SRI KAILASH - MANASAROVAR PARIKRAMA YATRA


H.H. SRI SWAMI SIVANANDA MAHARAJ
H.H. SRI SWAMI CHIDANANDA MAHARAJ

AUTHOR:
Swami Jnana Swaroopananda
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"Om Sri Srinivasa Namah"
Humble Pranams unto Lord"

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“Bhakti is resting on God. Bhakti is flow of devotion like the flow of river. Bhakti is continuity of devotion, just as there is continuity in the flow of oil from one vessel to another vessel. Bhakti is attraction of the jiva to the Lord, just as there is attraction of the needle to the magnet”.

-Swami Sivananda
“Om Sri Ram jai Ram Jai Jai Ram”

Pujya Gurudev
H.H. Sri Swami Chidanandaji Maharaj’s
Upadesh - At 6 A.M. On Friday, 4-6-1999.

Brahma Satyam Jagat Midhya! Jeevo Brahmaiva Na Parah! Yat Drishyam Tannasyam!

Everything that you see outside is perishable, temporary. It is going to end one day or the other.

Several stories building if one earthquake comes, everything goes to the ground. All are subject to destruction.

We see, but we do not have viveka. This is the message for us. God sends messages, these natural calamities bring message to us, but, we don’t hear. Therefore, open your eyes. Sankaracharya has written. Here, he shines far away pertaining to this world. And, so provide us by reannouncing the wonderful utterance and declarations and teachings. When God almighty and Gurudev helps us, make use of that. God Bless you all.

- **Swami Chidananda**

President, Divine life Society,
International Head, Qtrs,
Shivananda Ashram

“O Sannyasin! Give kindness and receive kindness. Keep your equilibrium, by unbroken meditation on Ram. Be fearless. Unity is life, It is love. Diversity is death, it is hate. He does everything for the best. Submit to Him and live inHim”

- **Swami Ramdas**, Anandashram
Dandi Swami Indradev Tirth
Dandi Ashram, Kutir No. 19,
Ujjeli, Uttarkashi - 249193

Blessings

Kailash yatra in 1997, undertaken by the Learned Spiritua
list Sri Swami Jnana Swaroopanandaji has been recorded with
his detailed experiences in the book “Kailash - Manas
Parikrama Yatra” which shall be a rich addition and important
contribution to the literature of pilgrimages undertaken from
time to time by orthodox Hindu Spiritual Seekers as well as
adventurous tourists. It may provide optimum guidance and
inspiration to pilgrims, who goaded by keen desire for spiritual
quest, regardless of tremendous hard ships, may start on Holy
pilgrimage to “Kalash” in future.

Detailed account of experiences of the journey is a mas-
terful achievement and readers are likely to find it worth read-
ing due to valuable informations it imparts.

- Swami Indradeva Tirth
Blessings

Sri Swami Jnana Swaroopanandaji has taken much pains to complete “Manas Sarovar Kailas Yatra” from 1st August to 15th of September (one and half month) in 1997.

He has given very nicely all of his experiences during his yatra. This book will be very useful to those who want to undergo this Kailas yatra”.

May the Lord Kailasadhupati and Sri Sadgurudev bless Sri Swami Jnana Swaroopanandaji with Supreme Illumination

- Swami Devananda

“God exists as the life of your life, but you do not realise him, because you have closed the doors of your heart and sealed it with countless desires and cravings.”

- Swami Sivanandam
Blessings

Revered Sri Swami Jnana Swaroopanandaji Maharaj is
my Guru - Bhai, who entered into Sannyasa order on the Holy
Guru Poormima day in the year 1997. (20-7-1997).

Very same year on 1st of August he started to Kailas
Manas Sarovar Yatra and completed with a great success. In
this book he has described about his experiences. He took
one anc. half month to complete this Holy Pilgrimage.

Swamiji is very fond of the travelling to holy places in
sacred India. Kailas Manas Sarovar is the most sacred place
of Lord Siva which is at present in China border.

Swamiji is also very much interested to teach yoga and
Vedanta to the young generations of India and other coun-
tries. May Lord Aimighty and Sadguru Bhagawan fulfil his pi-
ouus intentions for the welfare of mankind.On Tat Sat.

Om ShantihShanti ! snantih ! In the Service of Gurudev

- Swami Hamsananda

Sri Krishna Janmastami 2.-9-99

“Humility at all times, under all times, under all con-
ditions should be our motto of life. We must not forget
the fact that we are merely instruments in the hands of
Ram who is all love. Om Sri Ram Jai Ram Jai Jai Ram..”

- Swami Ramdas.
Srimat Sankara Bhagavatpada Vijayatetamaam
Swami Medhananda Puri
Manager, Kailash Ashram Trust Committee
Muniki - Reti, Rishikesh - 249 201.
Phone: (0135) 430598
Dt. 23-3-1999

Blessings.

Srimat Swami Jnana Swaroopananda Sarswatiji Maharaj
did “Sri Kailash-Manasarovar Parikrama Yatra” with the Grace
of Kailashpati Mahadev. It is the abode of Lord Shiva. No.
doubt the yatra is quite tough but the Grace of Guru and Lord
Shiva only helped at each and every step, this has been expe-
rienced by our Swami.

1st, August to 15th September ‘97, is a penance period
of our Swami, which is unforgettable all through his life.
Upanishads declare “Swadharma-charane kashta Sahanam
Tapaha”. That the difficulties endured during one’s duty be-
comes Tapas. For about one and half months he underwent
so many kinds of difficulties and experiences but when this
book is read by readers, our Swami feels so much happy that
all his difficulties turns into happiness.

I bless our Swami wholeheartedly for his all sided spiri-
tual development.

- Swami Medhananda Puri
Swami Sakhsatkrutananda
Swami Dayananda Ashram
Purani Jhadi Rishikesh - 249201

Monday September 13, 1999,

**Blessings**

Dear Swami Jnanaswarupanandaji,

I am glad to know that you have put your thoughts and experiences in your *Kailash Manasarovar yatra* in the form of a book to make it available to others who wish to undertake this yatra.

I have no doubt that the writings are coming from the heart of the devotee, that you are, who surrendered to the Lord and became an instrument in the hands for completing the yatra. The book itself is again coming out with the Grace of the Lord as is evident from the unexpected help that came in your way on its own.

The book proves the fact that Lord helps those who seek His help. One has to know that one is helpless in spite of whatever skills, and knowledge that one possesses. An intelligent person seeks help not from others who are equally helpless, but from Lord who has no helplessness. Some times the help that one gets from the Lord seems to be a bitter pill but one has to swallow it with the understanding that it could be worse otherwise.

I wish that the book enthuses the devotees of the Lord to venture upon this beautiful yatra where one comes face to face with nothing but the splendor of nature, which is the Vibhuti of the Lord, all the time and all around for the period of the yatra.

yours

-Sakshatkrtananda
Yogi Pragna Aranya Swamiji
“Atma Parisodhana Yoga” Acharya
Managing Trustee - Rishi Marga Mission (Regd.)
Wednesday 17-11-99

**Blessings**

“Simplicity and Humility are the hall marks of greatness”
- Swami Jnanaswaroopananda Saraswati is endowed with the spirit of sevice, humility, simplicity and sincerety. He is deeply devoted to Lord Shiva and thirsts for visiting pilgrimage centres in general and Himalaya Shrinies, in particulars.

“Manasa Sarovar” is hailed as the abode of Lord Siva and is the most sacred pilgrimage centre. Many devotees of the Lord Siva, cherish the ardent desire to visit this Holy abode of Siva. But, only rare few are blessed by Lord Siva and permitted by Him to successfully complete this 45 day long arduous “Manasa Sarovar Yatra”. Swami Jnana Swaroopanadaji is one such rare Blessed Soul.

Because of his natural desire to serve devotees, he has taken up the task of putting on record, his yatra experiences in a book for the benefit of Lord Siva’s devotees in particular and devotees interested in Yatras, in general.

I am sure his experiences would serve as a useful guide for future yatriks of Manasa Sarovar Yatra.

May Lord of the Universe (Viswanadha) the Kailasadhipathi, shower His Choicest Blessings upon Swami Jnana Swaroopanandaji is my earnest Prayer.

-Yogi Pragna Aranya Swamiji.
THE UNIVERSAL PRAYER

O Adorable Lord of Mercy and Love!
Salutations and Prostrations unto Thee.
Thou art Existence - Conscioussness - Bliss Absolute.
Thou art Omnipresent, Omnipotent, and Omniscient.
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 for ever and ever.

Swami Sivananda.
MANTRAS FOR INVITING A SANYASI:

(From: Kaivalyopanishad - 4 and 5)

1. Na karmanaa Na Prajayaa Dhanena
   Tyaagenaik Amrutatwa Maanashuh!
   Paren Naakam Nihitam Guhaayaam
   Vibhrajate Yadyatayo Vishanti!!

   Meaning: It is through renunciation that a few seekers have attained immortality - not, through rituals, through progeny, through wealth. Those seekers attain (the immortal self) which Independently shines, which is manifest in the mind and which is Superior to the Heavens.

2. Vedanta Vijnana Sunishchitaardhaah
   Saññyasa yogaad Yataya - Shshudhasatwah
   Te Brahmalokeshu paraantakaale
   Paraamrutaapah parimuchyanti Sarve II

   Meaning: Through a life of renunciation, the pure-minded seekers clearly grasp the meaning of Vedantic teaching. Having become one with the Infinite Brahman (while living), all those seekers get totally resolved into Brahman at the time of death.

(From: Maha Narayanopanished 1 and 2)

3. Dahram Vipaaepam Parameshmabhoootam
   yatpudareekam puramadhya Sanstham!
   Tatraapi Dahram Gaganam Vishokah
   Tasminya Danthastadupaasitavyam!!

   Meaning: In the city of the body there is the small sinless and pure lotus of the heart, which is the A bode of the Supreme. Further in the interior of this small area there is the Sorrowless space. That is to be meditated upon.

4. Yo vedaaow Swarah prokto
   Vedaaante cha Pratishtitah!
   Tasya Prakruti leenasya
   Yah Parassa Maheswarah!!

   Meaning: The One who is above the Unmanifest form of Om, the syllable uttered at the beginning of vedic recitation and which is unfolded in the Upanishads, is the Lord.

   Yogi Pragna Aranya Swamiji

   “Atma parisodhana yoga” Acharya
SRI GURU VANDANA

1. Om Namo Brahmaadibhyo
   Brahma Vidyaa sampradaaya kartrubhyo
   Vamsa Rishibhyo Mahadbhyo Namo Gurubhyah !
   Sarvopaplava Rahitah Prajnana Ghanah
   Pratyagartho Brahmaivahamasmi !!

2. Om Naarayanam Padmabhavam
   Vashistham Shaktim Cha
   Tatputra Parasharam Cha !
   Vyasam Sukam Goudapaadam
   Mahantam - Govinda yogindra
   Mathaashya shishyam !!

3. Sri Shankaraacharya Mathasya
   Padmapaadam cha Hastamalakam cha Shishyami
   Tam Trotakam Vaartikakaara
   Manyan Asmadguroom santata
   Maana-tosmi

4. Sruti Smrutipuranam
   Aalayam Karunaalayam
   Namaami Bhagavat Paadam
   Shankaram Loka Shankaram !!

5. Shankaram Shankaraa Charyam
   Kesavam baadaraayanam !
   Sootra Bhashya Krutou Vande
   Bhagavantou Punah Punah !!

6. Eswaro Gururaatmeti
   Moorti Bheda Vibhaagine !
   Vyomavad Vyapta Dehaya
SYNOPSIS:


As prompted by him, within, this sevak jotted down in detail, with no exaggeration or any ambiguity, true to the facts of real experiences; pleasure as well as unpleasant. Mostly, expressed of how God and Gurudev's helping hand worked at every stage of Yatra. It is proved beyond doubt that God and Gurude protects perfectly to those who surrender unto Holy Lotus Teet, unconditionally. Thus, one can perceive his helping hand perfectly.

A. How to Proceed

B. How much expenditure involved

C. How many days time needed for the yatra.

A. How to proceed: One hats to proceed to Khatmandu
   (a). from Varanasi to Sonouli and then to Khāṭmandu by bus.
   (b). from Ghorakpur to Sonouli and then to khatmandu by bus.
   From Central Bus Station of Khatmandu, City. buses are available to proceed to Ghoshala Dharmashala bus stop; from where Lord Pasupatinaath Mandir is very near. Just backside of the Mandir, adjacent to Ram Mandir, the Holy Ashram, “Bhagvat Sannyas Ashram” is situated. Generally, they allow Devotees and Sannyasins, Sadhus to stay for a few days. Head of the Ashram is H.H. Sri Swami Bhagavatanandaji Maharaj and Sri Tamu Prasad was the Vyavastapak. If they are stisfied and on request and basing on the genuinity of the devotee, they may issue a letter of introduction on their letter-
head which will serve as an identification throughout the jour-
ney. With their Blessings, thus obtained, one can start from
Khatmandu onwards.

