

Satya ka Avahan

Invoking the Divine

सत्य का आवाहन

Year 12 Issue 2 March-April 2023



Sannyasa Peeth, Munger, Bihar, India



Hari Om

Avahan is a bilingual and bi-monthly magazine compiled, composed and published by the sannyasin disciples of Sri Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains the teachings of Sri Swami Sivananda, Sri Swami Satyananda, Swami Niranjanananda and Swami Satyasangananda, along with the programs of Sannyasa Peeth.

Editor: Swami Gyansiddhi Saraswati

Assistant Editor: Swami Shiva-dhyanam Saraswati

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Useful Resources

Websites:

www.sannyasapeeth.net
www.biharyoga.net
www.satyamyogaprasad.net

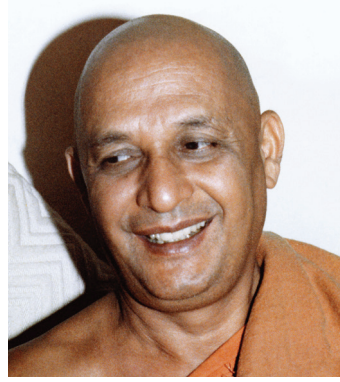
Apps:

(for Android and iOS devices)

Bihar Yoga
APMB
YOGA (English magazine)
YOGAVIDYA (Hindi magazine)
FFH (For Frontline Heroes)

Front cover and plates:

Sannyasa Peeth Activities 2022



SATYAM SPEAKS – सत्यम् वाणी

There is no need to escape life. Live it, live it fully. Live it blissfully. Harmonize it. Awaken your ineffable potential. This is the very essence of sannyasa.

—Swami Satyananda Saraswati

जीवन से पलायन करने की कोई जरूरत नहीं। इसे जीयो, पूरी तरह जीयो, आनन्द के साथ जीयो। जीवन को समस्वरित करो, अपनी प्रसुप्त प्रतिभा को जागृत करो। यही संन्यास का सार है।

—स्वामी सत्यानन्द सरस्वती

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Owned by Sannyasa Peeth **Editor:** Swami Gyansiddhi Saraswati

न तु अहं कामये राज्यं न स्वर्गं नापुनर्भवम् । कामये दुःखतप्तानां प्राणिनां आर्तिनाशनम् ॥

"I do not desire a kingdom or heaven or even liberation. My only desire is to alleviate the misery and affliction of others."

—Rantideva



Contents

This issue of *Avahan* is dedicated to the activities of Sannyasa Peeth during 2022

आवाहन के इस अंक में संन्यास पीठ की 2022 की गतिविधियों का प्रतिवेदन है

संन्यासी शिष्य के प्रति

स्वामी सत्यानन्द सरस्वती

अपनी तरुणाई में तुमने यात्रायें की हैं,
वे खोज, प्रयास और संघर्ष के दिन थे –
भटकना, उत्सुक रहना कि
तुम कौन हो, जगत् का अर्थ और उद्देश्य क्या है?
अपनी निर्भय साहसिक यात्राओं में लगे रहो,
क्योंकि अब तुम निःसंग नहीं हो,
अब तुम्हें प्रेम की छत्रछाया प्राप्त है,
अदृश्य कर तुम्हें निर्देश दे रहे हैं।
सम्भव है तुम्हारे पग डगमगायें,
तुम्हारी शक्ति चुकती-सी लगे,
लेकिन आश्वस्त रहो,
तुम अपने अभीप्सित लक्ष्य तक पहुँचोगे।
बहादुरी के साथ आगे बढ़ते रहो
और अगर तुम क्लान्ति का अनुभव करो
तो रुक कर अपने सामने
उन चरम ऊँचाइयों की गरिमा पर पुनः दृष्टिपात करो,
क्योंकि थका-हारा मन
लौट चलने के विचारों और प्रलोभनों का
शिकार हो जा सकता है।
तुमने अपने पीछे क्या छोड़ा है,
जो तुमसे लौटने की मांग कर रहे हैं,
तुम्हारी भौतिक महत्त्वाकांक्षाएँ अपने दिन पूरे कर चुकी हैं,
सम्भव है तुम इस बात को पूरी तरह नहीं समझ पाये हो,
तुम्हें यह लगता है कि तुम न यहाँ के रहे न वहाँ के।
लेकिन वास्तव में तुम मेरे साथ हो
तुम लौकिक जीवन की निस्सारता जान चुके हो,
फिर भी सत्ता की अन्य सतहों तक नहीं पहुँचे हो।



तुम्हारी स्थिति कहाँ है यह भी तो निश्चित नहीं बता सकते,
लेकिन मैं जानता हूँ कि तुम कौन हो, तुम्हारा घर कौन-सा है
और कहाँ वह सब पाओगे जिसकी अभीप्सा तुम्हें है।
विगत की पुनरावृत्ति नहीं हो सकती –
वह था तुम्हारी आत्मा की यात्रा का एक पक्ष,
तुम्हारी वास्तविक सत्ता को ढूँढ निकालने का एक प्रयास।
तुम जानने लगे हो कि तुम वस्तुतः क्या हो,
और तुम्हारे जीवन का वास्तविक उद्देश्य क्या है?
भौतिक जगत् में लौट कर तुम निरुद्देश्य हो जाओगे,
तुम्हारा जीवन निरर्थक हो जायेगा।
वत्स अपनी आँखें सदा लक्ष्य पर टिकाये रखो,
तुम लौटकर आ मिलने वाले मेरे आत्मज हो।
अब देखता हूँ, कौन तुम्हें मुझसे विलग कर सकता है,
तुम तो प्रेम और प्रकाश के घेरे में सुरक्षित हो। ■

SANNYASA PEETH TRAINING

Sannyasa Lifestyle Experience: July to December

A six-month training of sannyasa lifestyle was conducted at Paduka Darshan. Participants fully involved themselves in all ashram activities. Classes on the qualities of sannyasa were conducted by Swami Ratnashakti.

Sannyasa Lifestyle: July 2022 to July 2024

A two-year training of sannyasa lifestyle began in July. Participants from different states of India immersed themselves in all activities. Classes on the qualities of sannyasa were conducted by Swami Ratnashakti. The training provides an experiential insight into the traditions and teachings of sannyasa. The training allows participants to develop an understanding of how the ideals of sannyasa can be applied and lived in everyday life to attain greater creativity, efficiency, clarity and harmony in all that one undertakes.



संन्यास पीठ प्रशिक्षण

संन्यास जीवनशैली अनुभव (जुलाई-दिसम्बर 2022)

पादुका दर्शन में छः माह के संन्यास जीवनशैली अनुभव सत्र का आयोजन किया गया। प्रतिभागियों ने आश्रम की सभी गतिविधियों में योगदान दिया। संन्यास जीवन के गुणों पर केन्द्रित कक्षाओं का संचालन स्वामी रत्नशक्ति द्वारा किया गया।

संन्यास जीवनशैली (जुलाई 2022-जुलाई 2024)

जुलाई से द्विवर्षीय संन्यास जीवनशैली प्रशिक्षण प्रारम्भ हुआ। भारत के विभिन्न राज्यों से आये प्रतिभागियों ने आश्रम की सभी गतिविधियों में बढ़-चढ़कर भाग लिया। संन्यास जीवनशैली सम्बन्धी कक्षाओं का संचालन स्वामी रत्नशक्ति द्वारा किया गया। इस प्रशिक्षण में संन्यास की परम्परा और उसकी शिक्षाओं का व्यावहारिक अनुभव कराया जाता है जिससे प्रतिभागियों में यह समझ विकसित होती है कि कैसे संन्यास के आदर्शों को अपने दैनिक जीवन में उतारकर अधिक रचनात्मकता, कुशलता, स्पष्टता और सामंजस्य का विकास किया जा सकता है।



SANNYASA PEETH EVENTS 2022

New Year's Day: 1 January



On 1st January, chanting the *Hanuman Chalisa* 108 times at Satyam Vatika ushered in the New Year. Residents and a group of BYMM children spent the day in a spirit of joy invoking the blessings of Hanuman. The program was live-streamed and thus entered the homes and hearts of devotees around the world.



