



HIHT News

Wisdom of the Ancient Sages *by Swami Rama*

No matter how much we love someone, we don't want to keep their body with us when the Light is no longer there. When you begin to love the force called life itself, then you understand both sides. Equilibrium does not mean one constant state of mind. When all the diverse forces within you come to a state of understanding, that is equilibrium.

You cannot change the circumstances of the world. You cannot change the world itself or your society, although you often remain busy trying to change things in the world. Do you think that the world should change according to your convenience? What you really need is strength, then you can pass through this procession of life easily, but if you don't have personal strength and are weak, then you want everything to change for your convenience. Learn to be aware of that strength that is already within you, in a latent condition.

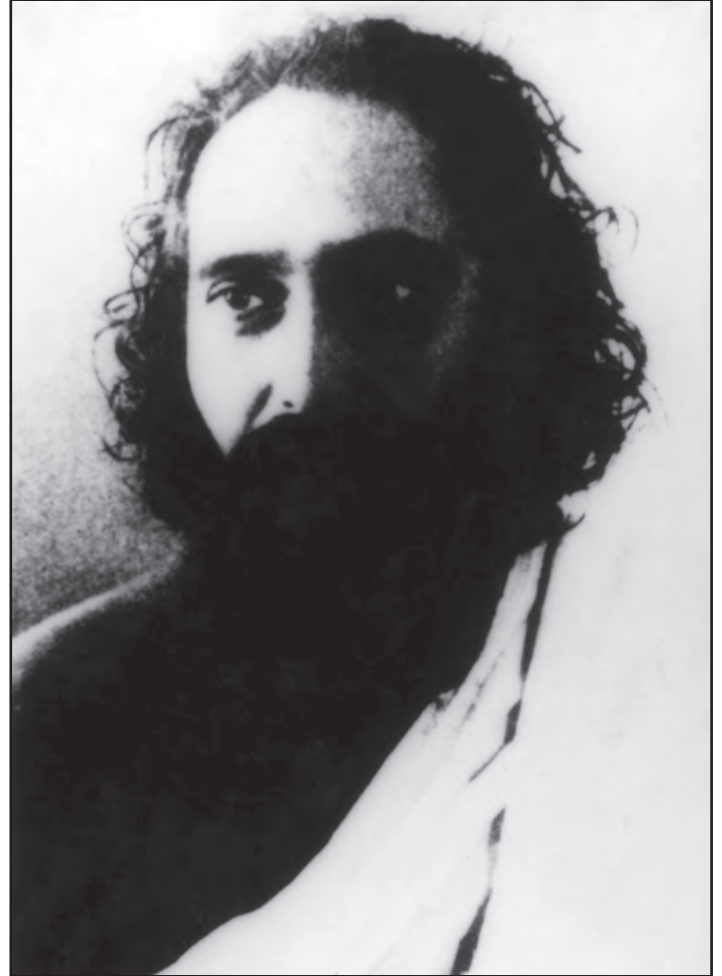
A man really believes in God when he believes in the God within. If you really believe in God and understand God then how can you exclude yourself? Where can you live without Him? Truth exists everywhere; how can you exclude yourself from that? To lack this understanding is ignorance.

The great sages say, "Know thyself first." The first step is not to know God. When you say, "I want to know God," you are searching for something without truly understanding it. Then, you will not meet Him anywhere because you don't yet understand what you are trying to do. You should first learn to know yourself on all levels. The sages say, "Know thyself." This is the point where West meets East, where all philosophies and principles meet. If you go to Egypt and see the great, ancient gates, you will find there the inscription, "Know thyself." If you go to India and study the Upanishads, you will read, "Know thyself."

Thus, the first step is not to know God, but to know yourself. And when you seek to know yourself what do you do, what resources do you apply? Usually, you apply your small mind to the task of knowing God, and when that small mind fails, then you say that God does not exist.

You should stop using your mind to try to know yourself, and instead use your mind to know the external world. Train your mind properly. Don't attempt to use your mind to know yourself, because the glasses that you use everyday to read books are not useful for seeing your own eyes. The telescope that you use to see the sun, moon, and stars does nothing to help you if you turn it toward yourself. There is not a single instrument that helps you in knowing yourself. All these external means and techniques have no power to help you to know yourself. You are wasting your time banking on the use of the part of mind that you use in your daily life. But how can you stop the mind? The mind is a substance that is continuously flowing.

The sages say that your mind is a very useful instrument when you train it to perform actions in the world. Then, it can become



Swami Rama

very creative, but still, it has no power to penetrate to the highest level, to the center of consciousness, which is very subtle. You will have to leave the mind where it is. Learn not to be swayed by the mind and to be above it. Then you are already there; you do not have to become anything. You do not have to meet someone separate from yourself. You have to be aware of only one thing, and that is to be aware of that which you are not. You do not have to become anything, because you are already that.

You should make time for this contemplation. Meditation and contemplation are two separate things. Meditation has an object, and without an object, you cannot meditate. To meditate, you need an object that is subtle and fine. It can be a human being such as your loved ones, a sound or words, or something else. Contemplation does not require any object. It can be called "objectless meditation."