From khatmandu to Nepalgunj and to Mahendranagar,
Gaddabagal, by bus. Then, crossing the Border via. Mahakali
River Bridge, either by walk or by a rickshaw upto Vyasi. At
the Border, there will be a formal checking. Then, from Vyasi
by jeep upto Tankpur busstand. From Tankpur busstand early
morning at 4 am. bus starts, and reaches Darchulla at 5 pm.
Just one hour before reaching Darchulla, there will be check-
ing at the checkpost. (Note : Better to take a certificate from
Security Checkpost at Khatmandu, if possible). One can also
proceed directly by bus from Khatmandu to Mahendranagar.
From Darchulla, for a normal person, it will take minimum 6
days or 7 days to walk and to reach Tibet Border - Takalkot.
Important suggestion is to make night halt at (TATA) and on
the next day morning start to cross the "Lepu Pass" 17,600 ft.
a little tough, and thus one can reach TAKALKOT by 5 pm.

Take rest at Takalkot- Mahakali Hotel (Owner-Sri Ganesh
Bahadur, Brother of Sri Dil Bahadur at Mahakali Hotel,
Darchulla). He will arrange a room for rest-no payment needed
for it. Enquire about Indian Bath arrival and better proceed
with them. If required stay for a day or two at Takalkot. Here,
you have to take a Permit from Chinese Security Office - 5
Sukur Per head. This permit should be kept very carefully till
end of both parikramas. Kailas Parikrama - 3 days, Manas
Parikrama - 2, days and rest for 2 days, in all 7 days. Then,
return back to Takalkot.

Checking will be done at - (a) Takalkot Chinese Checkpost
(b) Manas Parikrama - Chuz Checkpost (c) finally, after return,
at Takalkot Checkpost.

After completinon of Yatra one has to take one day rest
at Takalkot. Then, start for the return Journey. Return Journey may take 5 or 6 days. And on reaching Darchulla, take sufficient rest for a day. Then, start for return journey from Darchulla to Tankpur and from there to Haridwar direct. Thus, Kailas - Manas Yatra ends in Cheers. Jai Gurudev. Subhamastu Nityam - Loka Samastha Sukhinobhavantu -Om Santih, Santih.. Santih !

B. Expenditure Involved :

1. Train fare up-to Varanasi and back .......................... Rs. 1,100-00
2. Busfare : Varanasi - Sounouli - Khatmandu ............... 250-00
3. By bus : Khatmandu-Mahendranagar Tankapur-Darchull .. 400-00
4. By bus : Darchulla - Tankapur-Haridwar .................. 250-00
5. Porter charges .............................................. 1,900-00
6. To - and - fro meals, etc. for both-per day 
   Rs. 120 X 12 = 1440/- say .................................. 1,500-00
7. To-and-fro Truck Charges - during Parikrama ............ 600-00
8. Guest-house charges during Parikrama, for 7 days. .... 600-00
9. Misc. Charges : .............................................. 400-00
10. Out-fit purchases : sleeping - bag, etc. ................. 1,500-00
11. Medicines, Misc. expenditure and unforeseen expenditure: 1,000-00

Total expenditure involved : Rs. 9,500-00

C. Approximate Time (Days) :

Native place to Varanasi and back ...................... 5 days
Khatmandu to Darchulla .................................. 3 days
Darchulla to Haridwar .................................. 2 days
Varanasi halt .............................................. 2 days
Khatmandu halt .............................................. 3 days
<table>
<thead>
<tr>
<th>Place</th>
<th>Days</th>
</tr>
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<tbody>
<tr>
<td>Darchulla to Takalkot</td>
<td>6</td>
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<tr>
<td>Takalkot rest</td>
<td>2</td>
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<tr>
<td>Takalkot to Darchulla</td>
<td>6</td>
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<tr>
<td>Kailas - Manas - Parikrama</td>
<td>7</td>
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</tbody>
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Total Number of days: 36 days.

Thanks to the Lord.

Grateful Thanks to H.H. Sri Swami Sakshatkrtanandaji Maharaj of Dayananda Ashram, Purani Jhadi, Rishikesh, who, in spite of his illness, on the 7th March, 1998, evening, did a lot of work to make the table and pages and all margin adjustments, etc., over the computer for about two hours, with utmost love and kindness towards this sevak. Humble Pranas to him. Jai Gurudev. Hope this will find you all in good cheers.

Grateful thanks to All who have helped this. May Lord and Gurudev H.H. Sri Swami Chidanandaji Maharaj's Abundant Blessings be upon one and all. Jai Gurudev. Jai Ho. OmSri Ram Jaya Jaya Ram Om. Tatsat Brahmar. Panamustu.

Swami Jnana Swaroopananda Saraswati 15-2-99

Dakshinaa Moortaye namah!

Sri Kailash Manasarovar Parikrama Yatra

"Be a humble instrument in the hands of the Divine, allowing Him to use you as He wills, in the way He likes. Attain perfection for yourself and leave the rest in His hands."

- Swami Ramdas.
PREFACE

Radiant Immortal Soul. Beloved Blessed Atma Swaroop!: Wholehearted, Humble Obesance of this sevak unto the Lord, Almighty; Guruswaroop seated in all hearts, and Loving Adorations unto Him Jai Gurudev Jai Ho (Jai Ho).

On this very Holy and Auspicious Day, the Birth Day of His Holiness Sri Swami Chidanandaji Maharaj, (President, Divine Life Society, World Hd. Qrs., Shivananda Ashram) Thursday, the 24th September, 1998, at the residence of Sri V.V. Balasubrahmanayam U.B.I. Laluk, Dist, Lakshmipur, (Assam). as prompted by His Holiness, this sevak attempted to jot down a few lines of Preface to the ‘Kailas - Manas Yatra’ report. Truly speaking, main object of making these personal experiences during ‘Kailas-Manas-Yatra’ in a booklet form is to apprise the enthusiastic aspirants, the true facts both pleasant and as well as unpleasant experiences during yatra, with no exaggeration. Actually, this sevak simply noted a few details during yatra period. Some how, beyond imagination of this sevak, it became a few pages notes. Mostly, depict how God and Gurudev's helping hand was perceived at all times, at every stage of yatra; especially after Sannyas Diksha; how Gurudev, - Matrumurti, protected at every step as well as how HE enable this sevak to get some special experiences, pleasant as well as painful. As Gurudev said, it is perfectly true that "Pain is A Blessing in Disguise".

Throughout this report only expressed His Kripa alone, of how His Graces showered at every critical circumstance. A few sincere devotes with utmost love towards this sevak and with inquisitiveness to know this sevak's experiences as well as details of "Kailas-Manas'Yatra" read and re-read and at last got this report xeroxed and kept with them. It is all his Grace
alone. "Prajnanam Brahma". Thy with is Supreme. Thy Will be done. A few devoted souls expressed its intrinsic value and advised for its printing a booklet, so that it may serve as a formal encouraging guide, and especially to visualise how God and Gurudev worked miracles in one's life. Of course, God and Gurudev's Blessings shower in abundance on all equally, but one has to be aware of it, then only one can understand His Grace and His helping hand. Jai Gurudev. Pujya Sri Swami Viswatmananda Saraswatiji of Mark andeya Sannyas Ashram, Omkareswar, Madhya Pradesh, has gone through this report and expressed a desire and advised that it has to be translated in Hindi. Why these developments and encouragements are appearing, God and Gurudev alone knows.

At first, just after return from "Kailas-Mans-Yatra", on Monday, the 15th September, 1997, because of indisposition, this sevak got admitted into Shivananda Charitable Hospital for treatment, i.e, from 15-9-97 upto 24-9-97, only. And during this period, God and Gurudev enabled this sevak to jot down a few lines of presonal experiences, of how Gurudev's Kripa worked. And during stay at Hyderabad after yatra, typed the entire report. It so miraculously happened, one devotee Chy. Ravi Kumarji of Ballarsah, out of utmost love towards this sevak, took keen interest and did a laborious job of typing out the entire matter again on the computer and preserved in a floppy and made three copies nicely bound, and sent them by Regd. Post parcel to me at Sri Santi Ashram, during Jan. '98., and expressed in his covering letter, that how this sevak appreciates, that while typing report it gave a thrilling joy and a desire arose in him that he should also wish to visit such Holy places.

This report was edited a little by Sri Hari Das, Foreign Devotee of DLS without making any changes and Sri Swami Ramaswarupanandaji did a little colouring work to these pages over computer and gave a printed copy.
Further, to this report added a few pages information about ‘Kailas-Manas’ yatra via India route, for general information. Finally, during visit to visakhapatnam in end of June’98, one beloved and devoted souls-Sri P. Satyanarayana (Sathibabu) and Sri V.V.V. Sastryji and his friend of Visakha Steel Project, got a print-out. Thus, so many devoted souls took pains in bringing out this printout. God’s ways are mysterious indeed.

Further to add that Sri Hironmoyi Mukherjee, of United Distributors, Calcutta, met during return journey of “Amamath yatra” this year, 1998, on his own promised to bring out laser print and also to type out any such matter over their computer. How kind is he so much wholeheartedly loved this sevak at the first sight. Is it not His Grace? Certainly, cent precent, Gurudev’s Graces working wonders at every step in the life of this sevak. His grace is showering on all alike, but one has to be aware of it through surrender. This report may be of some help to the seekers after truth, in its own humble way.

In this report, purposely added a few articles and quotations of Great Saints, which may at the first sight, enable the reader to have blessings of those saints as guiding factor in one’s own Sadhana, and act as a Swadhyaya. Sri Durga prasadji, Sainikapir, Hyderabad, took much pains in getting a computer copy for its submission to T.T.D. Sri Ravinootala Sri Ramulu Garu, Malkajgiri of Hyderabad and Sri. G.L.N. Murty, Manger Canera Bank, Enugupalem, encouraged and guided this sevak for its printing.

May His Holiness Sri Swami Sivanandaji Maharaj’s and His Holiness Sri Swami Chidanandaji Maharaj’s Blessings be showered in Abundance on all in need, is the humble prayer of this sevak.

In the Service of Lord - Jai Gurudev, Swami Jnana Swaroopananda Saraswathi 24-9-1998, Om.

★ ★ ★ ★ ★
SRI KAILASH MANASAROVAR
PARIKRAMA YATRA

Gajaananam bhootaganaadhisevitam
Kapittha jamboophala saara bhakshitam;
Umaasutam shoka vinaasha kaaranam
Namami vighneshwara paada pankajam.

Behold the entire universe as the form of the Guru. See the guiding hand, the awakening voice, the illuminating touch of the Guru in every object in this creation. Purify yourself through the fire of selfless service and Sadhana, and like the full moon, reflect the glorious light of the Self. The Supreme Self alone is real. He is the Soul of all. He is all-in-all. Thou art this immortal, all-pervading, all blissful Self. Thou art That! Realise this and be free.

Remember these four important line of the BRAHMA SUTRAS:
Athato Brahma jijnasa: Now, therefore, the enquiry into Brahman.
Janmadyasya yatah: From which proceed the origin, etc.
Sastra yonitwat: The scriptures are the means of right knowledge
Tattu samanvayat: For, That is the main support (of the universe).

Jaya Guru Shiva Guru Hari Guru Ram;
Jagat Guru Param Guru Sat Guru Shyam.

It is through the medium of the preceptor that the individual can raise himself to Cosmic Consciousness. Guru is verily a link between the individual and the Immortal. He is a
being who has raised himself from this to That and thus has a free and unhampered access to both realms.

Guru is the only guarantee for the individual to transcend the bondage of sorrow and death and experience the Consciousness of the Reality.

To adore the Guru is indeed to adore the Supreme. Just as to honour the ambassador is to honour the nation that he hails from, even so to worship and to offer adoration to the visible Guru is verily the direct worship and adoration of the Supreme Reality. The Guru is the divine flower who disseminates the Atmic aroma of divinity in this world.

Remember and adore Sri Vyasa and the Gurus who are fully established in knowledge of the Self.

-Swami Sivananda

GURU GITA

Dhyaana moolam guror murtih; Pooja moolam guror padam;
Mantra moolam guror vakyam; Moksha moolam guror kripa.

MEANING: The Guru’s form is the root of meditation; the feet of the Guru are the root of all worship; His words are the root of Mantra; His Grace is the root of liberation.

Meditate on the Lotus Feet of your Guru. Mentally pray to Him for His Grace, through which alone you can attain Self-realization. Do vigorous Japa and meditate in the early morning hours. The best form of worship of the Guru is to follow his teachings, and to propagate his glory and his message.

