

Message

From the President of The Divine Life Society, Rishikesh, India

THE DIVINE LIFE SOCIETY (REGD.)

(ESTABLISHED: 1936)

Propagates Yoga and Vedanta and the Ethical and Spiritual Culture of India. Promotes Universal Love, the Unity of Religion, the Ideal of Brotherhood, and the Spirit of Service among Mankind.

(Founder: H.H. SRI SWAMI SIVANANDA)

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To

29 February 2012

Sri Gunvant Vaghelaji
Sri Radha Krishan Sharmaji
The Divine Life Society of Australia

Blessed Divinity!

Om Namō Narayanaya!
Om Namō Bhagavate Sivanandaya!
Om Namō Bhagavate Chidanandaya!

Please accept my loving Pranams. I am happy to learn that The Divine Life Society of Australia will be celebrating the 13th Anniversary of Worshipful H.H Sri Swami Chidanandaji Maharaj's Australia visit and organizing number of programs at different places in Australia. The highlight of this year celebrations will be a drama on the life of Swami Sivananda, "Swami Sivananda –From Man To God-Man" on 5th May 2012.

We are happy to depute Revered Sri Swami Padmanabhanandaji Maharaj, General Secretary of the Divine Life Society Headquarters to participate in all the programmes that you are organizing in several places in Australia. It is with great joy I send this brief message on this occasion.

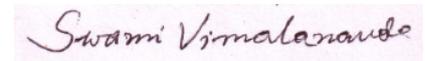
In this iron age (Kali Yuga) it is difficult to practice severe austerities as our ancients practiced standing on one leg, living on air, etc. Our ancients knew the technique of absorbing nourishment from the cosmos. But we modern men are physically and mentally degenerated.

The easiest way to God-experience in this Iron Age is through the chanting of Divine Name. All the saints and sages of the modern time propagate that Japa alone is sufficient to have God Vision. Therefore may you all take the Name of the Lord in order to attain everlasting bliss.

I send my loving greetings and good wishes to all those who are taking leading part to make this celebration a complete success. May the benedictions of Satgurudev Sri Swami Sivanandaji Maharaj may ever be upon you all.

With Kind Regards, Prem & OM.

Yours in the service of Gurudev,



Swami Vimalananda
President

Introduction

Of the General Secretary of The Divine Life Society, Rishikesh, India



Swami Padmanabhananda

Sri Swami Padmanabhanandaji, born in 1935, in an orthodox Brahmin family to pious parents in Kottayam, Kerala, is an ardent disciple of world-renowned spiritual Master, His Holiness Sri Swami Chidanandaji Maharaj a great saint and God realised soul.

An Engineer in the Government of Kerala, he renounced his career and took to life of renunciation to qualify himself for ministering to the Soul of man. He studied Vedanta (Prastanatrayi) and Scriptures in typical Gurukula Samparadaya under a great Master in a Gurukula on the bank of Kaveri River, Tamil Nadu.

Sri Swamiji is a scholar in Vedic Scriptures as well as in Puranic texts. His deep knowledge and lucid exposition of Srimad Bhagavata, Upanishads, Bhagavad Gita, Narada Bhakti Sutra and Patanjali Yoga Sutras and other Scriptural texts has made him a popular guide to Spiritual aspirants.

Sri Swamiji is the General Secretary of the Divine Life Society Headquarters, Shivanandanagar, Rishikesh. His Holiness continues to work vigorously to spread the Divine Life Gospel, summed up by the Grand Master, Sri Swami Sivanandaji in six succinct words: "Serve, Love, Give, Purify, Meditate, Realise." Sri Swamiji is visiting Australia and New Zealand. We are highly privileged to welcome Him and feel highly blessed to have His divine presence in this part of the world.

Message

From the President of The Divine Life Society of Australia

ॐ श्री गणेशाय नमः

Revered Divinities, Om Namō Narayanaya!

Prostrations and Salutations to Holy Master Sadgurudev Sri Swami Sivanandaji Maharaj, GuruBhagvan Sri Swami Chidanandaji Maharaj and to all of you.

It gives us great pleasure to welcome you all on this very special occasion to celebrate the 125th birth anniversary of Gurudev Swami Sivananda and also to celebrate the 13th anniversary of Sri Swami Chidanandaji Maharaj's visit to Australia. The highlights of this year celebrations is a drama on the life of Sri Swami Sivanandaji Maharaj, a sage and God Realised saint. Sri Swami Sivanandaji Maharaj wrote over 300 books on spirituality, philosophy, health and wellbeing.

His Holiness inspired devotees to set up over 500 branches of the Divine Life Society worldwide to spread the message of universal brotherhood, harmony, love and peace. The devotees of the DLS Australia are mobilising support for the generation of funds to build the Sivananda Educational Foundation in Sydney to promote Sivananda's message of "BE GOOD, DO GOOD" in this part of the world.

We have so far collected over \$40,000 towards the building fund. The building project is a challenge and inspiration to all of us and we call upon your financial and other support. The Divine Life Society also supports leprosy rehabilitation, eye care and other relief programs in India, through DLSA Overseas Aid Fund. Donations of \$2 and above for building and overseas aid funds are tax deductible.

We are greatly honoured by the presence of HH Sri Swami Padmanabhanandaji, General Secretary of the DLS HQ to bless this auspicious occasion. We gratefully thank 'Ananya Samarpana Performing Arts' a well known drama group for depicting the life of the Holy Master in their drama from "Man To God-Man". We would like to express our sincere thanks to our beloved children and all the devotees who have contributed in making these anniversary celebrations a memorable one. May the Grace of Bhagwan and Sadgurudev be upon all!

With Regards, Prem & Om

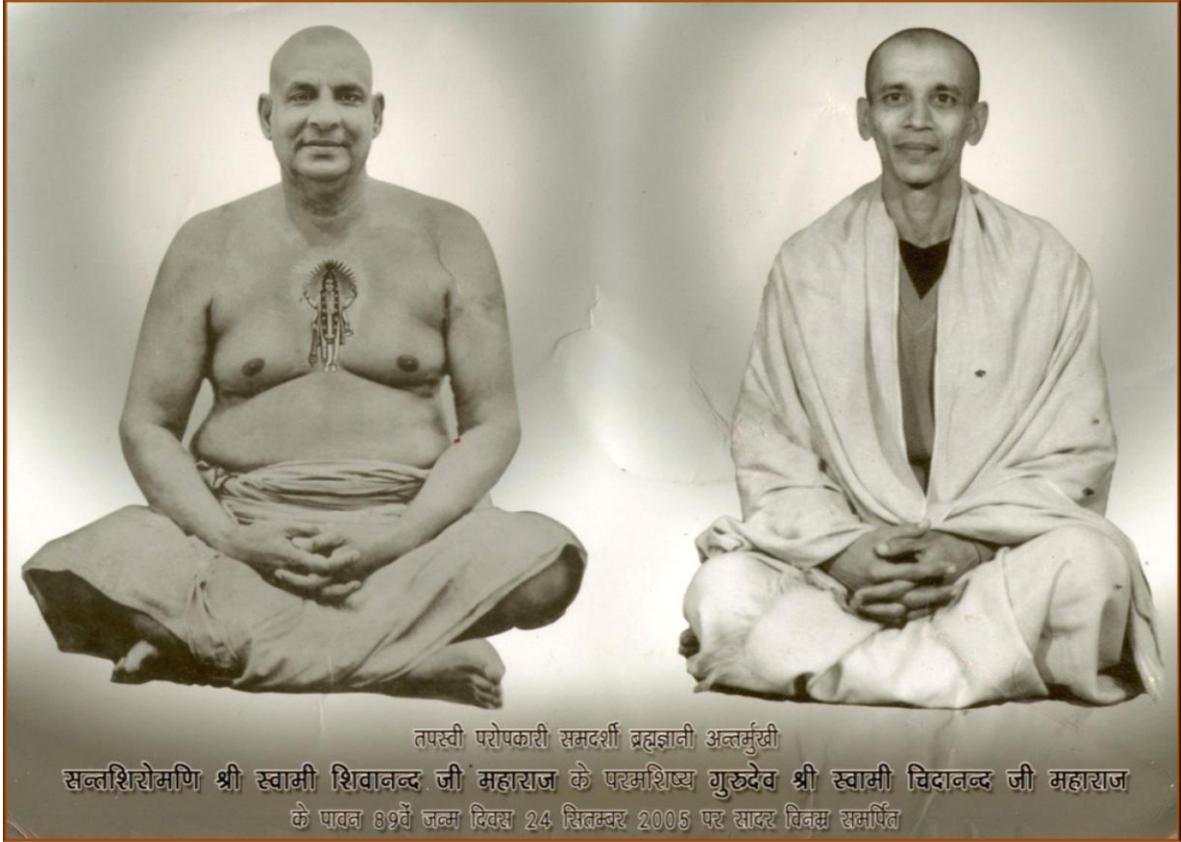
Radhakrishnan Sharma

Dust of Sri Gurudev's Lotus Feet

On behalf of DLSA Management Committee

"Man To God-Man" A Drama on the life of Swami Sivananda

Dual Celebrations



- **125th Birth Anniversary of H.H Sri Swami Sivanandaji the founder of the Divine Life Society.**
- **13th Anniversary of H.H Sri Swami Chidanandaji's visit to Australia.**

