

महिन्याचा विचार

अभिवादानाच्या वेळी, नमस्काराच्या वेळी गुरुदेव न चुकता म्हणत - "ओम नमो नारायणा" याचाच अर्थ की ते भौतिक शरीराच्या समोर झुकत नसून प्रत्यक्ष भगवंतासमोर, जो प्रत्येक प्राणीमात्रात वसलेला आहे त्याला हे वंदन असे. मग ती समोरची व्यक्ती नामवंत महात्मा असो, आदरणीय साधू असो, धार्मिक गृहस्थाश्रमी असो, असुराचा शिष्य असो किंवा सराईत गुन्हेगार असो प्रत्येकासमोर ते वंदन असे. त्यांच्यापेक्षा वयाने लहान असलेली व्यक्तीही याला अपवाद नसे. एखाद्या लहानग्या बालकालाही गुरुदेव असेच सामोरे जात कारण हे वंदन वय या देहाशी जोडलेल्या संकल्पनेला नसून त्यांमध्ये वसलेल्या नारायणाला असे.

हे झुकणे म्हणजे एखादा रिता देखावा नसे तर तो आतून उचंबळून आलेला भाव असे, ईश्वराच्या अस्तित्वाला ते वंदन असे. त्यांत सर्वाभूती पूज्यभाव असे. म्हणून या जीवित विभूतीतत्वाने आणि भू-मंडलेश्वराने कोणाचाही, अगदी बालकाचाही एकेरी उल्लेख केला नाही. ते कायम आदरार्थी बोलत-तामिळ मध्ये "निन्गल", हिंदीत "आप" ! कोणाशीही संवाद साधताना चुकूनही एखादा कठोर शब्द त्यांच्या ओठांतून बाहेर पडत नसे की अपमानदर्शक उद्गार निघत नसे.

कोणाशीही बोलताना त्यांनी व्यक्ती म्हणून त्या समोरच्याला संबोधिले नाही. त्यांच्या लेखी प्रत्येक व्यक्ती भगवंत असे आणि त्यांना सतत आसपास ईश्वराचं अस्तित्व जाणवत असे.

The Last Days...

Sivananda lives in his Ashram. Here, even today, he is a Presence intensely felt. Especially so in the Samadhi Mandir. The shrine is fast becoming a place of pilgrimage to spiritual aspirants. The place is holy beyond compare. The ethereal vibrations are powerful. Having entered the shrine, the visitor often lingers on, unwilling to leave. Sivananda lives there still. The story of Sivananda is the story of God in man. It is the story of spiritual unfoldment. It is the story of the onward march of the human soul. For, Sivananda was just another man and lived as such. But he was a man who lived to serve his fellowmen. He was a man who, with every passing breath, loved his fellowmen intensely. He was a man to whom service was his breath and love was his life. Service and love elevated him to the status of a God-man. By his dedicated life of selfless service and artless love, Sivananda proved to a sceptic world the infinite potentialities which lay hidden in every human soul. He was a living embodiment of the Gita, the Koran, and the Gospels. His word was love. His deed was love. His every thought was tinged with mercy and compassion. The great Master was a prince among men, a jewel among

(क्रमशः)

saints. Service and love were the weapons with which he conquered human hearts. His humility endeared him to all. His service endeared him to all. His love endeared him to all.

Did Sivananda create a new religion? No. Did he build a new Church? No. Did he evolve a new code of conduct, of morals, of behaviour? No. Did he prescribe new rules and rituals? No. But Sivananda helped the Hindu to be a better Hindu, the Christian to be a better Christian, the Parsi to be a better Parsi, the Muslim to be a better Muslim. Hindus, Christians, Muslims, Parsis-all loved him. All claimed him as their own. Swami Sivananda did not go on global tours, but students, devotees and admirers flocked to him from everywhere. He did not deliver long sermons, but many thousands of doubters were transformed by a mere word or phrase that fell from his lips or was seen in his books. There was a power in Sivananda, in his thoughts, in his words, in his deeds. It was the power of Truth. It was the power of purity. It was the power of service and love. It was the power of God, the power which lies hidden in everyone, but which Sivananda manifested in its full majesty. Sivananda's life is a moving panorama of success through struggle, of noble attainment through selfless effort. The great sage's life is a pointer and an assurance. It points the way to supreme blessedness and assures success to those who would care to follow the lead. It has a message to offer strife-ridden humanity-a message of love and service, of hope and courage and burning optimism, a message for today.

How to Get Peace of Mind

PEACE is the most covetable possession on earth, the greatest treasure in the whole universe. Peace is the most important and indispensable factor for our growth and development. It is in the tranquillity and quiet of the night that the seed slowly sprouts from under the soil. The bud opens in the depths of the most silent hours. So also, in a state of peace and love, people evolve, grow in their distinctive culture and develop a perfect civilisation.

In peace and calmness, spiritual evolution is facilitated. Real, deeper peace is quite independent of external conditions. Real abiding peace is in the stupendous still-ness of the immortal Soul or God within. If you can rest in this ocean of peace, all the usual noise of the world can hardly affect you. If you enter the silence or the wonderful calm of divine peace by stilling the bubbling mind, by restraining your thoughts and withdrawing the outgoing senses, all disturbing factors will die away. Vehicles may drive along the streets, children may shout at the pitch of their voice, trains may run in front of your house, mills may work in your neighbourhood-yet all these will not disturb you even a bit. You will ever enjoy perfect peace.

Sri Swami Sivananda...

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दिव्य जीवन संघ, पुणे शाखा वृत्तांत

- * जुलै २०२३ चा सत्संग गुरुपौर्णिमेला डॉ. प्रज्ञा अंजल यांच्या घरी ३ जुलै रोजी विधिवत गुरुपूजन करून झाला.
- * 'दिव्य जीवन' या आपल्या मासिक पत्रिकेचा जून २०२३ चा अंक परिवारातील सदस्यांना हार्ड आणि सॉफ्ट कॉपी तसेच व्हॉट्सअप द्वारे पाठविण्यात आला.

पुणे शाखेचा पत्ता

श्री.नितीन देशपांडे

'ईशावास्य' प्लॉट नं. ४९/सायंतारा, डी.एस.के.
विश्व, धायरी, पुणे ४११०६८,
मो.नं. ९८५०९३१४१७

बुक पोस्ट

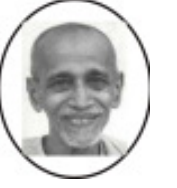
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6.



दिव्य जीवन

पुणे शाखा
वर्ष १८/अंक ८
ऑगस्ट २०२३



शिवानंद स्मृती व्याख्यान

दि. १६ जुलै २०२३ (रविवार) रोजी गीता धर्म मंडळ, पुणे येथे पू. सौ. जयश्रीताई सांगवीकर यांचे व्याख्यान झाले. त्यांनी

“दुर्लभं त्रयमेवैतत्त देवानुग्रहहेतुकम् ।
मनुष्यत्वं मुमुक्षुत्वं महापुरुषसंश्रयः ॥”

या श्लोकावर भाष्य केले. स्वागत, प्रास्तविक सौ.राजलक्ष्मी देशपांडे तर आभार डॉ.आनंद राव यांनी मानले. वक्त्यांचा परिचय डॉ. प्रज्ञा अंजल यांनी करून दिला. कार्यक्रमाची सांगता “प्रेमळा दयाघना” या विश्वप्रार्थनेने झाली.

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