- Swami Sivananda

★ ★ ★

“For a Sadhaka, as taught by Beloved Papa, it is absolutely essential that they remain truthful. When a Sadhaka surrenders himself heart, body and soul to the Guru he be-
comes like a babe in the arms of the mother, and the Guru who is the Mother looks after the devotee and saves him from any such embarrassing situations. Then (here Mataji speaks from her own experience), the Guru carries the Sadhaka like a babe in the arms, protecting him always.

Before you learn to turn the beads of the mind you must first turn the beads of the rosary. Whenever you feel tired of telling your beads, you may rest for a while, read some books, etc. and later resume telling the beads. Only through Japa you will gain peace of mind, not from reading books. You can do Japa mentally only when you have done incessant, concentrated repetition of the Mantra first. When your mind starts doing Japa, you sheo your Abhiman and feel love towards everyone. Whatever work is entrusted to you, do it addressing Papa. Do everything cheerfully and with a care-free mind, knowing that it is Papa Himself doing His work through you and that all the responsibility is his and not yours.

Think of the Guru, repeat the Guru Mantra and dedicate one’s actions to the Guru. This means that if we cling to the Guru we have nothing to worry over.”

- Maa Krishnabai

“Make the mind introvert. When you move in the midst of company you should develop such a technique that minimum impression alone is taken during daily Vyavahara. Whatever experience you undergo, always try to keep up the mind in a state of balance.

There must be a spontaneous indrawn state. A part of our mind should be given in all alertness to work and the major part of the mind should always be indrawn. Repeat Om or other Mantra and also have a background thought in the mind. At no moment of your life the mind should be blank.
Try to convert your nature from evil to good by means of selfless service. No service is menial for a man who employs service as a part of his Yogic technique for purification of his mind.”

- Swami Chidananda

“The sense of superiority should completely go, and for that you must do all sorts of service. Sacrifice your own comforts and conveniences. Then only you can become self-sacrificing. All this you must do with joy. You must think that it is a great privilege undeserved by you but conferred by God through His Grace.

One dire enemy of meditation is sleep. The second dire enemy is Manorajya or building castles in the air. The thing at the back of castle building is hidden desires which you do not know. Ambitions trouble a great deal in meditation. Ambition and desire are two very great obstacles in the spiritual path. Therefore, you must be alert and vigilant about these. They have to be overcome by a number of methods of which the salient ones are — prayer to God and earnest surrender to the Guru and practice of the Divine Name. Divine Name is a powerful spiritual force which can counter and ultimately destroy all obstacles and forces that oppose the aspirant in his inward path of meditation and yoga. The power of the Name cannot be easily realised unless one keeps deep faith in it and goes on practising it. The more you repeat the Name with Bhava the greater is the force generated, and ultimately the time comes when the force that is hidden in the Name becomes fully awakened. The power of the Name lies Dorment in a potential form. But, through constant repetition, this power - Mantra Chaitanya is realised.
Repetition of the Name should be combined with devotion. These are great helps and they are indispensable for attaining success in concentration and meditation.

-Swami Chidananda

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"Realisation of the identity of the individual soul with the Supreme Soul eradicates ignorance and all miseries of earthly life."

-Swami Sivananda

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KAILAS-MANASAROVAR-PARIKRAMA YATRA

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               (At 6 a.m. approx.)

SANYAS DIKSHA AND PRE-YATRA ARRANGEMENTS

Ramdas opened the New Testament and lighted upon the following definite words of JESUS CHRIST:

"And everyone that hath forsaken houses, brethren, sisters, father, mother, wife, children or lands for my name's sake, shall receive a hundredfold and shall inherit everlasting life"

And from Bhagavad Gita: "Abandoning all duties come to Me alone for shelter; grieve not, I will liberate thee from all sins."

Buddha, Christ and Krishna - and all of them pointed to the same path... Renunciation. - Swami Ramdas

Gurudev Blessed this Sevak with Yogapat on 27th July, 1997 as SWAMI JNANA SWAROOPANANDA SARASWATI. Ten persons in all got Sannyas Diksha and all were introduced to the Sadhakas and Devotees present in the pendal.

On the Holy Aradhana Day, 28th July, 1997, straight went to dias, prostrated before Gurudev and also fortunate to touch His Holiness’s Lotus Feet. Simply expressed desire to make Kailas-Manas Yatra. Gurudev heard and expressed Ah! Ah! That is all. Immediately proceeded to Rishikesh Railway Station purchased a ticket from Rishikesh to Varanasi (Rs.212/-) for the journey to be commenced on 1ST AUGUST 1997.

This sevak, a few days before commencement of the journey, approached H.H. Sri Swami Medhanandaji, Manager, Kailas Ashram, Rishikesh, for proper guidance. Pujya Swamiji was kind enough towards this sevak, handed over a letter of introduction for the needed help to their Kailash Ashram Branch, Nepal. Further advised about the route in detail. And also advised to keep some medicine like Dependal-M, around 60 nos., Jaiphal a few nos., Kismis, etc., for the Journey.

1st August, 1997, had been to Guru Niwas to inform Gurudev about the journey commencement and to have His Blessings. However, Sri Brahmachari Saranagat Chaitanya did not allow this sevak. Hence, requested him to convey commencement of journey to Gurudev for his Blessings.
On 1st August, 1997, had been to Swami Dayananda Ashram, Purani Jhadi, Rishikesh, for midday Biksha. With utmost love, H.H. Sri Swami Sakshatkiranandaji arranged asana, and biksha.

At the first instance, went straight to H.H. Sri Swami Taranandaji (aged Swamiji, who imparted the knowledge on Brahma Sutras to H.H. Sri Swami Dayanandaji Maharaj) for His Blessings. Prostrated before Him, expressed desire to make Kailas-Manas Yatra. Received His Blessings. In turn, went to H.H. Sri Swami Sakshatkiranandaji. Just after His Blessings, this sevak was suddenly called back. Swamiji put his hand inside a drawer and took an amount of Rs.500/- and handed over to this sevak saying that this is only for Yatra purpose. So you can accept this, nothing wrong. Here, this sevak would like to mention clearly that first Dakshina, Rs.108/-, towards Yatra was handed over by Pujyasri V. Krishna Murty Guru, President DLS Br., Shivananda Bhajan Mandir, Nandini Nagar - 490 036 (MP). Only through him I was introduced to his old retired friend, Sri Bahadurji, who settled after retirement at Khatmandu, Nepal. Sri Bahadurji promised to arrange some money needed for the purchases at Khatmandu for the Yatra.

From Dayananda Ashram after Biksha returned back to Shivananda Ashram. Same evening, 1/8/97 at 5.30 pm., left Ashram to reach Rishikesh Rly. Station to catch Doon Express.

* * *

INITIAL COMMENCEMENT ATTEMPT OF YATRA

"All Ram, Ram, nothing but Ram! Om, Om, Om! Ram! Ram! Ram! This is madness of Ram. To understand Thy ways is not only impossible but also unnecessary for Thy humble devotees. God is everywhere, but he wants to have this
fact actually proved by going to all places and realising His Presence everywhere.

Pilgrimages should be made on foot.

O Ram! Let him go out into the world, toil, suffer, die for Thy sake. Let him face contempt, persecution, nay, death for Thy rule of love, bliss and light. In the fire of this ordeal, let Ramdas purify his lethargic soul. Height of misery is the height of happiness. To realise both is true bliss, true peace. Let every minute of its (this body's) existence be utilised for Thy Service, RAM.”

-Swami Ramdas

FRIDAY, 1ST AUGUST, 1997:

Left Rishikesh by Doon Express. Blessings received in abundance from all Saints, wellwishers, beyond imagination. Joy knew no bounds. Jai Gurudev! First and foremost Yatra, just after 10 days after Sannyas Diksha. This is the miracle of Gurudev.

SATURDAY, 2ND AUGUST, 1997

12 noon, Doon Express reached Ayodhya, got down and broke the journey here for a day. Took rest at Birla’s Choultry near to Rly. Stn. Took an almirah on rent Rs.10/- for keeping the bag and sleeping in the Verandah for the night.

Immediately, proceeded to River Sarayumaa, bear-footed. Took bath and visited Ram Janma Bhumi. Adjacent to it is the Aurobindo Ashram. Br. Visited Hanuman Ghadi, stayed upto 8 pm. or so, then returned back to rest place. Next day. 3rd Aug. 1997, started by Doon Express and reached Varanasi at 4.30 pm.

SUNDAY, 3RD AUGUST, 1997

Reached Varanasi at 4.30 pm. Proceeded to Mukteshwar Mandir (very old) by a Lanka Trekkar (Rs.5/-). 6 pm. reached
the Mukteswar Mandir which is very near to Til Bhandeswar Mandir and Andhra Ashram.

Sri Swami Ramanandaji of this Mukteswar Mandir was very kind to allow this sevak a few days stay. He took much care towards this sevak. Puja Swamiji was kind enough to take this sevak to dip in Ganges, Vishwanath Mandir Darshan and to a Kannappa Satram for midday biksha on all the three days stay. The mother who serves biksha at the Satram advised us to take Biksha there itself. Thus, 4th, 5th, and 6th took biksha in that Satram. God and Gurudev is so kind towards this sevak-baby to feed. Kedar Ghat - Lord's Darshan all these days. Here, on 4th Aug. 97, met Sri M.S.R Natham couple staying very near to the Kedar Ghat. He is known in that locality as Raipur Rly babu. They offered lemon sarbat. Learned that he suffered a lot and now is recovering almost by the Grace of Lord.

Here again purchased a few articles for the Yatra. Sri Swamiji Maharaj handed over a Dakshina of Rs.35/- . With the Blessings of all, started from Varanasi at 6pm. on the 6th Aug.. Bus (Rajparivahan Bus Stand - near to Varanasi Rly. Stn.) to SONOULI via. Ghorakhpur. From Sonouli India border to Nepal moved by Rickshaw. Of course, very short distance of a 3/4 km. only. Formal checking will be at Checkpost there. Within half-an-hour got a bus to Khatmandu which started at 6 am Nepal time. Only 15 minutes more than our time. Buses were quite comfortable; delux buses with 2/2 seating accomodation push-back. So nice. Driving also nice. Very beautiful sceneries on the way. Enjoyable. Enjoyable. At last reached Khatmandu at 4 pm. Central Bus Stand, on 7th August, 1997 ( Thursday ).

THURSDAY, 7TH AUGUST, 1997

Stay at Bhagawat Sanyas Ashram, Backside of Pasupathi Mandir-Ram Mandir, Khatmandu - 7th, 8th, 9th, 10th & 11th.
Reached Kathmandu Central Bus Stand at 4 pm. on 7th Aug. 97. From here, by a town bus moved to Pasupathinath/Ghoshala Dharmasala Chowk. Just before getting down started raining. Drenched a little and took shelter in front of a shop. After half-an-hour, started searching of the Ashram. Nobody knew very clearly about this Ashram. With a little difficulty at last found the Ashram on the backside of Pasupatinath Temple adjacent to Ram Mandhir.

After enquiring about details of this sevak, Sri Tamu Prasadji, Vyavastapak, came personally and enabled me to stay in the Ashram. It was learnt that Pujiya Swamiji, Sri Bhagavatanandji Maharaj, founder of the Ashram, was not in the Ashram and away on pilgrimage. Sri Tamu Prasad and his Acharya prepared a Letter of Introduction on their Ashram letter-pad by affixing a passport photo of this sevak over it, and was handed over to this sevak around 10 pm on 10th August, 1997. Also, entered the full details of this Sevak along with a passport photo affixed for record. Thus, they were so kind towards this sevak, and Blessed for a very successful ‘Kailas-Manas’ Yatra.

Here, Veda Patha Shala was established and at present around 50 young Brahmacharis residing along with a few Acharyas. They impart knowledge to these students with utmost love, and very systematically. They teach these young students with Sandhya Vandai, Nitya Agni Karya, Rudri, Kritan, Guru Vandana, etc. Ashram description - Very large sized hall with iron trusses and corrugated sheets shed. A little portion for dining and the major part of it for the purpose of sleeping. All through the wall, fixed by big-sized steel almirahs around 50 nos. for the use of all children and Acharyas. In addition, having a big kitchen homa mandir, Gurudev Mandir. Abundant water supply is available. Several taps were fitted on the backyard but having no bath & Lav. Every one has to go to the jungle nearby for nature’s call. Here, there is a creature of very small size, Jhuko, which
sucks blood and drops off on its own. To our surprise, we find blood oozing from our body, feet etc. One must be careful in selecting a place for nature’s call. During rainy season, one has to drench for the purpose. There is no shade at the taps.

On observing this difficulty and out of love towards students and inmates, a desire arose from within the heart of this sevak to donate a little towards construction of such facilities. Also, to encourage among devotees to donate for the cause. Jai Gududev! Thy will be done!

Daily a few number of Sadhus and Sannyasins visit this Ashram, stay for a few days and then depart. Meals, tea, stay, everything, free, like other standard Ashrams. Of course, donations can be accepted by the Ashram.

