



HIHT News

Energy of Consciousness in the Human Personality *by Swami Rama*

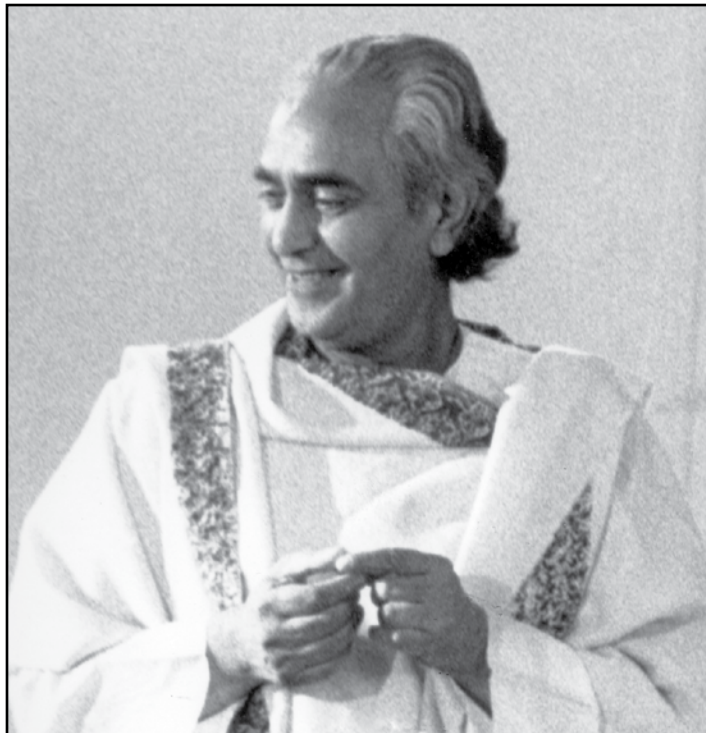
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The Current of Consciousness

Are there special procedures, processes, connections, which consciousness follows in running our personalities? The universal consciousness principle may be compared, for our purpose here, to a current into which, through many sockets, various electric appliances are plugged. The same one current supplies cooling power to the cooler, heating power to the heater, helps a radio to tune into sound waves, and the TV to gather and project visual images. So also is the consciousness principle (the primary force from which all other energies are derived, whose variations on the theme they all are) connected into all living beings, supplying to each its/his/her power for will, knowledge, and action.

In human beings this primary consciousness becomes operative through a system of psychophysiological centers. So far we have been traveling along the finest current. Now we begin to look from the opposite, the grosser end called the physical body. This body with all its cells, as we said earlier, is run by prana; the prana is directed by the mind and the mind is guided by consciousness. There are areas in our human personality where these various energies are joined together in close consonance, resonating to each other's vibrations, deriving the power from consciousness which, however, is absolute in itself and resonates to no other. In these specific areas the vibration passes from consciousness into the mind/prana/body system—and from these areas the energy is distributed into the rest of the personality. These are the psychophysiological centers which are plugged into the current of consciousness, and they respond to its universal rhythms.

Take, for example, our breathing process. What is the origin of breath which, when looked at physically, is nothing but a series of pockets of air trapped into certain cavities? What turns that air into flowing breath? Rhythm of the movement of certain organs. What moves the organs? The prana. What causes the prana to vibrate so that the organs linked to its specific areas should thus move rhythmically? The mind, of course. The mind is moved by consciousness. Again, look at it differently. The universal consciousness, which makes the world dance by its power, sends a tiniest spark of its thrill through the mind into our psychophysiological centers in such locations as the navel, cardiac center, throat, and the pineal area. The thrill creates a pulsation in the prana system which in turn creates certain rhythmic movements in the organs connected therewith. The rhythm is synchronized, coordinated because it originates in the same single original thrill. Through this process, air, which would otherwise remain trapped in the cavities (as in a dead body) begins to flow as a smooth stream, and we say that the child has begun to breathe! On the other hand, when the thrill of consciousness is withdrawn, the breath simply becomes trapped air, and the doctor says that the



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person is dead. He who understands the source of the thrill knows that the rhythm of his breath responds to the same vibration which produces pulsations in the hearts of suns. It is thus that the yogis give to some of their breathing exercises names such as "piercing through the sun," *Surya-Vedhana*.