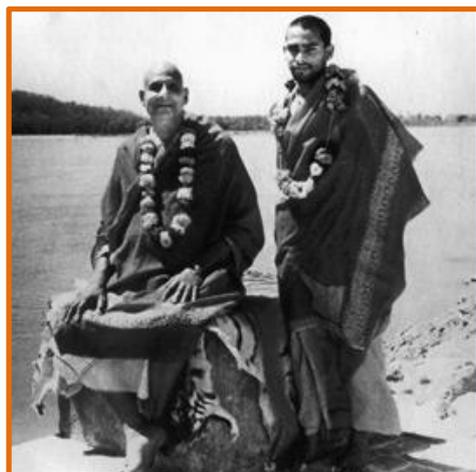
Sri Swami Sivananda

Revered Sri Swami Chidanandaji world renowned saint and spiritual successor of Gurudev Swami Sivanandaji wrote about his Guru: "Gurudev Swami Sivanandaji Maharaj appeared in this 20th century to proclaim to mankind his sublime message of divine life. According to him such a life is divine that is lived in the awareness that you are essentially an eternal and imperishable divine spirit, you are immortal Atman, you are not this perishable cage of flesh and bones, you are not merely this restless and impure mind filled with selfishness, anger, hatred, passion, greed, cravings, etc. Master Swami Sivanandaji was a cosmic friend and benefactor and out of his over-whelming love and compassion for all beings, he decided to show them the path to blessedness in and through the normal life in this world and this path is the path of Divine Life". Sri Swamiji had this grand inner vision of seeing the Divine alone in all names and forms.

Sri Swami Chidananda

Revered Gurudev Swami Sivanandaji's worthy successor has been referred to as follows, "If one wants to see boldness of spirit behind a slender appearance, irrevertible command of heart behind a benign face, unwavering peace of mind behind dynamism of action, impersonal detachment behind personal love and care – all at once in a single person, one cannot do better than meet Swami Chidananda, the spiritual successor of worshipful Swami Sivananda.

A Rare Master



Swami Sivananda and Swami Vishnudevananda



*Gurur Brahma, Gurur Vishnuh, Gurur Devo Maheshwarah,
Guru Saakshaat Param Brahma, Tasmai Sri Gurave Namah.*

Our beloved Guruji, Sri Swami Vishnudevananda said on a number of occasions that many people saw him as a Master of Hatha Yoga or Raja Yoga, but that in fact he was a Bhakta – a devotee. Swamiji was devoted to his Master, Swami Sivananda of Rishikesh, and everything he did was done in the name of that great Master. Why?

Swamiji himself said: "Everything is God, everything is Vasudev, everything is Krishna, nothing but Krishna, whether it is the microphone or the lamp or the plate, or that insignificant ant or rat. It is nothing but God. God prevails. Nothing is actually without the presence of God. Once you understand that philosophy, then you understand the purpose of Yoga.

Swami Sivananda was a man who reached that state. It was not just a philosophy. He saw that Oneness everywhere. That is why he was so simple and humble – no Guru business or Avatar business – just simple and humble. True Saints and true Masters never believe in this kind of hypocrisy. He was simple and humble and gentle with a childlike nature. He served his disciples. He watched every time the ego went up and quickly tried to bring it down. That is a true Master.

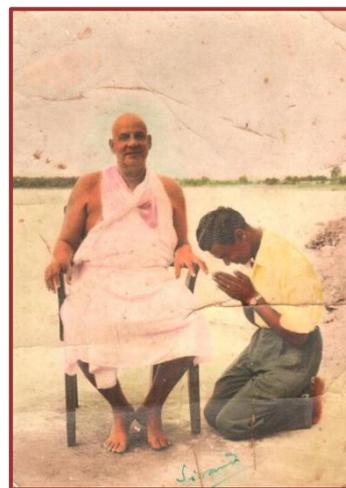
Thousands of ordinary people came to him, but how many of his students stayed eight or ten years with him? I did not stay with him because he showed miracles. What made me stay? He was a simple man. He was a simple man at all times".

Salutations and prostrations to Sri Swami Padmanabhanandaji, General Secretary, Sri Swami Vimalanandaji, President, and Members of The Divine Life Society HQ, Rishikesh, together with Sri Guntant Vaghela, Secretary, and Members of The Divine Life Society of Australia.

FROM

Swami Kailasananda, Acharya for Australia, and Members of the Executive Board of Management, International Sivananda Yoga Vedanta Centres together with the Teachers and Students of Sivananda Yoga Australia on the presentation of the Drama Program "Man To God-Man - Swami Sivananda" to mark the auspicious occasion of the 125th Birth Anniversary of our Revered Master Sri Swami Sivanandaji Maharaj, and the 13th Anniversary of the visit to Australia of Sri Swami Chidanandaji Maharaj.

19 Days With The Master



Swami Sivananda and Mr Mulchand



*Akhanda Mandalaakaaram, Vyaaptam Yena Charaacharam,
Tatpadam Darshitam Yena, Tasmai Sri Gurave Namah*

I was fortunate to have had the opportunity to spend 19 days at Sivananda Ashram, Rishikesh during August/September 1956.

When I arrived at Rishikesh, Swami Sivananda was having satsang with the devotees. I prostrated at His feet and he asked me to sing a kirtan, which I humbly offered at His feet. After the satsang Gurudev gave me some books and prasad. I was also given a room to stay. Every morning Swami Vishnudevananda gave two other women and I some yoga lessons near Gurudev's kutir. I used to do namaskar to Gurudev inwardly and He acknowledged this by saying that I was doing it from my heart. From then on I continued to offer namaskars from my heart.

Gurudev used to attend satsang in the morning and in the evening. During one satsang, He was coughing and I prayed inwardly for His health. Gurudev immediately understood and called out, "Fiji, Fiji" and asked another Swami to give me prasad.

After the inauguration of Gurudev's statue on 8th September 1956, there was a Ratha Yatra organised, for which we had to walk through the streets of Rishikesh. There were lots of devotees doing namaskar to Gurudev and I had the opportunity to meet many people from India and other countries.

Unfortunately, I had to leave Sivananda Ashram because my uncle was seriously ill, in my village in Fiji. On my departure Gurudev gave me a certificate of "yoga kushal".

When Swami Vishnudevananda, Swami Venkatesananda, Swami Sachidananda and Swami Chidananda came to visit the Divine Life Society in Suva, we were blessed to have yoga classes and satsang in the evening.

BASIS OF YOGA

- ✓ *Have self-confidence. Develop independent judgment. Cultivate the indomitable will. Practise self-control and self-mastery.*
- ✓ *Do not argue. Strive ceaselessly for Self-realisation. Kill this little ego. Develop pure love. Rise above all distinction of caste, creed and colour.*
- ✓ *Give up the idea of "I-ness" and "mine-ness". Look within for the happiness which you have sought in vain in sensual objects.*

-Swami Sivananda

TRIBUTES

On this very special occasion we take this opportunity to express our gratitude, pay our humble tributes and honour our beloved members of the DLSA community, who are physically no longer with us. They are ever present in our memories and prayers. We take this opportunity to recollect those memories briefly:



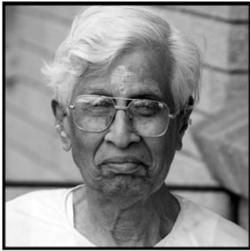
Sri Vidya Prakash Maharaj

We thank you with deep gratitude for leading us as the first Param Sewak (President) of DLSA. Your great love and service to the Divine Life Society of Australia and Gurudev is remarkable and inspiring. May you keep guiding us in various divine activities! We love you and seek your blessings!



Sri S Vijayaratnam

We have not heard your melodious voice and bhajans in our Satsang for a long time. Your great contribution as a Param Sewak (President) of DLSA is highly regarded by one and all. Your Guru Bhakti and Sewa is remarkable indeed. May you keep guiding us in various divine activities! We love you and seek your blessings!



