANDAJI MAHARAJ.

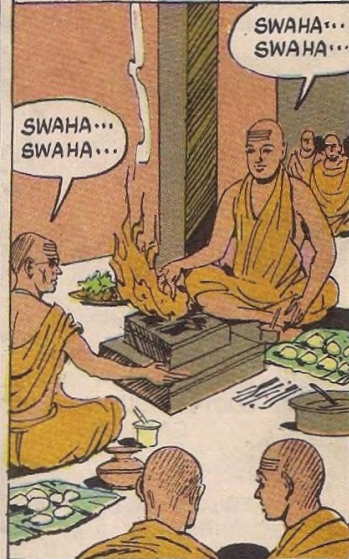
CHARANDAS DHARMASHALA

THAT SADHU HAS A PECULIAR AURA ABOUT HIM. WILL HE ACCEPT ME AS A DISCIPLE, I WONDER!

I FEEL THAT THIS MAN IS BORN TO BE A WORLD-TEACHER. I FEEL LIKE INITIATING HIM INTO SANNYASA.



THUS DID DR. KUPPUSWAMI BECOME SWAMI SIVANANDA SARASWATI ON JUNE 1st, 1924.

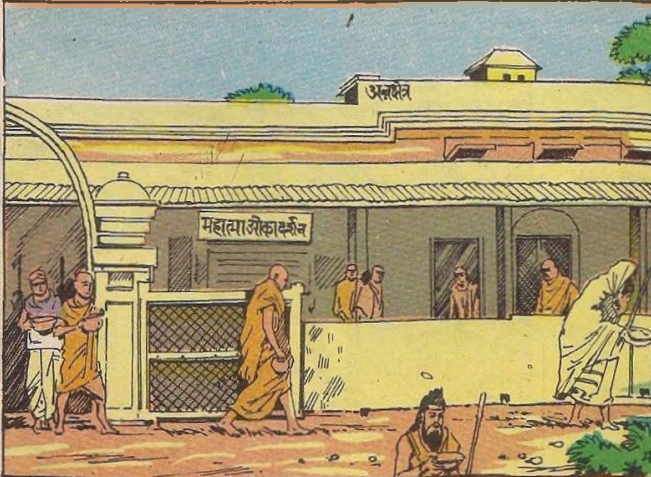


SWAHA... SWAHA...

SWAHA... SWAHA...

FROM THEN ON, SIVANANDA LIVED ON ALMS, FOR SOMETIME AT RISHIKESH AND LATER ON AT LAKSHMANJHULA...

HE MEDITATED FOR LONG HOURS ON THE SAND BANKS OF THE RIVER GANGA AT LAKSHMANJHULA.



... AND AT NIGHT, SLEPT WHEREVER HE FOUND SOME PLACE TO LIE DOWN.



BESIDES, SIVANANDA OFTEN WANDERED BY HIMSELF IN AND AROUND RISHIKESH.

THESE SADHUS ARE RUN DOWN BY THE COLD AND DUE TO MALNUTRITION HOW CAN I HELP THEM?

HARI OM!

SIVANANDA THEN REMEMBERED HIS SAVINGS IN MALAYA THAT HE HAD LEFT BEHIND THERE. HE WROTE LETTERS AND MANAGED TO GET IT.

THIS I SHALL USE TO GET MEDICINES AND NUTRITIOUS FOOD FOR THE AILING SADHUS.

SWAMI KALIKANANDA HIGHLY APPRECIATES SIVA'S SERVICE.

HERE IS A CUP OF CURDS! TAKE IT. IT WILL SOOTHE YOUR RAVAGED STOMACH.

BESIDES THESE MEDICINES, YOU MUST TAKE HOT MILK AND BARLEY. YOU WILL BE WELL SOON.

O THANK YOU, YOU ARE INDEED A MAHATMA!

THIS SADHU IS NO ORDINARY MAN!

ONE DAY, NOT VERY LONG AFTERWARDS, SWAMI KALIKANANDA, WHO HAS BEEN OBSERVING SIVANANDA'S SPIRIT OF SERVICE, VENTURED TO SUGGEST:

I AM SURE THAT WITH YOUR VALUABLE SERVICES, A CHARITABLE DISPENSARY CAN BE SET UP HERE.

SURE. WHAT ELSE CAN DELIGHT ME MORE?

THUS, IN 1925, THE SATYA SEVASHRAM DISPENSARY CAME INTO BEING.



ONE DAY, SIVANANDA GAVE SOME MEDICINES TO A SADHU GOING TO BADEINATH. THAT NIGHT, WHILE GOING TO BED,

THIS 'AMRIT DHARA' WOULD BE VERY USEFUL TO THAT SADHU. BUT, HOW TO GIVE THIS TO HIM? YES, I SHALL GO VERY EARLY IN THE MORNING AND CATCH HIM AT GARUD CHETTY.



NEXT MORNING, SIVANANDA FINISHED HIS MEDITATION, SIVANANDARAN AND REACHED GARUD CHETTY* VERY EARLY. BUT,

OH, HE HAS ALREADY LEFT THIS CHETTY. DOESN'T MATTER. I SHALL RUN FURTHER AND DELIVER THIS TO HIM.



AT LAST, SIVANANDA MET HIM BEYOND EVEN PHOOL CHETTY.



OH, SWAMIJI, YOU HAVE COME ALL THE WAY RUNNING, MORE THAN 5 MILES! GOD BLESS YOU!

PLEASE TAKE THIS 'AMRIT DHARA'. THIS SHALL BE OF GREAT USE TO YOU.

MY GOD! WHAT A REMARKABLE SERVICE!

HERE, READ THESE TWENTY INSTRUCTIONS FOLLOW THESE SIMPLE RULES. YOU WILL EVOLVE QUICKLY AND LIVE PEACEFULLY AND HAPPILY

THE SPRAWLING AND AFFLUENT SWARGASHRAM* GAVE SIVANANDA A KUTIR TO STAY IN. GRADUALLY, PEOPLE BEGAN TO COME, SEEKING HIS DARSHAN AND ADVICE.

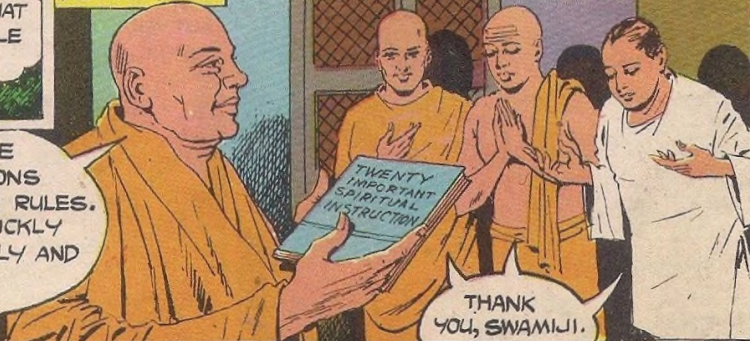
HE'S THE ONLY GREAT MAHATMA AND YOGI IN SWARGASHRAM.

SING THE NAME OF GOD. PRAY TO HIM. HE WILL COME TO YOU, AND GIVE YOU HAPPINESS AS SWEET AS NECTAR.



