

13. Sri Guru Gita
14. Triple Yoga
15. Japa Yoga
16. Blood Pressure: causes and cure
17. Daily Swadhyay
18. Devi Mahatmya (Hindi)
19. Guru Tatva (Hindi)
20. Kundalini Yoga (Hindi)
21. Sivananda's Integral Yoga
22. Bhagavad Gita (Compact)
23. Bhagavad Gita (Expanded)
24. Sarva Gita Sara
25. What becomes of the soul after death
26. May I answer that ?
27. Lord Siva and His Worship
28. Health and Happiness
29. Your Questions answered
30. Upanishad Drama
31. First Lessons in Vedanta
32. The philosophy and significance of Idol Worship
33. Amar Chitra Katha (Swami Sivananda)

वरील पुस्तके शाखेचे सदस्य श्री. नवीन निवर्थी यांच्याकडे विक्रीसाठी उपलब्ध आहेत. इच्छुकांनी शाखेशी संपर्क साधावा.



दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- फेब्रुवारी महिन्याचा सत्संग दि. १४ फेब्रुवारी रोजी श्री. राजेंद्र गदाले यांचे घरी संपन्न झाला.
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❀ 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

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पुस्त डाक

प्रति

दिव्य जीवन



(दिव्य जीवन संघ, पुणे शाखा)

स्वामी शिवानंद (ज्ञानयज्ञ म्हणून वितरित) स्वामी चिदानंद

सरस्वती

वर्ष ११ । अंक ३

सरस्वती

मार्च २०१६

SWAMI SIVANANDA IN HIS WORDS

I was born to Srimati Parvati Ammal and P.S. Venu Iyer, as their third son, on Thursday the 8th September, 1887, at the time of sunrise, when the Star Bharani was in ascendance. My father Sri P.S. Venu Iyer of Pattamadai, was descended from Sri Appaya Dikshitar. I passed the Madurai Tamil Sangam examination creditably. I chose the medical career and ran a Medical Journal, Ambrosia, at Trichinopoly for three years. I was very ambitious and enthusiastic. I was planning to go to Malaya (Malaysia). I served in the Estate Hospital near Seremban as a doctor for nearly seven years, after which I joined the Johore Medical Office, Ltd.

I served in Johore for three years. There was not a single English medical book at that time that I had not read and digested. In addition to all this I would help my assistants too and train them for sometime daily & then send them to other hospitals with a recommendation letter, providing from my pocket their railway fare as well as some emergency money. Soon I became well-known in Seremban and Johore Bahru.

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 ? How uncertain is life here ? How insecure is existence on this earth-plane, with various kinds of diseases, anxieties, worries, fear and disappointments !

In 1923, I renounced the life of ease and money-making and took to the life of a mendicant, a true seeker after Truth. From Singapore, I reached Banaras and had Darshan of Lord Siva. Then I proceeded to Nasik, Poona and other important religious centres. From Poona I walked to Pandharpur, a distance of seventy miles. On my way I stayed for a couple of days in

the Ashram of Yogi Narayan Maharaj at Khedgaon. Then I spent some four months in Dhalaj on the banks of Chandrabhaga.

During my incessant travels, I learnt how to adjust and adapt myself to various types of people. I came to Rishikesh in June 1924 and found it my destination. My Guru Swami Viswananda Saraswati Maharaj gave me initiation and enough spiritual strength and blessings.

I found Rishikesh an ideal place for intense and undisturbed spiritual practices true for all seekers after Truth. A deep study of the ways of Mahatmas living in Rishikesh opened my eyes and gave me strength to stick to rigorous Sadhana in the right direction. I felt the Grace of the Lord. I derived strength and guidance from within. I found ways for an all-round development. I had the goal of my life as Self-realization and determined to spend every bit of my energy and time in study, service and Sadhana. For maintaining a high standard of health, I practiced Asanas, Pranayamas, Mudras and Bandhas. I used to go out for long brisk walks in the evenings. I combined physical exercises such as Dand and Bhaitak also. I paid special

attention to simple living, high thinking, light food, deep study, silent meditation and regular prayers. I loved seclusion and observed Mauna. I did not like company and futile talk. From the Ram Ashram Library in Muni-ki-reti I used to get some books for my study and devoted some time to study every day. With a view to devoting more time to prayer and meditation, I moved to the Swargashram. I lived in a small Kutir, 8 feet by 10 feet, with a small verandah in front, and depended on the Kali Kambliwala Kshetra for my food.

(To be continued in next issue)



List of books available at Pune DLS Branch

1. Conquest of Mind
2. Mind : it's mysteries and control
3. Raja Yoga
4. Bhakti yoga
5. Jnana Yoga (*Vedanta*)
6. Guru Bhakti Yoga
7. Yoga in Daily Life
8. Student's success in life
9. Sure ways for success in life and god realisation
10. Health and Diet
11. Daily Meditations
12. Daily readings