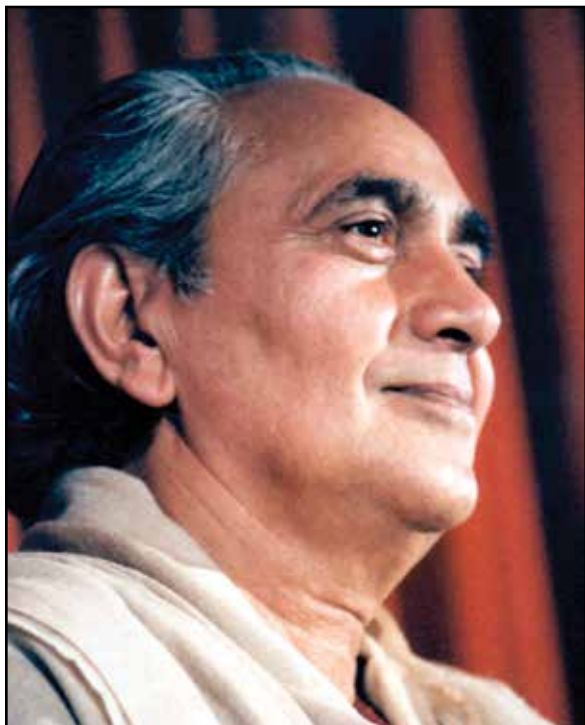




HIHT News

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



Swami Rama

continued from last issue

It passes through seven ever vibrant and dynamic psychophysiological stations, or centers, into which it sends its sparks, whereby they become functional and the personality becomes operant. Thus the consciousness touches us and we come alive, become persons.

It is not difficult to locate these centers of consciousness, or chakras. They are all marked in one way or another. Their locations are: (1) the base of the spine and the perineum, (2) the root of the genitals, (3) the navel, (4) the cardiac region between the breasts, (5) the hollow of the throat, (6) between the eyebrows, and (7) the top of the head.

Many times it is asked if the consciousness and the energy of these centers, chakras, flow in the spine or in the front of the body. The answer is that the distinction is arbitrary and imaginary. The front and back location exist only with reference to the materially dense body, but the field of finer energies permeates the entire region and does not correspond to the dimensions that are assumed with reference to the spaces and times to which the body is bound.

The consciousness that has descended into us as the kundalini contains in it both life and awareness. It may be called the life force, *jiva shakti*, or the consciousness force, *chit shakti*. Through the chakras, a division of its two powers occurs, for, in order for

the personality to function, a certain specialization becomes necessary. A semblance of awareness is imparted to the energy called the mind, and at the same time aliveness and vitality of the cells, organs, and senses also comes into operation through prana receiving the infusion of life energy from the kundalini. Thus the two powers of the kundalini consciousness devolve on the mind and prana, and through them they are further infused into the entire personality. The thrill of life and awareness, however, that passes through the psychophysiological stations into the personality is so minute compared to the actual power of consciousness, that yogis repeatedly tell us that the true consciousness is lying dormant, asleep in us.

All that mankind has ever accomplished or created, all that ever passes through an individual human being, is no more than a minute fraction of the universal consciousness. But the majority of human beings are not capable of experiencing even this minute thrill at its fullest, because the lower level energies are not capable of containing or measuring higher level energies. By the same token, if given more than the requisite voltage, any energy system will overload and blow up the circuits. We have established such strong identification with lower level energies (the body, emotions, etc.), that we have weakened our power system and made it incapable of receiving a larger dose of the thrill. So one has to purify the personal consciousness and gradually tune it to its higher level energies until enough strength is built up in the system for us to be able to awaken to the full glory that is flowing into us even as we read this. Those who have tried experimenting with the kundalini consciousness without such preliminary purification and without expert guidance have only suffered damage to both the psyche and the body.

Liberation

In us the gates of the chakras are, thus, open only enough to permit a mild infusion of consciousness. But look at the intense awareness we have in these centers. Even that mild infusion of dormant energy leaves us restless in each center. Look at what goes on in us at each of these stations: In the perineum and the genital areas, the sensations can sometimes seem to be uncontrollable; in the navel region the hungers cannot be satiated; the pull felt in the cardiac region as rising emotions keeps thousands of psychiatrists busy; and all we have ever spoken from the larynx is not quite enough. As to the forehead and the brain—they are the devils' very workshop. The energy already disposed through each of these centers often seems to be excessive to us, and we then say, "I just don't know what to do with my restlessness." This feeling of overload, that we are about to blow a fuse, is a common experience. It happens because the lower frequency energies (such as those involved in ordinary physical and sense experiences) do not have the capacity to absorb all the power that is being infused into us from consciousness.

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Smile Resurgence Event



Smile Train, an international children's charity supporting free cleft repair surgery and comprehensive cleft care for children globally, inaugurated "Muskan" ward at its partner hospital, Himalayan Hospital. On September 15, Susannah Schaefer, Executive Vice Chair, President & CEO, Smile Train inaugurated "MUSKAN," the ultramodern Smile Train ward. On this occasion a new Smile Train chariot called "MUSKAN RATH" was also launched, to support the treatment of patients living in peripheral areas and for the outfield activities of Smile Train.

