

Dr. Shuddhananda
Bharati

The Heart of Sivananda

Sivananda Vijayam

Biography



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Foreword

The Heart of Sivananda

Sivananda Vijayam is ready to take its place in the realm of world literature. Kavi Yogi Maharshi Suddhananda Bharati has penned the story beautifully and movingly, with a lot of feeling and understanding. The previous book *Sivananda Jyoti* written by him made a powerful impression on Tamil hearts. We had asked multiple times for a detailed book on Sivananda's miraculous life. This initiative received great encouragement and support from revered Swami Pranavananda, who is a dear friend of Suddhananda Maharshi. Both of them visited and worshipped at the Samadhi of Sadguru Sivananda and sought his benediction, whereupon Swami Pranavananda said, "You alone are the master qualified to write a detailed book on the supreme Guru; the book you write will find a place in world literature. I shall bear all the expenses related to the publication of the book." Suddhananda Bharati bathed in the Ganges and meditated for 2 hours at Sivananda's Samadhi. Then he picked up his pen and wrote the first chapter and read it out. His friends were delighted. "Write, write" they encouraged him. Suddhanandar who has written about the lives of a hundred great men such as Aurobindo, Ramana, Dayananda and Sankara worked day and night to create *Sivananda Vijayam*. He travelled to all the places where Sivananda had lived, spoke to the people who knew him and took notes. He travelled to Rishikesh to meet the devotees of Sivananda personally, talked to them and took notes. He

was greatly helped in this task by the head of Divine Life Society, Swami Chidananda. Swami Saradananda provided many photographs. At the conclave held in Sivanandanagar, Suddhananda Bharati gave a discourse. Swami Chidananda welcomed him and expressed his gratitude. We reproduce here the speech made on the occasion by Swami Chidananda about *Sivananda Vijayam*:

“Kavi Yogi Suddhananda Bharati is India’s spiritual fire, Parashakti’s fire and a divinely-endowed poet. He is a supreme yogi who has written countless books. He is a long-time friend of Sivananda; they have known each other from their boyhood. Our Sadguru’s heart beats in him. We welcome his *Sivananda Vijayam* with great pleasure. This is a book that will be lauded by all. Suddhanandar has worked on the book tirelessly for six months. The book was written by him in a state of silent meditation and he partook of just one meal daily during this time. Suddhananda Bharati has rendered yeoman service to mankind by writing a thousand immortal books. Our Sadguru gave the world spiritual awareness with his books on Yoga and Vedanta. Both their compassionate hearts, beauty of form and sacredness find expression in this book”.

The life story of Swami Pranavananda who provided full support for the publication of this book is described in chapter 36 of this book. Maharshi Suddhananda nurtures a special affection for Swami Pranavananda. Their mutual affection has resulted in *Sivananda Vijayam*. This book is being released on Suddhananda’s birthday which falls on 11-5-65.

We humbly dedicate this book to the universal light that is Guru Sivananda who took birth in the Tamil heartland and achieved renown as a Himalayan yogi and philosopher. Suddhananda Bharati has also written an English version titled *The Heart of Sivananda*. The Delhi Sivananda Cultural Association is interested in publishing this book; may all well-wishers join in these efforts!

Sivananda's pen enjoyed exemplary success. His philosophy stands tall like a mountain adding to the glory of India's great spiritual power. Although his physical presence is no more, the pure spiritual intelligence remains and endures. It shines as *Sivananda Vijayam*.

*Greatness bigger than the mountain,
expanse wider than the sky
Flowing nectar of compassion greater than the rain
Just as the sea engulfs the river
You embraced all the inner and external experiences
And attained final emancipation
You fill the hearts of devotees with continuous bliss
You are the repository of the Vedas
The Supreme Being that is Sadasiva!*

Sivananda Ashram
Patthumalai, Kuala Lumpur
Malaysia Divine Life Society 11-5-65



Swami Sivananda Saraswati

8-9-1887 – 14-7-1963

Preface



Swami Sivananda Saraswati

I consider it a great honour and a unique privilege to have been asked to write a Preface to the book *'The Heart of Sivananda'*, the English translation of Param Pujya Kaviyogi Maharshi Dr. Shuddhananda Bharatiji Maharaj's Tamil work entitled *'Sivananda Vijayam'*.

Param Pujya Kaviyogi Maharshi Dr. Shuddhananda Bharati, a world-renowned sage and Yogi was an intimate friend of Gurudev Sri Swami Sivanandaji Maharaj.