Swami Niranjanananda: This year from the land of yoga, a message comes to you in seven points. The first point of the message is that we should look after our own health, *swasthya*, which is not only physical, but also mental, emotional and spiritual. When we are able to regain total health of body, mind, emotions and spirit, then we can call ourselves healthy. Until



then we have to struggle to find our health, either at the physical or psychological level. No one is ever healthy. So let us make an effort to focus on the cultivation of health this year.

The second point is to cultivate awareness, *sajagata*. Be aware of the family environment and your social environment. Contribute to it in the most effective and positive manner by becoming aware of the shortcomings and needs in your immediate environment, and reach out to help others who are in need.

The third is the much required self-discipline in life, which in yoga is called *sanyam*. This personal discipline is a must in today's environment to maintain positivity, hope and optimism in life, and contribute effectively, efficiently and in a harmonious manner to making our home, family and society better. This can be achieved with personal discipline, awareness and focus on our health.

The fourth and fifth points are *sammaan*, respect, and *vinamrata*, humility. People say we are hungry for love; I don't know. I know that we should learn to respect everyone no matter what their shortcomings are, whether they are literate or illiterate, intellectuals or





non-intellectual. We have to recognize that each one has a place in our human society. If we can respect each individual, then naturally our love will flow all around.

Along with respect comes humility. In the biggest storms and tempest, the trees, which stand upright stiff and tall, often break. The trees, plants and the grass, which bend with the wind and the tempest, survive. In the same manner, humility is an antidote to the stiffness of arrogance, ego, aggression and misbehaviour. These expressions hurt other people; they create differences and distances between groups of people. Humility is an important quality of life, it is a human quality, which has to be cultivated to manage the eccentric ego behaviours.



The sixth and seventh sutras of the year are *kartavyaparayanta* or the zeal to perform your duties, and *nishtha*,

commitment. Complete everything that you undertake, do not leave anything half done. Spend a little bit of time, but complete the chore, action or task that you have taken up. This will free you and give you more time to do other things. Remember, commitment to do what is right and correct in life makes us human. Therefore, we should fulfil our commitments and obligations, not only to others but also to ourselves.

Satyameshwar Aradhana: 12–14 January

The annual Satyameshwar aradhana was conducted with havan, abhishek and the chanting of stotras. It is the staphana diwas of Satyameshwar who was installed at Paduka Darshan in January 2014. The three-day aradhana precedes Swami Niranjana's panchagni sadhana.

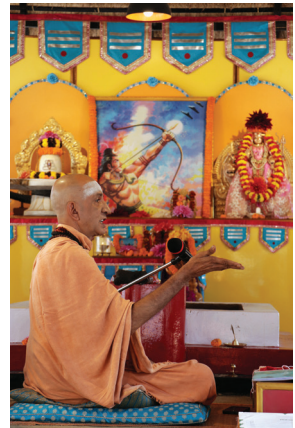
Pashupat Astra Yajna: 27 February–1 March



The Pashupat Astra Yajna was conducted at Akhara. It marked the culmination of Swamiji's month-long panchagni sadhana.

Swami Niranjanananda: Since ancient times, our rishis and munis have told us that the energy created by a yajna is given direction and purpose through *sankalpa*, the intention, with which the yajna is performed. Sankalpa is like the diagram of a bull's-eye which is penetrated by the arrow of energy produced by the yajna. Therefore, sankalpa and yajna are inherent in each other. People have a misconception that the Pashupatastra is a weapon which is invoked to wreak destruction. There is no doubt that the purpose of weapons is destruction. However, what is the reason for destruction and why is it necessary? It is of utmost importance to understand this.

Sri Krishna was instrumental in causing the Mahabharata war. Human lives were lost by the thousands. Was

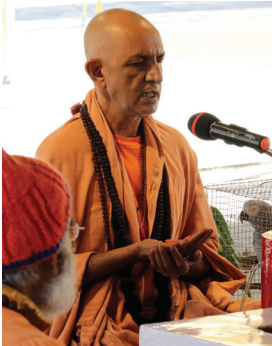




that *dharma* or *adharma*, in keeping with righteousness or acting against the principles of righteousness? People have pondered upon this question. Sri Krishna says that to re-establish



righteousness, it is necessary to remove unrighteousness. If you wish to make a road, rocks and pebbles which obstruct the construction of the road have to be removed. The power and equipment used to achieve this end is called *astra*, weapon.



In today's time, it is not necessary to destroy human lives. Rather it is the destruction of the *tamasic vritti*, negative instincts and behaviour, that is absolutely necessary as this is the nature of mind we all have. It is the *tamasic vritti* which gives birth to the destructive *asuri vritti*, the demonic tendencies. Therefore, we invoke the divine energy to overcome the *asuri vritti* within us.

The weapons of the gods cannot be wielded by humans, only gods can use them. If you think that Lord Shiva will

manifest and present me with his weapon which I will use, then that is a colossal error. This is not what will happen at all. Can an ant attempt to bear the weight of an elephant? In the same manner, it is an impossible and futile endeavour for humans to try to harness and contain divine energy. All we can do is to invoke the energy and not try to manifest the weapon.



We can definitely invoke divine energy and through the invocation we can give it a specific direction. This is exactly what saints have done throughout the ages. They have prayed and tried to re-align and restore balance in emotions, intellect and actions on the planet, in nature, in all created beings. A positive and creative mind imbued with energy and vitality is necessary to re-establish such balance. Our rishis and munis presented us with the path and the tools to effect this transformation, yet in present times, we are not able to understand these mysteries. We assess and measure everything only through our limited worldly inclinations, ideas and orientation.



However, there is a big difference between divine weapons and weapons used by humans. Weapons used by humans take lives, whereas divine weapons bestow life. This is the essential difference between them. Therefore, the weapons which bestow life remove obstacles on the path with the energy of the astra. Insecurity, fear, anxieties, trials and tribulations, tensions, limitations, restlessness are obstacles in the evolution and progress of humankind. Once they are eliminated, the ceaseless progress of humankind is ensured without a shred of doubt. However, through sankalpa the divine energy has to be invoked and given a direction to eliminate these obstacles.



Chaitra Navaratri: 2–10 April

Navaratri was observed at Satyam Vatika with havan and the chanting of stotras and mantras.

Hanuman Jayanti: 16 April

On 16 April, Hanuman Jayanti was observed with the chanting of *Hanuman Chalisa*.

Akshay Tritiya: 3 May

Akshay Tritiya was observed with havan, and stotras invoking the grace of Narayana and Adi Shakti. In his satsang, Swamiji spoke on the significance of this day.



Swami Niranjanananda: Akshay Tritiya is a peculiar day. The word *akshaya* means imperishable, something which cannot be destroyed, and *tritiya* means three. What are the three things that cannot be destroyed and which always exist? They are the three gunas, sattwa, rajas and tamas. Even if we do not survive, the gunas will continue. There is the trinity, Brahma, Vishnu and Shiva. We may die, yet the generation, organization and destruction process will continue eternally. They are another imperishable, indestructible set. The individual, life and the world are also three constant realities that we confront every day. Life is a game of three items coming together. This is the philosophy of Akshay Tritiya.



Akshay Tritiya is also considered to be a day when any pious, positive and creative thought, performance or

aspiration will pave the future path of the individual. People are also encouraged to think positively, act appropriately and behave constructively and respectfully. This change in attitude is a positive change. If you can maintain it, it will become a quality in the course of time, and it will be the gift of Akshay Tritiya: a positive character, a positive understanding and positive living.

Swami Sivananda's Sannyasa Diwas: 1 June

For the first time, Swami Sivananda's Sannyasa Diwas was commemorated with havan and the chanting of stotras. It is the day, young Kuppuswamy became Swami Sivananda and began to lay the foundation of our parampara.

Guru Poornima: 11-13 July

The Guru Poornima program was conducted at Satyam Vatika. This year's celebration was dedicated to Swami Sivananda Saraswati who attained mahasamadhi on 13th July 1963. Swami Niranjan spoke on the life of Swami Sivananda and on the unique relationship he had with Sri Swamiji.