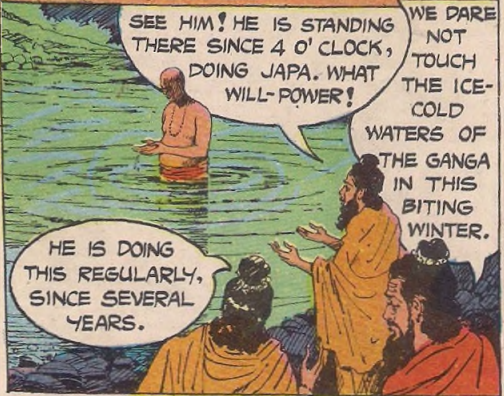
* A CHARITABLE INSTITUTION THAT LOOKED AFTER THE WELFARE OF THE SADHUS IN RISHIKESH.

OUT OF THE CASH OFFERINGS RECEIVED FROM DEVOTEES, SIVANANDA USED TO PRINT SPIRITUAL PAMPHLETS FOR FREE-DISTRIBUTION.



THANK YOU, SWAMIJI.

SERVICE AND SADHANA WENT HAND IN HAND WITH SIVANANDA. LIVING ON MEAGRE FOOD, HE DID INTENSE PENANCE.

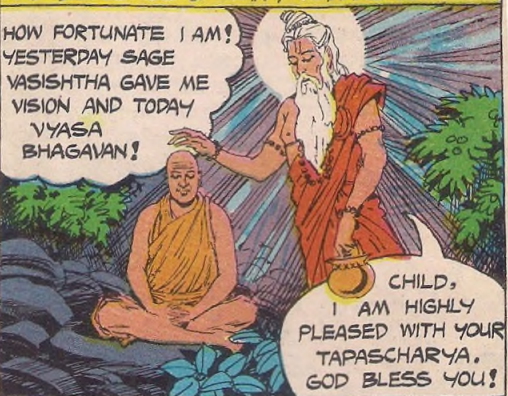


SEE HIM! HE IS STANDING THERE SINCE 4 O' CLOCK, DOING JAPA. WHAT WILL-POWER!

WE DARE NOT TOUCH THE ICE-COLD WATERS OF THE GANGA IN THIS BITING WINTER.

HE IS DOING THIS REGULARLY, SINCE SEVERAL YEARS.

DURING THIS PERIOD OF AUSTERE LIVING IN SWARG ASHRAM, SIVANANDA HAD THE VISION AND BLESSINGS OF MANY MAHARSHIS.



HOW FORTUNATE I AM! YESTERDAY SAGE VASISHTHA GAVE ME VISION AND TODAY VYASA BHAGAVAN!

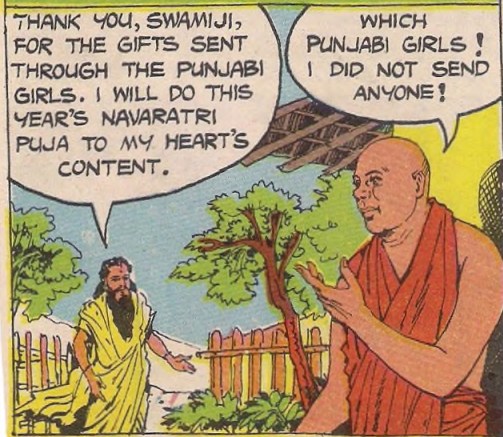
CHILD, I AM HIGHLY PLEASUED WITH YOUR TAPASCHARYA. GOD BLESS YOU!

SIVANANDA'S NEIGHBOUR, SWAMI RAJARAJE-SWARANANDA WAS A DEVI WORSHIPPER FOR 12 YEARS. ONE TIME, HE WANTED TO DO DURGA PUJA ON A GRAND SCALE. BUT HE HAD NO MEANS. SUDDENLY,



SWAMI SIVANANDAJI ASKED US TO GIVE THESE TO YOU FOR YOUR NAVARATRI PUJA.

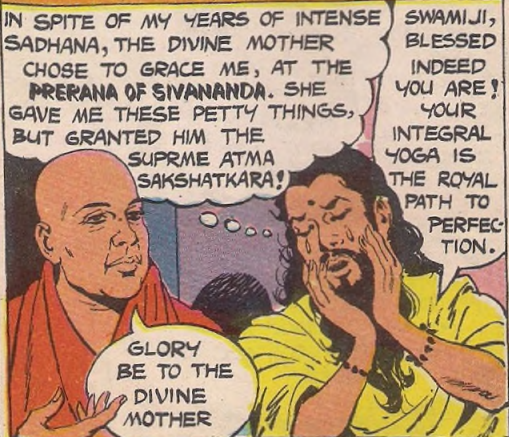
THE HAPPY SWAMI RAJARAJESWARANANDA RUSHED TO SWAMI SIVANANDA.



THANK YOU, SWAMIJI, FOR THE GIFTS SENT THROUGH THE PUNJABI GIRLS. I WILL DO THIS YEAR'S NAVARATRI PUJA TO MY HEART'S CONTENT.

WHICH PUNJABI GIRLS! I DID NOT SEND ANYONE!

AT ONCE HE REALISED THAT IT WAS THE LEELA OF THE DIVINE MOTHER.



IN SPITE OF MY YEARS OF INTENSE SADHANA, THE DIVINE MOTHER CHOSE TO GRACE ME, AT THE PRERANA OF SIVANANDA. SHE GAVE ME THESE PETTY THINGS, BUT GRANTED HIM THE SUPRME ATMA SAKSHATKARA!

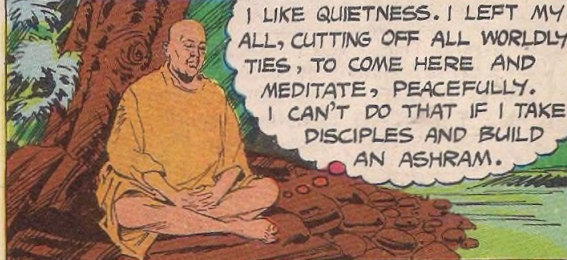
SWAMIJI, BLESSED INDEED YOU ARE! YOUR INTEGRAL YOGA IS THE ROYAL PATH TO PERFECTION.

GLORY BE TO THE DIVINE MOTHER

REALISING SIVANANDAJI'S SPIRITUAL WORTH AND ATTRACTED BY HIS GOODNESS, SOME YOUNG BRAHMACHARIS WISHED TO TAKE HIM AS THEIR GURU, SERVE HIM AND LEAD THE MONASTIC LIFE.

PLEASE ACCEPT US AS YOUR DISCIPLES. WE WILL SERVE YOU FOREVER.

I AM ONLY A COMMON SADHU. I DO NOT MAKE DISCIPLES. I AM NOT A GURU. BUT I CAN BE YOUR SINCERE FRIEND AND HELP YOU IN SADHANA.



