



HIHT News

Mastery Over Death by Swami Rama



Swami Rama

I have personally witnessed yogis casting off the body consciously on many occasions. In the year 1938 when I was sent to Benares to stay with a Bengali couple, I was informed that the couple would drop their bodies at the same time. The couple had been meditating together for several years. They announced the date of their death and I was one of the witnesses.

I met a yogi at Paidung in Sikkim in the year 1947. Not only could he die at will, but he also could bring the dead back to life. During those days I was very anxious to know this mystery, termed *parakaya pravesha*. He demonstrated this feat in my presence five times. The yogi asked me to bring a living ant. I brought one, personally cut it with a sharp blade into three parts, and scattered them at a distance of ten feet. The yogi suddenly went into deep meditation. We examined his pulse, heartbeat, and breath, but there was no sign of life. Before he reached the state of deep meditation, there were violent jerks in his body.

The scattered parts of the ant moved together and united in a second's time. The ant came back to life and started crawling. We kept it under observation for three days. The yogi explained two methods of bringing the dead back to life—solar science and *pranavidya* (the science of prana). Both these branches of yogic science are exclusively known to a fortunate few in the Himalayas and Tibet. Jesus demonstrated his knowledge of these methods when he brought Lazarus back to life. Perhaps during his visit to Asia Minor he learned these techniques from the yogis.

Another interesting instance I would like to mention here is with regard to a death predicted by a yogi during Kumbha Mela

in 1966 at Allahabad. One of my friends, Vinaya Maharaj, sent a messenger to my camp informing me that he was going to drop his body and I should come to witness it. On Vasanta Panchami (the celebration of the first day of spring) morning at 4:30 suddenly he said, "Now the time has come." Then he sat in the meditative posture, *siddhasana*, closed his eyes, and became silent. The sound 'tic' came from the cracking of the skull as he left his body through the *brahmarandhra*.

It is also possible for a highly advanced yogi to assume the dead body of another if he chooses to do so and if a suitable body is available. Only adepts know this technique. To the ordinary mind this seems like a fantasy.

The capacity to leave the body consciously at the time of death is not restricted only to accomplished yogis. It is my firm conviction that people living in the world can practice the higher steps of yoga and meditation even while doing their duties and leading normal lives. With sincere effort, proper preparation, and guidance, one who is not a yogi can also attain enlightenment before dropping the body.

I have witnessed two similar cases. One of these was in Minneapolis. The mother of a famous psychiatrist, Dr. Whitacre, had practised meditation for many years. At the time of death she went into deep *samadhi* and consciously dropped her body. The other was at Kanpur. There is a family of doctors there whose mother was a great devotee of the Lord. She was my initiate. Six months before her death, she decided to live in a room by herself remembering the Lord's name and meditating. After six months she fell sick and became bedridden. The time of her parting seemed imminent. During her last days she was completely detached and merged in her *sadhana*. She did not allow even her eldest son, Dr. A.N.Tandon, to remain in the room. Five minutes before her death she called all the family members and blessed them. Then she dropped her body in complete consciousness.

After her death, the walls of that room in which she lived vibrated with the sound of her mantra. Someone informed me of this and I could not believe it. So I visited the house and I discovered that the sound of her mantra was still vibrating there.

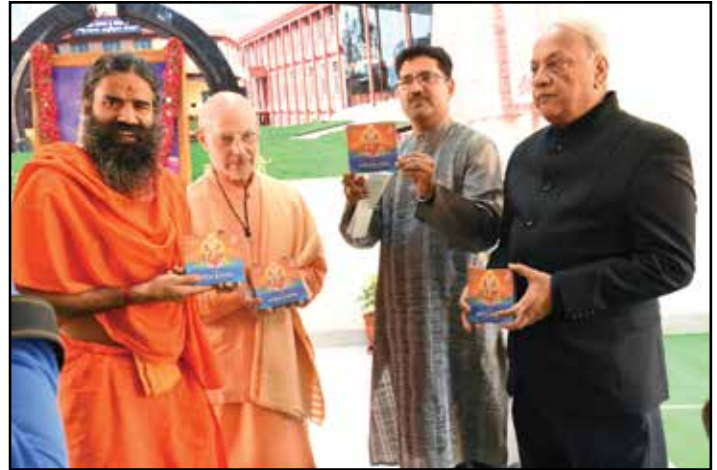
Mantra is a syllable or word or set of words. When the mantra is remembered consciously, it automatically is stored in the unconscious mind. At the time of parting, the mantra which is stored in the unconscious mind becomes one's guide. This period of separation is painful to the ignorant. This is not the case with a spiritual person who has remembered the mantra faithfully. The mantra serves as a guide through this period of transition. Mantra is a spiritual guide that dispels the fear of death and leads one fearlessly to the other shore of life.