Revered Maharshi also had close association with The Divine Life Society and its activities. This multi-linguist poet and philosopher graced many All India Divine Life Society Conferences and blessed the devotees with his enlightening talks.

Pujya Maharshi's '*Sivananda Vijayam*', a classic literary work in Tamil language, presents beautiful biography of Sri Gurudev blending poetry and prose in his inimitable style. Here, revered Kaviyogiji portrays a vivid picture of Swami Sivananda's glorious life and work and also shares the Divine reminiscences of his close association with him.

Each language has got its distinctive beauty and specialty. Tamil, being the oldest language, has rich literature. It is not easy to translate such a classic work into any other language and reproduce the exact nuance of words and retain the beauty and charm of the original work. However, revered Smt. Savitriji has put in her best efforts to translate this great work. Her painstaking efforts are indeed commendable.

I do hope that the book '*The Heart of Sivananda*' will be a great boon for the English knowing devotees of Sri Gurudev as they will get the blessed opportunity to read this beautiful biography penned by Param Pujya Kaviyogi Maharshi Dr. Shuddhananda Bhartiji Maharaj.

Swami Padmanabhananda

Sivananda Ashram
The Divine Life Society
Shivanandanagar, Rishikesh, India
Date: 24-2-2018

Editor's Notes

A special thanks to Swami Padmanabhanandaji Maharaj for his kindness in writing the preface to this book.

The divine work continues, under different names and characters, the friendship between Swami Sivananda Saraswati and Swami Shuddhananda Bharati is perpetuated and their radiation continues to flood in this World.

A warm thank you also to Savitri for her beautiful translation and Magloire Mama for her help to the preparation of this work.

And warm thanks also to Swami Brahmanishtananda and Swami Swayamjayananda of Divine Life Society, Sivanandashram, Malaysia who found in an original book for the translation.

They have, with their meticulous work, been able to help me to fully express the thoughts of Swami Shuddhananda Bharati about his friend Swami Sivananda Saraswati.

It is a real pleasure for me to present *The Heart of Sivananda* to you. Thank you, Dr. Shuddhananda Bharati, for having transmitted *The Heart of Sivananda* to us. With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget
Christiananda Bharati

Courage!

*The night is through,
The chain of slavery
It is already broken –
I am full of courage!*

*Peace in the morning,
A golden sun rises
Like a lion, superhuman
To accomplish my dream.*

*A hopeful smile,
Docile as a child
Who plays in the infinite
With a fiery star.*

*My journey is over.
I enjoy time.
The universe is my nest
Of eternal spring.*

Song of Unity

*Unite. Unite, Unite, Oh Souls,
Unite and play your roles.
Unite in mind, unite in heart,
Unite in whole, unite in part.
Like words and tunes and sense in song,
Let East and West unite and live long.
Trees are many; the grove is one.
Branches are many; tree is one.
Shores are many; sea is one.
Limbs are many; body is one.
Bodies are many; self is one.
Stars are many; sky is one.
Flowers are many; honey is one.
Pages are many; book is one.
Thoughts are many; thinker is one.
Tastes are many; taster is one.
Actors are many; the drama is one.
Nations are many; the world is one.
Religions are many; Truth is one.
The wise are many; Wisdom is one.
Beings are many; breath is one.
Classes are many; college is one.
Find out this One behind the many.
Then life shall enjoy peaceful harmony.*

Peace Anthem

*Peace for all, peace for all.
For all the countries, peace.
Joy for all, joy for all.
For all the nations, joy.
A rosy morning peace,
A smiling summer joy (Peace for all).*

*All for each and each for all:
This is the golden rule.
Life and Light and Love for all,
For all that lives our love (Peace for all).*

*Work and food and clothes for all.
Equal status for all.
Health and home and school for all.
A happy world for all (Peace for all).*

*No idle rich, no more beggars;
All are equal workers.
No more tears, no more fears;
The heart is full of cheers (Peace for all).*

*No atom scare, no fat mammon,
No room for war demon.
Like leaves in trees, like rays in the sun,
We are one communion,
One Divine communion (Peace for all).*

*The good in you is good for all.
Your life is life for all.
The God in you is God for all.
Your love is love for all (Peace for all).*

*For he or she or it or the rest
This collective life is best.
This Universal Life is best,
North or South, or East or West (Peace for all).*

*Peace for plants and birds and beasts,
For hills and streams and woods.
Peace in Home – land and air and sea,
Dynamic peace we see.*

Peace for all, peace for all.

Immortal Peace for All.