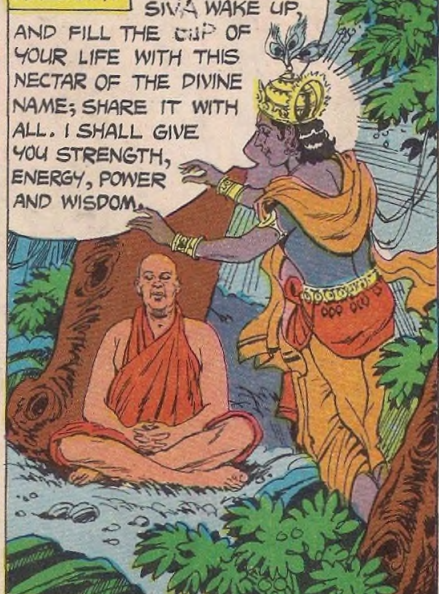
I LIKE QUIETNESS. I LEFT MY ALL, CUTTING OFF ALL WORLDLY TIES, TO COME HERE AND MEDITATE, PEACEFULLY. I CAN'T DO THAT IF I TAKE DISCIPLES AND BUILD AN ASHRAM.

SOON, THERE WAS A REMARKABLE CHANGE IN HIS ATTITUDE. HE ACCEPTED DISCIPLES, GAVE THEM SANNYASA AND TAUGHT THEM YOGA AND MEDITATION ON RIGHT LINES.

THESE SEEKERS NEED PROPER SPIRITUAL GUIDANCE. THEIR ENERGIES CAN THEN BE UTILISED FOR THEIR OWN EVOLUTION AND FOR THE SERVICE OF OTHERS.



VERY OFTEN, SWAMI SIVANANDA USED TO VISIT THE RAMASHRAM LIBRARY, ON THIS SIDE OF GANGA. AFTER READING, SIVANANDA USED TO GO INTO THE JUNGLES BEHIND THE RAMASHRAM LIBRARY AND GET ABSORBED IN DEEP MEDITATION. ONE DAY, IN THE EARLY 1930'S, THERE HE HAD ILLUMINATION AND VISION OF LORD KRISHNA.



SIVA WAKE UP, AND FILL THE CUP OF YOUR LIFE WITH THIS NECTAR OF THE DIVINE NAME; SHARE IT WITH ALL. I SHALL GIVE YOU STRENGTH, ENERGY, POWER AND WISDOM.

LATER ON, IN THE YEAR 1943, SWAMI SIVANANDA CONSECRATED THE VISWANATH MANDIR OF THE SIVANANDA ASHRAM IN THAT VERY SACRED PLACE.

AFTER A WHILE SWAMI SIVANANDA WENT ON A TOUR TO PROPAGATE THE LORD'S NAME. SWAMIJI TOURED SEVERAL PARTS OF UTTAR PRADESH AND BIHAR, PROPAGATING THE DIVINE NAME.



PEOPLE MUST BE MADE TO REALISE THAT SIMPLE CHANTING OF THE LORD'S NAME IS ITSELF HIGHLY REWARDING.

YES, MASTER. YOU HAVE TAUGHT US THAT AND WE KNOW THE VALUE OF IT NOW.

THOSE WERE THE DAYS OF BRITISH RULE IN INDIA. EVEN INDIANS HAD A FEAR TO WEAR PANT, BOOT AND HAT, AND FELT SHY TO REPEAT LORD'S NAMES. BUT SIVANANDAJI'S VOICE WAS SO IRRESISTIBLE AND INSPIRING THAT EVEN BRITISHERS USED TO FORGET THEMSELVES, COME TO THE STAGE AND DANCE WITH THE SWAMIJI, SINGING THE SWEET NAMES.



JAYA GOVINDA, JAYA GOPALA! KESAVA.. MADHAVA..DEENA DAYALA...

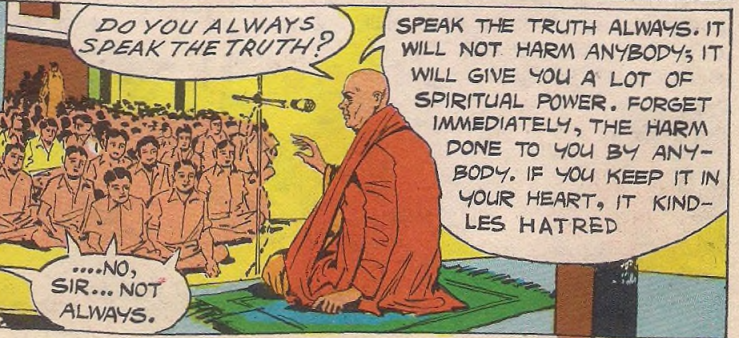
JAYA GOVINDA...

WHO'S THIS ENGLISH SPEAKING SADHU WHO IS ALWAYS DANCING AND SINGING?

A WANDERING MONK. HE IS QUITE ENCHANTING AND REFRESHING. COME LET US JOIN HIM.

BUT EVEN THOSE WHO CAME TO CRITICISE HIM SOON CHANGED THEIR MINDS, AND THEY STAYED ON TO SING. SUCH WAS THE INFLUENCE OF THIS DIVINE-INTOXICATED SAINT, SIVANANDA.

SWAMI SIVANANDA ALSO VISITED SCHOOLS AND ADDRESSED THE STUDENTS.



DO YOU ALWAYS SPEAK THE TRUTH?

SPEAK THE TRUTH ALWAYS. IT WILL NOT HARM ANYBODY; IT WILL GIVE YOU A LOT OF SPIRITUAL POWER. FORGET IMMEDIATELY, THE HARM DONE TO YOU BY ANYBODY. IF YOU KEEP IT IN YOUR HEART, IT KINDLES HATRED

...NO, SIR... NOT ALWAYS.

AH! YOU'VE SPOKEN THE TRUTH, NOW. IT PAYS TO BE TRUTHFUL. LEARN TO RESPECT YOUR ELDERS AND ALSO CULTIVATE FRIENDLINESS, MERCY, LOVE AND FORGIVENESS. NEVER BE RUDE, HARSH OR CRUEL, EVEN TO ANIMALS. COME ON SING WITH ME: GOD IS TRUTH.....GOVINDA, GOD IS BLISS.....GOVINDA, GOD IS PEACE.....GOVINDA, GOD IS LOVE.....GOVINDA, CONTROL THE SENSES.....GOVINDA; REALISE GOD.....GOVINDA.

WE'LL TRY TO DO OUR BEST, SWAMIJI. PLEASE BLESS US.

GOD IS TRUTH...
GOVINDA...

SWAMI SIVANANDAJI ARRANGED FOR LORRY KIRTANS IN THE VILLAGES OF BIHAR, ALSO, WHILE TRAVELLING BY BOAT ACROSS THE GANGA OR THE JAMUNA, HE SANG AND SPOKE TO THE PEOPLE.

RAM NAM BOLO!...
LOVE YOUR ENEMIES, AND DO THEM GOOD. IT IS NOT EASY.., BUT....
RAM KRISHNA BOLO!
KRISHNA KRISHNA BOLO!

JAYA SIYA RAM....

IN COURSE OF TIME, MORE DISCIPLES WANTED TO JOIN SIVANANDA, TAKE SANNYASA AND LIVE WITH HIM UNDER HIS GUIDANCE. FINALLY, IN THE INTEREST OF THE SPIRITUAL UPLIFT OF THE LARGE NUMBER OF EDUCATED SEEKERS, SIVANANDA DECIDED TO LEAVE SWARG ASHRAM, IN THE BEGINNING OF 1934.

I LOVE SWARG ASHRAM AND ENJOY PEACE HERE. BUT I RENOUNCE THIS FOR THE SAKE OF YOU, SEEKERS.

BUT, WHERE TO GO?

GURUJI, THIS IS YOUR SECOND RENUNCIATION, WHICH WILL BENEFIT US AND THE WORLD AT LARGE.