Reprinted from Sacred Journey, an HIHT publication.

20th Annual Mahasamadhi Function of Swami Rama



Lamp Lighting with Chief Guest Yog Guru Baba Ramdevji



Release of Nada Bindu: Srividya Nadopasane



Dr. Vibha Gupta receiving Swami Rama Humanitarian Award



Bhandara

The Himalayan Institute Hospital Trust (HIHT) celebrated the 20th Mahasamadhi Anniversary of its Founder, HH Dr. Swami Rama on 13th November.

Yog Guru Baba Ramdevji (Founder, Patanjali Yogpeeth) was the Honorable Chief Guest. Dr. Dhasmana delivered the welcome address sharing his thoughts and experiences with Swamiji. The Annual Calendar 2017, an audio CD on *Practices of Himalayan Tradition*, an audio CD on *Nada Bindu: Srividya Nadopasane*, the books *Holistic Living Manual* and *Journey with a Himalayan Master* were released on the occasion.

Best Employee Awards were presented to 23 employees for contributing with excellence in their designated fields followed by felicitation of Swamiji's disciples for their continued support to his vision.

Dr. Vibha Gupta, Director of the Rural Women Technology Center, a wing of Magan Sangrahalaya, Wardha (Maharashtra) was bestowed with the Swami Rama Humanitarian Award 2016 consisting of a gold medal, citation and a cash award of rupees five lakhs in recognition of her efforts in developing appropriate technologies for the emancipation of rural populations.

Speaking on the occasion, Baba Ramdev said that "Swami Rama proved that even one person can bring about a change in the society, so we must not ever undermine the power of an individual irrespective of his social standing. It is commendable that even three decades ago Swami Rama could envisage that education and healthcare was most important for upliftment of the society. His contributions will always be remembered by Uttarakhand. One must take care of his health and progress individually only then will he be able to contribute to the progress of the society and the world at large."

The Chief Guest was felicitated with a shawl by Dr. Mohan Swami and a memento by Dr. Dhasmana. Swami Rama Scholarships amounting to Rs. 1.12 crores were distributed to over 500 meritorious and financially underprivileged students from across the State from 136 schools.

Over 3,000 people had the prasad distributed in the bhandara organised within the campus. The Mahasamadhi celebration finally came to an end with a mesmerizing Bhajan Sandhya in the evening with Sri L.N. Tiwari and company, echoing the light and spiritual energy of Swamiji's divine teachings.

Cancer Research Institute Inauguration

On the eve of the 20th Mahasamadhi Anniversary of HH Dr. Swami Rama, Founder HIHT, on 12th November 2016, Shri J.P. Nadda, Health & Family Welfare Minister, Govt. of India inaugurated the Cancer Research Institute of the Swami Rama Himalayan University amid the benign presence of Shri Harish Rawat, Chief Minister Uttarakhand. Hon'ble MP Dr. Ramesh Pokhriyal 'Nishank', Shri Hira Singh Bisht (MLA Doiwala), Shri Prem Chand Aggarwal (MLA Rishikesh) and Sh. Trivendra Singh Rawat (Coordinator, Namami Gange Project) were among the other distinguished guests on the occasion.

Paying his floral tribute to Swamiji, Shri Nadda applauded the Himalayan Hospital for providing medical care not only to the residents of Uttarakhand but also to the thousands of people from its neighboring states as well. He said that the Central Government is striving to provide dialysis facilities at the district level throughout the country to ensure that the people below poverty line could also be benefitted. He informed that national level cancer research institutes are under construction at Kolkota and Jhanjjar (Haryana) and 50 Tertiary Cancer Care Centers would be opened throughout the country soon. Shri Nadda also said that the center will support the Uttarakhand Govt. in all its health programs and policies.

Speaking on the occasion, Shri Harish Rawat said that the opening of the Cancer Research Institute at Jolly Grant has eased the burden of the cancer hospitals in the metro cities besides adding to the comforts of the cancer patients within Uttarakhand and its adjoining states. The modern treatment facilities are now available to them with ease and at affordable cost at the Cancer Research



Lamp Lighting with Chief Guest Shri J.P. Nadda

Institute, Dehradun. He congratulated the Himalayan Institute and the Swami Rama Himalayan University for establishing itself as a center of excellence in the arena of health and education in the state.

Dr. Vijay Dhasmana, the Hon'ble Vice Chancellor, SRHU appreciated the sincere and diligent efforts put in by Dr. Sunil Saini, Director CRI and his team for shaping the Institute to its present form of a Comprehensive Cancer Care Center providing oncological services under one roof for the convenience and benefit of the cancer patients. He briefed the gathering about the multifarious activities carried out by HIHT and SRHU.