Purity – Unity – Divinity

Dr. Shuddhananda Bharati

Presentation of Dr. Shuddhananda Bharati

May 11, 1897 – March 7, 1990

The wise one to the cosmic age

Although more than 90 years old, in his school in the south of India, *Kavi Yogi Maharishi* (great divine visionary, wise poet) Dr. Shuddhananda Bharati worked like a young man of twenty. When he was asked his age, he answered, "My age is Courage!" The Yogi wrote several hundred works in English, French, Tamil, Hindi, Telugu and Sanskrit; and five thousand songs, and fifteen hundred poems in French. The magnum opus of the man conscious of the presence of God in him, *Bharata Shakti*, (in 50,000 verses) described his ideal: only One Humanity living in communion with only One God in a transformed world! *Bharata Shakti* is a monumental and unique work. The Yogi depicts the essence of all the religions, of all the prophets and saints, all the approaches of Yoga and all the cultures on an allegorical fabric. It is a book for any age that all spiritual researchers and all nations should read and meditate on. His commitment is summarized in his book celebrating his life, *L'Ame Pèlerine (Pilgrim Soul)*. The three poems mentioned in the opening express perfectly his ideal. His mantra, *Aum Shuddha Shakti Aum*, nourishes our souls and guides our steps toward the inner joy – *Ananda*. It means: the light of Grace and power of the pure supreme Almighty bless us with peace, happiness and prosperity! Let the beauty and greatness of the soul of Dr. Shuddhananda Bharati bloom and scent the entire Earth with its divine message and spiritual and unifying benefactor!

Editions ASSA

Introduction

This unrivalled work on the thrilling life of the great Guru, Swami Sivananda, the saint and sage of Rishikesh, has been undertaken by the revered Kaviyogi Maharaj, Mahrishi Suddhananda Bharatiyar as a reverent and loving "Shraddhanjali" offered by him to the sacred memory of Gurudev Sivanandaji who attained Nirvana in the year 1963. It forms a noble literary monument to him constructed with inspired language but enlivened by Love divine which the renowned writer bears to overflowing in his heart-shrine wherein he has ever kept a special place for his beloved Siva. A glorious posthumus homage and tribute by a living Mahrishi to the lofty memory of a spiritual Master who is no more physically! A word about the author would serve to make clear immediately the supreme value of this great book.

This book has been written by a spiritual master-yogi who has been doing Yoga since his sixth year. He has been in close contact with Gurudev Swami Sivananda since his earliest years and has been in touch with his Divine Life Society activities from the very beginning. The revered Mahrishi has been in silence for more than 25 years prior to 1950 and did hard Tapasya during which period he is believed to have been in inner contact with Gurudev Sivananda. Kaviyogi Suddhananda Mahrishi has travelled around the world thrice when he gave the message of Siva to innumerable people in various countries. He is a Seer-Poet, Sage and Yogi whose life is an utter dedication to God and His Service. He has written several hundred books in Tamil, English, French, Telugu and Hindi.

Sivananda Vijayam is a stupendous literary effort and is in the nature of a monumental contribution to the spiritual library of the world. The renowned Kaviyogi's well known Tamil style flows like the Ganges in sublime poetic-prose, easy and luminous and every sentence charms and elevates the reader. Thought-provokingly written and progressing through well arranged chapters on varying phases of Sadgurudev Sivanandaji's sublime life and work, this book traces the spiritual glory of Bharatavarsha, her great illumined saints and their services to the mother land and goes on to give a vivid picture of Sage Sivananda's towering personality that stood as a worthy and unique representative of this great spiritual Parampara (succession) in this present century of science and secular values.

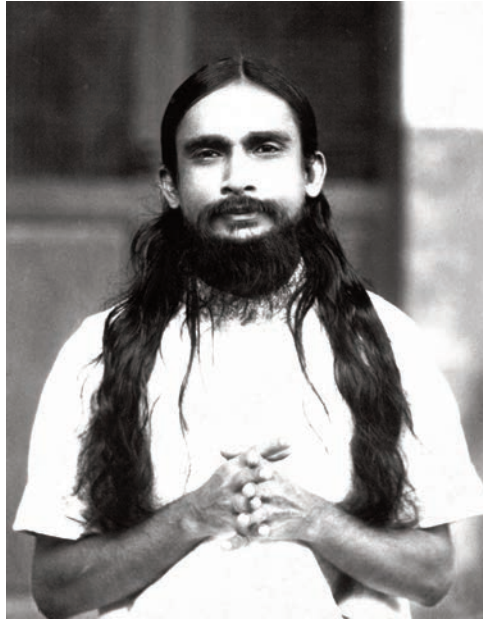
The learned author has done rich justice to a rare life. The narrative is absorbing. He gives interesting episodes of the saint's boyhood and youth. He describes the renunciation with great sympathy and sensitivity and in a solemn style grand like the Himalaya and the Ganga. When the great light of the Himalayas illumined all India by nation-wide spiritual tour in the year 1950, the Kaviyogi broke his long silence of more than two decades before the Divine deity at Shiva's shrine in Chidambaram and embraced Gurudev Sivananda hailing him as Mahaguru.