Sri A. Aravind

We miss your divine presence in our DLSA get-togethers. Your tremendous contribution as a member of the management committee from the very inception of DLSA, in particular, the framing of the constitution and participation in various divine activities is truly outstanding. May you keep guiding us! We love you and seek your blessings!



Smt Rama Gupta

Your motherly and kind nature is always remembered. Your service to Gurudev and commitment to help the Divine Life Society is unparalleled. Despite your health, you attended Satsang. Your Guru Bhakti and Sewa is remarkable. May you keep guiding us in our daily life and Sadhana. We love you and seek your blessings!



Smt Kamla Devi Sharma

Your beautiful Bhajans and smiling face on your numerous trips to Sydney and in our Satsang are sweetly remembered. Thank you very much for your great contributions for a number of years as the Param Uup Sewak (Vice President). We love you and miss you!

THE DIVINE LIFE SOCIETY (Rishikesh – India)

Founder: Holy Master Swami Sivanandaji Maharaj

Founded: 1936

Most Worshipful Holy Master Sri Swami Sivananda's greatest gift to humanity is The Divine Life Society (DLS) founded by him in 1936. It is a shining example of the creative aspect of the Divinity within man. It is a remarkable achievement of the Founder, His Holiness Sri Swami Sivananda, who from the year 1936, has built up the wonderful mansion of 'Divine Life' brick by brick, on the firm foundations of purity, integrity, nobility and magnanimity. The ideals of the Society are lofty, most practicable and within the reach of every human being, irrespective of position, caste, colour, country and creed. The Institution caters to the cultural needs of all ranks of people, to whatever class they may belong. Each one can tap whatever suits him the best according to his stature and intellectual or spiritual attainments. The holy river Ganga flows by the side of the Ashram, coming down from the icy regions of the Himalayas, carrying with her the message of seers and sages of the past and the present, thus in a way keeping intact the connection between the ancient and the modern and nourishing the body and the mind of the wearied soul in its earthly sojourn. There is also available a Jnana Ganga (river of knowledge) emanating from the prolific pen of the Great Master Sri Swami Sivananda and his direct disciples, whom the Master has chiseled and moulded into his own pattern with the laudable idea of enabling them to continue and further the cause of his lofty mission.

Apart from the numerous publications in many languages Indian and foreign, the periodical spiritual and cultural conferences, periodic functions organized during holidays and festivals, dealing scientifically with all aspects of Yoga and Vedanta, universal religion and philosophy and taking such other steps from time to time as may be necessary for bringing about a quick moral and spiritual regeneration in the world. The mysterious influence of Lord Viswanath and an aura of Samadhi Mandir, Gurudev Kutir, Bhajan Hall, Guru Niwas, Yoga Forest Academy and the daily activities of the Sivananda Ashram and those of inmates and visitors – are all worthy and deserving of a careful detailed study.

The Divine Life Society carries out its object of a world-wide revival of spirituality through publication of books, pamphlets and magazines dealing scientifically with all the aspects of Yoga and Vedanta, universal religion and philosophy, and ancient medicine; holding and arranging cultural and spiritual conferences and discourses; establishing training centres for the practice of Yoga and the revival of true culture; and taking such other steps from time to time as may be necessary for bringing about a quick moral and spiritual regeneration in the world.

The Divine Life Society of Australia (inc.)

Beginning

In order to arrange Puny Swami Chidanandaji Maharaj visit to Australia, few devotees met on 4th May 1997 and decided to form a branch. A request was formally made to His Holiness Sri Swami Chidanandaji Maharaj seeking His Grace and Blessings on 16th May 1997. Pujya Sri Swamiji sent His Blessings on same day by a Fax letter. The Association was formally incorporated in 2001.

Our Objectives

- ✓ Many spiritual seekers from various parts of the world have made Australia their home. They share their beliefs and philosophy with generations of Australians who have studied and appreciated Bharatiya (Indian) spiritual way of life and culture. The commonality of interest is enshrined in the following objectives of the DLS Australia.
- ✓ Propagating the name of the Almighty, and by holding and arranging spiritual discourses and conferences and frequent cultural and spiritual gatherings for the welfare of humanity;
- ✓ Run Yoga, Meditation and other wellbeing courses for the community.
- ✓ Foster inter-religious harmony, mutual understanding and respect for religious views of others and promote universal brotherhood.
- ✓ Run Hindi, Sanskrit, other languages and scriptures classes to meet the growing need of the youth and Australian spiritual community.
- ✓ Build a Public Library and a Divine Sadhana complex (Sivananda Educational Foundation) to achieve the above objectives and purposes.

To read more please go to - http://www.dlsaus.org/DLSA_Docs/Divine_Life_Society_Australia.pdf

Divine Life Society of South Africa

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125TH BIRTH ANNIVERSARY OF OUR DIVINE MASTER, SRI SWAMI SIVANANDA

Divine Life Society of S.A. is glad to include a message on the most auspicious occasion of the Drama Programme initiated by DLS, Australia, coinciding with the 125th Birth Anniversary of the Divine Master, Sri Swami Sivananda.

In this modern age, drama will play a vital role in portraying spiritual teachings and moral values and we are indeed pleased that DLS, Australia has taken the initiative to enact the life and teachings of our beloved Gurudev on stage. Our Master himself, realizing the value of plays wrote several of them. Plays like "The Four Letters", goads the reader to think about the purpose of human existence whilst the humorous "City of Benightedness", contains deep spiritual meaning. Incidentally, as a scholar, the Master himself participated in "A Midsummer Night's Dream" and took the part of Helena. We have no doubt that the play will have a lasting impact in Australia. We take this opportunity to wish DLS, Australia every success in this project.

On the auspicious occasion of the 125th Birth Anniversary of the Divine Master, kindly permit us to pay tribute to one of the greatest saints of the 20th Century. As we reach a milestone in the annals of Divine Life Society, we must express gratitude to the Master for the precious guidance and direction we obtained from his profound writings and his inspiring life. His writings ranged from the delightfully simple to the profoundly philosophical.

About his spiritual practices, Pujya Swami Sahajananda wrote on 29 January 2001, "During his Sadhana days he (the Master) used to stand in the ice-cold Ganga water from about 3am or 4am and do his Japa. He only came out when the sun made its appearance. What awe-inspiring Tapas this was! His mind must have been completely above body-consciousness while he stood in Ganga."

Dissemination of spiritual literature is close to the heart of Sri Gurudev who infused his Shakti into his writings. Thousands throughout the world have been drawn to Sri Gurudev through his writings. Many have given up bad habits and still others have transformed themselves without even meeting with Sri Gurudev. In his last message on 18 October 2007, Pujya Swami Sahajananda said, "Dissemination of spiritual knowledge is extremely important to our Master. Even if one book is sold and it transforms the life of the person reading it, the spiritual merit gained by him will also go to the devotee selling the book."

We note with great pleasure that DLS Australia is heeding this advice as they have ordered the Master's books for distribution in Sydney and other parts of Australia. We compliment them on the selfless work done in promoting our Divine Masters writings and teachings.

We would like to leave you with a message written by Pujya Swamiji on the occasion of the Hindu Dharma Campaign in Ladysmith in 2004: "Your heart will never be satisfied until you unite with God. Even if you are the emperor of the whole world and a multi-millionaire, you will not be satisfied. Once you realise God, you enjoy unbroken bliss and peace. The bliss cannot be described in words. It is so superb, intense and marvellous."

We pray to our Divine Master, Sri Swami Sivananda and beloved Pujya Swami Sahajananda to bless all devotees of Sydney, Australia with good health, peace and prosperity so that they may continue with the good work of spreading the teachings of the Master throughout the length and breadth of Australia.

Gospel of Divine Life by Swami Sivananda

Divine Life: A visitor once asked the Master, “Does the Divine Life Society have copies of holy books like the Bible and the Koran?”

“The Bible and the Koran are themselves the holy books of the Divine Life Society,” said the Master. “Divine life is not a new religion. It strengthens every man’s faith in his own religion and infuses in him tolerance for other religions.”

God Alone Gives: While the Master was returning from the office the same beggar group which came the previous day approached him for money.

“Swamiji, they will come like this every day. Swamiji need not give anything today. They should not be encouraged” said Swami Hridayananda.

“Doesn’t matter” said the Master. “God is giving.” Turning to Satchidananda he said, “Ohji, give them one rupee each.”

