



Punarnava Ayurveda Trust Newsletter

January, 2014 | Volume 1, Issue 5

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Understanding Seva - The Selfless Service

In this New Year, we re-dedicate ourselves to the concept of “seva” or selfless service to the self. Most religions across the world are built on the edifice of “seva”. By doing seva, one is not helping others; one is only helping one’s own self to rise, to grow, to evolve, to liberate.

Seva begins at home; seva to every cell in one’s own body is where we begin; nurturing and nourishment begins within the 37.2 trillion cells in the human body. When we do seva to these 37.2 trillion cells in our own body, then we become equipped to do seva to the cells in the external universe. Unfortunately most of us like to ignore this vast opportunity to do seva under the guise of being selfless. Instead we abuse, forget, overwork, taunt, exploit, starve, overfeed and mutilate the cells within us; and simultaneously we nurture, nourish, care, encourage, develop, cultivate, nurse and sustain the cells around us. For, we are taught very early in our lives that “being altruistic is good”. Let us begin the altruism at home – in our own bodies, in our own mind, in our own homes. When the body, mind and home are nourished, then it becomes much easier to nurture the community around us.

When we serve, we believe that the person who is being served should be grateful to us; actually it is not so. We should be grateful that we are being given the opportunity to do “seva” for that person. For giving is very easy; receiving is extremely difficult. In giving, the ego is gratified; in receiving the ego feels humiliated. And since we do not want to humiliate our ego, we prefer to give rather than receive. But one of the purposes of this life is to control the ego; not to allow the ego to control us.

Seva which is gratifying the ego is not seva; it does not serve any purpose, neither for the giver or the receiver. Hence seva should be done in complete humility and we should always be grateful to the receiver for giving us the opportunity to do seva.

Let us understand a few concepts of seva as propounded by Sikhism –

Sikhism is founded on the principles of Sarbat da bhalla - working towards the "*common good of all*". This point is highlighted by the Guru in many places in the Guru Granth Sahib. The text explains the spiritual benefits of doing seva and the ways in which one should perform it, focussing on the state of the mind when performing seva.

- The importance of selfless seva is highlighted by the Guru in this verse: *One who performs selfless service, without thought of reward, shall attain his Lord and Master.*" (SGGS p 286) The Guru states that one who performs selfless service without desire for reward will certainly attain liberation. The need to be "desire-less" ("nehkaami") is critical in making this action fruitful. When one does Seva, one should just do it without any thought for a return.

- Guru tells the followers that peace can be obtained through Seva: *You shall find peace, doing seva*" (SGGS p 25) Doing seva bring its own tranquillity and serenity which you cannot find in doing anything else. For a Sikh, simran (meditation) and seva (service) are the spiritual right and left hand. As a Sikh, you must do both to keep a balance. These are like the two wings of a bird - the bird must use both otherwise it will not be able to fly.
- A Sikh has to make a concerted effort to seek opportunities to perform Seva. One has to focus one's mind on this duty so that the opportunity of this life is not wasted. When you perform Seva, the mind should recite Gurbani: *Center your awareness on seva and focus your consciousness on the Word of the Shabad.*" (SGGS p 110)
- Three things are necessary to obtain salvation and liberty and they are: To perform Seva, to follow Gurbani and to do Simran: *Do seva, follow the Guru's Teachings, and vibrate on the Lord's Name, Har, Har.*" (SGGS p 176)

Trust Activities: November 2013 – December 2013

Solar Panel at Study Centre

PunarnavaTrust has enabled the use of renewable energy, in the form of Solar panel light at the Study Centre in Rottigoundanur village. Over 24 village children come to the Centre every day and interact with the volunteers and get help for their studies.



Annadhanam and Free Ayurveda Medical camp

The volunteers of Punarnava Trust, prepare the meal for the community lunch, and serve it to around 400 villagers. Some of the villagers also participate by offering their home grown vegetables for the community lunch. The villagers are also benefitted by the Medical camp. On 10th Nov 2013 and 1st Dec 2013 the Annadnam and free medical camps were conducted in Rottigoundanur village.