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Paying Tribute to Swami Veda Bharati (1933 – 2015)



This is not an obituary but a celebration of the noble life of Swami Veda Bharati. Usharbudh Arya (pre-monastic name) was born in Dehradun in a family steeped in the 5000-year-old tradition of Sanatana Dharma. Acknowledged as a child prodigy, he lectured at a tender age to thousands on the Yoga Sutras, Vedas and Upanishads. He left the shores of India as a young man of 19, to serve communities in Africa and S. America as a pandit and spiritual guide. In just two years (1965-1967), he completed his B.A. (Honors) (London), M.A. (London), D.Litt. (Holland), F.R.A.S. and took up an appointment in 1967 as Professor of Sanskrit at the University of Minnesota where he received a Distinguished Teacher Award.

He met his guru, H.H. Swami Rama, in Minnesota in 1969 and received a high initiation into Dhyana Yoga. Resigning from the University of Minnesota, he founded the Meditation Center in Minneapolis and dedicated himself to a life of spirituality. Swami Rama initiated him into sannyasa in 1992, naming him Swami Veda Bharati, in recognition of his vast erudition. In 1999, the

Niranjani Akhara conferred on him the honorific title of Mahamandaleshvara. In 2002, he founded Swami Rama Sadhaka Grama in Rishikesh, which houses the headquarters of the Association of Himalayan Yoga Meditation Societies International (AHYMSIN), serving as a center for his global network. He served as President and preceptor of Swami Rama's Sadhana Mandir Ashram in Rishikesh and spiritual guide of the Himalayan Institute Hospital Trust. He was the Chancellor of HIHT University.

A prolific author and teacher, he authored 13 books, 30 booklets and produced over 4000 hours of audio lectures on the philosophy and practices of meditation. Scholars of yoga philosophy hold in high esteem his two-volume comprehensive commentary on the first two chapters of Patañjali's Yoga-sūtras. He was well versed in the scriptures of several religions, understood 17 languages, and guided spiritual seekers who came from all over the world to learn meditation at his ashram. Swami Veda established more than 50 centers of Yoga and Meditation in Asia, Africa, Europe and the Americas. Swami Veda was an invited speaker at the World Parliament of Religions in Cape Town and Barcelona, Shakespeare Globe Theatre, London, Episcopalian Cathedral, Utah, USA, UNESCO Chair of Peace Studies, Innsbruck, Austria and Palazzo Vecchio (City Hall) Department of Peace, Firenze, Italy. Following in the footsteps of Swami Rama, he had a keen interest in the scientific studies of yoga and meditation and established a scientific laboratory at Sadhaka Grama to study the neurophysiology of meditative states.

His life's purpose is best expressed in his own words: "My quest is to know how God of many names and No-Name, of many forms and No-Forms has manifested Herself in all quarters, religions, art forms and the unity of all the scientific fields; and to know the unity of all of these areas of human revelation and exploration."

Dr. Prakash Keshaviah.

International Yoga Day



The International Yoga Day (IYD) was celebrated in the Nursing Auditorium of the campus on June 21st, 2015. This evening program began with lamp lighting and a guru vandana performed by medical college students. The program was compered by Mrs. Savitri Jugdeo, who spoke about Swami Rama's global contribution to the spread of yoga. A short video was shown featuring our

P.M.'s UN address where the IYD concept was first mooted. The very young children of the campus performed various yogasanas, followed by more complex asanas by the youth of the campus. Yoga teacher, Mr. Rahul Baluni, demonstrated some asanas accompanied by Dr. Ganasan's narration of benefits and contra-indications. Nursing students performed a graceful dance incorporating yoga postures. Dr. Prakash Keshaviah presented recent research on the benefits of meditation including changes of brain structure, gene expression and reversal of ageing. Students of nursing performed a delightful skit of how a family experiencing stress, health problems and relational issues improved their well-being through yoga. A 20 minute excerpt of Swami Rama's video on the meaning of yoga was screened. The program ended with a guided meditation recorded by Swami Veda Bharati and a universal prayer. Prasad was distributed to all.

The Ayurvedic Centre

Plants in Campus

Ark (*Calotropis procera*)



Ark is known as Aak in Hindi and Madaar in English and milk weed commonly. It belongs to family Asclepiadaceae or Tikshna Virechana section of Deepanaadi

Gana in Ayurveda. It is native to South Asia and North Africa. *Calotropis procera* has purple flowers and is commonly 4-8 feet tall.

Plant description: Growing as a spreading shrub or a small tree *Calotropis procera* has simple stems with only a few branches, which are light grey-green in color and covered in a fissured, corky bark. The flowers are about 3.8 to 5.1 cm in size, with umbellate lateral cymes and are colored white to pink, fragrant, have five petals, and are grouped in clusters. Fruits are approx. 7 cm long and 4 inches broad and contain seeds. Seeds are compressed, broadly ovoid, with a tufted micropylar coma of long silky hair which looks like cotton.