How God Sees Man: The Master was going past the residence of the manager of Swarg Ashram, when he noticed the door of the house was curtained by a Chick, through which people inside the house could see those passing outside, while the people outside could not see those inside the house.

Referring to the Chick curtain, the Master said, “They can see us but we cannot see them. Similarly, God can perceive man’s thoughts, but man cannot see God”

The Cause of Disappointment: “How do you like Dehra Dun?” the Master asked Mrs Hellmann, who had returned to the Ashram after about two months stay there, where she had taken some lessons in Bharata Natyam dance.

“I cannot say, I am a bit disappointed,” she replied.

“How can you be disappointed if you had not expected anything?” the Master asked. “Disappointment comes only when you hope for something, when you expect something. Therefore, do not hope or expect anything. You will then have no disappointment.”

Finding a Perfect Guru: “I want to find a perfect Guru,” said a young man.

“Are you a perfect disciple?” the Master questioned back.

The question shocked the young man. He had not anticipated it. So he stammered, “No, Swamiji. I quite realise that I am full of defects.”

“Then how can you find a perfect Guru? What right you have to judge the Guru when you yourself are so full of imperfections? Anyone will do for you at this stage. For a small boy, the village school will do. When he grows older, he can go to a town school and then to a college in the city. There are so many Mahatmas here. Go to any one of them. Serve them and learn”

On a God Realised Person: “How to know that a man is a God Realised person?” asked an army officer.

The Master replied, “You yourself must first get God realisation, then alone will you know whether another has realised God or not. Only a Shakespeare can really know a Shakespeare. Only a Jesus can know a Jesus. A scientist alone can understand the work of another scientist. A bullock-cart driver cannot know anything about protons and electrons.”

Another army officer asked, “How to know that a Guru is a perfect Guru?”

“The same applies to your question also. You cannot know whether a Guru is perfect or not until you yourself have attained God realisation.”

To read more refer to “Sivananda’s Gospel of Divine Life” a book

Compiled and Edited by Swami Sahajananda

Synopsis of the Drama

Swami Sivananda's life was full of challenges, but it was an inspiring one. See him as a student in Tiruchirappalli and Tanjore, watch him as a doctor in Seremban and Johore Bahru, follow him through his wanderings in the Vindhyas, observe him in his days of austerities in Swarg Ashram, and study his service to humanity as a spiritual teacher. All his activities point in the way of truth, which is unremitting service and love, taking one to God.

On Thursday 8th September 1887, Kuppuswamy was born to the blessed parents, Srimati Parvati Ammal and Sri P.S. Vengu Iyer in the Tirunelveli district in Tamilnadu, South India.

The Bhagvad Gita says, men of authority are sent by Paramatma into society to put in order lapses and deviations in the practice of dharma. Baby Kuppuswamy, who later evolved into Swami Sivananda, as will be seen, was born just for this purpose.

The very name of Lord Chandrashekara soothed baby Kuppuswamy and as he grew the divine was enshrined in his heart when he saw God in the idols worshipped by his parents.

Kuppu always showed signs of Tyaga (renunciation) and love for fellow-beings. One day, after giving his dhoti to a beggar, he said to his mother, "He needs it far more than I do". The spirit of giving freely, of sharing without restraint, was inherent in him from his childhood.

Kuppuswamy often engaged in early morning bush walks and meditation. Once, his disappearance from home for four days caused his parents much distress. He was at the Muruga temple twelve miles from home.

Early in his life he realised that God dwelt in everyone. When he was chastised by a Brahmin for becoming a fencing student of an 'untouchable' he reflected on the issue and during meditation the image of Lord Shiva appeared and entered into the heart of the teacher. He went to prostrate before his fencing guru.

Kuppuswamy understood that in God's world there is only:

- ✓ one caste, the caste of humanity
- ✓ one religion, the religion of love
- ✓ one language, the language of the heart
- ✓ one God and he is omnipotent, omnipresent and omniscient

He published 'The Ambrosia' a medical journal to teach the masses how to avoid illnesses. His desire to help took him to the rubber plantations in Malaya where his compassion was felt by all.

The words "*Renounce all dharmas and take refuge in Me alone. I shall liberate you from all sins; grieve not.*" from the Bhagavad Gita triggered a desire to renounce the world, which resulted in him choosing the path of a mendicant in search of higher truth. His journey took him far and wide and on the 8th of May 1924, he reached Rishikesh, where he was initiated by Swami Visvananda in the sanyasa order and later became Swami Sivananda Saraswati. He continued to intensify his spiritual practices without neglecting to serve the sick and trained other disciples to facilitate the spread of his teachings. His intensive 'All India Tour' in 1950 included a reunion with his family in his hometown of Pattamadai, after 25 years.

This awareness of God only happens gradually as demonstrated by the path of little Kuppu to Swami Sivanandaji. Before his mahasamadhi on 14th July 1963 Swamiji appointed Swami Chidanandaji as the torch bearer of the Divine Life Society.

Man To God-Man

Programme

The Divine Life Society of Australia

Invocatory Prayers

Welcome address by the DLSA President

Pujya Swami Padmanabhananda's address

Ananya Samarpana Performing Arts

Introduction of this evening's titled drama

"Swami Sivananda - Man To God-Man" Part 1

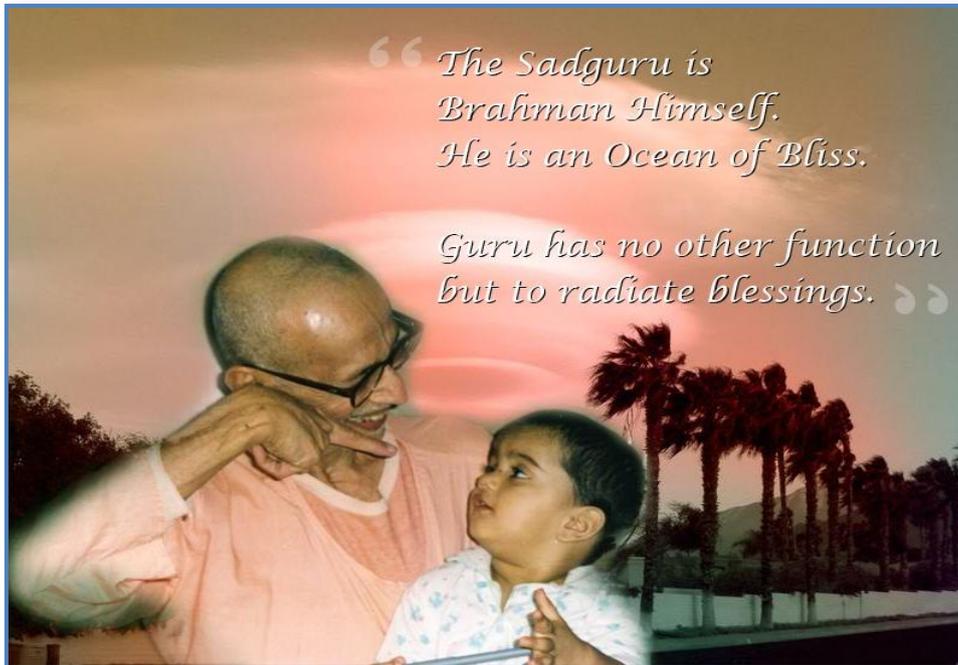
Intermission and slide show

"Swami Sivananda - Man To God-Man" Part 2

Felicitation of Ananya Samarpana participants

Presentation of prizes

Vote of thanks - Vijay Gokarn



Sure Ways for Success in Life

Have a simple and unassuming manner of life. Live not to eat, but eat to live. Bear no envy. Commit no slander. Speak no falsehood. Practice no deceit. Harbor no malice. Righteousness is the rule of life. Lead a virtuous life. Strictly adhere to Dharma. Study the lives of saints and draw inspiration from them. Cultivate a melting heart, the giving hand and kindly speech, the life of service, equal vision and impartial attitude.

Lead a simple life. Lead a regulated life. Lead a hard life. Take hold of each day as if it were the last day and utilize every second in prayer and meditation and service. Let your life become a continuous sacrifice to God.

Live in the present. Forget the past. Give up hopes of the future. Understand well the meaning of life and then start the quest. Life is thy greatest gift. Utilize every second profitably. Success often comes to those who dare and act. It seldom comes to the timid.

May you all attain success in life.

-Swami Sivananda.

