



HIHT News

“I Want to See God,” by Swami Rama

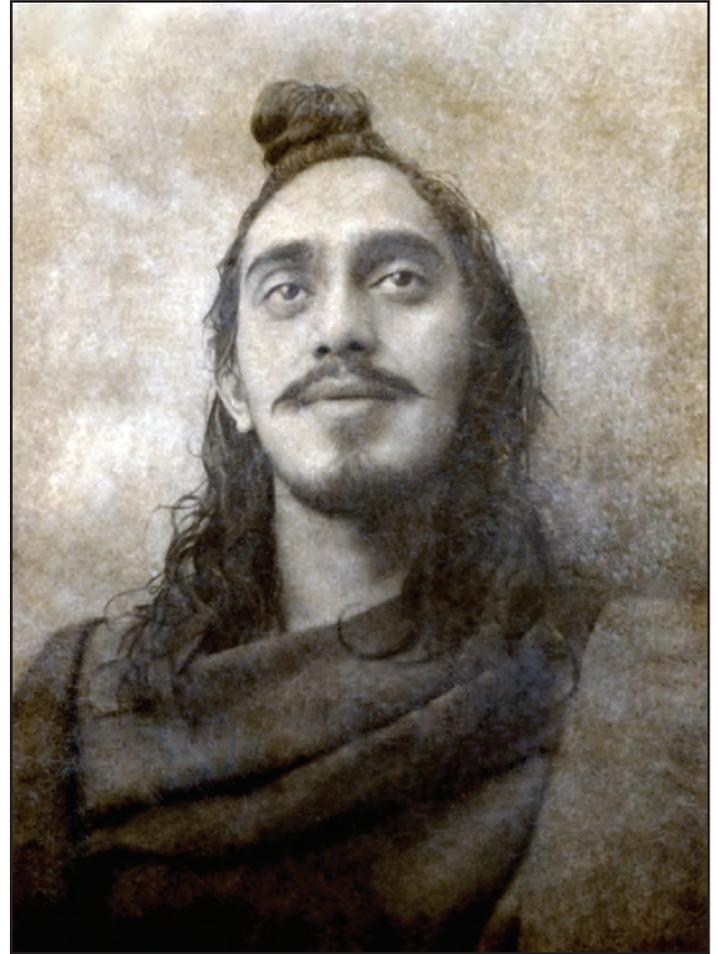
One day I was wild, I became wild. How? The desire makes you wild, no matter how much you suppress it. If you go on suppressing some desire, one day it can lead you to the institute somewhere, institution. So I had a desire to see God. I studied books, I lived with many sages, I still had desire to see God. So I went to my master and I said, “Look here, you are not truthful to me.” He said, “Hey, I have brought you up with great pain and everything. What the hell are you talking to me like that? Did I expect anything from you? Did you give me anything?” I said, “No, but even then you have spoiled my life. The best period of my life, which I considered the best, youth, you have put me into austerities and this and this and this,” and I said, “nothing has happened. I am not enlightened because I have not seen God.” He said, “Do you really want to see God?” I said, “Yes, everyone wants to.” He said, “Don’t talk of everyone. I am talking to you.” I said, “Yes of course I want to see God.” He said, “Do you want to see God with two eyes, or with your mind, or with your whole being?” I said, “I want to see God with my two eyes, with my mind, with my whole being.” “In the morning,” he said, “tomorrow I promise to show you God.” In the morning. And he gave me a script to study. He said, “Read this.”

It was written in that, the person who is not calm, tranquil, can never see God. But I believed him so much, and trusted, I said, no need of having any calmness and tranquillity. So I could not sleep whole night. I was so much excited that in the morning I would see God, so I could not sleep. That was one day when I did not do meditation. I did not do breathing exercises, I did not sleep. I was waiting for 5:00, so restless.

In the morning, I went in. That day I was extraordinarily humble. Other days I bowed sometimes but that day I bowed many times. I became a great disciple. He said, “Sit down, son. I really promise, and I want to fulfil my promise, and I want to show you God.” I said, “Sir, that’s the only one thing I need.” I said, “I don’t want to live later on. Just I want to see and that’s all.” He said, “It means God means death. What are you talking? Why do you want to live?” I sat down. He said, “Look here, what type of God you want to see?” he asked me. I said, “Are there various types?” He said, “No. If I tell you this is God you are not going to believe me, that this is not God, this is not God. So you just let me know what type of God you want to see and I will show you.”