The program was live-streamed and devotees from around the world were able to be part of the dedication offered to the gurus.





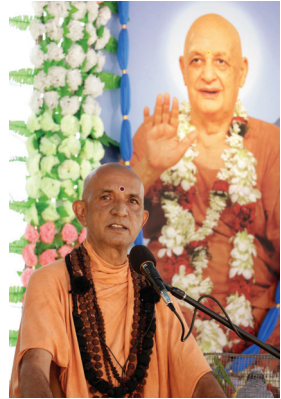
Guru Poornima was also celebrated across the country by different centres and groups:

- Guru Poornima was celebrated in Delhi where over 80 devotees participated in Guru paduka pooja, havan, arti, bhajan and kirtan. Thereafter, Narayan bhoj was offered to 70 destitute people.
- Yoga Mitra Mandal, Raigarh, organized a program with chanting and havan in Gandhiganj.
- Satyananda Yoga Kendra, Jamshepur, conducted a program wherein 100 devotees participated in Guru paduka pooja, havan, chanting and kirtan.

Swami Niranjanananda Saraswati: Today is the day of Guru Poornima. Let us go back to the year 1963. The foundation stone of Bihar School of Yoga was laid and construction was happening. At that time our guru, Sri Swamiji, lived at Anand Bhawan, which today the world knows as Paduka Darshan, Sannyasa Peeth. On the day of 13th July, when he was absorbed in meditation, he said what happened:

I felt myself transported physically to Rishikesh. I saw myself standing beside the river Ganga and in the middle of the river there was one boat. And on that boat my guru, Swami Sivanandaji was standing, facing the other shore. When the boat reached midway, my guru turned, looked at me and raised his hands in blessings. At that time, I knew that my guru had left his body. And while this thought was going

on in my head, the water from the fly-wheel of the boat drenched my physical body, and I came out of that vision. I saw my body drenched in water and I knew that my guru had blessed me. He had left his body and he had blessed me, he had anointed me. Next day on 14th, I departed for Rishikesh to offer my pranams to his samadhi. And as I was offering my pranams, I heard a voice which said, 'Continue working according to the plan that we have made.' And I realized at that moment that I had to fulfil the mandate of my guru to propagate yoga from door to door and shore to shore, as that was his instruction. Yoga was never my vocation, but the mandate I had to fulfil. My vocation was sannyasa.



He came back to Munger. A few days later the Guru Poornima celebrations were held in the premises of Bihar School of Yoga, and at that time the message which he gave to everybody on behalf of his master, Swami Sivanandaji, was the following:

The only thing that stands in the way of your spiritual realization, is your own mind, the ego, or call it by any name you like. It is precisely in order to see that this obstacle is removed, and one gets to the ultimate goal of human life, that one goes to the preceptor or guru. Guru transforms the limited mind, for he knows the method as to how to transform and transcend. Suppose a man who is desirous of leading a spiritual life goes to a guru and asks for his advice and guidance, and the guru tells him, 'Be good. Lead





a virtuous life. Serve selflessly. Love all. Share with others what you have. Purify the mind and meditate with one-pointed mind etc.’ But if the man does not seriously strive to follow the guru’s advice, what benefit will he derive? Absolutely nothing. He will be in no way better than what he was. It seems that one does not want to practise anything, but there is only the expectation of the result. This life on earth is a halting place on the way to the achievement of the goal of life, perfection in life. Earthly life is transitory for it has seen that everything that is born, dies. Death is not the end of life, since without a continuation of life, the values of the deeds and experiences of this life would be rendered nugatory. There were births and deaths in the past, there will be births and deaths in the future too, until self-awareness and self-realization is attained. Remember that you have come alone to this world, and also you will pass away alone from this world. No one will help you except what you have done here in this life. Your deeds will search you out and follow you, as calves follow their mothers, even in the midst of a great herd. Waste not precious time,



but utilize every moment for the noblest of causes. Finish your journey quickly by practising right sadhana with the guidance of guru or preceptor. Great shall be your glory and glorious shall be your success. May the peace be with you on your spiritual path.

This Guru Pournima is dedicated to our Paramguru, Swami Sivananda Saraswati, whose teaching was shared by Swami Satyananda Saraswati, with all of us. It is the luminosity of Swami Sivanandajiji which made Swami Satyanandajiji effulgent. It is the same luminosity which we receive with our commitment, sincerity, dedication, faith, trust and with our loyalty. Let us move away from avarice, greed, jealousy and hatred. Let us not be disloyal to guru or his teachings. Let us make the sankalpa to walk the path and continue to walk. No matter how many times we fall, let us get up again and keep on walking.





Ganesh Chaturthi: 31 August

Ganesh Chaturthi was celebrated at Satyam Vatika with havan, the chanting of stotras and kirtan. Swamiji spoke on Ganesh as the bridge between the mundane and spiritual dimensions in everyone's life.

Sri Lakshmi-Narayana Mahayajna: 8–12 September



In the morning, Lakshmi and Narayana sahasrarchan was conducted at Akhara with the chanting of the Vishnu and Lakshmi Sahasranama. In the afternoon, the grace of Sri Lakshmi and Narayana was invoked at Paduka Darshan. Swamiji conducted the pooja and havan was performed to the chanting of the *Purusha Suktam* and *Sri Suktam*. Swamiji spoke on the mission

of Sannyasa Peeth and on the role of sannyasa in today's world. The afternoon program was live-streamed and watched in over 95 countries around the world.





Ashwin Navaratri and Narayan Astra Yajna: 26 September–3 October

Navaratri and the Narayan Astra Yajna were conducted at Akhara with havan and the chanting of stotras. The divine grace of the Cosmic Mother and the Cosmic Sustainer was invoked.

Satyam Poornima: 4–10 December

For the third year, Satyam Poornima was conducted at Paduka Darshan with abhishek of Satyameshwar Mahadev and twelve Shivalingams to the chanting of the ancient Rudri mantras. Members of the YYMM (Yuva Yoga Mitra Mandal) organized the program and assisted in the abhishek. Swami Niranjanananda spoke on the life of Sri Swamiji and through small anecdotes the extraordinary qualities of Sri Swamiji were highlighted.



SANNYASA PEETH CHATURMAS: 13 JULY-10 SEPTEMBER



Satyameshwar Aradhana: 18-20 July

The annual aradhana was conducted by the pandits of Sivalaya, Munger

Ramacharitanas Masparayan

The ladies of the Ramayan Mandali, Munger, conducted the *Ramacharitanas* Masparayan during Chaturmas. Twice the whole *Ramacharitanas* was chanted by the ladies who with devotion and dedication upheld this tradition.



Satyameshwar Abhishek

Every Monday, abhishek was conducted at Satyameshwar Peeth to the sound of the *Ramacharitanas* chanting. Members of Bal Yoga Mitra Mandal and Yuva Yoga Mitra Mandal helped to conduct the anushtana with joy and bhava.



Krishna Aradhana: 9-11 August

As part of the Sannyasa Peeth activities during Chaturmas, the Krishna Aradhana was conducted at Satyam Vatika. On the beautifully decorated stage pooja was performed along with havan. Children of the Bal Yoga Mitra Mandal chanted stotras and kirtan dedicated to Sri Krishna and invited all present to honour the jhoolan.



Janmashtami: 19 August

Sri Krishna's birth was celebrated with pooja, havan and the chanting of stotras and kirtan. Swamiji spoke on five outstanding qualities of Sri Krishna which all aspirants should seek to imbibe and express in their lives.

Swami Niranjanananda: Sri Krishna is considered to be an incarnation or manifestation of love and bliss. He had many salient traits, yet I will just talk to you about five.

There was not a single moment of an expression of pain, suffering, sadness, anxiety, fear, anger, greed, envy or jealousy in his life or in his face. Never! He had a very special character which made him into a superbeing, an avatar. He was always balanced and had equal feeling towards all. That is the first trait

He was capable of hearing an infinite number of insults and abuses, and not react to it. Not like us. If somebody accuses or abuses us even once, we get fired up and are ready to hit the person. Not Sri Krishna. People could hurl abuse at him and say anything about him, and he would be totally non-reactive. At least a hundred times you could abuse him. So you can imagine, how much patience he had to hear people out and not be affected by it.