WITH BEST COMPLIMENTS FROM

Dr. Ajay Kumar and Family

Ananya Samarpana Performing Arts

Presents “Man To God-Man”

A Drama on the life of “Swami Sivananda”



The Organization:

Ananya Samarpana is a non-profit voluntary organization dedicated to the task of preserving and promoting Indian culture and instilling spiritual values by inculcating in young Indians, a sense of pride and honour for their rich cultural heritage.

Organizational Aims:

‘Ananya Samarpana’ literally means ‘Single-minded and dedicated surrender or offering’.

Thus, the institution strives to help Indian children in developing themselves in order to:

- Become focused in their cultural heritage,
- Present the values and beliefs of their culture in audio-visual presentations and
- Offer these with absolute love and dedication to the community.

It aims at helping individuals in developing qualities like self confidence, positive thinking, will power building, visualizing, and functioning co-operatively in a team. This is achieved while analyzing the life stories and achievements of Indian legends and spiritual leaders and presenting these as dramas and dance dramas. It focuses on the needs of the Indian community to find and sustain joy in the Indian Culture.

Organizational Support:

Ananya Samarpana achieves these objectives with physical & financial support from the participants, their parents and well-wishers.

The volunteers of this organization want each Ananya Samarpana child to have a deep sense of self-esteem. We want them to grow into concerned citizens. We work towards encouraging them to dream. However, more importantly, we strive to empower them to deliver their dreams.

Participants' Roles - In the order of their appearance on stage - 1

	Name	Role(s) in the order of appearance
1	Karosham Diren Reddy	Lord Venkateshwara; Swami; Delegate; Devotee
2	Aparna Rao	A spoke in the wheel of TIME
3	Ashanti Shahan	A spoke in the wheel of TIME
4	Jahnvai Budaraju	A spoke in the wheel of TIME
5	Jannavi Rao	A spoke in the wheel of TIME
6	Meryl Lingam	A spoke in the wheel of TIME
7	Suchitha Rao	A spoke in the wheel of TIME
8	Karunya Prasad	The hub in the wheel of TIME
9	Chiranth Wodeyar	Priest, Brahmin; Doctor, Sadhu; Abdul Kalam ; Swami; Eldest relative of Sw Sivananda++
10	Aditya Prasad	Priest; Brahmin; Narasimha Iyer ; Sadhu; Resident at the Ashram; Swami Chidananda; ++
11	Chowdappa Narayan (Raju)	APPAYYA DIKSHITAR ; Thambi Cook ; Guru of Dr K; Devotee; Old relative of Sw Sivananda;
12	Savitha Narayan	Appayya's wife; Lady praising Kuppu; Malayan labourer & patient ; Devotee (dancer) in AIT ;
13	Dhatri Bellave	Pilgrim to Tirupati; Malayan labourer; Lord Sri Krishna ; Devotee in AIT
14	Dhruv Saxena	Pilgrim to Tirupati; Voyager; Mendicant Swami ; Assailant ; Angry Swami in WPOR ;
15	Deepa Rao	Pilgrim to Tirupati; Malayan labourer & patient; Devotee (Dancer) in AIT ; Devotee in places
16	Gargi Bellave	Pilgrim to Tirupati; Malayan labourer & patient; Devotee (Dancer) in AIT ; Devotee in places
17	Nataraj Rajashekariah	Pilgrim to Tirupati; Bullock Cart Driver; Swami Kalikananda ; Devotee in many places
18	Priya Shanmugam	Pilgrim to Tirupati; Devotee in AIT ; Student in Guard of Honour; Devotee in places
19	Sandhya Reddy	Pilgrim to Tirupati; Nurse in Malaya ; Student in Guard of Honour ; Devotee in places
20	Srujani Reddy	Pilgrim to Tirupati; Voyager ; Student in Guard of Honour; Devotee in places
21	Swathi Shanmugan	Pilgrim to Tirupati; Devotee in AIT ; Student in Guard of Honour; Devotee in places
22	Uma Naganathan	Pilgrim to Tirupati; Devotee in AIT ; Student in Guard of Honour; Devotee in places
23	Abhinav Rajkumar	VENKU IYER ; Labourer in Malaya ; Sadhu; Resident at the Ashram; Devotee; Delegate
24	Aman Madhyastha	Brother of Baby Kuppu ; Friend of child Kuppu; Devotee in Pune; Training child;
25	Jeevan Naganathan	Brother of Baby Kuppu ; Friend of child Kuppu; Voyager ; Devotee in Pune; Training child;
26	Amitha Rao	Midwife; Lady praising Kuppu; Malayan labourer & patient ; Devotee (dancer) in AIT ;
27	Sharda Ramjas	PARVATI AMMA (mother of Kuppuswami)
28	Rishabh Mukherji	CHILD KUPPUSWAMI ;
29	Ashish Madhyastha	Brother of Child Kuppu ; Malayan labourer, patient , Devotee; Brahmachari; Pilgrim
30	Sanjay Aditya Anand	Brother of Child Kuppu ; fencer; Malayan labourer, patient , Devotee; Brahmachari; Pilgrim
31	Aryan Rao	Friend of Child Kuppu; AIT child in Pune; Little Brahmachari

Participants' Roles - In the order of their appearance on stage - 2

32	Mallika Sunderram	Friend of Child Kuppu; Kanya in Kanya Pooja; AIT child in Pune; Little Brahmachari
33	Natasha Shahan	Friend of Child Kuppu; Kanya; AIT child in Pune; Little Brahmachari; Pilgrim
34	Soham Samantra	Friend of Child Kuppu; AIT child in Pune; Little Brahmachari
35	Vibha Balaji	Friend of Child Kuppu; Kanya in Kanya Pooja; AIT child in Pune; Little Brahmachari
36	Aditya Mahesh Rao	Friend of Child Kuppu; AIT child in Pune; Little Brahmachari
37	Swaroop Balaji	ADOLESCENT KUPPUSWAMI ; Malayan labourer, patient; Brahmachari; Bullock; Devotee
38	Abhishek Jambur	Brother of Adolescent Kuppuswami; Resident Swami at Rishikesh Ashram
39	Karthik Jambur	Brother of Adolescent Kuppuswami; Resident Swami at Rishikesh Ashram
40	Krishna Baraddhwaj	Friend of adolescent Kuppu ; Fencer; Malayan labourer-patient; Bullock; Brahmachari ;
41	Madhav Sunderram	Friend of adolescent Kuppu ; Fencer; Brahmachari ; Devotee
42	Rohit Raykar	Friend of adolescent Kuppu ; Fencer; Brahmachari ; Devotee
43	Swapnik Sanagavarapu	Friend of adolescent Kuppu ; Fencer; Malayan labourer-patient; Bullock; Brahmachari ;
44	Rahul Tamilarasan	FENCING TEACHER ; Voyager; Hari Ganesh Ambekar; Inspector; Devotee in AIT; Swami;
45	Prathik Namakal	Friend of adolescent Kuppu ; Fencer; Malayan labourer-patient; Bullock; Brahmachari ;
46	Varun Rao	Friend of adolescent Kuppu ; Fencer; Brahmachari ; Devotee
47	Dinesh Ramanan	DOCTOR KUPPUSWAMI and YOUNG SWAMI SIVANANDA
48	Nithya Bangalore	Malayan labourer & patient; Devotee (dancer) in AIT ; Pilgrim in distress
49	Advait Joshi	Waiter on Ship; Beggar on Street; Devotee in AIT;
50	Gokul Tamilarasan	Guard in Malaya; Resident of Rishikesh; Devotee; Panditji In the AIT; Swami
51	Udit Ramji	GURU OF DOCTOR KUPPUSWAMI ; Swami
52	Karosha Reddy	Devotee in AIT; Headmistress at Faizabad; Devotee
53	Shaon Diwakar	Devotee in All India Tour; Bangla Babu; Swami;
54	Divija Diwakar	Devotee in All India Tour; Bangla Babu's wife; Mother of Pune kids
55	Karo Reddy	SENIOR SWAMI SIVANANDA
56	Mihir Raje	Swami
57	Arunan Srirengan	Devotee in the All India Tour: Instrumentalist
58	Bushan Sreenath	Devotee in the All India Tour: Instrumentalist
59	Hitesh Sreenath	Devotee in the All India Tour: Instrumentalist
60	Anjana Iyer	Devotee in the All India Tour
61	Ankita Prakash	Devotee in the All India Tour
62	Akshay Rao	Devotee in the All India Tour; World parliament of religions
63	Jayanthi Rao	Devotee in the All India Tour; Student in the Guard of Honour; Conclusion
64	Abhi Anand	Devotee in the All India Tour: Student in the Guard of Honour
65	Jyoti Rao	Devotee in the All India Tour: Student in the Guard of Honour
66	Kruthika Narayan	Devotee in the All India Tour: Student in the Guard of Honour
67	Shameel Reddy	Devotee in the All India Tour: Student in the Guard of Honour