We read in this book of the many-sided Universal activities of Sivananda, his world-wide Spiritual awakening work, his peerless Jnana Yagna (Sacrifice involving spiritual wisdom), selfless medical aid work and great revival of Yoga and Vedanta. He also describes the origin and

development of the Divine Life Society and the almost phenomenal growth of Sivananda Ashram at Rishikesh. A brief account of Gurudev's disciples and his method of training them finds due place in the book. A chapter deals with a world's response to his Call of Divine Life and the growth of numerous branches of the D. L. S. (Divine Life Society) in different countries as also a review of all the works of Gurudev Sivananda. His last days are feelingfully described. A number of thrilling songs dedicated to Sivananda take up the concluding portion of this wonderful book.

The holy author had put all the aspirant world in general and the disciples of Gurudev under a debt of gratitude by presenting this beautiful biography from his gifted pen. I feel that this book must surely find a place in every hand and every library wherever the Tamil language is read and spoken. I learn that the author intends bringing out an English version of this book in the near future. I hail this with joy. May this work have wide circulation!

Swami Chidananda
President, Divine Life Society
Sivanandanagar
1-1-1965



11-5-1897 – 7-3-1990

Swami Shuddhananda Bharati

With blessings and with the knowledge
that lies dormant in you,
May you shine with happiness.

There is only one God in this universe,
And He resides in all the beings.



Swami Sivananda Saraswati

The Heart of Sivananda

Aum Sivam

1. Blessed land

Mother of brave warriors, Mother of the country suffused with the light of wisdom, Mother of the golden green wealth reaching out to the skies, Mother of prosperity bestowed by a just rule, Mother of supreme yogis, long live our blessed land!

*Assemblies of innumerable sages;
forests full of preceptors' residences,
Sailing ships filling the sea; prosperity wherever one looks;
Piles of wealth on the shores; beautiful flowers and luscious
fruits filling the land with nectar – our country has it all!*

The whole world encircled by the blue sky is a spiritual temple. Our country may be said to be the sanctum sanctorum of this temple. India is the land of the *Vedas*; the land of enlightened sages; the land of spiritual masters; the land of righteous soldiers; the land of karmic warriors. The *Vedas* came into existence here. Just as the sun casts its light on the world silently, yogis undertaking penance and poet-yogis who showed the peaceful way to live adorned this blessed land. West and East travel together here. The sound of mantras recited by the Vedic sages is reverberating in the Indian woods of wisdom. The spiritual force is drawing the world to it without distinction of west and east, north and south, caste and religion. The divine peak of human life shines only in our blessed land. Here the *Vedas* and life have merged together to become

one; righteousness has combined with valour; love and chastity go hand in hand; the eye and compassion go together and wisdom and the people's character are in harmony with one another. The old and the new forms of Yoga have combined to perform a joyous dance. Just laws enhanced by divine grace ensure peace and happiness to the world. Let us laud our country which excels in good conduct as the world's best country.

*Life and Vedas are one; valour and ethics are one;
Love and chastity are one; the eye and compassion are one;
Wisdom and character are one; newness and antiquity are one;
Justice and grace are one; the country
where righteous conduct prevails is great!
Every square inch of this blessed land has been sanctified by the
feet of great sages. I salute every inch of my country that is India!*

If one were to look at India from an aeroplane, it has the appearance of Siva and Shakti's throne. That throne begins from the tip of the Kumari peninsula. The western and eastern mountain ranges straddle the throne from both sides and salute the Kumari peninsula with folded hands. The Nilgiris, Vindhya, Satpura and Aravali ranges appear to be the steps leading up to the throne. The Himalayas may be said to be the supreme crown of the throne. From their perch in Mount Kailash, Siva and Shakti as Gauri (Parvathi) confer yogic power to the world. The pool of great sages serves as the power centres of this yogic power. On the one hand, there are Atthiri, Agastiyar, Yagnavalki, Maithreyi, Karky, Vasishtar, Valmiki, Sukar, Vyasara, Mahaveer, Buddha, Sankara, Nammalwar, Andal, Ramanujar, Desikar, Madhvacharya,