The Chakra System

We need to elaborate further on the way consciousness becomes operative in the personality. It is not subject to limitations of space, time, dimensions, personalities in its full universal identification. It is sent forth into our being which is made of lower and denser frequencies, like a straight beam of light penetrating through a rocky cave. Because the lower frequency energies vibrate in a time space reference, creating a physical body, a physical locus has to be assumed in us for that light which transcends all loci. So the yogis say that this immense, intense energy beam of consciousness, the kundalini, is located in us in a channel extending from the base of the spine up to and engulfing the entire brain region. Though nonphysical (and therefore not tangible), it is experienced by the yogis in deep meditation as an unceasing flash of rod-like lightning shining with a light like that of ten thousand suns, yet as slim as though it were a ten thousandth of a hair's breadth in width.

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Rural Development Institute Update



Promoting Menstrual Hygiene Management (MHM)

RDI works with adolescent girls and women, promotes and facilitates reproductive healthcare awareness, education and services mainly in the rural and mountainous region of Uttarakhand. One of its important components is empowering girls and women towards MHM and has continuously been conducting trainings on adolescent health, women's health and school health and hygiene along with educational activities. On the occasion of Menstrual Hygiene Day on 28 May 2019, RDI conducted menstrual hygiene education session for women and girls from its field areas. Collaborating with Living Guard, the manufacturer of Saafkins, a reusable sanitary napkin, an online talk with their MHM expert was organized. She talked about the importance of hygiene during menstruation and how should women and girls maintain it.

Sensitization on the proper disposal techniques of sanitary napkins was demonstrated as well. Total 26 adolescents and women participated in the activity. The session helped the group to understand a lot on the management of their menstrual periods using sanitary napkins. Later, sanitary pads were also distributed among participants.

RDI Is Enabling Inclusive Approaches

RDI has been supporting and working with people with disability (Divyang), their families and communities for last

decade. It works with two-pronged approaches: On one side, it facilitates self-reliance among people with disability and on the other it promotes and sensitizes multiple stakeholders of the society, viz. teachers, health functionaries and service providers towards disability-specific needs and issues. In this series, RDI organized the following activities for people with disability.

Training Workshop on Activities of Daily Living (ADL)

ADL skills play a major role in a child's overall functional growth, confidence and independence, especially in case of children with disability. These essential skills include the child's ability to feed themselves using utensils appropriately and to perform toileting, bathing and grooming activities. Recently on 27 June 2019, RDI organized a one-day training workshop on ADL. The objective of this training was to sensitize participants of selected villages of Bahadarabad block of Haridwar district on disability related challenges faced by people with disabilities and their care givers on day to day basis and to train them how to address such challenges.

Total 32 participants including ASHAs (Accredited Social Health Activists), Anganwadi workers (Integrated Child Development Scheme workers), people with disabilities and their parents attended the training.

Rural Development Institute Update



Participants actively attended sessions regarding disability-specific understanding, the needs of people with disabilities, stimulation exercises experiencing disability and finally what should be done to bring about a change. Activities conducted during the training conveyed the message that people with disabilities are not a burden on the family or society and with little support and training they are also capable of doing their daily activities on their own.

Training Workshop on Inclusive Education (IE) for Teachers

Training workshop was conducted for the school teachers of villages of Bahadrabad block of Haridwar district on 13 July 2019 on inclusive education. Total 8 female and 7 male teachers participated from 9 schools including junior high schools, high schools and intermediate colleges. The main objective of the training was to sensitize the teachers on inclusive education.

Inclusive education refers to having an inclusive system of education for all students, at all levels, (early childhood, primary, junior, secondary and senior secondary) with the provision of supports to meet the individual needs of students with disabilities. The teachers were sensitized on characteristics of inclusive education, main components of inclusive education, and its benefits through different adult learning techniques and methodologies

like power point presentation, brainstorming exercises, role plays, games and case studies. Different government policies for people with disabilities were also shared with them. Teachers also shared their experiences with students with disabilities and clarified their doubts on inclusive education from the resource persons.