Special Credits to the Ananya Samarpana Team and Well Wishers - 1

The Main Narrator's Voice	Ramesh Santhebennur
Voice for TIME	Kruthika Narayan
Songs: by women and children: 18-ities; Song of little; Two little eyes	Bhavika School of Music headed by Aparna Nagashayana
Voice for little Kuppuswami	Krishna Nandakumar
Voice for young Dr. Kuppuswami (and others)	Abhinav Rajkumar
Voice for Swami Sivananda	Raju Chowdappa
Voice for Parvatiamma	Sudha Rajkumar
Voice for Vengu Iyer	Rajkumar
Voice of Abdul Kalam	Chiranth Wodeyar
Voice for Radio Announcements (and others)	Vijay Gokarn
Voice givers - various	Dinesh Ramanan, Amita Rao, Savitha Narayan, Aditya Prasad, Swaroop Balaji and Swapnik Mohan
Assistance in sound recording	Aditya Prasad, Dinesh Ramanan
Sound equipment	Dinesh Ramanan
Choreographer and trainer of synchronised movements of girls	Kirthega Nadarajah
Choreographer and trainer of synchronised movements for fencing and TIME	Karunya Prasad
Assistance in training the Bala Sangha children	Jyoti Rao, Abhi Anand and Asha Prakash
Power Point Preparation	Karosha Reddy
Costume Coordination	Vijji Arasan; Asha Prakash
Costumes organising assistance	Sudha Rajkumar, Indu Chowdappa & Anita Prakash
Import of some costumes from India	Rohini Kannan; Hema Sudhakar; Brinda Mahesh; DLS group
Costumes donated	Vedanta Centre, Sydney
Overall Coordination- Props building	Prasad Tadipatri
Assistance in props building	Balaji Kannan, Balachander Joshi, Rajkumar and Sudha, Venkatesh Jambur, Rajiv Vedi and Ila Vedi, Lakshmi Rao and Srin Immidi
Food and Travel Arrangements during practices	All Parents and Well Wishers
Provision of the Strathfield Girls High School Hall for mass practices	Sandhya Maharaj

Special Credits to the Ananya Samarpana Team and Well Wishers - 2

Provision of their houses for very many practices	Shakuntala and Gautham Reddy; Hema Sudhakar; Balaji Kannan
Provision of their house for painting of the back drop	K R Rao and Savitri
Ongoing assistance during rehearsals	Vijji Arasan and all Parents
Master of Ceremonies and Curtain and Stage Coordination	Sudhakar Rao
Curtain and Stage Management	Ramesh Santhebennur
Sound and Lighting Control	Gautam Bangalore
Power Point Presentation	Dakshinamurthy Anjanappa
Onstage Props management	Balaji Kannan and Prasad Tadipatri
On stage assistance in props management	Venkatesh Jambur, Lakshman, Rajkumar, Balachander Joshi, Gautam Reddy and Shashi Udyavar
Participants and Stage Coordination	Vijji Arasan, Sudha Rajkumar, Indu Narayan, Abhi Anand, Gokul Arasan, Shameel Reddy and Shakuntala Reddy
Costumes management back stage	Asha Prakash, Anita Prakash, Anu Prakash, Jyoti Rao
Make-up	Hema Sudhakar; Uma Sreenath; Kirtheega Nadarajah
Lunch & Refreshments on 5 May 2012	Nirmala Rao, Savitri Venkat & Shobha Venkatesh
Props Transport	Prem Singh and group

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- Swami Satyananda

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Participants Experiences - 1

Every drama has its challenges but due to the effort of aunty Ambika it has been a remarkable experience. Challenges (arguments about lines, movements, concentration, joining the group 5 weeks later) make us better people. Learning is a daily experience but this was spiritual enlightenment. I got to know about a great being. Having friends in the drama made it even better. I feel privileged to be part of the drama on Swami Sivananda.

~ ***Madhav Sunderram***

During the course of this drama I have learnt how to be expressive in my acting and have understood Swami Sivananda's legacy. Additionally, it has shown me how Swami Sivananda epitomized goodwill in all his actions and I enjoyed socializing with the other participants.

~ ***Swapnik Sanagavarapu***

After initially offering to help with sound I could not decline being cast as Dr Kuppaswami by awesome aunty Ambika. The story of Swami Sivananda is absolutely amazing and it's a true privilege and blessing to have the chance to learn more about his life. Working with some of the kindest and caring people such as aunty Ambika, Adi, Abhinav and others has been an enriching experience. I feel slightly nervous, because it's not easy to portray the mind of Swami Sivananda - actually, it's impossible! But, I pray that he wants to get into my head on the night!

~ ***Dinesh Ramanan***

I chose to be part of the drama because it gave me a better understanding of Swami Sivananda's life. It also enhanced and tested my drama skills in various roles. My experience so far has been amazing and I have enjoyed working with everyone although some of the roles have been challenging. I feel optimistic about the presentation due to aunty Ambika's determination to portray the life of a wonderful human being, Swami Sivananda.

~ ***Pratheek Namakal***

When I was asked to play the role of Parvati Amma, I was reluctant because I didn't think I could do justice to the character or the production. Aunty Ambika patiently guided me with the dialogue, movements and expression over many weeks, encouraging me to "think and act like a South Indian mother". I've come a long way from walking stiffly onto the stage, forgetting my lines, standing to attention and patting my "children" like a robot! Finding the time for practice whilst studying and working has been my biggest challenge and an almost impossible balancing act. However, the dedication of the countless volunteers bringing to life the story of the inspirational Swami Sivananda has made this an extremely uplifting experience.

~ ***Sharda Ramjas***

I have experienced lots of things like believing in yourself and trying your hardest. When I practice my drama I feel happy and excited. I have made lots of friends like Jeevan and Aryan. It is a pleasure going to Vedanta Centre because I can meet my friends and act. Acting is one of my favorite things, and at the Vedanta Centre I can freely act without anyone telling me 'no! It feels good when you work as a team. I can't wait till my next drama practice!

~ ***Rishabh Mukerjee***

I am honored to have the opportunity to be part of a production on Swami Sivananda's life. Remembering Swami Sahajananda's teachings during my childhood in South Africa gave me courage to be part of Gurudev's work. I have developed a deeper understanding and appreciation of Swami Sivananda's journey and the impact he had on the lives of many people. I believe Swami Sivananda has given me the opportunity to meet so many people who provide for others without expectation. Aunty Ambika herself is a demonstration of 'seva'. Her patience and loving nature in serving others is most encouraging. I pray that I can come close to her attitude.

~ ***Karosha Reddy***

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Participants Experiences - 2

This has been a unique learning experience because through the process of watching, listening and acting, we have been able to absorb a small portion of Swamiji's teachings and experiences which are inspiring and thought provoking. It's had a profound effect on my own views and thoughts. Producing a successful drama is a feat requiring a great amount of teamwork, leadership and effort. Being one brick in the building of this great wall has been a fantastic journey and one that I will treasure forever.

~ Aditya Prasad

I love acting and working with aunty Ambika and my dear friends. Although my biggest challenge was concentration I enjoyed being part of this amazing Indian history. I thank aunty Ambika and all the parents for my learning experiences. I hope everyone benefits from this wonderful story.

~ Rohit Raykar

Getting a better understanding (through acting) of Swamiji's hardships, the inspiration that drove him forward, his humility and, above all, the kindness and affection with which he treated everyone he met has been an amazing experience. Not being a natural actor, I have found some aspects of the play quite challenging; however, I believe that the friendly co-operative spirit amongst everyone in the production, along with the beauty of the message, has made it all worthwhile.

~ Abhinav Rajkumar

I learned about a play that my good friends Dinesh and Aditya were in I knew I just had to be part of it. Knowing aunty Ambika's extensive experience in theatre I was excited to be involved although a little apprehensive of performing, but her mild mannered and humble nature allows anyone to feel comfortable in their role. The high level of energy during rehearsals makes the whole process a joy to be part of. The story of Swami Sivananda is inspirational requiring the highest level of alertness from the all participants as even the shortest scenes require a lot of preparation, effort and planning. I am amazed by the system Ambika aunty has created with the help of all the other parents and their positivity.

~ Chiranth Wodeyar

Hari Om, when I was asked by Ambikaji to be part of the Drama team I found it difficult to co-ordinate the audio with my movement. With the support of Ambikaji, Karoji and Dineshji I am confident that this 'OLDEST' person in the team can do it. Thank you Ambikaji.