SOON AFTER REACHING THE OTHER BANK, THEY BEGAN TO LOOK FOR ACCOMMODATION FOR THEMSELVES.

THIS LOOKS LIKE AN ABANDONED COWSHED. BUT, FOR US IT IS MORE THAN ENOUGH.

YES MASTER.

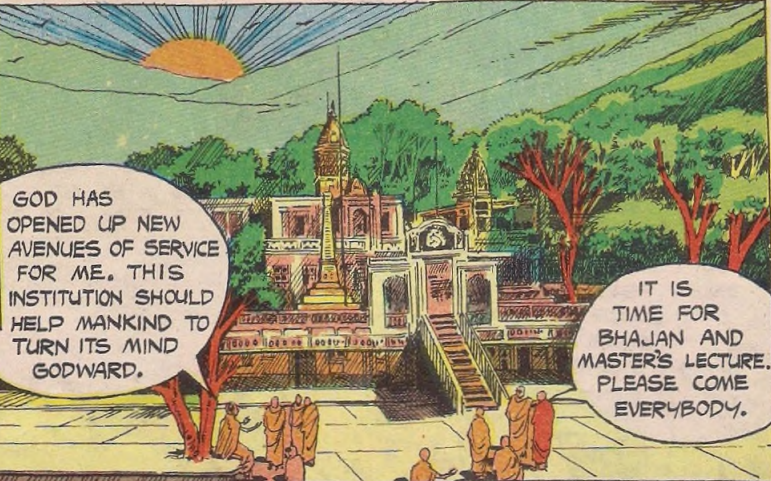
IT DID NOT TAKE VERY LONG FOR MORE DISCIPLES TO COME TO SWAMI SIVANANDA, AND THE ASHRAM GREW BY ITSELF.



THESE HUTS HERE SEEM TO BE MADE JUST FOR US TO OCCUPY.

IT IS GOD'S WILL. I DID NOT DREAM OF SETTING UP AN ASHRAM, BUT HE HAS ORDAINED MATTERS THUS.

SWAMI SIVANANDA'S ASHRAM CAME TO BE KNOWN AS 'THE DIVINE LIFE SOCIETY'. DEVOTEES FROM ALL OVER CAME WITH OFFERINGS IN CASH AND KIND. THE MONEY HELPED SWAMIJI TO ERECT NEW BUILDINGS.



GOD HAS OPENED UP NEW AVENUES OF SERVICE FOR ME. THIS INSTITUTION SHOULD HELP MANKIND TO TURN ITS MIND GODWARD.

IT IS TIME FOR BHAJAN AND MASTER'S LECTURE. PLEASE COME EVERYBODY.

BY 1940, THE INMATES OF THE ASHRAM HAD INCREASED CONSIDERABLY. THERE WAS A LOT OF WORK FOR SWAMIJI AS WELL AS THE OTHERS FOR THE UPKEEP OF THE ASHRAM. ON 18TH FEBRUARY, 1941, HE LEFT THE ASHRAM SUDDENLY WITHOUT ANYBODY'S KNOWLEDGE.



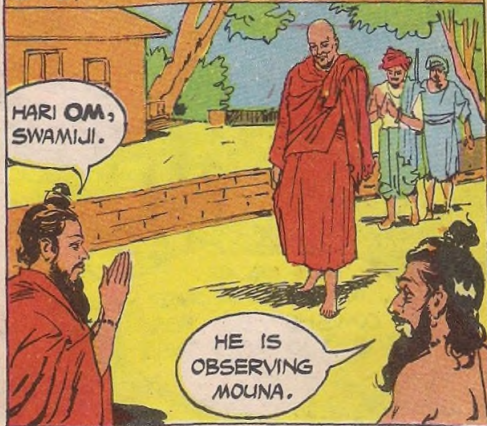
WHERE IS SWAMIJI?

HE IS NOWHERE TO BE SEEN.

HE MUST BE SOMEWHERE AROUND, BUSY AS USUAL.

THE DISCIPLES SEARCHED FOR SWAMI SIVANANDA, IN VAIN. THEY LOOKED FOR HIM ALONG THE RIVER BANK AND IN THE JUNGLES.

MEANWHILE, NEAR THE RISHIKESH TOLL GATE, —



HARI OM, SWAMIJI.

HE IS OBSERVING MOUNA.

A COUPLE OF DAYS LATER, THE VILLAGERS OF JAGDISHPUR SPOTTED HIM.

THAT LOOKS LIKE SWAMI SIVANANDA IN DEEP MEDITATION.

WHAT A GREAT BLESSING THAT HE IS IN OUR VILLAGE. LET US GO AND HAVE HIS DARSHAN AND ALSO DO SOME SERVICE TO HIM.

AT LAST, ON THE FOURTEENTH DAY, SWAMIJI RETURNED TO THE ASHRAM ACCOMPANIED BY THE DEVOTEES OF JAGDISHPUR.

OH! SWAMIJI! ARE YOU ALRIGHT?

HOW YOU KEPT US ANXIOUS FOR THE PAST SO MANY DAYS!

I WANTED TO TEST YOU AND PREPARE YOU FOR ANY EVENTUALITY. I AM SATISFIED THAT YOU HAVE ALL CARRIED ON THE LORD'S WORK, IN A TEAM SPIRIT.

SWAMIJI, IT IS ALL YOUR GRACE AND SATSANKALPA. PLEASE BLESS US AND GUIDE US.

SWAMI SIVANANDA'S INSTITUTION AT RISHIKESH GREW WITH ASTONISHING RAPIDITY. DEVOTEES FROM ALL OVER THE WORLD CAME TO SEEK HIS BLESSINGS.

TIGERS ROAMED THIS PLACE A FEW YEARS AGO. SWAMIJI HAS CONVERTED THAT JUNGLE INTO A MANGAL* TODAY.

IT IS JUST THAT EVERYTHING HAPPENS STRICTLY IN ACCORDANCE WITH GOD'S PLANS.

AMAZING!! *A HOLY PLACE.

YOU HAVE SEEN THE WHOLE ASHRAM. DEDICATED SEEKERS GET AN ALL-ROUND TRAINING HERE, WHICH SWAMIJI CALLS THE YOGAVEPANTA FOREST ACADEMY.

SWAMIJI, HOW LONG DOES IT TAKE TO COMPLETE THE FOREST ACADEMY TRAINING?

A LIFE TIME.

YES, IT IS TRUE. HERE, YOU LEARN TO SERVE, LOVE, GIVE, PURIFY, MEDITATE AND REALISE; TO BE GOOD AND TO DO GOOD, TO BE KIND AND COMPASSIONATE TO ONE AND ALL. ALL THESE NEED LIFE LONG PRACTICE.

WHAT?

YES, I SEE NOTHING BUT GOD IN THE FOOD I TAKE, IN THE WATER I DRINK, IN THE PEOPLE I GREET, IN THE ANIMALS I MEET.

HAVE YOU SEEN GOD, SWAMIJI?