On Saturday, 9th Aug. 97, Sri Bahadurji met this sevak in Ashram and gave an amount of Rs.3,000/- Nepal (I.C. Rs.1875). Exchange rate I.C. Rs.100/- equals to Nepal Rs.160/-. We both had been to market but found that most of the shops were closed, being a Holiday for them. Due to not keeping well, Sri Bahadurji assured that he would send his son the next day. Accordingly, his son met me in the Ashram. We had been to the Market on 10.8.97 (Sun). Purchased from the whole-sale shops items like pittu-bag, sleeping bag, raincoat set, shoe, banian, etc., and returned back to the Ashram.

Purchased Bus Ticket from the Reservation counter for the next day journey from Khatmandu to Nepalgunj.

Monday, 11th Aug. 97, his son came personally to the Ashram and accompanied to the Bus Stand and waited till its departure. His son was so kind towards this Sevak and purchased a small money-bag to be tied to the waist as a gift from his side.

From Khatmandu the bus started at 4 pm. on 11th and reached Nepalgunj around 5 am. on Tuesday, the 12th. From there, walked around 2 km. To Hanuman Mandhir and waited
outside for one hour. At 6.15 am., Mandir was opened and placed luggage inside at a rare-end corner of the Mandhir as not to cause inconvenience to the inmates and devotees. Took bath, etc.. Around 11 am., on the advise of Sri Naga Baba of Hanuman Mandhir, went to Nepal Air Lines Chief, thrice, and at last met the Chief but with no use. No chance of getting air ticket in the immediate future because of heavy rains previously. He suggested to wait for two or four days. Having faint hope of getting Air ticket to Semikot on the same day, on 12th, as per the command of Lord and Gurudev, commenced the return journey from Nepalgunj to Rishikesh. Reached Haridwar by evening of 13th. Reached Shivananda Ashram by 13th evening (Wednesday). Shri Bhatt, Incharge of Reception, was kind enough to allot a bed in Govardhan Dham No.1, Room no. 10. Permitted for 4 days only.

PREPARATIONS FOR SECOND (SUCCESSFUL) ATTEMPT OF YATRA

WEDNESDAY, 13TH AUGUST, 1997

Stayed in Shivananda Ashram from 13th to 17th August, 1997. During the above period this sêvak had been to H.H. Sri Swami Medhanandaji of Kailas Ashram. After learning the details of difficulty in getting Air ticket he hinted that this sevak should have gone via Darchulla, by pony etc., as the required papers were already made.

On hearing this advice this sevak simply returned to Shivananda Ashram. Upon return back without Yatra, this sevak was of the opinion to return back the Dakshinas received from the Well-wishers.

But, God and Gurudev's ways are always miraculous and beyond human perception. Gurudev - Parama Dayalu, Leelamaanusha Vigrah - Sakshat Maatrumurti - the protector of this young, less than a month-old baby sevak.
On the advise of Swamiiji of Kailas Ashram, inspiration came, not to move haphazardly. But as per his advise, to move via. Darchulla due to limited means. First, decided to visit again Nepalgunj to meet the Chief of Air Lines as per his earlier instructions and to move as per the earlier suggestion given by H.H. Sri Swami Medhanandaji. This Sevak was very particular about the advice of movement via Semikot, etc..

Here this sevak would like to narrate an instance. Fortunately, as a Blessing, on return from Nepalgunj on 13th Aug. 1997, learned from H.H. Sri Swami Hamsanandaji Maharaji that a Draft (uncrossed) for Rs.1500/- sent by Purvashram - Hyderabad, was lying with him. On 14th August had been to SBI, Swargashram, to get it encashed immediately, because of it being an uncrossed Draft. They stated that it should be sent to Main Branch, Rishikesh, for their clearance and could be paid only on Monday. Immediately proceeded to SBI, Main Branch, Rishikesh. Reached by 1.45 pm. Only 15 minutes banking time left. This sevak approached and pleaded with them along with the letter and our DLS Aug. Magazine. God and Gurudev entered into the staff, enabled the SBI staff to help this sevak. The dealing Assistant advised that this draft should be attested by their AGM, sitting in the next building. Only then the payment will be made. As per their suggestion, approached the AGM. Explained everything and showed the letter along with the DLS Magazine. Without any further delay, AGM kindly attested the Draft with only 5 minutes left until 2 pm. Thus, payment was made by them to this sevak. (Later learned that official procedure for an uncrossed Draft is identification by an A/c Holder, or one must have an account in that Branch.) Thus, after getting this amount of Rs.1500/-, this sevak started purchasing a few articles needed for the journey, and again proceeded to Nepalgunj on 17th.

15th Aug. 1997, Independence Day Celebrations were
conducted by the Nagarpalika (Panchayat) in front of Gurudev Kutir (Ananda Kutir) where Pujya Sri Swami Krishnandaji Maharaj was invited for the occasion. In the evening of 15th Aug.'97 (Friday) after usual satsang in Gurudev Kutir, at the time of Ganga Arati, heard Kundalini Mantra from H.H. Sri Swami Hamsanandaji Maharaj — telling to a devotee that it can ward off the disease of even hunger and thirst. On hearing this, this sevak immediately took it as Mantra Initiation of Kundalini Maa, and from that day continuing its Japa at least 3 malas daily, for 40 days, as understood, which will ward-off all evils and bestow control over hunger and thirst. Exactly it is so. Tested personally, Jai Gurudev! O Kundalini Maa!

This is the practical experience of this sevak during the Yatra days. Some mantra, either Kundalini, Sannyas, or Pranav mantra, continuously remembered to some extent with Japa throughout Yatra movement. Jai Gurudev! Thy will be done. Pranams to THEE.

Sunday, 17th Aug. 1997, 3 pm., this sevak met H.H. Sri Swami Hamsanandaji Maharaj at the time of leaving for Nepalgunj again. Swamiji was kind and Blessed this sevak. While chanting Mahamrutyunjaya Mantra, handed over an apple saying “YATRA SAPHAL HQ“. In turn, had the Blessing of H.H. Sri Swami Devanandaji Maharaj. Informed to a few well-wishers.

Thus, started from Ashram at 3.30 pm. to Haridwar Bus Stand by a shared auto. Auto Driver promised to drop this sevak at Bus stand (Rs.12/-). He suddenly changed his views and forcefully managed to vacate us from the Auto at Harikipouri, Haridwar, stating that because of traffic jam, etc. not moving forward. Further, he bluntly denied his promissall as to drop us at Haridwar Bus stand. Anyhow, as ordained by HIM, got down at Harikipouri area. Started moving with the
luggage on the back GODS WAYS ARE MYSTERIOUS, INDEED. THY WILL BE DONE.

By getting down at this spot, this sevak was able to purchase a few plantains on the way for the night meal in the bus journey and also could purchase some needed medicine, like dyzine. After getting into the Main Road, engaged a Rikshaw upto Bus +stand for Rs.5/- Very reasonable and very courteous gentleman towards this sevak by stopping at the Medical Shop for purchase of some medicine, etc. Reached Haridwar Bus-stand before 5 pm. The Bus started at last around 7.45 pm.

**ACTUAL YATRA COMMENCED**

"O Ram !, Thy slave Ramdas is Thine completely. Give strength to Thy slave to withstand all the temptations of a most unreal world. Let him always live in THEE ! Child-like nature, madness of Ram and Supreme wisdom mean one and the same thing. O mind, be always firm and fixed on Ram. Every other occupation for you is utterly useless. Keep Ram’s company always. Then your talk, your actions your thoughts are all HIS. O Ram, keep Thy slave always absorbed in Thee. He is at once Thy slave and Thy child. Never allow him to leave Thy Holy Feet. O Ram, never put him in a situation in which he would forget THEE. O Ram, O’ DIVINE MOTHER, Ramdas, is Thine totally, completely, heart, soul, body, mind, - everything. O Ram! THY invincible arm protects Thy slave, where is fear for him? All that RAM does is for the best.

*SWAMI RAMDAS*
SUNDAY, 17TH AUGUST, 1997

From Haridwar, bus started at last at 7.45 pm. After 2 hours journey, all the vehicles stopped because of flood in the causways. One tractor forcefully started coming from the other end, even after repeated slogans from this end not to venture because of very heavy current of rivulet and much wider (almost like ganges width at our Ashram, Rishikesh ). The tractor was pushed aside by the River's heavy current.

Inside, the bus was full of passengers. Many small children weeping for water, meals, etc. A very horrible plight witnessed for first time in the life of this sevak. Inside the bus, sultry, no air, children crying and outside raining. At last rain stopped and passengers got down from the bus and started squatting on the ground, observing nature's beauty, the river's heavy flow of current. Simultaneously, all were praying to Lord to recede the river water to enable the bus to move forward.

Eventually, the passengers started demanding the Driver and the Conductor to return back to Haridwar Bus-stand where some eatables and water could be taken, as it would be rather risky to proceed further through this very heavy current of river water over the causway. At that time this sevak thought there was no hope of doing any Yatra. What is to be done? Sincerely trying to perform Yatra, then the rest is left to God. His ways are beyond human perception. Let Thy Will be done. Thus thinking all the time. Of course, whether the Yatra can be done or not, no worry at all. Everything left in the hands of Gurudev.

As per the demand of the passengers, the Driver thought to take back the bus to Haridwar. But, the Driver left somewhere and the Conductor was very stubborn that as per rules they were not supposed to go back under any circumstances. They would go forward only when the circumstances become favourable. Until then, all had to stay there only at that particu-
lar spot. Approximately 12 midnight one bus started venturing to cross the river as the flow of the current receded a little. With prayers by all the passengers, the bus slowly crossed the river to the other side.

After moving hardly a kilometer there was one more rivulet over the causway overflowing in spate with 4' deep over it. Again, the bus stopped for another 2 hours. At last, slowly crossed the second rivulet with prayers to Mother Ganges. Jai Mataji ki jai! Thus, crossed both the rivulets. The bus moved forward with His Grace in a miraculous way. Thy will is Supreme. Thy will be done. Jai Gurudev! Subhaan. By evening of 18th Aug: 1997 (Mor), reached quite late at Indian Border (Nepalgunj)

After getting down crossed the border by walk and got into a jeep (Rs.5/-, 8 km). Got down at the main junction and from there slowly proceeded by foot to Hanuman Mandhir. Reached at 6 pm. Kept the luggage as usual in a corner of the Mandhir. Met Sri Naga Babaji of Hanuman Mandhir. Narrated in detail about the journey. This sevak informed Naga Babaji that with high hopes he had come here again with the possibility of getting Aeroplane at least this time. On 19th Aug. again went to Chief of Air Lines and came out with nil hope of getting Air Line because of weather. Also there were already booked passengers to be sent to Semikot. There was little chance of getting Air passage before 1st Sept'97. On hearing the Chief’s version, returned back to Hanuman Mandir and informed Sri Naga Babaji in detail. Baba suggested that the only way to proceed was through Mahendranagar — Vyasi — Tanakpur — Darchula — and onwards by foot trekking. Sri Naga Baba suggested sincerely, lovingly, to proceed as per his advise without any further delay, because he was of the view that there was every chance of falling snow, rain, etc.. Suggested to this sevak to try this route. “May God Bless
you”.

Sri Babajiís blessings had on 19th Aug.'97 (Tuesday). Offered special prayers and prasad to Lord Hanuman for successful Yatra. Here, purchased a few articles needed for the journey like B-Complex cap., plastic cloth, etc., and tried for a lati. but could not get it. On hearing this, immediately Sri Babaji searched and found a lati in the Mandhir and handed over the same to this sevak, saying that this lati did Kailash - Manas Yatra by a Mahatma and left by him. Saying thus, Sri Naga Babaji handed it over to this sevak and prayed for Blessings of Lord and put tilak-sindur of Sri Hanumanji.

This sevak had been to Bus-Stand and enquired about bus timings of towards Mahendranagar and came to know that the 1st bus starts at 4.30 am, second at 7 am and finally at 9 am.

Nepalgunj reached on 18th evening and stayed on 19th full day. Then, on 20th Wednesday, early morning at 3.30 am. got ready for the journey after bath. Just came out of Mandhir and within a few yards got a rickshaw which dropped this sevak in time to the Bus-Stand. Took the ticket (Rs.157/-), and the Bus started as scheduled at 4.30 am. and thus reached Mahendranagar by 3.30 pm. Immediately from there another bus (Rs.4/-) upto Gadda chowk. After reaching Gadda chowk started walking for a while and got a rickshaw for Rs.10/- to drop this sevak. After crossing the border checkpost, via. Mahakali River reached Vyasi. Rly. station is there, but could not enquire perfectly which was the railway route. Anyhow, again from Vyasi by a jeep (Rs.5/-) per head proceeded to Tanakpur Bus Stand by 5 pm. Here, rested for the night in the Bus-Stand shed only. Early hours of 21st Aug.97, at 4.30 am bus started from Tanakpur and reached same in evening at 4.30 pm Darchula. After getting down from the Bus, started by walking with the luggage. Crossed the Indian border and
went towards Nepal border side. On the river bank (Mahakali River) sat at a tea shop thinking of what would be the next course of action for onward march. This sevak was in search of a porter/guide for the entire Yatra. Decided to sleep on the Verradah of a tea shop. In the mean time, a gentleman came and started enquiring about this sevak's whereabouts, etc. He offered his front room to stay for the night.