A Holistic Approach to Health and Healing

In commemoration of the 20th anniversary of the Mahasamadhi of Swami Rama on 13th November, HIHT sponsored a 3-day international seminar from 10-12 November. The seminar was entitled "A Holistic Approach to Health and Healing Based on the Teachings of Swami Rama."

The purpose of the seminar was to introduce the main concepts of holistic health and self-healing. The main topics were the 4 core modalities of holistic health: diet, exercise, breathing and meditation. These topics were thoroughly covered in both theoretical lectures and practical sessions. The practical sessions included sessions in hatha yoga, breathing, relaxation and meditation and inspired the participants to ask for continuing courses.

Holistic meals were prepared from organic products for the participants and served in the dining hall of our newly remodeled guest house.

All courses were taught by long-time students of Swami Rama who have been teaching and practising yoga and meditation for many years under his guidance. Those who came from abroad to assist in this joyous occasion include Susan Craig, Dr John Clarke, and Carol and Charles Crenshaw. Our HIHT teachers who gave



lectures and practicums included Dr V Chauhan, Dr Prakash Keshaviah, Savitri Jugdeo, Joy Craighead and Dr Barbara Bova.

The seminar was greatly appreciated by all who attended. It is our hope that this seminar will signal the beginning of a long tradition of holistic health at HIHT.

RDI Update

Providing safe water, sanitation and promoting hygiene significantly reduce the burden of disease. These are also essential for human dignity and economic growth of the country. Since 2001, RDI-HIHT has been providing Water and Sanitation (WATSAN) services in the mountain areas of Uttarakhand. Various projects have been implemented with an integrated plan of water supply, rain water harvesting, spring recharge, sanitation and health and hygiene awareness benefiting more than 200 villages.

Water and Sanitation scheme of villages – Nakot and Aarogi of Chamba blocks in District Tehri Garhwal was inaugurated on 7th December 2016 by Mr. Bhaskar Bhat, MD, Titan Co. Ltd. Other distinguished guests present on the occasion were Mr. Sridhar, CSR Head - Titan, Dr. Malavika Chauhan, Executive Director – Himmotthan Society, Mr. Vinod Kothari, Head - Uttarakhand Tata Water Mission along with the community representatives and villagers.

This joint gravity scheme of 2 villages is part of Himmotthan WatSan Project covering 11 villages being implemented by RDI-HIHT. Project is supported by Titan Co. and Tata Trusts through Himmotthan Society. All appreciated the work done by HIHT and a shawl was gifted to Mr. Vishnu Sharan, Chief Functionary – WATSAN, HIHT. This scheme was completed in record time, 4 months before scheduled implementation phase for which credit goes to project engineers. Cheque of Rs. 10,000 was awarded as incentive to Gram Panchayat and User Committee for making their Gram Panchayat – Arakot “Open Defecation Free.” Community also contributed 10% of the total project cost. More than 100 people of different villages were present during the ceremony. The scheme will benefit 28 households with present population of 142 and design population of 190. Total cost of the water supply scheme is Rs. 11.20 lakh. One Spring Collection Chamber cum Roughening Filter, 7.5 KL RCC Clear Water Reservoir, 2767 meter pipe line, 10 Standposts has been constructed. Scheme will provide 55 LPCD water to each beneficiary.

Condolences

With profound grief, we inform you that the following employees of HIHT/SRHU left for their heavenly abode. We offer our prayers and peace for the departed souls and family members.



Late Shri Bir Singh Negi, Security Guard, with HIHT/SRHU from 30/05/1993 to 22/10/2016.



Late Shri Devi Singh, Driver, with HIHT/SRHU from 1/08/2003 to 23/10/2016.



Late Shri Surveer Singh, Helper, MTO, with HIHT/SRHU from 01/06/2010 to 04/12/2016

HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, Dehradun, India, a nonprofit organization founded in 1989 by H.H. Swami Rama of the Himalayas. Readers are requested to write to the Editor expressing their views about the bulletin. Printed and published by Dr. Vijay Dhasmana for and on behalf of the Himalayan Institute Hospital Trust at New Art Press, Dehradun-248001, Uttarakhand (India). Editor: Dr. Vijay Dhasmana, phone: 0135-2471133, pb@hihtindia.org
The views expressed in the signed articles do not necessarily reflect the official views of the Trust. Sign up on our website to receive the HIHT News via e-mail.

© 2017 Himalayan Institute Hospital Trust.
All rights reserved. www.hihtindia.org
RNI-UTTAR/2003/11409
HIHT is the promoting society of Swami Rama Himalayan University.



PRINTED MATTER

If undelivered please return to: Himalayan Institute Hospital Trust, Swami Ram Nagar, P.O. Jolly Grant, Dehradun 248016, Uttarakhand, India.