SWANANDA'S WRITINGS WERE SIMPLE AND DIRECT. THEY WERE PRACTICAL. HIS TEACHINGS WERE UNIVERSAL AND NON-SECTARIAN AND THEY BORE THE STAMP OF HIS REALISATION. ONCE A RICH INDUSTRIALIST OF CALCUTTA, A STAINCH HINDU, WAS DISCUSSING WITH HIS FRIEND IN THE OFFICE —

HINDUISM IS VERY MUCH NEGLECTED. SEE HOW THE CHRISTIAN AND MUSLIM MISSIONARIES ARE WORKING! WE MUST ALSO DO SOMETHING FOR OUR RELIGION.

NOBLE IDEA! SWAMI SIVANANDA IS A GREAT SOUL, A MAN OF HIGH REALISATION. WHY NOT YOU APPROACH HIM?



HE WENT TO RISHIKESH WITH A HUGE SUM OF MONEY AND MET SWAMI SIVANANDA.

SWAMIJI, I HAVE A LARGE AMOUNT TO OFFER YOU, PROVIDED THAT YOU WILL PROPAGATE HINDUISM ONLY.



NO. THANK YOU, SETHJI. I CAN'T DO THAT. FOR ME, ALL ARE CHILDREN OF GOD. MY MISSION IS TO AWAKEN MANKIND. I BELONG TO ALL RELIGIONS AND ALL RELIGIONS BELONG TO ME.

SWAMI SIVANANDA'S WAY OF RUNNING THE ASHRAM WAS MYSTERIOUS. THE ASHRAM WAS ALWAYS IN DEBTS. ONCE, A SHOP-KEEPER OF RISHIKESH REFUSED TO SUPPLY PROVISIONS UNLESS THE EARLIER BALANCE OF RS. 20,000 WAS CLEARED. THE SECRETARY-SWAMI OF THE ASHRAM APPROACHED SIVANANDA AND PLEADED.

SWAMIJI, WE HAVE TO CURTAIL OUR EXPENSES. LET US KEEP ONLY SENIOR INMATES AND SEND AWAY THE REST.

NO. NO. GOD HAS SENT THESE PEOPLE HERE AND HE WILL PROVIDE THE NECESSARY HELP TO US. DON'T BOTHER.



NEXT DAY, SETH PANNALALJI OF AMRITSAR—AN ARDENT DEVOTEE OF SWAMI SIVANANDA—PAID A VISIT TO THE ASHRAM.

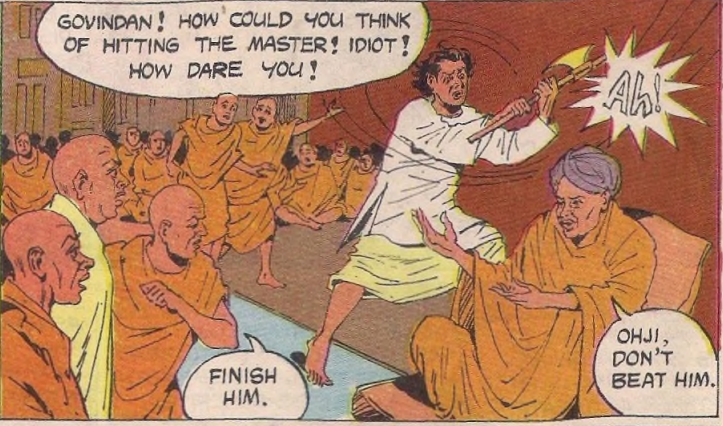


WHAT A MIRACLE!
EXACT AMOUNT
WE OWE TO THE
LALAJI.

OHJI,
BRING BOOKS,
CHYAVANPRASH,
MILK AND
PRASAD FOR
PANNALALJI.

GURUDEV,
I RECEIVED THIS
MONEY QUITE
UNEXPECTEDLY.
I OFFER IT AT YOUR
LOTUS FEET. PLEASE
ACCEPT THIS AND
BLESS ME.

SIVANANDA WAS A GREAT VOTARY OF LORD JESUS' TEACHINGS: "LOVE YOUR ENEMIES, BLESS THEM THAT CURSE YOU, DO GOOD TO THEM THAT HATE YOU, AND PRAY FOR THOSE WHO DESPISE AND PERSECUTE YOU". IT WAS 8TH JANUARY, 1950, UNLIKE THE OTHER DAYS, SIVANANDA WORE A HEAVY TURBAN ON HIS HEAD AND ATTENDED THE NIGHT SATSANGA. SUDDENLY—



GOVINDAN! HOW COULD YOU THINK OF HITTING THE MASTER! IDIOT! HOW DARE YOU!

AH!

FINISH HIM.

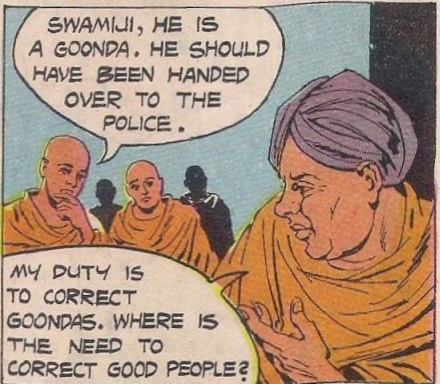
OHJI, DON'T BEAT HIM.

AND, THE SATSANGA WAS CONTINUED AND CONCLUDED AS USUAL. SIVANANDA THEN WENT TO SEE GOVINDAN WHO WAS KEPT LOCKED IN A ROOM.



DO YOU WANT TO DEAL SOME MORE BLOWS TO ME? HERE I AM. KINDLY SATISFY YOURSELF.

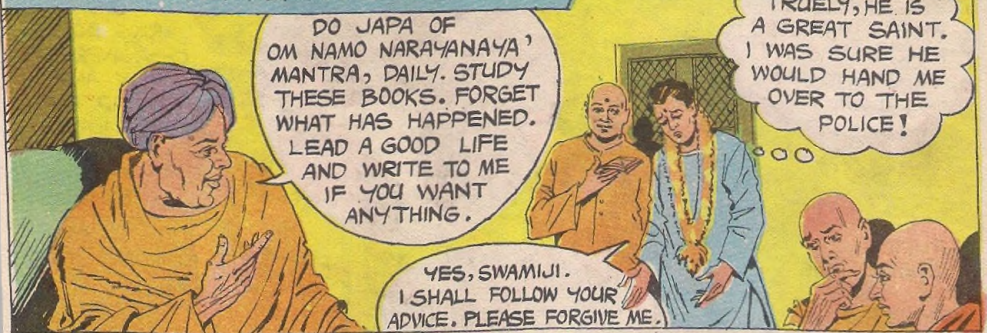
NO. I AM SATISFIED.



SWAMIJI, HE IS A GOONDA. HE SHOULD HAVE BEEN HANDED OVER TO THE POLICE.

MY DUTY IS TO CORRECT GOONDAS. WHERE IS THE NEED TO CORRECT GOOD PEOPLE?

NEXT DAY, SIVANANDA SENT GOVINDAN TO HIS HOME TOWN IN SOUTH INDIA, WITH TRAIN TICKET AND MONEY FOR POCKET EXPENSES.