THURSDAY, THE 21ST AUGUST, 1997

NIGHT HALT AT DARCHULA - NEPAL

Accordingly, shifted to his room (Sri Dil Bahadur, owner of Mahakali Hotel), took bath and became fresh. At 6.30 pm. Sri Dil Bahadur approached this sevak and appraised that for the Yatra a minimum of Rs. 10 to Rs. 12,000/- Nepal amount was needed. On hearing this, immediately expressed inability. Hence, decided to return back the next morning by some bus to Tanakpur and further towards Haridwar. What to do? Thy will be done. Thus, at every step, some sort of testing of Lord comes. This sevak was never worried about inability to proceed further due to lack of sufficient money. Then slept. Again, Sri Dil Bahadurji approached this sevak at about 9.30 pm along with a porter guide, a little Hindi knowing. Sri Ram singh by name, started enquiring about facts of how much money this sevak was having etc.. This sevak expressed that an amount of Rs. 4,500/- I.C. maximum was having, (Of course, a little money separately kept for emergency purpose and for return journey). Sri Dil Bahadurji calculated in detail the possible expenditure to be incurred during Yatra and gave hope of a Successful Yatra with the money available. Thus, he fixed the porter-guide, Sri Ram Singh of Banspalli village, to carry luggage and to guide, which he did perfectly and whole-heartedly throughout the journey. This sevak had to pay him Rs. 2,500/- Nepal, along with full meals,
teas etc. needed all through the journey. He had also suggested to purchase a few kgs rice and dal and advised us to cook on the way. Thus, expenditure can be minimised. Also, advised us to stay in Mahakali hotel at TAKALKOT stating that his brother, Sri Ganesh Bahadur, would help in every possible way. As per his advise, this sevak paid Rs.600/- as advance to Sri Ram Singh and another amount of Rs.250/- towards purchase of rice, dal etc. for the journey. Accordingly, Sri Ram Singh purchased the articles and kept ready for the journey the next day, Friday, 22nd August, 1997. Morning at about 9.50 am. (before entering Rahukala) started for the Yatra. Sri Ram Singh did not have any warm clothes with him at that time. Hence, we both forced to go to his house at Banspalli village.

FRIDAY, THE 22ND AUGUST, 1997 : (1ST DAY TREKKING)

Yatra commenced at 9.50 am from Darchula by trekking. Reached his residence at Banspalli at 6 pm. Took rest in his house. He was quite hospitable in a humble way, in his own capacity. Enjoyed his meals. The cooked rice and Dal offered to this sevak was only half-baked. Hence, took little by little, a very little, and with much caution as a prasad from the Lord himself. Chewed perfectly every bit of rice with utmost care so as not to cause indigestion problem, diarrhoea, etc.. While taking LORD’s name and praising His Leela’s, slept that night in his house.

SATURDAY, THE 23RD AUG. 1997: (2ND DAY TREKKING)

Banspalli, Karshan Mangram, Sheena Vill. Tosharpani. At 8 am. after taking bath, started from his house. Crossed two riverlets on the way, through thick jungle etc.. At last reached Tosharpani around 4.30 pm on 23rd. Took rest, pre-
pared meals. Night halt in his shop on the top.

SUNDAY, THE 24TH AUGUST, 1997: (3RD DAY TREKKING)

From Tosharpani trekking via. Mall Village - Sangnari - Rangthal - Dumlbing - Kalju - Tambaku, and thus reached Ghatibagal by evening. Left Tosharpani in the morning at 7 am. Reached Mall village at 8.45 am. (Rapla Gram Panchayat ). Started from Mall after taking tea at 9 am., reached Sangnari at 10 am. and moved bypass route. Here purchased Acrut fruit at per Rs.10/- 50 nos. Rangthal crossed at 11.40 am and reached Dumlbing at 12.30 pm. Tosharpani to Dumlbing 8 km. Here meal preparation started by Sri Ram Singh. (Potato Rs.6/- per kg, Oil etc Rs.5/- and wood Rs.4/- ) NOTE: Earlier, there was a plank 20' long to cross the Mahakali river from a little down at Dumlbing and to catch a jeep on the Indian side and reach Darchulla. Now, this plank was washed away. At Dumlbing, meal preparation and consuming completed by 2 pm. Now raining. Anyhow, started from Dumlbing at 2.30 pm. On the way connecting pool broken and some how proceeded through temporary small, one foot mud path and reached kalju village at 4 pm. Halted for tea. Since one hour drizzling but managed with ordinary towel. Tambaku hotel. Reached Ghatibagal by evening at 7 pm. Night halt.

MONDAY, THE 25TH AUGUST, 1997: (4TH DAY TREKKING)

From Ghatibagal, trekking via. Dopakhe, Kuntisang, Ghagha A and then Ghagha B reached in the evening 7 pm - night halt at Kailas hotel. Sri Krishna Janmaastmi - Jai Gurudev!

Started from Ghatibagal at 7 am. A little cold here. Left a little quantity of rice and dal here. Reached Dopakhe at 8 am. In between Ghatibagal and Dopakhe way broken at four places. Moved in a temporary small path. A little tough. Jai
Gurudev! 8.30 am started from Dopakhe. Before reaching Kuntisang, met H.H. Sri Brahma Ashram and H.H. Brahmachari Pranab Chaitanyaji Maharaj of Kailash Ashram, Uttar Kasi. Very happy. Advised that pass be made after crossing pool near Guest House, from a Chinese Military Office, at Takaltot. Fee per head 5 sukurs. Rs.7/- = 1 Sukur. Rs.4.50 I.C. equals to One Sukur. Reached Kuntisang at 2 pm. From Ghatibagal to Kuntisang about 12 km. Halted on the way, took twice sattu... At more than six places the way was damaged. Meals prepared here. From Kuntisang started at 3 pm and reached Ghagha village at 7 pm. Kailas Hotel to take rest night-halt. Hotel Ghagha A before pool is a small one. After crossing pool Ghagha B'. This is a bigger hotel and several beds were available. Good for night stay - Rs.15/- per person. Thus, 25th ends in cheers. Jai Gurudev! Changru village is not coming along the way, just to the side. One has to pass and reach Ghagha B Hotel. There is a temple in white at Chagru village. Note: H.H. Sri Brahma Ashram along with Br. Pranab Chaitanyaji explained their route of how they proceeded to Kailas Yatra. Details are as under:

From Nepalgunj by bus to Safehbagarh, then trekking. Bazura - Martrudi - (river Karnali bank 5 days walk) Matrudi - Kulti (2 days) - Badoo (1 day) - Baltek (1 day) - Khaladil (2 days) - Una (1 day) - Phuloi (1 day) - Gumbha (1 day) - Chalakhula (3 days) - Munchu (2 days) - YARI PASS (1 day) - Sera (1 day) - Takaltot by truck. Then Takaltot to Manasarovar Tarchen (Kailash), Truck approx. 20 sukurs per head.

TUESDAY, 26TH AUGUST, 1997:(5TH DAY TREKKING)

Started from Ghagha B at 7.30 am and reached Dungkong by 5.30 pm (night halt) via. Rakang, Tinker, SCHELEK, then Dungkong. Here at Ghagha B (Ghagha Vyas), got up a little early. Took Lord’s name a little. Took
tiffin - chooda with milk. Proceeded further. Reached Rakang village at 10 am. From there reached Tinker at about 12.30 pm. Meals prepared outside open area only. After meals, started at 2.30 pm. Nepal Security Force Border - SCHELEK. Reached at 4 pm. With the Blessings of Guruđev. Permit made by the Police check-post with utmost love and reverence towards this sevuk. Jai Gurudev! Thy Will be done. Reached Dungkong village at 5.30 pm. Night halt. Quite cold. Of course, by His Holynesses Sri Swami Chidanandaji Maharaj's Grace, everything will end well. Om Tat Sat Brahmaarpanam Om.

WEDNESDAY, 27TH AUGUST, 1997: (6TH DAY TREAKING)

Started at Dungkong at 7 am. Reached via. Tata LEPU PASS, Zhu Zhu, Takalkot., by evening at 7.30pm. Left further from Dungkong at 7 am. Too tough. Purchased 9 nos. biscuit packets for Rs.100/- not at all good. Even the dog could not eat, but Sri Ram Singh and others managed to eat. How? God alone knows. Almost the journey appears to be tough and with difficulty proceeded forward, stopping at every short distance. On seeing the difficulty, horseman advised to catch hold of the tail of a horse and move forward along with it thus oxygen will be supplied and easier to proceed. As per the advise, moved for some time and could not continue longer. His Grace alone pushed this sevak forward and reached TATA Hotel at 8.30 am. Took meals, roti etc. Again started at 9.30 am. Reached LEPU PASS Top (17,600 ft.) with much difficulty at 12.30 pm. Too much cold. Tough journey. Succeeded only by GURU KRIPAL alone. Jai Gurudev! Reached Zho Zho at 4 pm by crossing two rivers on the way. Zho Zho is in a dilapidated condition. A Chinese resort having rooms around 8 or 9 nos. At last reached TAKALKOT at 7.30 pm. Mahakali Hotel. The area is like a vast desert. Chill wind most of the
time. Night halt at Takalkot. No meals for me.

At a height of 17,600 ft. On LEPU PASS we were of the opinion of taking tiffin. But, after reaching LEPU PASS, very heavy, cold wind forced us to move forward not to stay there even a minute. Here, a square cemented pillar of 4'ft. height was erected and flag-post decorated with rags tied by the devotees as a mark of respect to LORD KAILASHPATI at that great height. Thus moved further. On the way crossed two rivers, depth maybe 2'ft but with very heavy current. Boulders to cross over it. Risk involved. If a step misses would fall into river and clothes would get drenched with ice-cold waters. Only that much. To avoid this one had to jump from one boulder to another at a distance of 4'ft or so. Thus, the river-rivulet has to be crossed. Of course, everything is possible, with Guru Kripa.

Two rivers successfully crossed without any slip by the guidance of Sri Ram Singh and others. Reached ZHU ZHU. After moving further, took tiffin around 4 pm. Before reaching Takalkot there was a Checking office. Huge building. Chinese Security Office where they checked our bags. Around 7.30 pm. reached Takalkot, Mahakali Hotel. Took tea. Observed most drinking foreign liquor. At first, ordered two meals. But, for hot water peeped into the hotel Kitchen and found cut-sheep hanging. Immediately, cancelled one meal. Took a few 50/50 Biscuit packets and a fruit juice tin. No meals for the night. Mahakali Hotel Manager arranged a room for us (no.4) to stay. No locking arrangement. Took Glucose C biscuits. For nature call one has to go outside.

THURSDAY, 28TH AUGUST, 1997 : EKADASI (TAKALKOT)

No meals. Managed with Glucose-C, biscuits and milk. Pass made from Chinese Security Office, 5 Sukurs per head,
i.e. 35x2 : Rs.70/- Nepali only. They took Rs.120/-, Rs.50/- excess, cheated this sevak. Understood from Kailas Hotel that to proceed with a few yatrics would cost much. Hence, as per the advise of a well-wisher in the Hotel, forced to stay for two days and accompany the expected 12th Batch Indian devotees. Night meal; Roti rough, thick, half-baked and curry only water-like. Able to chew a very small bit of it only and took water for gulping. Hardly 1/6 roti consumed with much difficulty. Not charged for it. Only for this little consumption next day suffered from diarrhoea.

FRIDAY, 29TH AUGUST, 1997: (TAKALKOT)

Along with others went to the market, purchased one pant-like and a blanket. As per the suggestion of Sri Ram Singh, purchased Tofee, etc. A few shop-keepers were very shrewed and hotly. Bargaining is there. When once agreed for the rate, they did not allow anyone to go without purchasing. One must be very careful in purchase dealings. Sri Ram Singh wanted to purchase a few articles and as per his request paid most of the agreed amount, Rs.2,127 out of Rs.2,500 + 300 Rs. 2,800/- Nepali. He expressed desire and voluntarily expresses willingness to pay Rs.300/- extra over the agreed rate. Sri Ram Singhji was very happy for this.

Half a dozen motions occurred and immediately consumed 5 nos. Dependal M tablets. Motions perfectly controlled with HIS KRIPA. GURU KRIPAHI KEVALAM. Jai Gurudev!