This is the third character trait: He was one of the richest persons and leaders in India. Dwarka was famous for its riches. It was a very prosperous place and he was the leader in



Dwarka. However, his closest friend was Sudama, the poorest person of the land. If we get some money, we will definitely not hobnob with the poor. We will try to ascend the ladder and rub shoulders with the rich, the affluent, prosperous and mighty.

The fourth trait: He had the most potent weapon, the chakra, yet he never displayed it. The only thing that was ever displayed in his hands was a flute. The chakra is the instrument of death, and the flute is the instrument of happiness. He had the power to take away life, yet he made everyone dance to the melodies of his flute. Even his enemies danced to the melodies of his flute, and not to his political wit and wisdom.

He was all-powerful, yet he decided to become the charioteer of Arjuna for the duration of the Mahabharata war. Imagine the most powerful person on the planet being your chauffeur! It is something we cannot even conceive of. That is what he did, and that humility was another trait of Sri Krishna.

These traits set him apart as a person who is in command and has mastery over the lower nature of the individual. The lower nature of the individual is always destructive. The higher nature of the individual is always uplifting. The lower nature is more selfish, the higher nature more selfless. Sri Krishna lived a life which was totally selfless. His only intention and desire was to establish and define the parameters of dharma, righteousness. His teachings reflect that.

Dharma is not a religious belief. Dharma is cultivation of the positive in life. Therefore, one of the definitions of dharma is *dharayete iti dharma*, what you hold in your life is dharma. The goodness that you hold within you is dharma. Sri Krishna wanted to establish dharma to bring out the goodness and the piousness in each one, so that there is harmony and peace within the individual and in human society.

SANNYASA PEETH DIGITAL PRASAD

This year, Sannyasa Peeth continued its online activities for devotees around the world in the form of Digital Prasad and livestreaming.

On the occasions of New Year's Day, Guru Poornima and Sri Lakshmi-Narayana Mahayajna, Digital Prasad was offered and the three programs were livestreamed.

For the Satyam Poornima aradhana, a Digital Prasad was given to invite all aspirants to connect to the inspiration of this unique event. On the auspicious occasion of Makar Sankranti, a Sankranti Sadhana was released, including the audio of the chanting dedicated to Lord Surya.

Guru Purnima 2022
Satyam Aradhana

Guru Paduka Abhishek
Satyam Udyan
Munger

Sankranti Sadhana

Chanting	Reference Book	Page no. (Devanagiri)	Page no. (Roman)
01. Vedic Shanti Mantras	SSM*	271	305
02. Aditya Hridayam	SSM*	265	277
03. Sri Surya Sahasranamavali	Nil	-	-
04. Sri Suryashuktam	STP	144	145
05. Sri Narayana Ashtottara Shatanamavali	SLNSM*	126	124
06. Sri Lakshmi Ashtottara Shatanamavali	SSM*	42	55

SANNYASA PEETH SERIES

Siddha Surya Stotrams

Yoga Publications Trust,
Munger, Bihar, India

संन्यास पीठ के 2022 के कार्यक्रम



नव वर्ष (1 जनवरी)

नव वर्ष का स्वागत सत्यम् वाटिका में हनुमान चालीसा के 108 बार अखण्ड पाठ से किया गया। कार्यक्रम में आश्रम के निवासियों तथा बाल योग मित्र मण्डल के सदस्यों ने भाग लिया। इस दिन पूरे वातावरण में ऊर्जा और उमंग थी, सभी ने खुशी एवं उत्साह के साथ इस अनुष्ठान में भाग लिया। कार्यक्रम का सीधा प्रसारण किया गया जिससे यह विश्व के सभी भक्तों एवं साधकों तक पहुँचा।









सत्यमेश्वर आराधना (12-14 जनवरी)

सन् 2014 में सत्यमेश्वर महादेव की स्थापना के बाद से यह अनुष्ठान प्रतिवर्ष सम्पन्न किया जाता है। इस अवसर पर हवन, अभिषेक और स्तोत्र पाठ किया गया। यह त्रिदिवसीय अनुष्ठान स्वामी निरंजनानन्द जी की पंचाग्नि साधना के पूर्व किया गया।

पाशुपत अस्त्र यज्ञ (27 फरवरी-1 मार्च)

अखाड़े के पावन परिसर में स्वामीजी द्वारा पाशुपत अस्त्र यज्ञ संचालित किया गया। यह यज्ञ उनकी एक माह की अवधि की पंचाग्नि साधना की पूर्णाहुति के उपलक्ष्य में आयोजित किया गया था।



चैत्र नवरात्रि (2-10 अप्रैल)

देवी शक्ति को समर्पित नवरात्रि साधना सत्यम् वाटिका में हवन, स्तोत्र पाठ और मंत्रों के साथ सम्पन्न हुई।

हनुमान जयंती (16 अप्रैल)

हनुमान जयंती के शुभ अवसर पर हनुमान चालीसा का पाठ तथा हवन सम्पन्न किया गया।

अक्षय तृतीया (3 मई)

अक्षय तृतीया के दिन हवन और स्तोत्र पाठ के साथ भगवान नारायण और आदिशक्ति की आराधना सम्पन्न की गई। अपने सत्संग में स्वामीजी ने इस दिन के महत्त्व को समझाया।



स्वामी शिवानन्द जी का संन्यास दिवस (1 जून)

स्वामी शिवानन्द जी का संन्यास दिवस हवन और स्तोत्र पाठ के साथ मनाया गया। यह वह शुभ दिन है जब युवा कुप्पूस्वामी, स्वामी शिवानन्द बने थे और हमारी परम्परा की आधारशिला रखी थी।

गुरु पूर्णिमा (11-13 जुलाई)

गुरु पूर्णिमा का आयोजन सत्यम् वाटिका में किया गया। इस वर्ष यह कार्यक्रम स्वामी शिवानन्द सरस्वती को समर्पित था जो 13 जुलाई 1963 को महासमाधि में लीन हुए थे। स्वामी निरंजनानन्द जी ने स्वामी शिवानन्द जी के जीवन पर प्रकाश डालते हुए श्री स्वामीजी के साथ उनके विलक्षण सम्बन्ध के बारे में बताया।

कार्यक्रम का सीधा प्रसारण भी किया गया जिससे पूरे विश्व के भक्त एवं शिष्यगण गुरु के प्रति अपनी श्रद्धांजलि अर्पित कर सके।



- गुरु पूर्णिमा का आयोजन देश के विभिन्न केन्द्रों और समूहों ने भी किया – दिल्ली में 80 भक्त गुरु पादुका पूजन, हवन, आरती और भजन-कीर्तन में सम्मिलित हुए, साथ ही 70 अभावग्रस्त लोगों के लिए नारायण भोज आयोजित किया गया।
- योग मित्र मण्डल, रायगढ़ के सदस्यों ने गाँधीगंज में हवन और स्तोत्र पाठ का कार्यक्रम किया।
- सत्यानन्द योग केन्द्र, जमशेदपुर में गुरु पादुका पूजन, हवन और स्तोत्र का कार्यक्रम आयोजित किया गया जिसमें 100 भक्तों ने भाग लिया।

गणेश चतुर्थी (31 अगस्त)

सत्यम् वाटिका में गणेश चतुर्थी का कार्यक्रम हवन, स्तोत्र पाठ और कीर्तन के साथ सम्पन्न हुआ। स्वामीजी ने गणेश आराधना के महत्त्व को समझाते हुए कहा कि श्री गणेश हमारे जीवन के भौतिक और आध्यात्मिक आयामों के बीच सेतु का कार्य करते हैं।



श्रीलक्ष्मीनारायण महायज्ञ (8-12 सितम्बर)