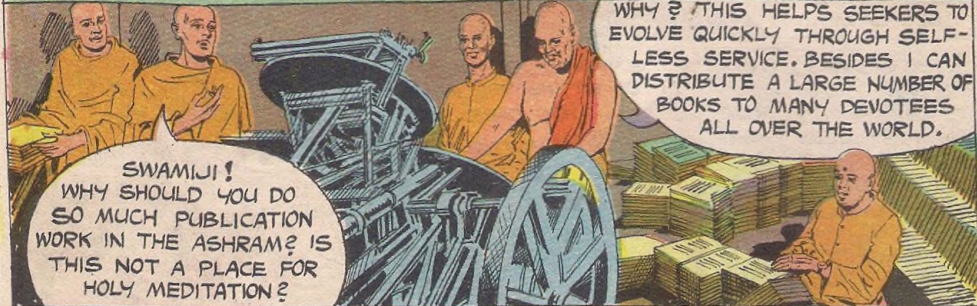


DO JAPA OF OM NAMO NARAYANAYA, MANTRA, DAILY. STUDY THESE BOOKS. FORGET WHAT HAS HAPPENED. LEAD A GOOD LIFE AND WRITE TO ME IF YOU WANT ANYTHING.

TRULY, HE IS A GREAT SAINT. I WAS SURE HE WOULD HAND ME OVER TO THE POLICE!

YES, SWAMIJI. I SHALL FOLLOW YOUR ADVICE. PLEASE FORGIVE ME.

SWAMI SIVANANDA STARTED A PRINTING PRESS IN THE ASHRAM FOR QUICK PUBLICATION OF HIS ENDLESS WRITINGS AND FOR PRINTING THE SOCIETY'S MONTHLY JOURNALS.



WHY? THIS HELPS SEEKERS TO EVOLVE QUICKLY THROUGH SELFLESS SERVICE. BESIDES I CAN DISTRIBUTE A LARGE NUMBER OF BOOKS TO MANY DEVOTEES ALL OVER THE WORLD.

SWAMIJI! WHY SHOULD YOU DO SO MUCH PUBLICATION WORK IN THE ASHRAM? IS THIS NOT A PLACE FOR HOLY MEDITATION?

HE GAVE HIS BOOKS FREE TO ALL WHO CAME TO HIS ASHRAM.

WHY IS SWAMIJI GIVING AWAY BOOKS, EVEN TO THESE ILLITERATES?

BEING ILLITERATES, THEY WILL ASK THEIR CHILDREN TO READ FOR THEM. THEREBY BOTH WILL BE BENEFITED.



OR, PERHAPS, THEY MAY GIVE THEM TO THOSE WHO ARE INTERESTED. AND THAT TOO SERVES SWAMIJI'S PURPOSE OF JNANA-DANA.*

SWAMIJI WORKED IN THE ASHRAM OFFICE, AS WELL AS READ AND WROTE, WITH INEXHAUSTIBLE ENERGY.

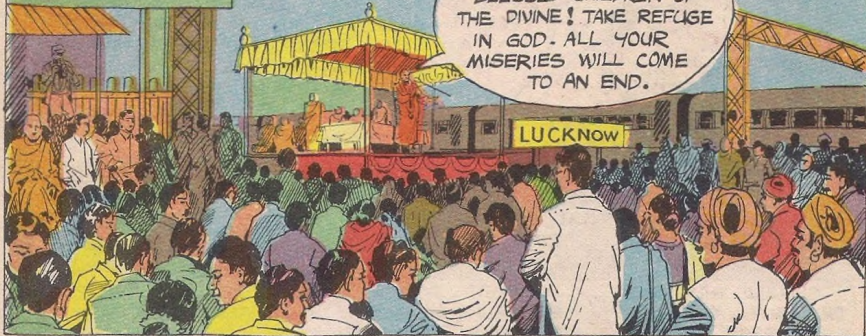


HE WANTED TO FEED THE PEOPLE WITH AS MUCH OF SPIRITUAL KNOWLEDGE AS POSSIBLE, IN HIS LIFETIME.

* JNANA-DANA — DISSEMINATION OF KNOWLEDGE.

TO BRING ABOUT A MASS-AWAKENING AND WIDE DISSEMINATION OF KNOWLEDGE, SIVANANDA UNDERTOOK AN ALL-INDIA-CEYLON TOUR, FROM 9TH SEPTEMBER TO 8TH NOVEMBER 1950, BY 1ST CLASS TOURIST-CAR, WITH 13 SENIOR DISCIPLES. DURING THE TOUR, SIVANANDA ADDRESSED HUNDREDS OF CIVIC RECEPTIONS AND PUBLIC GATHERINGS, SCHOOL AND COLLEGE STUDENTS IN ALMOST ALL THE IMPORTANT CITIES AND TOWNS.

BLESSED CHILDREN OF THE DIVINE! TAKE REFUGE IN GOD. ALL YOUR MISERIES WILL COME TO AN END.



COLOMBO



MADRAS

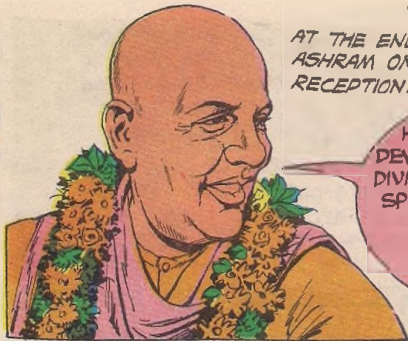
SWAMI SIVANANDA ALL INDIA CIVIC RECEPTION MADRAS



AND, ENROUTE AT EVERY STATION WHERE THE TRAIN HALTED, THOUSANDS OF DEVOTEES HAD SWAMIJI'S DARSHAN AND HEARD HIS KIRTANS.

ADARSH CHITRA KATHA

AT THE END OF THE TOUR, WHEN SWAMIJI RETURNED TO THE ASHRAM ON 8TH NOVEMBER, 1950, HE WAS GIVEN A WARM RECEPTION.



IN THIS TOUR, GOD CAME TO ME IN HIS VIRAT-SWARUPA — AS MULTITUDES OF DEVOTEES EAGER TO LISTEN TO THE TENETS OF DIVINE LIFE. AT EVERY CENTRE I FELT THAT GOD SPOKE THROUGH ME, AND HE HIMSELF, IN HIS VIRAT-FORM, SPREAD OUT BEFORE ME AS THE DEVOTEES, LISTENED TO IT. HE SANG WITH ME. HE PRAYED WITH ME. HE SPOKE AND HE LISTENED.

THE EFFECT OF THIS TOUR WAS TREMENDOUS. SINCE THEN THE FLOW OF DEVOTEES TO THE ASHRAM FOR DARSHAN AND GUIDANCE FROM SIVANANDA WAS EVER ON THE INCREASE. EMINENT PEOPLE FROM ALL WALKS OF LIFE WERE DRAWN TOWARDS SIVANANDA.

SWAMIJI USED TO TEACH GREAT LESSONS THROUGH HUMOUR.

SWAMIJI, THIS IS DR. RAMJAS, AN EMINENT SURGEON FROM REWARI.

NAMASTE, DOCTOR SAHEBJI. YOU ARE A GREAT SURGEON. HOW MANY EGO-DECHTOMY OPERATIONS HAVE YOU DONE?

OH! YOU DO NOT KNOW 'EGO-DECHTOMY'. IT IS THE OPERATION BY WHICH THE EGO IS REMOVED—THE EGO WHICH SEPARATES MAN FROM GOD— AND MAN ATTAINS GOD.

SWAMIJI, YOU ARE THE MASTER-SURGEON OF THIS OPERATION. I HAVE COME TO YOU FOR THIS PURPOSE.