SATURDAY, 30TH AUG. 1997: (TAKALKOT)

We started at 5 am. and reached the Chinese Checkpost by His Grace. 12th Batch Bus already left. We got into the truck loaded with baggages of the 12th Batch. After one hour journey, the driver stopped the vehicle and demanded 30
sukurs per head, not even allowing for bargaining. So ferocious. Told otherwise to get down on the way immediately. Paid 60 Sukurs as per his demand for the two. We met the Indian Party at Rakshastal. Some how the Indian Party allowed this sevak only to sit in the bus and to accompany with them. Sri Ram Singhji moved in the truck only. Vehicle reached JEDE Guest House. In the Manasarovar took bath for first time. Filled a small bottle with Manasarovar Tirth. Did five Surya Namaskaras and remembered all Saints and Purvashram members, etc. The 12th Batch devotees were 24 in all. Half of them got down at HORE for Manasarovar Parikrama. This sevak proceeded to TARCHEN for Kailas Parikrama. Reached JEDE at 11 am. Finally reached DARCHEN at 4 pm for Kailas Parikrama. Beautiful Divya Darshan of LORD and Gurudev, KAILASHPATI PARMESHWAR. Stayed in the kitchen for the night halt. The 12th Batch devotees were all very hospitable; gave tiffin, soupe, etc. Did Homa. Enjoyed the Bliss. Whatever is happening in Sevak’s life is all a miracle. Thy will be done. Thy will is Supreme. Jai Gurudev!

SUNDAY, 31ST AUGUST, 1997: (7TH DAY TREKKING)

From Tarchen, started around 7 am for Kailas Parikrama. From beginning, appears to be a tough journey. At the end of journey, while crossing the river, fell down in water. A little cauntusion over the right palm. Clothes drenched. (On the way there was a bridge to cross over the river and to proceed towards the Guest house, Derabok. But, we moved straight.) Thus, forced to cross the river and then reached Guesthouse. In the evening, Divya Darshan of Lord Kailash in front of Guest House, so brilliant and charming. For the night halt paid 16 Sukurs. Jai Gurudev! Thy will be done.
MONDAY, 1ST SEPTEMBER, 1997: (8TH DAY TREKKING)

Started in the early morning around 5 am. from Derabok Guest House. Appears to be too tough, but Lord-Gurudev enabled this sevak to move. Reached DOLMA PASS and all the devotees did beautiful worship, arati, prasad. Then proceeded further. Reached Gouri Kund, the abode of Mother Parvati Devi. At 2 pm passed through snow-frozen lake for a furlong. Further moved through the tough mountain path. [Note: It was learned that there is a custom to take Gourikund water and to mix in Manasarovar]. Gouri Kund is in three parts; one very big and the other two small sized lakes adjacent to each other in a very beautiful parrot-like colour water. It is beyond this sevak’s capacity to express it’s colour and it’s enchanting atmosphere. Beyond human description. Quite Lovely, Mother. Proceeded on tough journey. At last reached Jerbok Guest House by 7 pm. having travelled Approx 24 km. For the night halt, stayed in kitchen. Paid 14 Sukurs.

TUESDAY, 2ND SEPTEMBER, 1997: (9TH DAY TREKKING)

From Guest House started in the morning at 7 am. Reached Darchen around 2 pm. 13 km. A little tough. Thus, with God and Gurudevis KRIPA alone, as per the sankalpa, Kailas Parikrama successfully completed. The toughest Yatra. Jai Gurudev! Thy will be done. Subham. After return from Kailash Parikrama all performed Havan, Kirtan, Arati, Prasad. Gurla Mandhata, Great, appears in bright, round-shape amidst snow-peaks in front of Guest House. For a long period visualised and enjoyed the BLISS. Night halt.
“A man who has the Name of Ram on his lips is Superior to a Brahmin. In the eyes of Ram all are equal....... Going to the source of the river Mandakini (Kedar) where the snow melts and flows down, he took his bath. The water was, of course, very very cold, but what cold can affect him when Ram protects?....... He had ascended without any warm clothing. But, by Ram’s Grace he felt neither cold nor fear. ......

Ramdas was charmed with the place (Brindavan) and stayed on the banks of the river for a fortnight, making the dry sand his bed and seat for the night and the shade of the trees a little above, his resting place during the day.

He spent one night on the foot-steps of the large tank of the Walkeshwar temple (Bombay) keeping awake almost the whole night in Rambhajan.”

- SWAMI RAMDAS

“The best Guru Bhakti is to love all, to be kind and compassionate towards all and never hurt any living creature to try as much as possible to benefit life around us, to be good, do good, and to serve, so that out of us only good comes, only help comes, only usefulness. Anything that is negative, anything that is destructive, harmful or injurious should never come............. Thus, there is no greater Guru Bhakti, there is no greater Guru Seva, there is no greater worship and Adoration of the Guru than to become an embodiment of kindness, compassion and doing good to others. This is the greatest Guru Lakshina, the greatest Guru Bhakti, the greatest Guru Seva.

-H.H. Swami Chidananda
WEDNESDAY, 3RD SEPTEMBER, 1997
MMANASAROVAR PARIKRAMA

After tiffin, waited for the departure of HORE. Half of 12th Batch devotees were dropped at Hore for Manas-
Parikrama first. On their successful completion, returned from Jede to Tarchen Guest House around 11am for their Kailas
Parikrama. All started by the truck along with baggages to
reach Hore Guest House for the Manas Parikrama. At the time
of getting up into the truck, right-foot slipped and had an in-
jury over the leg bone. During two-hour journey from Darchen
to Hore by truck, right leg became senseless, benumbed be-
cause of very rough road. Vehicle almost jumping-like. While
going down from the truck at Hore, right-foot got twisted
painfully flat on the ground. Immediately, the devotees of
12th Batch did a little massage and thus lessened the pain
temporarily. For this night halt, slept on the bed of another
person. He was so kind, enabled this sevak to sleep without
any disturbance. He had applied ointment and administered
medicine. They were very kind towards this sevak. How God
and Gurudev are kind enough. Jai Gurudev! Everything His
Leela. Thy will be done.

THURSDAY, 4TH SEPT. 1997: (10TH DAY TREKKING)

Because of long distance of Parikrama to be covered,
around 42 km., all started very, very early in the morning with
the help of torches. Here the journey is tough because of sand
with small stones. After an hour’s journey Sunlight came in
the normal course. As ordained by Lord, this sevak just turned
head towards left and saw the blazing SUN. Diameter around
20’. So Bright, unable to see it. Tried again second time. So
Radiant and appears to be very, very near at a height of 6’ ft.
O Lord! How great and so powerful. Only one Sun, unable to
see with these eyes, then how is it possible to have Divya Darshan of Lord - Koti Surya Prabhasta? This physical body cannot even think of it. Unless He wills, and only through Jhana Chakshu with Guru Kripa. His Graces, with that alone one can have a glimpse of His Leela for a short period or as He wills. Beyond expression, beyond intellect. Jai Gurudev! During the journey crossed a few rivulets and a little deeper river of waist deep. Clothes got drenched. Too Cold. Tough journey no doubt, but with His Kripa reached CHUG Guest House by evening at 6.30 pm. Sandy with small stones all through the 42 km. distance. As ordained by Lord in the name of Gurudev gave mantra “OM SRI RAM” to Sri Ram Singh. At three places one has to cross the rivulets. Paid 15 Sukurs for the night halt. Here Chinese Checkpost people are stationed in one room of Guest House. They verified the pass and entered into their register.

FRIDAY, 5TH SEPTEMBER, 1997:(11TH DAY TREKKING)

Second day of the Manasarovar Parikrama, Holy Ganesh Chaturthi. From Chug started at 7 am. One has to cover a distance of 40 km. Reached JEDE by 5 pm. The way was somewhat better than the previous day. Twice crossing the rivulets.

All through the Parikramas, Lord's name was on by His Grace. Enjoyed the Blissful sight of Manasarovar Lake surrounded on all sides by tall Himalayan Snowy peaks. Mostly visible throughout the Parikrama was Kailash Peak. Nature is so enchanting and beyond imagination. Found in the Lake at one or two places a few Swans in groups. May be Rajhansas or may not be. Because, they are Lord incarnate only and may be visible to Saints of very high degree of evolution, i.e. Realised Saints. This is this Sevak's view. At last, on this Holy Ganesh Chathurti, reached the JEDE Guest House at 5 pm.
Kept the bag etc. on one of the vacant cots and spread the blanket, took rest for a few minutes. Immediately went to take a dip in Manasarover Lake. After taking bath, returned to the Guest House and suddenly the incharge of Guest House started removing the bag, etc and threwed outside the room mercilessly, very ferocious, unmannered brute, stone hearted, stating that the Nepali should not stay there.

On request, the 12th Batch devotees, especially Sri Khurana of Delhi, approached on our behalf and managed to convince him, stating that we are from India only. Finally gave permission to take rest in the kitchen only on payment of 25 sukurs. This is sort of earning money by force. Jai Gurudev! This sevak is thrice blessed to withstand two such circumstances. Whole night bitter cold, rainy and gloomy. Devotees of 12th batch did Homa in the evening in a very befitting manner. Arati, prasad and kirtan. Enjoyed the Bliss. Rest.

SATURDAY, 6TH SEPTEMBER, 1997 (JEDE):

Complete rest for the day because the devotees who had been to Kailash Parikrama have to come back finally to JEDE. Here at midday took bath (3rd time) in Manasarover Lake along with other devotees. Bottles were filled by the guides and on request, one filled bottle was given to this sevak. The incharge of the Guest House has not demanded further. Jai Gurudev! 25 Sukurs only for two days stay. That is all. Heavy rain with hail stones, cold increased. Kitchen where we slept started leaking at various places, practically no place to sleep. Gone into one of the room of the Guest House where a few cots were vacant. Spread the bed and slept for a while. There also roof leakage. Thrice changed the bed to different vacant cots. Slept a few hours. Woke up very early. Took Lords name.
SUNDAY, 7TH SEPTEMBER, 1997 (JEDE)

On this day, those who had been to Kailash parikrama returned back from TARCHEN to JEDE guest house, around 10 am. The entire batch of 12th batch and a few devotees like us started by 11 am. Agreed to pay 20 Sukurs each, 40 Sukurs for both to the driver of the bus. Thus, enabled us to return back to Takalkot-Chinese Check-post. On the way halted at Tibetan’s temple. Again the passes were checked at the Check-post. Enjoyed the Bliss of Lord Kailas-Manas Parikrama Yatra. Ended in cheers with his Kripa alone. 2pm reached Mahakali Hotel. On the way purchased a nylon rope 5 meters for tying the bags and baggages. Rest for that night of Sunday the 7th Sept. Decided to proceed further downward the next morning itself. The balance of Sukurs were exchanged into Nepali currency at Mahakali Hotel. Sri Ram Singh purchased a few jerkins for his children and a few kgs of wool. Thus, the baggage became bulkier for him to carry. Bulkier but not heavier. Jai Gurudev!

RETURN JOURNEY FROM TAKALKOT DOWNWARDS

8TH SEPTEMBER, 1997(12TH DAY TREKKING)

On the Very Holy Birth Day of H.H. Sri Swami Sivanandaji Maharaj, Sri Ram Singh, Guide, and this sevak started at 6 am. Reported personally at the checkpost and without checking allowed to proceed further. All the time “Om Namo Bhagavate Sivanandayaf chanting was going on al-
most continously. After one hour's journey, Sri Ram Singh's bag was handed over to a Horseman for carrying it upto Tinker for Rs.100/- and out of Rs.100/- promised to pay Rs.20/- as courtesy from this sevak. God and Gurudev are so kind, enabled to reduce the load by entrusting it to the horseman. Everything his play. Otherwise, it would have been a great problem during the course of movement for crossing Lepu Pass and onwards upto Tata. God is Great! Jai Gurudev! 10 am. sat at one place on the way, took tiffin 50/50 biscuits and Glucose C water. Sri Ram Singh took some sattu etc, of his liking. Thus proceeded further. All through, tough upward journey only. For some time rain with hail stones started with heavy cold wind. Plastic sheet was so thick and difficult to hold amidst heavy wind. One river crossed and while crossing the second river before Zhu Zhu, slipped at the end of crossing and fell down in the stream. Suddenly caught another boulder and got up. Clothes were drenched perfectly. Cold wind and rain with hail stones continued. Very tough journey. Bhagavan gave Darshan through this difficulty. Aim was to reach at first to LEPU PASS spot 17,600 ft. Except the chest portion which was covered with two banians, the entire body became exposed to severe cold winds, rain and hail stones. To hold the plastic sheet became difficult. At one moment, thought that it may drop off from the grip. At the same time thinking of how to sleep during nights without this directly over the mud-flooring of a Tea-shop. With much difficulty, managed to hold even at this critical juncture. Entire body became cold. Unable to talk. Unable to hold the stick.