Exposure to Children with Disability

Excursion visit was organized for 18 children with disability on 16 July 2019 to the Regional Science Centre Jhajra, Dehradun. This centre had many interesting facts, models and display of devices on board. Children observed and enjoyed Science Park encompassing dinosaur park, outer interactive exhibits based on scientific laws, planetarium, fun science gallery, Himalaya gallery, frontiers of technology gallery, innovation hub, 3D theater, auditorium of 200 sitting capacity, exhibition hall, library and meeting hall. Some of the attractive features of the scientific law based interactive outer exhibit in science park were gravity chair, whispering garden, musical bar, sympathetic swing, birding cage, eco tube, and perspective house along with proposed planetarium. The science centre museum had informative and innovative ways to teach about science experiments. The children interested in research science asked several questions on various models. Children found the visit very informative and learned innovative models related to chemistry, physics and mathematics.

The Theory of the Chronic Miasms of Homeopathy

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From the point of view of field theory, we can presume that a biofield that has been imprinted with a particular miasmatic field will express the various aspects of that miasm, depending on the degree to which the miasm has taken hold. A biofield that has been altered by a miasm will therefore behave characteristically as dictated by the miasm(s) and will also become susceptible to the influence of other fields accordingly. In other words, the miasms are responsible for individual susceptibility to external or exogenous infection. It should be understood that once an interaction takes place with the morbid miasmatic field, the individual biofield is impressed by the miasmatic field so as to be indeterminately altered.

Allen's interpretation of Hahnemann's term "morbid agent" supports these views: "Hahnemann means that which causes all the morbid phenomena of disease to exist are the three miasms: psora, syphilis and sycosis, or any intermingling or blending of this great triune. This morbid dynamic influence gives to the organism and life force its own nature, its own abnormal sensations, motions, mental and physical disturbances of all kinds and of every character, that we call disease."

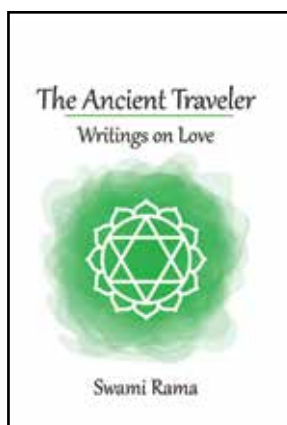
Morphogenetic fields: The science of embryology provides another viewpoint to help understand the action of morphogenetic fields. The possibility that differentiation of germ layers and cells in the embryo occurs under the direction of a morphogenetic field has been the topic of scientific research throughout the years. The evidence is strong that endogenous electric fields of sufficient magnitude exist in embryos and act as natural mechanisms of guidance for cellular movement and morphogenesis in vivo. Based on such evidence we can presume that subtle energy fields dictate the differentiation of the developing embryo into three germ layers: ectoderm, mesoderm and endoderm. However scientists have failed to discover the mechanism that determines the pathways and that controls these currents. It is time that science

looks beyond the visible, measurable phenomena of the universe if the truth is to be discovered.

In yoga such a morphogenetic field is the pranamaya kosha or pranic field, which consists of natural endogenous currents (prana) that are distributed by the chakras and nadis to instigate physiological functions and to maintain the structural integrity of the body. The pranic field is responsible for the distribution of prana, the life-giving polarized current that controls biochemical and physiological functions by regulating the endocrine and nervous systems. These endogenous fields as described in yoga are more subtle than electricity or any other energy known to science. They cannot be measured or detected by any high technology instruments for there is no instrument sensitive enough to detect them; however they can be experienced and/or altered through the many practices of yoga such as hatha yoga, pranayama, breathing exercises and deep meditation, and also through the use of subtle energy medicines such as homeopathy. At this point it should be realized that it is the pranic field that is influenced by the miasmatic field.

to be continued

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The Ancient Traveler Writings on Love by Swami Rama

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ISBN 978-81-88157-98-3, Rs.220, paperback, 96 pages

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
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