Ayurvedic pharmacology: Guna- Laghu, Ruksha, Teekshna Rasa- Katu, Tikta Vipaa- Katu Veerya-Ushna.

Chemical composition: The milky exudation from the plant has trypsin, uscherin, calotropin and calotoxin. It is a corrosive poison. Calotropin, a compound in the latex is very toxic. Extracts from the flowers of *Calotropis procera* have shown strong cytotoxic activity and are also harmful to the eyes. Still the plant is used in Ayurveda after some procedures and after combining it with other herbs.

Therapeutically useful parts: Root bark, latex, flower and leaves.

Therapeutic uses: The root bark is useful to reduce fever, anthelmintic, helps cleanse waste products from the body, expectorant, and laxative. The powdered root promotes gastric secretions and is useful in asthma, bronchitis, and dyspepsia. Dried whole plant is a good expectorant, depurative and anthelmintic. Madar root-bark is very largely used in India as a treatment for elephantiasis, leprosy, and in chronic eczema. It is also used as antidote substance and for abortive purposes. Leaves are useful in the treatment of paralysis, arthralgia, swellings and intermittent fevers. Flowers are useful in asthma, catarrh, anorexia and inflammations.

Dr. Pratibha Mamgain, Dept. of Ayurvedic Medicine

Nux Vomica

The homeopathic remedy, *Nux vomica*, is another example of a remedy that is derived from a very poisonous substance. It is prepared from the seeds of the *strychnos nux vomica* tree. The common name for the seeds is poison nut, from which the poison strychnine is extracted. Of course due to the homeopathic method of dilution, the poison is transformed into a curative substance.

Whether from overuse of addictive or medicinal drugs, for the side effects of drugs, abuse of alcohol, coffee, or tobacco, or overindulgence in rich spicy food and drink, *Nux vomica* has proven to be the most powerful detoxification agent I know of, and I use it in the clinic more frequently than any other remedy for this purpose. It has never failed to live up to its reputation. It naturally follows that it would be particularly useful in cases of diarrhea from food poisoning or overindulgence.

The general characteristics of *Nux* that will stand out in diarrhea from food poisoning or from overindulgence of rich, spicy food are: irritability, oversensitiveness, spasms and chilliness. The irritability, though one of the main keynote of *Nux* in the mental sphere, in diarrhea invades the entire digestive tract so as to produce vomiting, cramping pains in the abdomen, and spasms of the colon. The natural process of peristalsis is interrupted from taking its natural course of ridding the body of whatever toxins have invaded the GIT. Because of the spasms, rather than having gushing continuous diarrhea as you would see in *Podophyllum* or *Arsenicum album*, the stool will be frequent and scanty. After stool there may be the feeling of not having completed the emptying of the bowels, and so the patient will strain ineffectively to pass more. Therefore in order to rid the body of the poisons more quickly there may be profuse vomiting, sometimes at the same time the patient is passing stool. Any time the patient attempts to eat or drink anything, the vomiting and/or diarrhea will recur. The patient complains that it feels like there is undigested food in the stomach and it feels heavy like a stone. The cramping pains in the abdomen cause the patient to double over.

The patient will be extremely irritable and impatient and very chilly and sensitive to the slightest draught of air or uncovering, and also to light, touch, odors and noise. There may be aching in the limbs and back. *Nux vomica* can also be helpful in infective diarrhea if the symptoms match.

Dr. Barbara Bova, HOD, Dept. of Homeopathy

"I shall not fear, hesitate or turn back; not till all the myriad living beings, from human beings down to blades of grass, have been liberated from ignorance and suffering, only then shall I enter my nirvana."

Swami Veda Bharati

Rural Development Institute

RDI Updates July 2015

State ASHA Resource Centre (SARC) at Rural Development Institute (RDI) organized eight days training of trainers from 22 to 29 June 2015 at SARC, RDI-HIHT on Induction Module for Accredited Social Health Activist (ASHAs) on Reproductive Child Health issue. The training was organized in partnership with District ASHA Resource Centers (DARCs) and Health & Family Welfare Department, Govt. of Uttarakhand in which 35 participants including District Community Mobilizers, Block Coordinators of DARCs and other selected district trainers of ASHA Program from 13 districts of Uttarakhand actively participated.

The objective of training was to develop capacity of the selected district master trainers on induction module for ASHAs on RCH issue. The major contents of training include concept and understanding on healthy community, right to health, skills of an ASHA, health, hygiene and illness, dealing with common health problems, infectious diseases (tuberculosis, leprosy, malaria), maternal health, newborn care, infant and young child nutrition, adolescent health, reproductive tract infections and sexually transmitted infections, preventing unwanted pregnancies and safe abortion.

Update on Initiative Towards Healthier Villages

RDI's initiative towards healthier villages have objectively been progressing since August 2014 in the villages of Bahadarabad block of Haridwar district in collaboration with Wipro Cares, Bangalore. This initiative envisioned to provide need-based health education and healthcare services to children, adolescents and pregnant mothers over a one year period. Through this initiative an enabling environment has been created with impact on community towards appropriate healthcare practices and services.



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