After crossing the LEPU PASS - Cement piller, rain with severe cold wind continuous but with snow flakes falling over the body. Downwards movement in heavy rain, muddy with stone chips. Very difficult to proceed further. On the way a few horsemen were moving towards Takalkot. This sevak
TUESDAY, 9TH SEPTEMBER, 1997: (13TH DAY TREKKING)

From TATA - Dungkong, SHELEK, Tinker, Rakang, Ghagha 'B', Ghagha 'A'. Paid Rs.65/- for meals. Tea shop owner advised us to wear the same wet clothes, socks, boot, etc. and move forward. Said in course of time clothes would get dry a little. Accordingly did, and moved further from Tata at 7 am. Took meals at Rakang. At Tinker took tiffin. At last reached Ghagha ‘A’ after crossing the pool beyond (Changru). At SCHELEK, Nepal Check Post, we had been to them voluntarily as per the earlier promise to inform them of our successful completion of Yatra. To our surprise, one cruel fellow came forward, started to check the bags and uttering filthy language, etc. Other security people were calm and
quite. That was the bitter experience of this sevak. He asked us to open entire luggage, itemwise checked in a helter-skelter manner. It may be an indirect Blessings to have such experience. Lord-Gurudev knows what is needed for the devotee. Jai Gurudev! Thy will be done. Thy will is Supreme. Proceeded further to TINKER. Sri Ram Singh searched the Horseman to collect his bag. Bag handed-over on the way just after leaving Takalkot. Delayed for an hour. At Rakang took good meals around 3 pm. Because of heavy meals, after reaching Ghagha ‘A’ took tea and slept there almost open, too cold. Open air all the sides.

WEDNESDAY, 10TH SEPT. 1997 (14TH DAY TREKKING)

From Ghagha ‘A’ - Kuntisung, Dopakhe, Ghatibagal
Started from Ghagha ‘A’ at 7 am. and reached Ghatibagal at 3.30 pm. Very tough path. At various places way was disrupted. At the time of start there was rain for 2 hours. Later, no rain all through. Here, at Ghatibagal halted for the night. During the onward journey kept a few kgs of rice, dal, etc. with this shop-owner. We met him on the way but he could not return by evening. On the way at one or two places crossed very risky slopes with chalk powder-like terrain. Some how, with His Krips, managed to move forward and thus reached Ghatibagal.

On the way we met one more Nepali who accompanied us all through the journey upto Tosharpani. He has also helped this sevak during journey. At Ghatibagal, even though shop owner was not available, Sri Ram Singh and Sri Dan Singh managed to prepare meals for them as the required wood, dishes, bucket, etc were kept outside. Further, they prepared a few roties for this sevak also. Atta was available with Sri Dan Singh. He has collected from the vegetable garden a few leaves, made into pieces by hand, cooked and
added a little salt. Thus, served with curri and roti.

Thanks to Lord. Jai Gurudev! How great and how He is concerned about his devotees’ welfare, etc. Deena Dayalu. Bhagvan-Gurudev-Matrumurti kevalam. Slightly drizzling. Slept in the night on the temporary cot-like structure made of thin variety of bamboos.

THURSDAY, 11TH SEPTEMBER, 1997 (15TH DAY TREKKING)

From Ghatibagal - Tambaku, Kalju, Dungling, Rangthal, Sangnari, Mall village, Tosharpani. Started from Ghatibagal at 7 am. Tough journey. Reached Dungling around 1 pm. Took bath. Clothes got dried. Prepared meals and took. After taking sufficient rest, started further. We were to have started early, immediately after meals. This delay made us reach Tosharpani late night, around 7.40 pm., almost the way was not visible. Somehow reached Tosharpani. Night halt. Everything His Graces. Just the owner was about to close the shop and go home. Lucky enough, we reached at that peak time just before he closes the shop. Thus, enabled to prepare meals. Took meals and rest.

FRIDAY, 12TH SEPTEMBER, 1997 (16TH DAY TREKKING)

From Tosharpani - Sheena, Karsan Mangram; Banspalli.

Started from Tosharpani at 7 am. at last reached Banspalli - Sri Ram Singh's house at 5 pm. At Karsan Mangram took Boiled potatoes. Sri Ram Singh promised to offer tea, etc, after reaching his house, but failed to offer even water. He was busy with his family members. He is selfish only to keep his bag took me to his house. Unnecessary movement. But, he says that this way was better. God alone knows. Almost all entire journey from Tosharpani - uphill task with way not clearly visible. Everything happens for the best! Jai Gurudev!
SATURDAY, 13TH SEPTEMBER, 1997 (17TH DAY TREKKING)

From Banspalli - Dhaula village, Darchulla: Started at 7 am from Banspalli and at last reached Darchulla around 1 pm. Thus, the yatra successfully completed. At various places, the bridges to cross the rivers were made with ordinary firewood pieces bound together. We had to cross rivers through them. At Tosharpani and at various places on the way, the heavy current of river flow was used through dynamo, etc to run the flour mills. God is Great.

DARCHULLA 13/9/1997:

Reached at 1 pm. Paid the balance amount to the portar, Sri Ram Singh, and got receipt from him. Took bath. Crossed the Mahakali River Bridge and proceeded towards Indian border. Took sweets out of joy to the hearts content and purchased a few items like mixture, biscuits, etc for the journey consumption. Spent all the amount of Nepali currency. Enquired at a hotel for the stay at night and came to know that there was a Hanuman Temple where one can take rest in the shed for that night. Met Sri Dil Bahadur to get the balance amount Rs.400/- due to me but could not get it. On that day, 13th Sept., one of their M.P or M.L.A of their locality met with road accident and lost his life. Thus, most of them were busy in that. Gave the address and requested him to collect and send the amount by M.O But no reply from his side. Everything His play, Thy will be done. Evening at 6.30 pm. left the Nepal Border, crossed the river bridge and reached Hanuman Temple, Indian side. The pandit in-charge of the Hanuman Temple sleeps inside the temple. He did not allow this sevak but instead suggested to sleep in the open shed inside the compound. Everything His will. Cleaned a little and spread
the bed. Around 10 pm. a few workers came there and prepared their meal, slept. They offered a little bread and took the same as prasad of Lord. Had a very good experience by staying under the shed. Good. Got up at 1.30 am night (14.9.97) and proceeded further to the Darchulla Bus Stand. Slept there for an hour.

SUNDAY, 14TH SEPTEMBER, 1997 (DARCHULLA):

Around 4 am early morning bus started from Darchulla towards Tanakpur. Reached Tanakpur Bus Stand at 3.30 pm. Immediately, got a bus at 4 pm., proceeding towards Haridwar. From Darchulla to Tanakpur bus fare Rs.116/- and from Tanakpur to Haridwar bus fare Rs. 113/- . Finally, started from Tanakpur at 6 pm. reached Haridwar at 3 am.

MONDAY, 15TH SEPTEMBER, 1997 (HARIDWAR/RISHIKESH)

On getting down at 3 am at Haridwar, immediately got another bus to Rishikesh. Thus, reached Rishikesh Bus stand at 4 am. Waited on the roadside upto 5 am. on Rishikesh main road. took tea and then telephoned to Hyderabad. Informed about successful yatra. Proceeded to Shivananda Ashram by 5.30. Straight away proceeded to Govardhan Dham II Room no. 10. but it was allotted to somebody. Kept the luggage in the Verandah and slept for a while. Completed natureis call, hot water bath etc., Met a few devotees and Saints. Right foot was swollen considerably, having some fever. Actually, this sevak does not know of having fever, except pain on right foot. Medical Director, Swamiji, met on the way and advised for joining in the Hospital. Sri Narasimhuluji pointed out of having fever. Reception office allotted a bed in Govardhan Dham no.1 Room no.17. Shifted
the luggage into it and got admitted into Hospital around 10 am in ICU room (from 15th Sept to 24th Sept, 97) How God is Great and loving, giving treatment to this sevak. THY WILL BE DONE. THUS ENDS THE KAILAS YATRA. TAT SAT BRAHMAARPANAMASTU

"The Soul is God. It alone is truth. It is without a second. It is what gives life to the body, the senses and the mind. Like the sky it exists everywhere and in everything. It is unlimited by time and space. It is self-luminous and is the embodiment of knowledge, Existence, Bliss. None can deny it. It is our paramount duty not to waste the spiritual heritage, but to keep it and increase it for ever more. Brothers and sisters of India, children of rishis, inheritors of their culture, remember this. Even when this body composed of the five elements decomposes, the life that illuminates it and activates it, never perishes. That life is the soul. That soul is yourself. Believe this firmly. May the Divine Himalaya, father-in-law of Sri Parameswara, bless you!

- H.H. Sri Swami Tapovan Maharaj

EXPERIENCES OF
H.H. SRI SWAMI TAPOVAN MAHARAJ

KAILAS

To the materialist, the snow-clad peaks of the Himalayas are earthly. Their beauty is earthly; the joy they get is earthly. But to me, the peaks, their beauty and the joy they evoke are all Divine. Enjoying that supermundane experience I contin-
ued my journey. My health was fast declining but as the Manasa and Mt. Kailas were nearby, I moved forward merrily like a boy in anxious expectation of the sights awaiting me. Tibet is a land of misery; yet, the sights there are so delightful that they make the people forget all the misery in no time. The Tibet I saw was altogether barren, without a touch of greenery anywhere. The fuel used in the Tibetan villages is a kind of shrub which burns green, brought from far of places. It is all a picture of peace, with no scope for excitement. I may say from personal experiences that the environments of Mt. Kailas are such as to liberate one’s mind immediately from one’s mundane worries and cares and raise it to a wonderful, painless and sorrowless world fit for gods alone. The High Lamas of Tibet, dedicated to a life of devotion, and spend their lives in strict penance and devotion. They don’t claim to have attained liberation; so they continue their exertion. The Hindu monks, alas! on the contrary, often waste their lives in total idleness, never engaging themselves wholeheartedly in acts of devotion. Most of them, as soon as they have collected some book-lore and feel capable of writing or saying something philosophical, get conceited and begin professing to have attained to supreme goal. Naturally, they become averse to further spiritual practice. It is as though they have become JIVANMUKTAS in a trice.

Kailas Holy peak - that it is 23,000 ft. in height and looks like a lovely tower 28-30 miles in circumference that it is perpetually covered with snow and appears dazzling white in the sun—that it is the silver mountain famous in the Puranas as the abode of Sri Mahadeva— that it altogether peerless in its divine beauty. The Lamas of the place fully believe that those who are able to complete the circumambulation, have fulfilled the purpose of human life. It is from Dirfook one gets a close clear and complete view of Kailas. No other view is so clear
or complete. Both in the morning and evening, we had a perfect view of Sri Kailas. It was a thrilling experience. Next morning we resumed our journey. First we had to tackle a steep ascent. The highest point of the climb is called DOLMA PASS (19,000 ft.). At this height is situated the beautiful lake called GOURIKUNDA. This is supposed to be the divine lake where Goddess Paravati sports as she bathes. Big boulders of ice appeared here and there in the water.

"LAKE MANASA":

With my limited powers of expression, how can I hope to impress upon the reader the beauty and the holiness of the lake. All that I can say is that it is the most beautiful sight among the very beautiful sights of the earth. The lake lies 16,000 ft. above sea level. It is surrounded on all sides by bleak, naked, black, granite mountains whose peaks are covered with snow. When winds blow, huge waves roll over the surface of the lake as in the ocean; but when the winds die down, the lake lies perfectly calm with its deep blue waters. I don't believe that there is any other sight in the world to match the lake in its beauty. I saw large number of small swans, resembling our ducks, disporting themselves on the surface of the lake. Compared with the Ganga water at Gangotri the Mandakini water at Kedar, and the Alakananda water at Badri, the water of Manasa is more warm. That is because of water in the lake stands still and remains exposed to sunlight.

"RAKSHASATHAL":

Though curved in shape, Rakshasathal is as big as Manasarowar and equally beautiful. But, Somehow, people do not regard it as so holy or worship it so ardently. It is to
help sanyasins lead a pure, fearless and peaceful life that strict non-possession is enjoined upon them by the sastras. For a man without possession and without attachment, there is no fear anywhere, at any time. The seductive charms of gold and woman have been well-known in all countries and in all ages. Whether it is near Kailas, in heaven or upon the earth, woman is woman, gold is gold. Without deep faith and without the abundance of pure and noble samakara, none can have firm abidance in one's own dharma. It is certain, that the faithful never fall. Faith — unswerving faith— alone is the Supreme means to the Supreme Goal.

Taklacsot Mandi, Centre of trade is about 25 miles (40 km) to the south of Lake Manasa. The Lippu Pass highest point 17,000 ft. is situated only 7 miles (12 km) from Taklacote. To me Tibet appeared as the treasure house of beauty, having attained the climax of tranquility, grandour and holiness. To leave her was as painful to me as it is for a child to part from its beloved mother or for a lover to part from his sweetheart. But, what choice is left to us, petty little creatures, except to follow the will of the Almighty? From Taklacsot to Dharchoola is 90 miles (150 kms). As for myself, I preferred a journey on foot to a passage by train, because the latter is most rajasik, while the former is more satvik. My second journey to Kailas, quite unexpectedly undertaken at the will of the Lord of Kailas, came to a happy close. Compared with the other routes, the Almora route is naturally easier and less taxing. Yet, even today, a journey to Kailas is no joke.