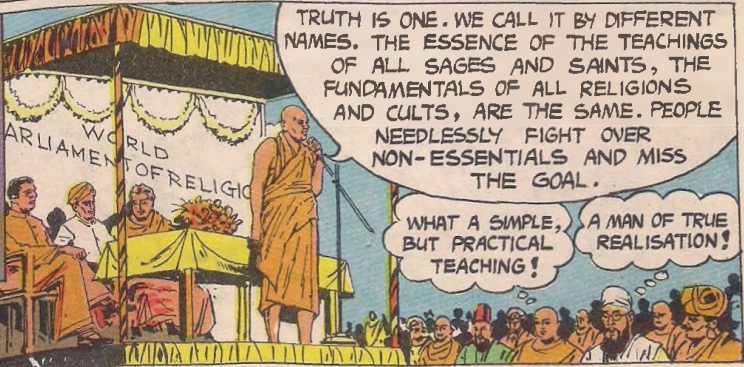
EGO-DECHTOMY! I HAVE NEVER HEARD OF SUCH AN OPERATION.



IN 1953, SWAMIJI CONVENED THE WORLD PARLIAMENT OF RELIGIONS AT HIS ASHRAM. HE WAS A GREAT ADVOCATE OF THE FUNDAMENTAL UNITY OF ALL RELIGIONS.

TRUTH IS ONE. WE CALL IT BY DIFFERENT NAMES. THE ESSENCE OF THE TEACHINGS OF ALL SAGES AND SAINTS, THE FUNDAMENTALS OF ALL RELIGIONS AND CULTS, ARE THE SAME. PEOPLE NEEDLESSLY FIGHT OVER NON-ESSENTIALS AND MISS THE GOAL.

WHAT A SIMPLE, BUT PRACTICAL TEACHING!
A MAN OF TRUE REALISATION!



EVERY YEAR, 8TH SEPTEMBER, WAS AN AUSPICIOUS OCCASION FOR HIS DISCIPLES AND DEVOTEES. IT WAS SWAMIJI'S BIRTHDAY AND THEY VIRTUALLY WORSHIPPED HIM AS GOD.

BOL, SATGURU SIVANANDA MAHARAJ-KI- JAI.



OM NAMO BHAGAVATE SIVANANDAYA.
OM NAMO BHAGAVATE SIVANANDAYA.

SWAMIJI USED TO PRESCRIBE A PECULIAR INJECTION SB-40 (SHOE-BEATING 40 TIMES) TO HIS DISCIPLES AS AN ANTIDOTE TO EGOISM. BUT, THAT NIGHT,



SWAMIJI WORKED TIRELESSLY THROUGHOUT HIS LIFE. THE SIVANANDA ASHRAM AND THE DIVINE LIFE SOCIETY WERE WELL ESTABLISHED, WITH BRANCHES IN INDIA AS WELL AS OUTSIDE. WORTHY DISCIPLES HAVE BEEN TRAINED, WHO MANAGED THE AFFAIRS AT THE HEADQUARTERS AND ALSO STARTED PROPAGATING HIS MESSAGE IN DIFFERENT COUNTRIES OF THE WORLD. HE, THUS, SAW THE FULFILMENT OF HIS MISSION IN HIS OWN LIFE TIME.



IT WAS MAY 1963, SWAMIJI CALLED FOR THE DATE-CALENDAR AND WAS LOOKING INTO THE DATES OF JULY, 1963.

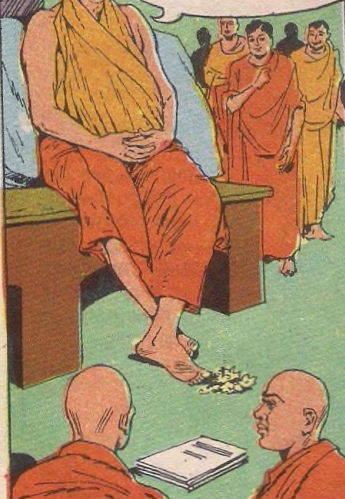
WHAT IS IT, SWAMIJI?
WHAT ARE YOU LOOKING FOR?



OHJI, YOU DON'T KNOW.

FROM THE BEGINING OF 1963, SIVANANDA GAVE CLEAR INDICATIONS, THROUGH VARIOUS INCIDENTS, OF THE APPROACH OF HIS LIFE'S END, THOUGH THEY WERE NOT TAKEN SERIOUSLY BY THE DISCIPLES AND DEVOTEES AT THAT TIME.

ALL THOSE WHO WANT TO TAKE SANNYASA, TAKE ON THIS SIVARATRI DAY ITSELF, WHO KNOWS WHAT MAY HAPPEN NEXT SIVARATRI!



ON 21ST JUNE, 1963 AFTER THE MORNING SATSANGA; WHEN SWAMIJI CAME OUT TO THE OPEN TERRACE,

OHJI, VIMANA IS GOING TO ARRIVE FROM BRAHMALOKA. WHO ARE ALL COMING?

SWAMIJI, I WILL COME.



AND, THAT WAS HIS LAST SATSANGA.

SINCE THEN, HIS HEALTH BEGAN TO FAIL HIM. YET HE CONTINUED HIS UNBROKEN HABIT OF WRITING HIS DAILY THOUGHTS. BUT NOW HE STARTED DICTATING, AS HE COULD NOT WRITE HIMSELF. ONE DAY, HE DICTATED: "HAPPINESS COMES WHEN THE INDIVIDUAL MERGES IN GOD" AND PAUSED

WHAT FURTHER, SWAMIJI?



PORUM.*

*"PORUM" IN TAMIL MEANS "ENOUGH".

SUDDENLY, ON THE 24TH JUNE 1963, SIVANANDA HAD AN APPARENT PARALYTIC ATTACK AFFECTING HIS LEFT SIDE OF THE BODY. HE WAS UNCONSCIOUS FOR SOME DAYS AND SEMI-CONSCIOUS FOR A FEW DAYS. ON 13TH JULY, 1963,



DOES SWAMIJI KNOW SINCE HOW MANY DAYS SWAMIJI IS IN BED?

INCREDIBLE HE IS 100% CORRECT; HOW TO BELIEVE THAT HE IS UNCONSCIOUS?

BUT, IN FACT, HE WAS HAVING DUAL-CONSCIOUSNESS DURING THIS PERIOD.

AND, TO THE DOCTORS, SWAMIJI WAS AN ENIGMA. DR. COL. PURI TAPPED A LITTLE HARD ON SWAMIJI'S KNEE CAP, HEEL AND FOOT BONES, AND ASKED—

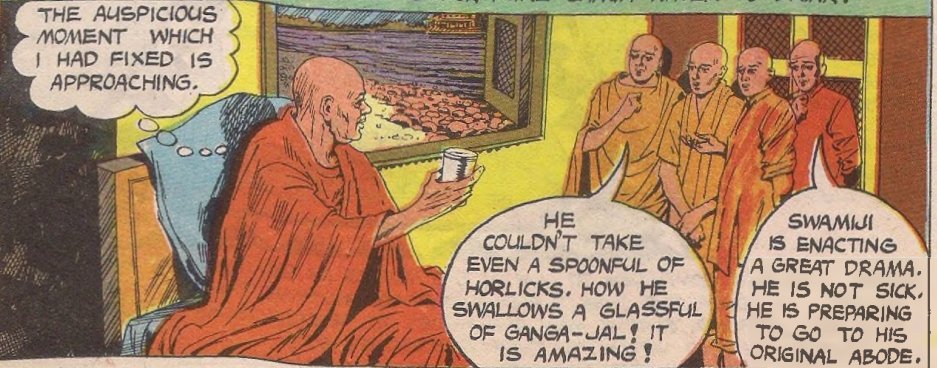


SWAMIJI, DO YOU KNOW WHERE I TAPPED YOU?