श्री लक्ष्मीनारायण महयज्ञ के दौरान प्रातःकाल अखाड़ा परिसर में माँ लक्ष्मी और भगवान नारायण को समर्पित सहस्रार्चन सम्पन्न हुआ और अपराह्न के समय पादुका दर्शन परिसर में श्री लक्ष्मीनारायण की हवनात्मक आराधना की गई। स्वामीजी ने पूजा सम्पन्न की तथा संन्यासियों ने श्री-सूक्तम् और पुरुष-सूक्तम् का पाठ एवं हवन सम्पन्न किया। अपने सत्संगों में स्वामीजी ने संन्यास पीठ के उद्देश्य और वर्तमान समय में संन्यास की भूमिका पर प्रकाश डाला। अपराह्न के कार्यक्रम का सीधा प्रसारण किया गया जिसे लगभग 100 देशों के लोगों ने देखा।



अश्विन नवरात्रि और नारायण अस्त्र यज्ञ (26 सितम्बर-3 अक्टूबर)

अश्विन नवरात्रि और नारायण अस्त्र यज्ञ का अनुष्ठान अखाड़ा परिसर में हवन और स्तोत्र पाठ के साथ सम्पन्न किया गया, जिसमें देवी शक्ति और सृष्टि के पालनकर्ता, भगवान नारायण की कृपा का आवाहन किया गया।

सत्यम् पूर्णिमा (4-10 दिसम्बर)

श्री स्वामी सत्यानन्द जी का जन्मदिवस पादुका दर्शन में सत्यम् पूर्णिमा के रूप में मनाया गया जिसमें सत्यमेश्वर महादेव और द्वादश शिवलिंगों का अभिषेक रुद्री पाठ के साथ सम्पन्न हुआ। यह इस कार्यक्रम का तीसरा वर्ष था। कार्यक्रम के संचालन में युवा योग मित्र मण्डल के सदस्यों का पूर्ण सहयोग रहा। कार्यक्रम के दौरान स्वामीजी ने श्री स्वामी सत्यानन्दजी के जीवन और शिक्षाओं पर प्रकाश डालते हुए भावपूर्ण सत्संग दिये।



संन्यास पीठ का चातुर्मास अनुष्ठान

13 जुलाई – 10 सितम्बर



सत्यमेश्वर आराधना (18-20 जुलाई)

यह वार्षिक आराधना स्थानीय शिवालय के पंडितों द्वारा पादुका दर्शन में सम्पन्न की गयी।

रामचरितमानस मासपारायण

रामायण मण्डली, मुंगेर की महिलाओं ने चातुर्मास अनुष्ठान के अन्तर्गत रामचरितमानस का मासपारायण दो बार सम्पन्न किया। दो महीने तक ये महिलाएँ प्रतिदिन अपराह्न के समय पादुका दर्शन पहुँचकर पूरी निष्ठा और श्रद्धा के साथ यह पाठ करती रहीं।

सत्यमेश्वर अभिषेक

चातुर्मास के दौरान प्रत्येक सोमवार को सत्यमेश्वर पीठ में रामचरितमानस मासपारायण के समय रुद्राभिषेक किया गया। बाल योग मित्र मण्डल और

युवा योग मित्र मण्डल के सदस्यों के सहयोग से यह अनुष्ठान बहुत सुन्दर और भावपूर्ण ढंग से सम्पन्न हुआ।

श्रीकृष्ण आराधना (9-11 अगस्त)

संन्यास पीठ के चातुर्मास अनुष्ठान के अन्तर्गत सत्यम् वाटिका में श्रीकृष्ण आराधना का कार्यक्रम सम्पन्न हुआ। बाल योग मित्र मण्डल के बच्चों ने अपने सुमधुर स्तोत्र पाठ और उल्लासमय कीर्तन से पूरे वातावरण को आनन्द से भर दिया। कार्यक्रम के अन्त में सभी को राधा-कृष्ण को झुलाने का अवसर भी मिला।

जन्माष्टमी (19 अगस्त)

श्रीकृष्ण का जन्मदिवस पूजा, हवन, स्तोत्र पाठ और कीर्तन के साथ श्रद्धा-भक्ति से परिपूर्ण वातावरण में मनाया गया। अपने सत्संग में स्वामीजी ने श्री कृष्ण के चरित्र के पाँच उत्तम गुणों को उजागर किया जिन्हें सभी साधकों को अपने जीवन में आत्मसात् एवं अभिव्यक्त करने का प्रयास करना चाहिए।



संन्यास पीठ का डिजिटल प्रसाद

इस वर्ष भी संन्यास पीठ ने दुनिया भर के भक्तों के लिए डिजिटल प्रसाद और लाइव-स्ट्रीमिंग के रूप में अपनी ऑनलाइन गतिविधियाँ जारी रखीं।

नव वर्ष, गुरु पूर्णिमा और श्री लक्ष्मीनारायण महायज्ञ के अवसरों पर डिजिटल प्रसाद प्रस्तुत किया गया और इन तीनों कार्यक्रमों का सीधा प्रसारण भी किया गया।

सत्यम् पूर्णिमा आराधना में साधकों के लिए डिजिटल प्रसाद उपलब्ध कराकर उन्हें इस विशेष कार्यक्रम की प्रेरणा और ऊर्जा से जुड़ने के लिए आमन्त्रित किया गया। मकर संक्रान्ति के शुभ अवसर पर संक्रान्ति साधना विमोचित की गयी, जिसमें सूर्य स्तोत्रों एवं मन्त्रों की ऑडियो रिकॉर्डिंग सम्मिलित है।

Sri Lakshmi-Narayana Mahayajna 2022 Home Sadhana



Since 2011, the Sri Lakshmi-Narayana Mahayajna has been performed at Sannyasa Peeth, Munger, to invoke the grace and blessing of the Sri Narayana and Sri Lakshmi through the medium of yajna with invocation, mantras, aradhana, worship and havan. This year at Sannyasa Peeth, Munger the Sri Lakshmi-Narayana Mahayajna will be a private program, however all devotees and aspirants are invited to participate from the comfort and security of their own homes.

DAAN

MRI

On 15th November, a Diagnostic & Imaging centre was inaugurated in Munger by Swami Niranjanananda. In collaboration with Sevayan Care Pvt. Ltd., Sannyasa Peeth was able to donate a MRI (Magnetic Resonance Imaging) as well as a Mammography unit to the centre to enhance the medical facilities. This will lift the standard of medical care available in Munger to international levels.

Panchagni daan

On Makar Sankranti 2022, Swami Niranjanananda commenced the tenth year of the panchagni tapas, or the austerity of five fires. Prescribed in the vedic tradition for paramahansa sannyasins, the *panchagni tapas* is one of the most challenging and difficult to perform. The word tapasya comes from the Sanskrit root, *tap*, meaning to heat, to radiate heat, to blaze like the sun. The panchagni tapasya is the process of enduring the heat of five fires. The sadhaka sits surrounded by four fires, and the sun above is the fifth.



There is a difference between tapasya and sadhana. The purpose of sadhana is the management of the physical, mental and pranic experiences. The purpose of any tapasya is *shuddhi* or purification. It is only through purification that transcendence takes place. Daan is also a process of shuddhi. When performed correctly daan is a process of mental and pranic purification that complements and reinforces the shuddhi of tapasya. For this reason, the shastras and scriptures state that daan is an *anga* of tapasya, indicating that daan is a separate but integral aspect of tapasya.

Following the instructions given by Swamiji, the first daan of panchagni was presented to the hospitals and medical clinics of Munger in recognition of their service to humanity. The entire staff of each hospital, from the administration to doctors, nurses, technicians, compounders, officers, helpers, cleaners and security staff received the daan. Daan was also given to the district administration and associated offices and the service industry including hotels, shops, and petrol pumps in appreciation of their service to the local community.





The Three that light up the Palace
Live only Serving Trust:
Sri Quarter Moon, Sri Ravi and Sri North Star

They know whom they serve,
They know why they serve
And they know where they truly are.

Servants of Servants racing to serve the Only Thing that is.
Stronger than steel, Lighter than air, Lovers of Love.

They are His Guardians of Rays,
Weighing the way with Radiant Light and Love.
Standing with the Only One,
They wear him like a glove.