Chaitanya, Nimbarkar, Vallabar, Appayar, Neelakandar, Sadasivabrahmendar and Thyagaraja. On the other, Avvaiyar, Valluvar, Ilango, Kambar, Villiputhurar, Sekkiyar, sage Paranjyoti, Appar, Sambandar, Sundarar, Manickavasagar, Thirumoolar, Meikandar, Sivaprakasara, Thayumanar, Pattinathar, Arunagiri, Ramalinga Swami and others have made their presence felt for generations. Knowledge of Sanskrit and mastery of classical Tamil are the heartbeats of India's spiritual force.

Even in our times, many great yogis have emerged to revive and regenerate India's spiritual force. Rajaram Mohan Roy, Dayananda Saraswati, Ramakrishna Paramahansa, Swami Vivekananda, Ramana Maharshi, Sri Aurobindo, Mahatma Gandhi, Sri Ramadas and others are revered by the world. We salute these great souls who activated the wheel of India's spiritual energy and powered it with divine electricity.

A great personality who is part of this distinguished lineage and who towered amidst us like a mountain is Sivananda.

When one thinks of Sivananda, one perceives the Himalayas; when one thinks of the Himalayas, only the bliss of Siva appears. I had ascended the Himalayas once again to experience the happiness of seeing Mount Kailash. But having seen the Sivananda mountain at the foothills of the Himalayas, I wish to extol it as Mount Kailash. Lord Muruga circled the world on His peacock in order to obtain the fruit from Siva. But considering Siva and Shakti to be the world, Ganesha circled them and obtained the fruit. In the same way the bliss of Siva is renowned today as the spiritual Himalayas; I salute the Himalayas!

2. Himalayan Siva

*Like a sleeping yogi sheathed by greatness
Great mountains sitting in rare meditation
Are they the supreme masters who show the way
To one's identification with God?*

In the temple that is the world, the Himalayas may be said to be the Sivalingam in the shrine of India. The whole Asian sub-continent appears to be its pedestal. India appears to be its Gomuki; the rivers Ganga and Sindhu are the waters used for holy bathing; the seas such as Ratnakaram and Mahothadhi are the sacred bathing tanks. The mountain dewdrops are the flowers offered to the deity – the mountain breeze is the chanting of the *Vedas* – long live the Himalayas!

The world's religions are developing around the Himalayas. Here, the ethics of the *Vedas* and the *Agamas* are thriving. Knowledge of *Upanishads* and the *Saiva Agamas* is growing. There, religions such as Buddhism, Jarathurashtram, Jewism, Christianity and Islam are flourishing. The ethical fires of the *Vedas* and the *Saiva Agamas* and the religious fires of Buddhism, Christianity and Islam are in full play around the Himalayas. The human community's cultural mores are on view around the Himalayas.

The Himalayas stand firm like a yogi in intense contemplation. The Ganga flows like its divine voice singing a compassionate song. Our mind also flows in tune with the Ganga. Like a yogic stream of the Himalayas which resembles the divine Siva covered in sacred ashes, the Ganga chants Om and performs a joyous dance and it is

the mother's milk nurturing our traditional culture based on the *Vedas* and the *Saiva Agamas*.

If one travels along the banks of the Ganga, one can see the forests of penance which are the spiritual powerhouses of India. One can see yogis engaged in penance. One can see holy places which bestow profound peace to disturbed minds. The Mandakini and Alaknanda rivers flow noisily. The sight of their union in Rudraprayag brings to mind Goddess Saraswati's blissful dance. The route along the Mandakini leads to Kedarnath – that along the Alaknanda takes one to Badrinath. On the way it is common to hear loud sounds resembling galloping horse hooves and drumbeats. The music of the river and the winds combine to produce the sounds of the lute and the flute. Ice blocks tumble headlong, rocks roll down abruptly. Just like human life, peaks and valleys and mountain passes test our patience. Just as a Guru's grace is obtained by seekers after prolonged search and despair, one can spot pilgrim rest houses and eateries here and there. Gupt Kashi, Gau-rikund, Karnaprayag, Garuda Ganga, Pandukeswar – all these places are a feast to the eyes. One can stay in Joshi-math established by Adi Sankara. From there, a route leads to Mount Kailash – Badrinath the abode of Vyasara, Kedarnath with its snow-covered Siva, Mount Kailash the abode of the Supreme God Siva – only those eyes which have witnessed these places may be said to be blessed! When one ascends and descends the Himalayas, one is guided by a grace-filled spirit. The Ganga has banks – this grace has no limits. This unlimited grace is to be found on the banks of the Ganga. That grace was born on the banks of the river Thamiravaruni; it ripened on the banks of the