YES, WHY NOT? PATELLA-CALCANEUM-METATARSAL. BUT, WHY DID YOU TAP SO HARD?

ASTONISHING! AMAZING! HOW HE REMEMBERS THE EXACT LATIN NAMES? IT IS NOT PARALYSIS. HE IS IN A YOGIC STATE!

ON 14TH JULY 1963, SWAMIJI ASKED FOR PURE GANGA WATER TO DRINK.

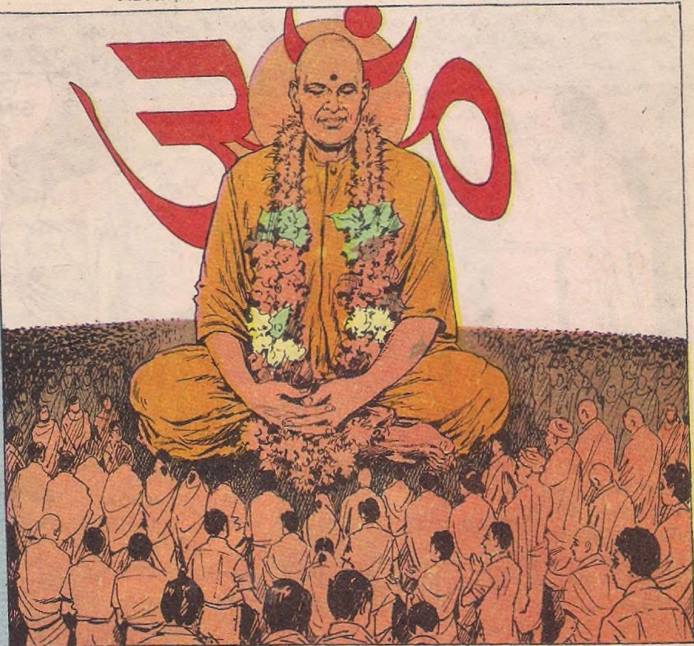


THE AUSPICIOUS MOMENT WHICH I HAD FIXED IS APPROACHING.

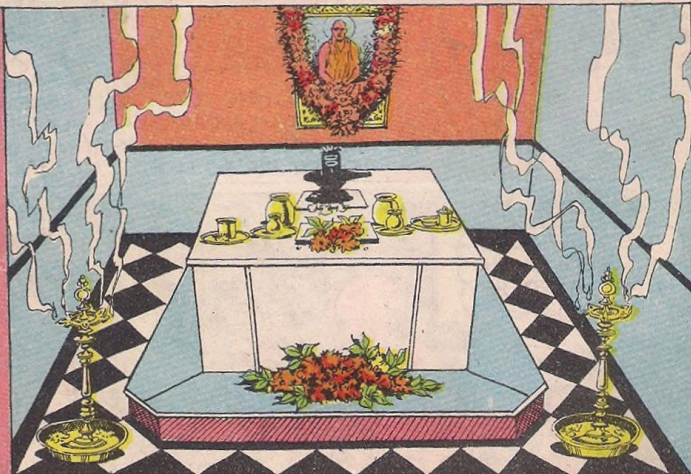
HE COULDN'T TAKE EVEN A SPOONFUL OF HORLICKS. HOW HE SWALLOWS A GLASSFUL OF GANGA-JAL! IT IS AMAZING!

SWAMIJI IS ENACTING A GREAT DRAMA. HE IS NOT SICK. HE IS PREPARING TO GO TO HIS ORIGINAL ABODE.

AND, AT NIGHT 11-20, SWAMI SIVANANDA THE GREAT SAGE OF ANANDA KUTIR, WHO BY HIS LEELAS PROVED THAT HE WAS NOT THE BODY, SHED HIS PHYSICAL FRAME. THUS THE RIVER HAD MERGED IN THE OCEAN, AND HE BECAME ONE WITH THE ABSOLUTE. HE ENTERED INTO MAHASAMADHI BY PLUNGING MILLIONS OF HIS DEVOTEES INTO GRIEF. FOR THE NEXT TWO DAYS, PEOPLE CAME IN MULTITUDES TO HAVE DARSHAN OF THE MORTAL FRAME OF SWAMI SIVANANDA.

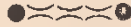


THEN HIS BODY WAS INTERNED AND A SAMADHI SHRINE BUILT IN HIS ASHRAM. TO DATE, THOUSANDS OF DEVOTEES GO TO RISHIKESH TO PAY HOMAGE TO SWAMI SIVANANDA AT HIS SAMADHISTHANA (FINAL RESTING PLACE) IN HIS ASHRAM, WHERE HIS PRESENCE IS FELT AND THE PIOUS WISHES OF HIS DEVOTEES ARE FULFILLED.



SWAMI SIVANANDA CONTINUES TO LIVE IN THE HEARTS OF HIS DISCIPLES AND DEVOTEES ALL OVER THE WORLD, AND ALSO IN HIS WRITINGS. THUS, HE CONTINUES TO SERVE MANKIND, GUIDING MEN AND WOMEN TO PROCEED ALONG THE PATH OF RIGHTEOUSNESS AND VIRTUE, TO THEIR DESTINATION, GOD.

UNIVERSAL PRAYER



O adorable Lord of Mercy and Love !
Salutations and prostrations unto Thee
Thou art Omnipresent, Omnipotent and Omniscient ;
Thou art Sat-chit-Ananda.
Thou art the Indweller of all beings.

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

Let us behold Thee in all these names and forms.
Let us serve Thee in all these names and forms.
Let us ever remember Thee.
Let us ever sing Thy Glories.
Let Thy name be ever on our lips.
Let us abide in Thee for ever and ever.

TEACHINGS OF SWAMI SIVANANDA

To speak the truth at all events, to speak sweetly with love, to practise non-violence and continence, to behold the One Lord in all beings, is Divine Life.

The Temple of Divine Life has four pillars, viz., meditation, purity, love and righteousness in action.

No philosophy or religion in the world can teach anything better than : "Serve, love, give, purify, meditate, realise. Be good; do good."

Divine Life is not a rejection of life and its activities, but a transformation of it into the Divine Being.

The salt of life is selfless service. The bread of life is universal love. The water of life is purity. The sweetness of life is devotion. The fragrance of life is generosity. The pivot of life is meditation. The goal of life is emancipation or Moksha.

To have faith and devotion, to serve the preceptor and the saints, to practise meditation, and to attain Self-knowledge is indeed a supreme blessing.

Your only duty is God-realisation. All other duties should only serve as a means to this final goal.

Put aside sorrow and grief. Identify not yourself with the perishable body and mind. You are the immortal Atman. Why should you grieve, when your real nature is joy eternal ?

Meditate on this formulè : "Nothing exists; nothing belongs to me ; I am neither body nor mind. The Immortal Self I am." You will reap a rich harvest of Peace and Bliss.