So rare is their light,
Yet it is given to all
As a model of how we should live
As servants, not thieves.

We must Serve,
We must Love
And we must live only to Give.

Om Tat Sat

—Yogasena

दान

एम.आर.आई. मशीन

15 नवम्बर को स्वामी निरंजनानन्द जी द्वारा मुंगेर में एक डाईगोर्नॉसटिक एंड इमेजिंग सेन्टर का शुभारंभ किया गया। संन्यास पीठ ने सेवायन केयर प्राइवेट लिमिटेड को एम.आर.आई. (मेग्नेटिक रेजोनेन्स इमेजिंग) मशीन के साथ मेमोग्राफी यूनिट दानस्वरूप प्रदान की। इससे मुंगेर में उपलब्ध चिकित्सा सुविधा का स्तर काफी ऊँचा हो जाएगा।

पंचाग्नि दान

मकर संक्रान्ति 2022 को स्वामी निरंजनानन्द जी ने पंचाग्नि तपस्या का दसवाँ वर्ष प्रारम्भ किया। तपस्या का प्रयोजन आन्तरिक शुद्धि होता है और शुद्धि के द्वारा ही आध्यात्मिक उत्थान होता है। दान भी शुद्धि की एक प्रक्रिया है। सही ढंग से किया गया दान मानसिक एवं प्राणिक शुद्धि का माध्यम बनता है जो तपस्या का सम्पूरक होता है। इसीलिए शास्त्रों ने दान को तपस्या का एक आवश्यक अंग बताया है।

स्वामीजी के आदेशानुसार प्रथम पंचाग्नि दान मुंगेर के अस्पतालों और चिकित्सा केन्द्रों को दिया गया। इन स्थानों के डॉक्टरों, नर्सों, प्रशासनिक अधिकारियों तथा समस्त कर्मचारियों की मानवता-सेवा की भावना को सम्मानित करते हुए उन्हें पंचाग्नि दान दिया गया। साथ ही जिला प्रशासन के विभिन्न विभागों तथा नगर के विविध व्यवसायिक वर्गों को भी दान दिया गया।

Form IV (See Rule 8)

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I, Swami Gyansiddhi Saraswati, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Date: 25 March 2023

Sd/- (Swami Gyansiddhi Saraswati) Editor.

सत्यम् वाणी

मनुष्य जीवन का अंतिम लक्ष्य क्या होना चाहिए?

मनुष्य एक जटिल, बहु-आयामी प्राणी है। वह एक-आयामी प्राणी नहीं है। जब तुम ऑफिस में जाते हो तो श्री मेहता ही रहते हो। वहाँ तुम्हारा क्या उद्देश्य है, यह तुम अच्छी तरह से जानते हो क्योंकि तुमको पढ़ाया गया है। जब तुम अपने परिवार में रहते हो, घरवालों और रिश्तेदारों के साथ, वहाँ भी तुम श्री मेहता ही हो, दूसरे कोई नहीं हो। वहाँ तुम्हारा जो कर्तव्य होता है वह ऑफिस वाले कर्तव्य से अलग हो जाता है। किन्तु जब तुम किसी से मतलब नहीं रखते हो, न अपनी बीबी से, न अपने बच्चों से, न अपने घर से, तब उस वक्त तुम्हारा अपने प्रति एक और कर्तव्य हो जाता है। घर-परिवार अपनी जगह सब ठीक है, पर मैं तो मैं हूँ। इस प्रकार अपने



प्रति एक कर्तव्य है, परिवार के प्रति एक कर्तव्य है, व्यवसाय के प्रति एक कर्तव्य है और समाज के प्रति भी एक कर्तव्य है। जो तुम्हारे भाई-बन्धु या रिश्तेदार नहीं हैं, जो तुम्हारी जाति या वंश के नहीं हैं, जो तुम्हारे विश्वास के लायक भी नहीं हैं, उनके प्रति भी एक दायित्व बनता है। अब मनुष्य के जीवन का अंतिम उद्देश्य क्या होना चाहिये? इस प्रश्न का उत्तर अगर नहीं दिया जाये तो अच्छा है, क्योंकि अगर प्रश्न का उत्तर दे दिया जाये और यदि आप उसे मान लेंगे, तब आपके बाल-बच्चे सब अनाथ हो जायेंगे, आपका विभाग अनाथ हो जायेगा, समाज अनाथ हो जायेगा। इसलिए उसका उत्तर नहीं दिया जाता है।

हाँ यह बोलिये कि हमारे सामाजिक, पारिवारिक, व्यावसायिक और आध्यात्मिक दायित्व हैं, जिनको हम ऋण कहते हैं। देवऋण, पितृऋण, उन्हीं को हम आधुनिक ढंग से बोल रहे हैं। ये दायित्व हैं जिन्हें हमको पूरा करना है। क्यों पूरा करना है, और नहीं करोगे तो क्या फर्क पड़ेगा? तुम बैंक में पचास हजार रुपये जमा कर लो, नौकरी छोड़ दो, अब क्या करोगे? यहाँ से लकड़ी इकट्ठा करोगे, वहाँ से गमले इकट्ठे करोगे, यहाँ से कुछ और चीज इकट्ठा करोगे और फालतू बात लोगों को बोलते जाओगे। ऐसा असल में करते हैं आलसी लोग। जिनको काम नहीं होगा वे दिनभर फैशन और टेक्सटाईल की दुकान में जायेंगे, नहीं तो पेंटिंग ब्रश लेकर तस्वीर बनाकर बोलेंगे, 'आर्ट गैलरी में शो करवा दीजिये न!' कुछ-न-कुछ तो करना पड़ेगा तुमको, क्योंकि बिना कर्म किये मनुष्य का विकास नहीं हो सकता। श्रीमद्भगवद्गीता में कहा है कि मनुष्य के जीवन में कोई भी ऐसा क्षण नहीं जाता जबकि मनुष्य कुछ न करे। शरीर से करोगे, इन्द्रियों से करोगे, मन से करोगे, नहीं करोगे क्या? आखिर आलसी आदमी भी मन से कुछ करता ही है न? और जो आलसी नहीं है, सक्रिय है, वह इन्द्रियों से काम करता है।

दूसरी बात यह है कि मनुष्य के अन्दर में बहुत सी तृष्णाएँ हैं, उन तृष्णाओं का निकास-मार्ग कर्म है। स्त्री, पुत्र, दायित्व, पैसा, नाम, यश, स्वास्थ्य, मित्रवर्ग – ये मनुष्य की तृष्णा के अन्तर्गत आते हैं। मूलतः कामनायें तीन होती हैं। पहली, स्त्री को पुरुष की कामना, पुरुष को स्त्री की कामना। दूसरी पुत्र की कामना और तीसरी सम्पत्ति की कामना। दारा कामना, पुत्र कामना और वित्त कामना – ये तीन मनुष्य के जीवन में बहुत बड़ी इच्छाएँ हैं, तृष्णाएँ हैं, जो किसी-न-किसी रूप में उसमें उभरती हैं।

कोई व्यक्ति संन्यासी हो जाये तो उसे पुत्र कामना न भी हो, शिष्य कामना तो होती है, वित्त कामना न होकर आश्रम कामना होती है, स्त्री की कामना न होकर ईश्वर के परम आनन्द की कामना होती है। आखिर आनन्द के लिये स्त्री के पास आदमी जाता है और आनन्द के लिये ही तो आदमी ध्यान की ओर जाता है। वह कामना तो सबमें है। जीव मात्र, चाहे राम हो, चाहे कृष्ण हो, जिसने भी शरीर धारण किया उनमें तीन कामनाएँ होती हैं। अब इन कामनाओं को पूरा कैसे करोगे अगर अन्तिम लक्ष्य बतला दूँगा तो?