Ganga. It was born in the Pothiyam mountain; it found renunciation in the Himalayas. It grew up in the *Saiva Agamas* cradle of *Appaya Dikshitar* – it ascended the throne in Sankara's philosophy of Yoga and flourished. *Sankara's philosophy* and *Dikshitar's Saiva Agamas* reverberate on the banks of the Ganga as Siva's bliss.

Salutation to Sivananda.

*A benign heart as clear as the Ganga;
An appearance embodying compassion;
Tranquility resembling the moon;
Wisdom glistening like the sun;
Let us salute the golden Sivananda Jyoti
That roars the sacred syllable 'Om' like a philosophical lion
In its blissful abode in the company of ascetics.
It is a Jyoti that is lauded by the world,
A great Jyoti that glows while chanting 'Om Sivam Om Sivam',
A Jyoti full of love devoid of any vestige of pride,
A pure philosophical Jyoti,
A glittering silver Himalayan Jyoti,
Let us acquire the Sivananda Jyoti!
To bask in mother's love,
To help like timely rain
To acquire a child's simplicity
To enable mankind to live in unity
To ameliorate the cruelty of disease
To ensure well-being for a hundred years
To experience pure bliss
Let us worship the Jyoti that is Siva.*

3. On the banks of the Ganga

*Ganga theere himagiri sila
Pattha padmasanastha:
Brahmadhyanapyasanavidhina:
Yoga nithraam kadhasya*

*Kimthay bhagyam mamasukirdhava:
Yathrathay nirvisangha:
Kanduyanthat jarada harina:
Swangamangay matheeye!*

“What a blessing it is, to sit in the Padmasana posture on a Himalayan rock on the banks of the Ganga and immerse oneself in deep meditation on “I am Brahman!” Sages forget their bodies in that state of meditation. Deer pass by brushing against their bodies with impunity to relieve their itch”.

The Ganga is the Ganga! The hearts of devotees melt in devotion to find release as a spring of poetry; in the same way, pure snow melts to flow as the Ganga River. A divine song is heard in the Ganga. It sings the words “Om Sivo-ham.” There is nothing to equal the sight of Yoga practitioners sitting peacefully on rocks on the Himalayan mountain slope on the banks of the Ganga and engaging in meditation enveloped by nature’s peace! The Yoga practitioners who identify themselves with Siva owing to their meditation on Him are immersed in intense contemplation. The deer which pass by rub themselves against them to get rid of their itching. But these ascetics are so deeply engrossed in their meditation that they are unaware of that contact! What a sublime life!

Long live those who undertake penance in mountain caves! Birds perch fearlessly on them, as they sit immersed in their meditation on the supreme light and they lick the tears of joy flowing from their eyes! Long live such mystics! They are blessed!

Such blessed mystics are found in Rishikesh. Many ashrams inhabited by sages can be seen en route to Rishikesh from Haridwar; the areas of Muni-ki-reti and Lakshman Jhoola in particular may be said to be areas where divine beings have taken birth and flourished. The sight of the Ganga with its crystal clarity, cooling sweetness, divine purity enhanced by repeated bathing and musical sound resembling a lute's musical notes serves to banish worry. The body and mind are purified by bathing in it. If one takes a dip in the Ganga, follows it up by applying sacred ash, finds a rock to sit and then closes the eyes, then meditation will come naturally and it will bring mind control. On the opposite bank, great spiritual centres such as Gita Bhavan, Swargashram, Parmarth Niketan and Sadhana Bhavan are growing; on this bank of Muni-ki-reti, a joyous dance is being performed, in which the whole world is participating. The blissful abode is the stage for this joyous dance. The bliss which dwelt in the abode is now dancing in the temple with its tower-gate. The temple has transformed into the town. North and south, east and west meet here and live as a single divine community. This divine centre is known as Sivanandana-gar or Sivapuri. A peace-filled centre exists here without discordant notes of my language, my state, my caste, my country, my position etc and devoid of any political overtones or communal strife.



Sivananda Saraswati and Siddhananda Bharat

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