

After some years of incessant struggle, fifty actions out of a hundred will be unselfish. A good time will come and all your actions will be unselfish and pure. The time is not very far to reach the ideal if you keep the ideal in front of you daily, and if you struggle hard and are sincere and earnest in your purpose.

6. He, who spreads happiness, will always get such favourable circumstances as can bring him happiness. He who spreads pain to others will doubtless, get such unfavourable circumstances, according to the law of nature, as can bring him misery and pain. Therefore, man creates his own character and circumstances. Bad character can be transmuted into good character by means of good thoughts, and unfavourable circumstances can be changed into favourable circumstances by doing good actions. O Ram! You must understand the laws of nature and become wise and happy.
7. "As a man thinks so he becomes", is one of the great laws of nature. Think you are pure; pure you will become. Think you are noble; noble you will become. Think you are a human being; human you will become. Think you are Brahman; Brahman you will become.



## दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- जून महिन्याचा सत्संग दि. १५ जून रोजी डॉ. आनंद राव यांच्या घरी झाला.
- 'दिव्य जीवन' या मासिक पत्रिकेचे वितरण हार्ड व सॉफ्ट प्रतीद्वारे परिवारातील सदस्यांना करण्यात आले.

### देणगी

शाखेच्या सदस्यांनी खालीलप्रमाणे शाखेच्या कार्यासाठी देणगी दिली

१. डॉ. श्री. व सौ. राव : रु. १००० मात्र
२. श्री. राजाभाऊ वाळींबे : रु. ५०० मात्र
३. श्री. गोपाळराव नगरकर : रु. १०० मात्र

### ❀ पुणे शाखेचा पत्ता ❀

श्री. गो. आ. नगरकर  
'स्वानंद' एस्. २०  
सहजीवन सोसायटी  
पर्वती, पुणे ४११००९  
☎ ९३७०५७०२०६

श्री. नितीन देशपांडे  
'ईशावास्य'  
प्लॉट नं. ४९ / सायंतारा,  
डी. एस. के. विश्व  
धायरी, पुणे ४११०४१  
☎ ०९८५०९३१४१७  
०९८५०८२६९९०

पुस्त डाक	
प्रति	
<hr/>	
<hr/>	
<hr/>	
<hr/>	



(दिव्य जीवन संघ, पुणे शाखा)  
स्वामी शिवानंद (ज्ञानयज्ञ म्हणून वितरित) स्वामी चिदानंद  
सरस्वती वर्ष १० | अंक ७ सरस्वती  
जुलै २०१५

दिव्य जीवन परिवारातील एक सदस्य श्री. मूर्ती यांनी रोज एक विचार (Sivananda Daily Reading अथवा Chidananda Daily Reading) ई-मेल द्वारे सदस्यांना नियमितपणे पाठवायला सुरुवात केलेली आहे. त्यातील निवडक आध्यात्मिक विचार मुद्दाम या अंकात आपणा सर्वांच्या अवलोकनार्थ दिलेले आहेत.

याही वर्षी १४ जुलै रोजी सायंकाळी ६ ते ८ या वेळेत शिवानंद स्मृती व्याख्यान, गीता धर्म मंडळ, पुणे येथे आयोजित केलेले आहे.

दरवर्षीप्रमाणे यंदाही आपण राज्यस्तरीय आंतरशालेय निबंध स्पर्धा आयोजित केलेली आहे. तसे निमंत्रण सर्व शाळांना पाठविण्यात आलेले आहे. स्पर्धेची अंतिम तारीख ३१ जुलै असून दि. १५ ऑगस्ट रोजी स्पर्धेचा निर्णय सर्व सहभागी शाळांना कळविण्यात येणार आहे. तसेच 'दिव्य जीवन'च्या अंकातही प्रकाशित करण्यात येणार आहे.



## CHIDANANDA DAILY READING

1. Do not bother how other people live. Lead a life of simplicity and purity. Reduce your wants. Curtail all unnecessary expenses. Though you may find difficulty in the beginning, but you will find all joy in the end. Follow truth, whatever may come. God will protect you.
2. Yoga of Guru-Bhakti is the Science and Art of mastering the forces of mind. Have faith in your Guru's Grace and do your duty. ~ (GURU TATTVA)
3. Be still. Be in tune with the Divine Will. Let go all worries. Cast out all cares and anxieties. Get deep down into the innermost core of your heart and plunge into the ocean of peace.
4. Pray to God daily. Read spiritual books. Books are the source of great inspiration. Read only good books which convey only positive thoughts. Feel the presence of God wherever you go. You are in Him and He is in you. Remember this.
5. Kindly try and spend some time daily, even for a few minutes in silent communion with the Lord. Think of His Divine attributes such as boundless compassion, mercy and love. Pray to Him with deep devotion. Seek His guidance and protection in all your daily affairs. He will soon

become your loving companion.

6. God is the inner Ruler. He goads the body, mind and senses to work. Become an instrument in the hands of the Lord. Do not expect thanks or appreciation of your work. Do actions as your duty and offer them and their fruits to the Lord. You will be freed from the bonds of Karma. Your heart will soon be purified.
7. Blessed Atman, sincerely and diligently try to live the Divine Life according to the teachings of Holy Master. Be truthful and pure. Give up anger. See good in all. Do not have dislike for any creature. Develop equal vision and universal love. The entire world is an expression of God.



## SIVANAND DAILY READING

1. Sadhana is a lifelong process. Every day, every hour, every minute, is an onward march. Obstacles are innumerable in this great voyage. But, so long as you hold God as thy guide, there is nothing to worry about. You are sure to reach the other shore.
2. Good actions generate good thoughts. Wrong actions bring pain, misery and unhappiness. Every one of us is governed by the law of action and reaction. Your present personality is the total result of your

previous actions and thoughts. Your future depends upon your present action. Man moulds his own destiny.

3. Every thought and every deed of yours will generate certain tendencies which will affect your life here and hereafter. If you do good actions with a selfless spirit, you will soar high into the regions of bliss and peace. As you sow so shall you reap.
4. Every work is worship of the Lord. In the light of Karma Yoga, all actions are sacred. The aspirant, who always takes delight in doing work which is considered by worldly man as 'menial services', and who always does such acts willingly, he and only he will become a dynamic Yogi. Only he is completely free from conceit and egoism. Only he will have no downfall. The cancer of pride cannot touch him.
5. Train the mind to work disinterestedly. Discipline the mind with patience and perseverance. Worldly-minded people cannot understand the spirit of Nishkamya Seva (unselfish, motiveless service) as their minds are charged with or even saturated with impurities. In the beginning all your actions may be selfish. But if you work hard in the field of Karma Yoga for two years, then five actions out of a hundred will be unselfish and ninety-five will be selfish. Scrutinize your motives. Purify them. Struggle hard.