अगली बात, अन्तिम लक्ष्य बतलाने से अन्तिम लक्ष्य मिलता नहीं है। अगर तुम दिल्ली के हवाई अड्डे पर बिना पासपोर्ट के जाओगे तो लन्दन जाने को नहीं मिलेगा। पासपोर्ट के लिये फिर धनबाद ही लौटना पड़ेगा। पुनर्जन्म धारण करना पड़ेगा कि बेटा, तुम पासपोर्ट घर छोड़कर आये हो! धनबाद से लन्दन के लिये निकले, दिल्ली के हवाई अड्डे तक सब ठीक है, मगर वहाँ पूछेंगे कि पासपोर्ट कहाँ है। अन्तिम लक्ष्य के लिये मनुष्य के पास पासपोर्ट होना चाहिये।

यह पासपोर्ट क्या है? स्त्री के साथ, बच्चों के साथ रहने पर भी मन शान्त रहे, धन-सम्पत्ति रहने पर भी मन शान्त रहे, तब इसके लिये उपाय है। अन्तिम लक्ष्य को मत खोजो। मनुष्य के अध्यात्म मार्ग पर जाने के केवल दो ही रास्ते हैं। पहला है भगवान का नाम जपना। किसी भी तरह से जपो, बोलकर या लिखकर, उससे फर्क नहीं पड़ता, और दूसरा उपाय है दुःखी व्यक्तियों को, गरीब लोगों को, अभावग्रस्त लोगों को अपने सामर्थ्य से मदद करने की कोशिश करना। चाहे वे सज्जन हों या दुर्जन हों, चाहे वे शराबी हों चाहे कबाबी हों, उससे अपने को मतलब नहीं।

ऋषि-मुनियों ने यही दो रास्ते बताये हैं इस कलियुग के लिये। प्रत्येक व्यक्ति को भगवान का नाम लेने में आनन्द आना चाहिये, भगवान के बारे में सुनने में आनन्द आना चाहिये और साथ ही दुःखी प्राणियों की जिस तरह से भी हो मदद करनी चाहिये। इस दुनिया में जहाँ पाँच अरब लोग रहते हैं, उनमें तीन अरब लोग बहुत दुःखी हैं, गरीब हैं। अमेरिका, इंग्लैण्ड और फ्रांस जैसे सम्पन्न राष्ट्रों में भी गरीबी है। पूरा एशिया गरीब है, चीन गरीब है, रूस, रोमानिया, युगोस्लाविया, चेकोस्लोवाकिया आदि में भी गरीबी है। दुनिया में गरीबों की संख्या बहुत अधिक है। दवा नहीं है, वह तो चलेगा, लेकिन खाना भी नहीं है। बर्फ के देश में रहते हैं वे लोग, कुछ मिलता ही नहीं वहाँ।



इतने गरीब देश हैं वे। न्यूयॉर्क में गरीब, बेघर लोग बड़े-बड़े कार्टन में नीचे प्लास्टिक और कागज बिछाकर फिर स्लीपिंग बैग में घुस जाते हैं। ऊपर प्लास्टिक का त्रिपाल लगाकर रात में वहीं सोते हैं।

अगर हर एक आदमी इस चीज को ध्यान में रखे कि गरीब की मदद करना एक फर्ज हो जाता है तो दुनिया को बहुत हद तक राहत मिलेगी, और यदि भगवान के नाम पर आपको विश्वास हो तो घर के अन्दर ही स्वर्ग बन जाता है। उसके बाद जब उम्र आती है उस वक्त पति-पत्नी दोनों वशिष्ठ और अरुन्धती की तरह या अगस्त्य और लोपामुद्रा की तरह अपना आध्यात्मिक जीवन सम्पूर्णता से यापन कर सकते हैं, क्योंकि अन्तिम लक्ष्य तो हम लोगों के यहाँ लिखा है कि मनुष्य को जीवन के अन्त में सब इच्छाओं से मुक्त होना चाहिये। कोई भी इच्छा उसके मन में रहनी नहीं चाहिये। उसको केवल भगवान का ही ख्याल रखना चाहिये। अन्तिम लक्ष्य तो भगवान से मिलना ही है। पर समय से पहले करोगे तो बड़ी मुश्किल हो जायेगी, सारा ड्रामा डाँवाडोल हो जाएगा!

– 14 अप्रैल 1998, रिखियापीठ

Sankranti at Sannyasa Peeth

Swami Ratnashakti Saraswati

Sannyasa Peeth was established in 2009 to fulfil the mandate given by Sri Swami Satyananda to create a place for the development of the sannyasa tradition. Year by year, Sannyasa Peeth opened its doors inviting aspirants to connect to the ancient system, teaching and spirit of sannyasa through its manifold activities. Some of the trainings and anushtanas of the vedic and tantric traditions and the astra yajnas are intended for sannyasins of higher order who tread the path of sannyasa in all earnest, invoking higher forces to break through the barriers and bondages of material life. All other programs are intended for sincere aspirants and the general public who wish to imbibe positive samskaras and samskriti in their life.

Through the activities of Sannyasa Peeth ancient traditions, philosophies and observances are presented with a modern application for the betterment of the individual, society and the environment. In 2019, under the inspiration of Swami Niranjanananda Saraswati the Sankranti anushtana commenced at Sannyasa Peeth, Munger, as part of the revival of *Surya Siddhanta*, the ancient tradition of solar worship, that traces its history back to the origin of the Gayatri mantra. The seer of the Gayatri mantra is Rishi Vishwamitra, whose ashram, *Siddhashram*, was situated in modern-day Buxar in Bihar. Sage Vasishtha advised Rishi Vishwamitra to worship Surya in order to establish himself in the highest spiritual identity of a brahmarishi. He followed the disciplines defined in the Saurya tantras to invoke the Shakti, the grace and the blessings of the sun. In his ashram in Bihar, he performed this tapasya and in the deepest states of meditation, the Gayatri mantra was revealed to him.



Vishwamitra then propagated this mantra to his disciples and to spiritual aspirants. His ashram became the *peeth* or the seat from which the Gayatri mantra, along with the sadhanas and methods of using the mantra, evolved and spread. In the *Mahabharata*, Surya is proclaimed as the eye of the universe and the origin of all life. Karna of the *Mahabharata* was the son of Surya and Kunti, the mother of the Pandavas. Created through the invocation of mantra, he was born with radiant armour and earrings, a manifestation of illumined prana shakti. Karna used to perform the Sandhya upasana daily and during this upasana he could intuitively communicate with the sun, his father.

The kingdom of Karna was in Angadesh, the capital of which is modern-day Bhagalpur in Bihar. As a ruler of Anga, Karna was renowned not only for his prowess as an archer and warrior, for his tapasya and sadhana but also for his generosity. Inheriting the qualities of his father, the sun, who shines his light on everyone and everything, Karna gave indiscriminately to all and one, irrespective of caste or creed. Karna had imbibed the qualities of his father and the solar radiance that shone from him was manifest in his performance of daan. Karna was



imbued with the real spirit of generosity based on a deeper understanding of life. Karna understood that just as he had suffered in life, so too other people suffer and are in need. He felt a compassion and empathy for strangers as if they were his own near and dear ones. No one was sent away empty-handed. His perfection of the sadhana of daan earned him the name *Daanvir*, the hero of generosity.

As part of his Surya upasana, Karna worshipped the eyes of Devi in Chandisthan, an awakened place of Shakti worship, located in present-day Munger, Bihar. The eye is related to solar energy. Without light form cannot be seen and the organ that perceives form are the eyes. The light of the eyes, vision and sight are symbolic of the energy of the sun. Karna performed his sadhanas and worship at Chandisthan and as part of this worship, he would sacrifice his body. Pleased with his sadhana, Devi would revive him and give him an amount of gold equivalent to his body weight. This was never kept for personal use. Instead Karna would distribute the gold to his subjects from a platform called Karna Chaura, which is today the seat of the Akhand Jyoti within the campus of Ganga Darshan in Munger. Following in this great tradition

of daan and the solar traditions, every Sankranti daan is given at Sannyasa Peeth to different sections of the local population according to the guidelines given in the ancient texts.