Puja for the Goddess (Bhagavati)

A Bhagavatisewa, a puja for the goddess Durga was performed at vaidyagrama for the wellbeing of all . The lamp in the centre is dressed up as . Parashakti or Durga Devi and is worshipped as Bhagavati. The puja uses chanting to invoke the Divine Mother to the center of a Padmam Chakram - the divine energy then blesses everyone performing and attending the Puja. This puja is done every month along with Ganapathi Homam and Narayaneeyam. All these divine invocations are done to fill the air with positive healing energy for the benefit of everyone. Sarve Bhavantu Sukhinah!



Children's Day at Rottigoundanur Primary School.

Children's day was celebrated at the Rottigoundanur Primary School and Assisi Shehalaya, with volunteers of Punarnava Trust, interacting with the students and distributing gifts and sweets. Besides this, monthly Annadanams were conducted in Assisi Snehalaya too.



Natural Farming

Natural farming is done in the gardens around vaidyagrama, and the tasty vegetables thus grown are used for the patients and staff in vaidyagrama. Elevated beds are prepared before planting the seeds for growing the vegetables and mulching is done with dried leaves and coconut husks. Very little water is used for growing the vegetables.



Tree Plantation



A tree plantation drive was organized in vaidyagrama. Medicinal plants like Banyan, Peepal, Fig, Bilva and Amla were planted in one acre of land, thus creating a PanchaVati. SIGNIFICANCE:[‘PANCHA’ - Five, ‘VATTI’ - Trees]

This combination of trees was mentioned in "The Ramayana". When Rama along with Sita and Lakshmana were on the 14 years of 'Vanavasa', halt a night at Muni Bharadwaja Ashram, the sage advised Rama to find a place where all these five trees exist together to make a place to live. As per his suggestion they make a 'Parnashala' amidst these trees. It is believed that where ever these five trees exist together, Rama too resides there.

BENEFITS:

- Breeze from these trees - Gives out more oxygen.
- Very Cool and All of them have medicinal values
- Brings good health and powerful vibrations - Wards off evil forces
- Gives right way of thinking and Clarity of thought
- Fruit bearing - So naturally attracts many birds and other insects

How you can support

If you feel you want to be a part of this vision, and would like to contribute to the same, here are some ways you could help.

1. You can donate a sum of USD 10/Rs.500/- or in multiples thereof.
2. You can encourage your friends to do the same by spreading the word about the trust and its activities.
3. You can volunteer during the trust activities.
4. You can give your suggestions and ideas on how to improve upon this vision
5. You can promote this idea through email,facebook, twitter etc.

How to donate (at www.punarnava.org)

For Indian Donors:-

You can donate by any of the following means:

Cheque, Demand Drafts, Wire Transfer, Credit card, Debit card or by Net banking, in the name of Punarnava Ayurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

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For International Donors:-

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India.

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

SWIFT-CITIINBX

Punarnava Ayurveda Trust is registered under Section 11 (1) of the Foreign Contribution Regulation Act (FCRA), 2010, and hence is eligible to receive International donations for the said purpose.

Donations to Punarnava Ayurveda Trust by Indian donors are eligible for tax exemption under Section 81 G of the Income Tax act.

The V International Conference on “Ayurveda – where science meets consciousness– using nature’s offerings in the healing process”– will be held in vaidyagrama Ayurveda healing village in Coimbatore, India from December 12th – 17th2015.

Nature’s offerings:

Ayurveda uses the abundance of nature’s offerings in creating and restoring harmony – within and without. A unique and subtle understanding of the properties of all of nature’s offerings in relation to the living being is what differentiates the science of pharmacology and pharmaco-dynamics as elucidated in Ayurveda. Nature’s offerings include herbs, shrubs, trees, metals, minerals and animal products. Understanding their healing potential and creating combinations of one more of any of nature’s offerings to enhance the healing effect and minimize the after-effects is the purpose of this particular conference.

Some of the confirmed presenters include –

Mother Maya| Dr.Vasant Lad |Dr. Robert Svoboda| Dr.Claudia Welch |

Please do visit www.ayurvedaconference.com for more information in the coming months. As always let us all work together in the interest of "**Authentic Ayurveda for universal well-being.**"



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