And actually I did not have any concept about God so I could not explain to him. So he said, “You don’t have clarity of mind about God. Even God comes down you will not recognize him. First have clarity of mind. What do you really want to do? What type of God do you want to see? What is your concept about God?”

And he said, “The moment you are ready, I promise I will show you. Don’t talk to me like that, that I spoiled your life, I misguided you.” And he said, “I am not escaping from the reality. I’ll show you



Swami Rama

right now. You just let me know what type of God you want to see.” I thought and thought and thought. Nothing happened.

So you all are sitting here just to see God. You are not going to see that. I’m telling you, I’m being truthful to you. Because thou art that. If you are not God, tell me who are you? How can you separate yourself from one whole reality? If you can separate you are more powerful than that reality. That reality is omnipresent, omniscient and omnipotent. Where do you exist then?

Then you say, how it is possible for such a great majesty to live in such a small heart of mine? That’s the beauty of that great majesty that it lives in the greatest and in the smallest both. That’s why it’s great.

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Rural Development Institute



Celebration of Breastfeeding Week

Breastfeeding week was celebrated in Thatyur Block from August 4th to 9th in which 60 women participated including Aaganwadi workers, ASHAs (Accredited Social Health Activist) and nursing mothers. A brief counselling was given to nursing mothers on the proper way of breastfeeding.



Health Camps: School Health and Maternal Health

Health camps were organized on 10th September at Rohalki village of Haridwar in which 146 village children and 39 women, mostly pregnant women, were served. Counselling was given to children on healthy eating and maintaining personal hygiene. Pregnant women were counseled on various aspects of healthcare measures during pregnancy. They were motivated for intake of proper diet; iron and calcium tablets were given.



Health Camps: Prolapse of Uterus

A uterus prolapse camp was organized on September 3rd at Tuini PHC, Chakrata in which 41 women were treated. More than 50% of the screened women showed symptoms of prolapse. Women with mild symptoms were given medicine and others were referred to higher centers. Counselling on personal hygiene was also given.



“Long are the arms that embrace the whole, the arms of love.”

Swami Rama

The Ayurvedic Centre

Plants in Campus

Nimba (Azadirachta indica)



Nimba is known as **Neem** in Hindi and Indian Lilac or Margosa tree in English. It belongs to family Meliaceae and Kandooghna group in Ayurveda and is native to India and the Indian subcontinent including Nepal, Pakistan, Bangladesh and Sri Lanka.

Plant Description: The tree is about 50 to 65 feet tall. The stem is simple and the branches are wide and spreading. Bark is dark brown from outside and red inside. The opposite pinnate leaves are 20-40 centimeters with dark green leaflet about 3-8 centimeters. The inflorescences bear 150- 250 white flowers. The fruit is a glabrous droop round or oval in shape, having one to three seeds inside.

Ayurvedic Pharmacology: Guna- Guru, Rasa- Tikta, Kashaya, Vipak- Katu, Virya- Sheet, Dosha Karma- Kapha Pitta Shamak

Chemical Composition: The bark contains nimbin, nimbinin, nimbidin and nimboesterol volatile oils, tannin and margosin. Seeds have sulphur, alkaloids, glycosides and fatty acids. Seeds have 45% non volatile oil.

Therapeutically Useful Parts: Bark, leaves, flowers, seed, seed oil.

Therapeutic Uses: Neem is frequently used in the products for skin diseases. It is considered having anthelmintic, antifungal, antibacterial, antiviral properties. Paste of the leaves and neem oil is used for dressing of ulcers, and to treat skin diseases like eczema and psoriasis. Internally it is used to treat fever, diabetes mellitus, acid peptic disorders, piles, intestinal worms and liver disorders.

Doses: Bark powder- 2-4 grams; leaf juice- 10-20 ml; seed oil- 5 to 10 drops.

Precaution: Large doses of seed oil can be toxic in children.

*Dr. Pratibha Mamgain,
Department of Ayurvedic Medicine.*

Homeopathy & Trauma

Ruta graveolens

Prepared from the whole fresh plant.



Uses:

Sprains involving ligaments and tendons
Bruising of bones and periosteum
Fractures and injury to bones
Tennis elbow
Inflammation of ligaments and tendons
Pains of dislocated joints
Ganglion of the wrist

Dosage:

One to three doses daily as needed.

Dr. Barbara Bova, HOD, Dept. of Homeopathy



*"Save Animals"
by Sachin Mamgain
Class VII, The Doon Grammar School, Bhanियawala*

Diwali Mela



Diwali mela was celebrated on the campus 17th October, featuring delicious food, melodious music, fun games and lucky draw.

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