Many lovers of beauty, eastern as well as western, have tried again and again to portray the loveliness to Lake Manasa; but none of them have been able to do justice to its inexhaustible beauty. Feeling that the purpose of my birth had been accomplished, I congratulate myself on my good fortune. It is by no means easy for man to withdraw his eyes or
mind from the rapturous vision, both in the morning and in the
evening when the bright red rays of the sun are reflected in
the deep blue waters of the lake lifting the vast stretch of wa-
ter into a world of Divine Beauty, rich with a ravishing riot of
colours.

Beware! Doubt is a terrible enemy who can annihilate all
your progress and prosperity. Modern explorers have
calculated that the circumference of Lake Manasa is 54 mile
(86 km) and Mt. Kailas is 32 miles (51 km) Around Lake
Manasa there are eight gummas - Goozel, Chiya, Cherkip,
Lungbona, Punri, Seralung, Yungo and Thugalo. And an-
other one called Supgaya, on the western shore of
Rakshasathal. The distance to Kailas from Lahsa (capital of
Tibet) 800 miles, from Khatmandu 525 miles, From Almora
230 miles from Jyothirmatham 200 miles, from Badrinath
240 miles, from Gangotri 245 miles, from Shimla 400 miles
from Srinagar (Kashmir) 600 miles.

\[ \text{TAT SAT BRAHMAARPANAMASTU} \]
Swami Jnana Swaroopananda
( SWAMI JNANA SWARIOOPANANDA )
THURSDAY 5.3.98
INDIA ROUTE:
(KAILAS - MANASAROVAR YATRA)

India route differs from Nepal route, from darchulla upto Takalkot. From Takalkot onwards route is the same for all pilgrims, i.e. Kailas parikrama and Manasarovar Parikrama and back to Takalkot. Details of both the parikramas are already enumerated in the main yatra report which can be referred to. Hence, a little description of India route is added for the kind perusal of all wellwishers.

1.a. Benefits of Tirtha yatra (Swami Sivananda)

"Places of Pilgrimage yield a special advantage for a devotee in quickly fulfilling his earthly and spiritual desires. The effects may take some time to reveal themselves, but the impressions gathered during the pilgrimage certainly remain in the inner chamber of the heart. God lives everywhere but still it is easy to approach HIM in Holy Places of Pilgrimage. The pilgrim is conscious that he is engaged in a sacred mission of spiritual sadhana, will therefore gain Blessings by Pilgrimage". - Swami Sivananda.

Mount Kailas Peak (22,000 ft) surrounded by eight hills, appears to be of lotus - shaped and its beauty is beyond description. The weather conditions here changes in a very short period, sudden lightening clouds emerges, and then raining with heavy chill wave, thus dropping the temperature to Zero or even minus zero at times. The Tibet is spread over a vast area and is known as the roob of the world. It is a very thinly populated area. Yak, the ship of the plateau, is used for farming, milk, etc.

During Manasarovar Parikrama from Hore when one reaches chug guest house, from here the reflections of Kailash in the water is magnificent because of its clear waters. Also, it is believed that whoever with devotion bathes here in the
Manasarovar some diseases will be cured.

Mount Maeru: A beautiful description was given in Vishnu puram that the sacred river Ganges falls from the Heaven and divides into four great rivers of the earth.

Kailash Parikrama: The holiest penance of Kailash yatra is parikrama around the Mountain.

Manasarover: It is situated at 16,000 ft and spread over a vast area and in the middle it is 300 ft deep approximate and its waters are bluish in colour. It is almost circular in shape. It is one of the 51 Saktipithas and it is believed that sakthi's right hand wrist has fallen on this Lake.

Rakshas-Tal: King Ravana performed tapas nearby to please Shiva. It is also situated at 16,000 ft and spread over a vast area. Its waters are also crystal clear and bluish in colour. Understood that there are two caves in the middle of the lake.

Gowri Kund: During Kailash parikrama, on the second day, Just after passing Dolma Pass 19,000 ft we will have Darshan of Gowri Kund at 18,000 ft. It is believed that Goddess Parvati bathed in this lake.

India route: From Darchulla to Tawaghat around 20 k.m. one has to walk. From Tawaghat to Pangu 10 k.m. Here 6 k.m. very stiff climbing known as Thanedharki Chadai. This is the test for a pilgrim whether he can complete the parikrama successfully.

Then from Pangu to Shirka around 15 k.m. A little descent upto Samurai Village from here steep climb through a narrow pass at 11,000 ft hight. There is a tea shop at Jungle Chatti.

from Shirka to Gela around 15 k.m. from Gela to Malpa: It is quite pleasant but narrow and risky.

From Malpa to Budhi 8 k.m. on the way land slides are
common. Budhi Village is somewhat bigger.

From Budhi to Gumji 20 k.m steep ascent up to chhai cekh passquito strenuous too. From here up garbyang swooth and down garbyang to gunji is a flat surface. Here check post is situated, and all the pilgrims are to be medically checked up once again.

From Gunji to Kalapami 10km. arounds 12,000 ft height. There is a hot water spring here to the Kalapani, There is a Durga Temple also situated here.

Kalapani is the Immigration checkpost and one has to pass beyond this point only with valid documents like passport etc.

From Kalapani to Navidang 14,000ft height around 10 k.m. After Crossing a bridge near the Lipu and Ripu streams, further up one come across a big nullah called Dungkong. After further movement of 8 k.m. one comes face to face with om parvat on the right-side of the path.

Omparvat is the most wonderful wonder of wonders, most blissful, as the everlasting snow lies inscribed on the mountain very natural, in the shape of sanskrit Om. Thus it is known as Omparvat visible for a long distance stretched up to Navidang.

From Om Parvat, the Lipu and Nilyani streams flows down.

From Navidang (14,000 ft) to lepu lek (17,000ft) The last camp on Indian Border is at Navidang steep passage and the last portion of the Journey was most difficult. Strong winds with biting cold prevail.

Lepulek Pass: One arrives at this spot after continuous trekking of 10 days. Here, the Chinese Immigration Team receives the pilgrims and completes the formalities. At this Lepu pass, cold winds and storms are very common. The downhill slope into Tibet from Lepu lekh pass was steep
and sharp. One has to roll down on show at several places. After passing down and moving further a little, then one reaches the place where the horses were waiting to receive them. One has to proceed further by trekking another 5 km. from here a bus takes the pilgrims 14 km dusty track. Thus one reaches the Purang Guest House, Takalkot. Takalkot was situated on the banks of Karmali river. At this Guest House all the immigration formalities will be done. Here, one has to take exchange from Indian to Chinese currency. All will take here at least two days rest. Takalkot to Tarchen around 140 km. Takalkot to Jede about 100 km. The bus route passes through Gurla Mandhata Mountain Range. At Jede one takes dip in Manasarovar. At first, one will reach Rakshas-tal on the left-side of the way. Quite Enjoyable. From here one hour journey to reach Jede Guest House point here, all the pilgrims take bath in Manasarovar. Then, proceed further towards Hore. At Hore, half of the pilgrims, around 12 nos., get down here, to complete the Manasarovar parikrama first, and after completing the Manasarovar Parikrama they will take rest for a day at Jede. From here they move towards Tarchan for the Kailash Parikrama. Half of the pilgrims those who want to do Kailash Parikrama first, they reach Tarchem and completes the Kailash Parikrama and waits for the conveyance. As soon as the pilgrims (12nos) after completing Mansarovar Parikarma reaches Tarchen, the pilgrims those who already did Kailash Parikrama proceeds to Hore for the Manasarovar Parikrama and completes in two days and reaches Jede Guest House. They take rest for two days till the other half returns from Kailash Parikrama. Thus, all will join at Jede Guest House. They take rest for two days till the other half returns from Kailash Parikrama. Thus, all will join at Jede Guest House. The next day all will return back to Takalkot after successful completion of both the Parikramas.
DIVINE LIFE

1. To practice non-violence, truth and celibacy is Divine Life.
2. To be kind, generous, humble and tolerant is Divine Life.
3. To practice virtues and be righteous is Divine Life.
4. To serve the poor in a selfless dedicated way is Divine Life.
5. To serve the sick with ALL IS GOD attitude is Divine Life.
6. To sing the name and play is Divine Life
7. To do Japa and Meditation daily is Divine Life.
8. To be an instrument in the hands of God is Divine Life.
9. To act rightly and live in God is Divine Life.
10. To do unconditional self-surrender to God is Divine Life.
11. To restrain the senses and to have a God Communication is Divine Life.
12. To be one with the Divine is Divine Life.
13. To be a silent witness to the three states; Jagrat, Swapna and Shushupti i.e., waking, dreaming and deep sleep is Divine Life.
14. To have a balanced mind and equal vision is Divine Life,
15. To identify oneself with ones real Divine nature is Divine Life.
16. To be always aware of God’s Grace is Divine Life.
17. To be behold the oneself everywhere is Divine Life.

- H. H. Swami Sivananda

And to it I shall add....

(a) To do ones duties with enthusiasm and sincerity is Divine Life.
(b) And to think not of privileges-and rights. but, always to do ones duty is Divine Life.
(c) And to get rid of selfishness and anger and to have full of love and selfishness is Divine Life.

- H. H. Swami Chidananda
ESSENTIAL TEACHINGS OF
H. H. SRI SWAMI SIVANANDAJI MAHARAJ

Serve, Love, Give, Purify, Meditate, Realise;
Be Good, Do Good, Be Kind, Be Compassionate;
Enquire: “Who am I?” know thy Self and be free.
Practice Ahimsa, Satyam and Brahmacharya (Chastity)
This is the foundation of Yoga and Vedanta,
Of your spiritual Sadhana.

Adapt, adjust, accommodate;
Bear insult, Bear injury
This is highest Sadhana.

Detach, attach; detach, attach
Detach the mind from objects of the world
Attach it to the lotus feet of the lord.

Nothing exists, nothing
belongs to me.
I am neither mind nor body,
Immortal Self am I.

Remember the Divine Name.
Remember the Saints;
Work is Worship;
Dedicate it to the Lord.

Even this will pass away;
Balance your mind in pleasure and pain.

Tat twam asi - That thou art;
Realise this and be free!
Author

My Whole - hearted Humble Prostrations unto my Beloved Masters Gurude, H H Sri Swami Sivanandaji Maharajji and h H Sri Swami Chidanandaji Maharajji

Born on Monday (4 p m), Asresha Star, On the 23rd April, 1934, at Visakhapatnam, to my Beloved Parents, Vedula Subba Rao Garu and Varahalamma Garu, in an orthodox Brahmin (Peda Dravidulu) fam’ly My great Gran- father was H H Pujya Sri Adibhatla Narayana Dasji, ‘Hari Katha Pitamaha’ Sri Karra Venkat Rao Garu, M A , L T, was one of my grand father

Brought up at Anakapalle, at uncle’s house, Sri Parit jagannadham Garu and Nooka Ratnamma Garu, since my child hood My mother’s el- dest sisters, Pujya Peramma garu, Pujya Vardhanamma garu Pujya Sitamma Garu, all looked after this sevak with utmost care in all respects Pujya Sri N Srinivas Rao Garu of Srinivas Type Institute, Anakapalle, trained this sevak, prefectly in type and shorthand. Humble Pranams to all elders and well-wishers who enabled this sevak to be as what I am now

On the Holy Vijaya Dasami Day, Monday (4PM) on 8th October, 1962, for the first time, had Divya Darshan of H H Sri Swami Sivanandaji Maharajji, Founder President, The Divine Life Society, Shivananda Ashram, Hd Qrs, Shivananda Nagar - 249 192, Rishikesh, and got Mantra Diksha

Completed grhasta Ashram duties by 26th June, 1997. And with his kripa alone, got “ Sanyas Diksha” on Sunday, the 20th july, 1997, on the banks of Mother ganga, Sivananda Ghat, from H H Sri Swami Chidananda Saraswati Maharajji president, World Hd Qrs Shivananda Ashram Thus, the earlier name - Vedula Surya venkata Subrahmanvam was changed into “Holy Sannyas Order”, as “Swami Jnana Swaroopananda Saraswati”

On 1st August, 1997, i.e., within 10 gays of Sannyas Diksha, His Graces alone enabled to proceed to “Kailas Mansarovar” yatra by walk via, Nepal Route. Completed yatra successfully and returned to Shivananda Ashram, Rishikesh, on the 15th September, 1997. Hari Om Tat Sat Brahmaarpanam Swami Jnana Swaroopananda, Yogacharya.