Kumbha Sankranti



Kumbha Sankranti occurs when the sun enters the sign of Aquarius, which in 2023 was on the 14th of February. The Sankranti daan of Sannyasa Peeth was presented to the aayas, the maids of Munger town. Items given were grih daan, or items for the home including bedsheets, bed cover, pillow cases, saree, durrie for the floor, and vastra daan including shawl, ladies cardigan, saree, socks, sweater and sanitary items. All these were packed in a blue Sannyasa Peeth backpack.

Meena Sankranti



Meena Sankranti occurs when the sun enters the zodiac sign of Pisces around the 13th of March. This year the people selected to receive daan on Meena Sankranti were the cooks of primary and middle schools. The daan given was grih daan, or items for the home including bedsheets, bed cover, towels, pillow cases, saree, and durrie for the floor. Vastra daan was given including shawl, ladies cardigan, saree, socks, and sweater. All these were packed in a Sannyasa Peeth backpack. ■

IMPORTANT ANNOUNCEMENT REGARDING DONATIONS

Donations to Sannyasa Peeth will be received only under the following 'Heads of Accounts':

1. **General Donation**

Funds will be utilized towards the following activities:

- Cultural education
- Sannyasa training
- Dissemination of spiritual knowledge
- Relief for the underprivileged – support to the poor and needy sections of society
- Medical relief – financial assistance to poor and needy patients.

2. **Corpus Donation**

Funds will be utilized towards capital investment. Interest income generated from **CORPUS (MOOLDHAN) FUND** will be utilized towards all the activities (spiritual as well as charitable) of the Trust

3. **CSR Donation**

Funds will be utilized towards CSR activities.

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

Donations towards Sannyasa Peeth may be made through 'SB Collect Online Donation Facility' by directly accessing the web address: <https://www.onlinesbi.sbi/sbcollect/icollecthome.htm?corpID=2271958>.

Donations can also be sent through cheque/D.D./E.M.O. drawn in favour of:

Sannyasa Peeth

payable at Munger to Sannyasa Peeth, Paduka Darshan, PO Ganga Darshan, Fort Area, Munger 811201, Bihar.

A covering letter mentioning the purpose of donation, mailing address, phone number, email ID and PAN should accompany the same.

दान सम्बन्धी महत्त्वपूर्ण सूचना

संन्यास पीठ के लिए दान राशि केवल निम्नलिखित श्रेणियों के अन्तर्गत स्वीकार की जाएगी –

1. सामान्य दान

जिसका निम्नलिखित गतिविधियों में उपयोग किया जाएगा –

- सांस्कृतिक शिक्षा
- संन्यास प्रशिक्षण
- आध्यात्मिक ज्ञान का प्रचार
- समाज के गरीब और जरूरतमंद लोगों की सहायता
- गरीब मरीजों के लिए चिकित्सा सहायता

2. मूलधन निधि के लिए दान

जिसका उपयोग मूलधन निवेश में किया जाएगा। मूलधन निधि से प्राप्त ब्याज राशि का उपयोग न्यास की सभी आध्यात्मिक एवं समाज-कल्याण सम्बन्धी गतिविधियों के लिए किया जाएगा।

3. सी.एस.आर. दान

जिसका उपयोग सी.एस.आर. गतिविधियों के लिए किया जाएगा।

इसलिए भक्तों से निवेदन है कि वे केवल उपर्युक्त श्रेणियों के अन्तर्गत अपनी दान राशि भेजें।

संन्यास पीठ को दान 'SB Collect Online Donation Facility' के माध्यम से निम्नलिखित वेबसाइट द्वारा सीधे दिया जा सकता है – <https://www.onlinesbi.sbi/sbicollect/icollecthome.htm?corpID=2271958>

आप चेक, डी.डी. अथवा ई.एम.ओ. द्वारा भी दान दे सकते हैं जो संन्यास पीठ के नाम से हो और मुंगेर में देय हो। राशि इस पते पर भेजें – संन्यास पीठ, पादुका दर्शन, पी.ओ. गंगा दर्शन, किला, मुंगेर 811201

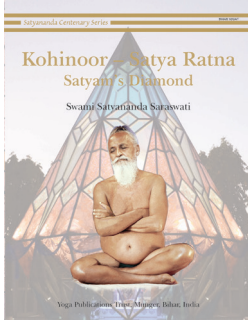
दान राशि के साथ एक पत्र संलग्न रहे जिसमें आपके दान का प्रयोजन, डाक पता, फोन नम्बर, ई-मेल और PAN नम्बर स्पष्ट हों।



Yoga Publications Trust

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Swami Satyananda Saraswati



On the occasion of Sri Swami Satyananda's centenary celebrations, we are proud to present *Kohinoor – Satya Ratna: Satyam's Diamond*. In the early 1980s, sannyasins gathered the gems and jewels of Sri Swamiji's teaching in the form of terse statements of guidance and advice. He speaks on many topics relevant to everyday life and encourages the spiritual aspirant to merge worldly and spiritual life through awareness, positivity and faith.

Those who consider mundane and spiritual life as two separate compartments do not talk about the truth because there cannot be two truths; there can only be one.

—Sri Swami Satyananda Saraswati

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हरि ॐ

संन्यास का **आवाहन** एक द्वैभाषिक, द्वैमासिक पत्रिका है जिसका सम्पादन, मुद्रण और प्रकाशन श्री स्वामी सत्यानन्द सरस्वती के संन्यासी शिष्यों द्वारा स्वास्थ्य लाभ, आनन्द और प्रकाश प्राप्त के इच्छुक व्यक्तियों के लिए किया जा रहा है। इसमें श्री स्वामी शिवानन्द सरस्वती, श्री स्वामी सत्यानन्द सरस्वती, स्वामी निरंजनानन्द सरस्वती एवं स्वामी सत्यसंगानन्द सरस्वती की शिक्षाओं के अतिरिक्त संन्यास पीठ के कार्यक्रमों की जानकारीयाँ भी प्रकाशित की जाती हैं।

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थॉमसन प्रेस इण्डिया लिमिटेड, हरियाणा में मुद्रित।

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उपयोगी संसाधन

वेबसाइट :

www.sannyasapeeth.net
www.biharyoga.net
www.satyamogaprasad.net

एप्प :

(Android एवं iOS उपकरणों के लिए)

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APMB
YOGA (अंग्रेजी पत्रिका)
YOGAVIDYA (हिन्दी पत्रिका)
FFH (For Frontline Heroes)

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Sannyasa Peeth Events & Training 2023

Sannyasa Peeth Training

<i>Jul 2022–Jun 2024</i>	Sannyasa Training
<i>Jan 1–Jun 30</i>	Sannyasa Life Experience
<i>May 4–10</i>	Mantra Sadhana Training
<i>May 4–10</i>	Jignasu Lifestyle Training (for Jignasu Sannyasa initiates)
<i>Jun 20–26</i>	Karma Sannyasa Training (for Karma Sannyasa initiates)
<i>Jul 1–Dec 31</i>	Sannyasa Life Experience
<i>Jan 1 2024–Jun 30</i>	Sannyasa Life Experience

Events, Aradhanas and Satsangs

<i>Mar 22–30</i>	Navaratri
<i>Jul 1–3</i>	Guru Yajna + Guru Poornima Celebrations
<i>Jul 4–Sep 29</i>	Chaturmas Anushtan + Munger Shrivani Sadhana
<i>Aug 8–16</i>	Swami Girishananda
<i>Aug 17–20</i>	Swami Muktananda
<i>Aug 17–20</i>	Swami Samvidananda
<i>Aug 21–25</i>	Swami Madhawananda
<i>Sep 8–12</i>	Sri Lakshmi-Narayana Mahayajna
<i>Oct 15–24</i>	Navaratri
<i>Nov 20–24</i>	Narayana Yajna
<i>Dec 13–27</i>	Sat Chandi Mahayajna & Yoga Poornima (Rikhia)
<i>Dec 31–Jan 1 2024</i>	New Year Program

Monthly Programs

<i>Every Sankranti</i>	Abhishek, Hawan, Daan and Satyanarayan Katha
<i>Sankranti dates:</i>	Jan 15, Feb 14, Mar 16, Apr 15, May 16, Jun 16, Jul 18, Aug 18, Sep 18, Oct 19, Nov 18, Dec 17