~ Udit Ramji

Practicing and concentrating during rehearsals was difficult and I realized that I need to overcome this challenge for the future. I have learnt many new acting skills and have a better understanding of drama and what it involves. Learning about Swami Sivananda was amazing.

~ Varun Rao

I have been part of the Ananya Samarpana drama group for many years now. Each year brings a new story which is explored with sensitivity, creativity and depth. This year the story of Swami Sivananda has taken me on a new journey due to the passion and dedication of aunty Ambika. A challenge one faces is the ability to completely absorb yourself in the story and take your mind back to the setting of the story. Over the years I have learnt about the lives of so many great beings which has influenced my view of the world.

~ Amita Rao

I was inspired to join this drama group after witnessing the magnificent Ayyappa drama which built up to this big Swami Sivananda drama. It has been extremely challenging, requiring many hours of practice, even during the holidays! There were times when I wanted to give up but my perseverance has paid off because I would have wasted other people's time. Most importantly, I have learnt a lot in trying to emulate Swami Sivananda's actions.

~ Krishna Baraddhwaj



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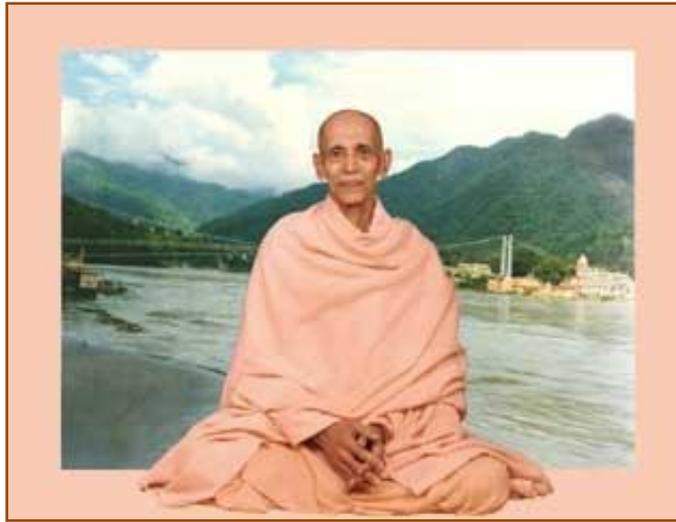
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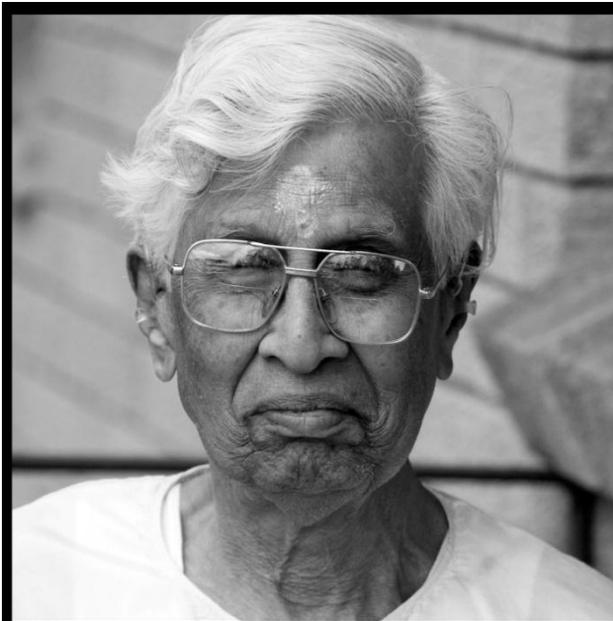




Swami Chidananda

God is the supreme Indweller of this living and moving temple of the body, in which you also reside as a resident-worshipper of the Divine within. What a great privilege to reside in the same place as the Lord Himself! Have we ever thought of it in this way, that we have the same privilege of dwelling in that same holy Abode of the Lord where He Himself dwells? May we be blessed with such a life, such a way of living, that it may endear us to Him, that we may be continuously worthy and deserving of His grace, where we live in the awareness of His companionship, of His nearness to us. What can it be to be in the same place as the Lord? If we are dwelling where God is dwelling, where else can we be, but in heaven, in the Highest Place, in the Supreme Abode! The Supreme Abode is where the seeking soul attains the feet of the Lord. We are ever abiding in absolute closeness to the Indwelling Divinity (Antaryami).....

To read more refer to a book named “Realization Through Devotion” by Swami Chidananda



*To remember God at all times;
To serve humanity;
To love all.
This is the best kind of life.
This is Divine Life.*

Swami Sivananda

‘Uncle Aravind’, as he was known to practically everyone who knew and loved him, would have so loved to have been here today to witness the dedication of DLS members in their efforts to raise funds for the Sivananda Educational Foundation Building Fund.

As one of the founding members of the DLS Sydney, he was always confident that the society would one day have its own premises for members to share and spread the wisdom of Swami Sivananda and the gurus who came after him.

Today, on his behalf, we wish to extend our congratulations to the Divine Life Society of Australia for organising this event, which marks the beginning of the process of making this dream a reality.

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Life without ethics is living death. A man has no regard for ethics is more death-masked than one who is actually dead. An ethical man is far better and nobler than a man of dry or perverted intellect. An ethical man is better than one who is otherwise religious and possesses occult powers.

-Swami Sivananda

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From

"A Well Wisher Family"

A Life of Service: Mr Vijayaratnam Saravanamuthu

April 17, 1934 – Oct 26, 2011

There are few who would dedicate their lives to serving their community and making a difference wherever they go. Mr Vijayaratnam Saravanamuthu, who recently left us for his heavenly abode was one such divine soul who touched the lives of many people in different parts of the world with his devotion, service, and humility.

In 2001, His Holiness Swami Chidanandaji Maharaj appointed him as the President of the Divine Life Society in Australia and he moved to Sydney with his wife where he served until his last breath as Guru Seva. His immense contribution in working towards spreading the message of Gurudev Swami Sri Sivanandaji in Australia by increasing membership and establishing new branches will never be forgotten.

Mr Vijayaratnam, who served the Malaysian Government in the Ministry of Labour for 28 years was an active youth leader in his younger days. In 1949, he founded the Hindu Youth Organisation (HYO), with the aim of promoting and protecting the spiritual, cultural, social and educational interests of the Hindu Youth in Malaysia and increase inter-racial understanding and harmony within the nation through youth-focused initiatives and was known as 'Bapa HYO' meaning 'Father of the Hindu Youth'. As a tribute to his outstanding contribution to the Hindu society, HYO, during its 60th anniversary celebration, collaborated with Pos Malaysia to release a special commemorative postage stamp in his honour.



Mr Vijayaratnam was also actively involved in setting up the Malaysian Hindu Sangam and was conferred the honorary title 'Sangha Rathnam'.

An accomplished singer, his sonorous voice earned him many invitations to conduct prayer meetings and bhajan sessions from numerous organisations in Malaysia and Australia where he lived for the last decade.

After his retirement, Mr Vijayaratnam continued to contribute to the community, through his association with the Divine Life Society along with his wife Mrs. Pushpavathy Chinniah earning the highest blessings of his Spiritual Guru and Master, His Holiness Swami Chidanandaji Maharaj, who bestowed on the couple, the sacred title 'Guru Bakti Ratna' in 1985.

Mr Vijayaratnam's spiritual voyage has led him to the feet of many spiritual gurus. When he was Vice President of the Malaysia Branch of

DLS, he served under his Guru His Holiness Swami Jivanmuktanandaji Maharaj for five years. He has received the blessings of renowned spiritual leaders such as Kamakodi Chandrasekara Sankaracharyar Jayendra Saraswathi, Swami Satyananda, Yogi Shuddhananda Bharati, Dr Nataraj Guru, Swami Nithya Chaitanya Yati, Swami Bhoomananda Thirtha Narayananasrama Thapovanam and Swami Chinmayananda, among many others.

On Deepavali day, October 26, 2011 Mr. Vijayaratnam passed away peacefully from respiratory complications while in Malaysia for treatment. After 60 years of philanthropic endeavours that gave him the opportunity to live his lifelong dream of serving others, his philanthropic legacy continues through the initiatives of the Vijayaratnam Foundation, which was established by his elder son, Dato' Vijay Eswaran in Malaysia.



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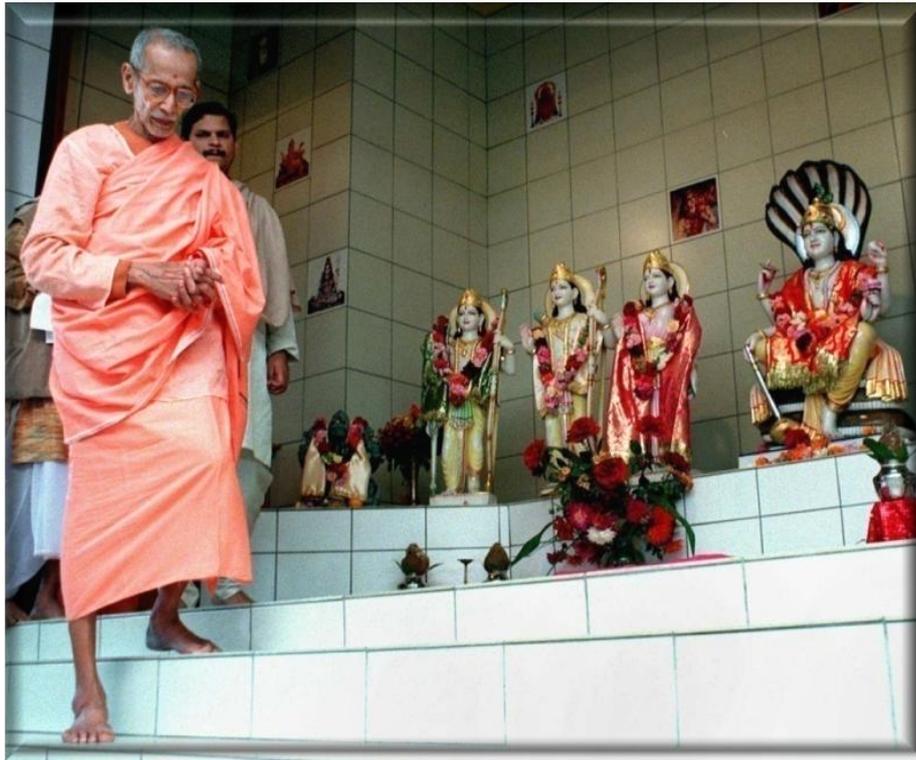


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CONSECRATION CEREMONY***



Swami Chidananda Ji Maharaj at Hindu Temple ACT [18 April 1999]

H.H Sri Swami Chidanandaji Maharaj at Hindu Temple and Cultural Centre, Canberra, Australia [18 April 1999 – Holy AKSHAY TRITIYA]

The Hindu Temple & Cultural Centre of the ACT (Incorp.) conveys good wishes on the occasion of the 125th birth anniversary of the illustrious sage H.H Sri Swami Sivanandaji Maharaj founder of the Divine Life Society and also on the 13th anniversary of the divine visit of H.H Sri Swami Chidanandaji Maharaj to Australia and Consecration of the HTCC.

The HTCC and The Divine Life Society are tied together by a common bond of spiritual fellowship and divine spirit. The Holy Master Swami Chidanandaji Maharaj who provided divine inspiration to devotees/ Sadhakas worldwide has been showering His Grace from the very inception of the HTCC in the form of donation for the Mool-Dhan on 8.4.1990 and also graciously blessed the bricks that were lovingly laid with devotion in the foundation. His Holiness inaugurated and did the First Aarti and blessed the Pran-Pratishtha ceremony of the Hindu Temple in Canberra on the Holy Akshay Tritiya - 18 April 1999. This temple belongs to each and everyone and a source of divine inspiration for all the peace loving people. The divine centre promotes divine virtues of humility, courage, forgiveness, tolerance, compassion, universal brotherhood and love for all beings.

With divine blessings the temple is functioning well and it caters to personal worship ceremonies, festival celebrations, and cultural life of the Canberra's community. There is a resident Panditji to perform regular Poojas and assist devotees in Bhajans, Scriptures, Yoga, Counseling and other educational services.

We send our best wishes on the double anniversary celebrations with a desire to share with you the rich spiritual tradition set by the great master Swami Sivanandaji Maharaj and his worthy disciple Swami Chidanandaji Maharaj. We pray for the success of the divine drama on the life of the God Realised sage "Swami Sivananda Man To God-Man".

Subhash Dang

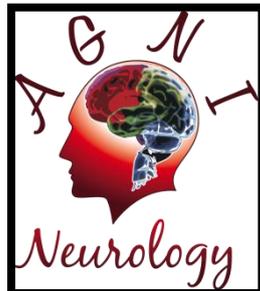
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- **Professor Arun Aggarwal MBBS, FRACP, FAFRM, FAFPM (ANZCA), PhD** is a Clinical Associate Professor through Sydney Medical School, The University of Sydney.
- He is a General Neurologist with an interest in Parkinson's Disease and Chronic Pain. He is a Visiting Neurologist at Concord hospital, a Chronic Pain Specialist at the RPAH Pain Clinic and a Rehabilitation Specialist at Balmain hospital. A medical referral is required.
- He completed his PhD in 2004 in Motor Neuron Disease and currently is involved in a number of research projects. Nerve conduction studies and EEG's are performed through the Centre.



- **Dr Dilan Jayawardena MBChB, FAFRM** is a consultant physician in Rehabilitation Medicine.
- He has an interest in all aspects of general rehabilitation medicine, including stroke, osteoporosis and osteoarthritis.
- He is currently bulk-billing all patients. A medical referral is required
- **Ms Lisa Gallard** is a Speech Pathologist who provides treatment for adults with communication and swallowing difficulties. If you have difficulties with swallowing or finding words or talking, contact me. Health fund and Medicare rebates may apply. Nursing Home visits provided. For more information call Lisa. 00402 266 698

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(20/07/1943 – 23/06/2011)



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कभी दुःख कभी सुख,

कभी सफलता, कभी असफलता।

सच्चा मानव तो वो है, जो किसी हालत में हार नहीं मानता,

और धैर्य व संयम का परिचय देते हुए लक्ष्य का निरंतर

अभ्यास करता है।

प्रेरणा की हर अभिव्यक्ति को पुरुषार्थ और पराक्रम की

आवश्यकता है।

वह व्यक्ति जो अपने निश्चय में दृढ़ और संलग्न है, संसार

को अपने सांचे में ढाल सकता है।

परिश्रम सभी कुछ प्राप्त कर सकता है।

भगवान में अटल विश्वास रखना चाहिए।

-रमा गुप्ता

Ramaji, who was a pious religious lady and helped everybody in her life. She had a great respect for elderly people and had a keen wish for building Shivanand Education Centre in Sydney.

She had a great love for children and was a regular donor to Westmead Children's Hospital.

She lived simple way following Mother Teresa's footsteps:

'Let nothing perturb you

Let nothing frighten you

All things pass

God does not change

Patience and hard work achieves everything

Whoever has God

Lacks nothing

God alone suffices.'

With Prem and Regards,

Nayna Vaghela and Gunvant Vaghela,

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Acknowledgments

Divine Life Society of Australia very sincerely convey our deep gratitude and thanks to each and everyone - All Volunteers, Devotees and Participants for their great devotion, valuable time and dedicated efforts to make these anniversary celebrations “Swami Sivananda – Man To God-Man” a memorable divine experience.

We acknowledge with great thanks the contributions from the following:

- ❖ H.H Sri Swami Sivanandaji Maharaj and H.H Sri Swami Chidanandaji Maharaj for Their Grace and spiritual presence in making it happen. H.H Sri Swami Vimalanandaji Maharaj for His blessings and H.H Sri Swami Padmanabhanadaji Maharaj for blessings and his divine presence.
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Thou art Omnipresent, Omnipotent and Omniscient.
Thou art Sat-Chid-Ananda. (Existence-Consciousness-Bliss Absolute)
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, hatred, anger and jealousy.
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 forever and ever.

- Swami Sivananda

Fear is an instinct common to every man. Fear is universal and can overpower one at anytime. A king is afraid of his enemy. A learned man is afraid of his opponent. A beautiful woman is afraid of old age. A lawyer is afraid of the judge and his clients. A wife is afraid of her husband. A student is afraid of the teacher. A frog is afraid of the snake. A cobra is afraid of the mongoose. No one is absolutely free from some sort of fear.

-Swami Sivananda

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The Ganges start from Gangotri in the Himalayas, encounters many obstacles on Her way, but finally reaches the goal the-ocean. Similarly, the aspirant should never give up the struggle, however insurmountable the obstacles on the path may appear to be. All difficulties and obstacles will be removed through the Grace of the Lord, and if the aspirant is sincere in his Yogic practice he will reach the goal.

-Swami Sivananda

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