The ward is aimed at providing safe and convenient treatment for children born with clefts especially from treacherous mountain terrain of the foothills of Himalayas. The ward has been designed to accommodate the patients and their families and also has an entertainment area, a playroom for the children and a dedicated media room for cleft related education and medical instructions given to the family before and after the surgery as a part of augmentation of mass awareness.

Esteemed members of the dias presented their thoughts on this momentous occasion. Dr. Mushtaq Ahmad, the Dean of Himalayan Institute of Medical Sciences delivered the Welcome Address, extending warm greetings to the gathering and expressed his admiration for the Smile Train Organization. Dr. Vijendra Chauhan, the Pro-Vice Chancellor of SRHU put forth His Holiness Shri Swami Ram's message of universal love and servitude as he acquainted the audience with SRHU and the Institution's motto of "Love, Serve, Remember." Ms. Mamta Carroll, Regional Director of Smile Train in Asia, shared the wisdom she had gathered during her years of experience, stressing the importance of determination, resilience and compassion.

Ms. Susannah Schaefer the CEO of Smile Train who visited from New York America to witness the quality of work being done at Himalayan Institute, delivered the Master Speech, naming Himalayan Hospital as one of the foremost of Smile Train's partners. She extended the hope for Smile Train and Himalayan Hospital's partnership to continue for many years to come, and thanked the doctors and staff for their dedicated service to the cause, and acknowledged their contribution to Smile Train's mission to provide quality cleft care worldwide.

The win-win partnership of Smile Train and Himalayan Hospital was elaborated upon by Dr. Sanjay Dvivedi, Director

Smile Train at Himalayan Hospital. Over 8400 patients have been operated in Himalayan Hospital. Dr. Dvivedi also extended his gratitude for the 39 patients and their families in attendance, who specially travelled from various places throughout the country including Mumbai, Aurangabad, Maharashtra, Almora, Bihar, Uttar Pradesh and Himachal Pradesh.

Patients who had been operated nearly a decade ago and their families stepped forward to share their stories, highlighting their struggle and thanking both Himalayan Hospital and Smile Train for giving them a new lease on life.

The Vice Chancellor of Swami Rama Himalayan University, Dr. Vijay Dhasmana through a video message commended this unique initiative taken by the Institute and Smile Train team at Himalayan Hospital for their hard work. He said, "The Institute has been providing high quality service to the patients of cleft lip and palate with the support of Smile Train. The new 'Muskan' ward and 'Muskan Rath' will enable the team to reach new heights and provide better quality of service."

Addressing the gathering, the Director of Smile Train at the Himalayan Hospital, Dr. Sanjay Dvivedi stated that in all of Northern India, this facility has been made available only in the Himalayan Hospital. He further added, "I hope that my team will be able to continue to provide high-quality safe and convenient medical services for the patients of cleft lip and palate under the aegis of Smile Train." He believes that the long-term treatment of cleft involves many medical specialties and needs a comprehensive family and social care system in addition to the surgery. He thanked his patients because of whom he could develop an Innovative Hydrodissection Device along with Dr. Jyoti Dvivedi. This invention has won a National Award in Innovative Instrument Designing and had brought down the complications of the very intricate surgery to bare minimum.

Since 2000, Smile Train India has supported more than 550,000 free cleft surgeries across India, through a network of 160+ partner hospitals. Smile Train has supported over 8,000 free cleft lip and palate reconstructive surgeries in Himalayan Hospital, Dehradun since 2004. Smile Train's sustainable model provides training, funding and resources to empower local medical professionals to provide free cleft surgery and comprehensive cleft care in their own communities.

RDI Foundation Day



Swami Rama, Founder of Himalayan Institute Hospital Trust, felt the need to address the concerns of rural mountain people. To this end he established the Rural Development Institute (RDI) to act as a hub to ensure holistic development addressing health, education, income generation, and water and sanitation. RDI reaffirms its commitment of service in tune with Love-Serve-Remember toward rural transformation. Over 30 years the Institute has served over 10 lakh rural population residing in the interiors of the Himalayas. To commemorate RDI Foundation Day, various programs and ceremonies were conducted at different places on September 20-21, 2019.

RDI has been successful in changing the life of 2,00,000+ women, 19,000+ children, 11,00,000+ adolescents, 11,00,000+ secondary stakeholders and 11,000+ people with disability. RDI has been designated as a nodal agency at national and state level in areas of health, adolescent health, water and sanitation on different occasions.

RDI Foundation Day celebrations started on 20th September with lighting the lamp and distribution of prasad to all staff and visitors to RDI. This occasion was marked by inauguration of "Asha Certificate Course" by the Vice Chancellor Shri Vijay Dhasmana, Swami Rama Himalayan University (SRHU) and online commencement of the course for Tehri district. This course has been designed to empower volunteers and health workers who are interested and enthusiastic for improving healthcare services; especially mother and child health and reproductive health services. Besides providing health based knowledge, the course offers scope of building core values and skills among the learners. Vice Chancellor, SRHU congratulated RDI for the course. Apron and literary materials were felicitated to the participants of this course. RDI staff who have been involved in formulating booklets, promoting course and field mobilization were acknowledged by Vice Chancellor, SRHU.

This was followed by inauguration of RDI's Books Project. The Books Project is about the refinement and updation of existing booklets and literary resources of RDI, especially regarding Asha certificate course, adolescents' peer educators module and mother and child health.

Besides in-house celebrations, the day also observed celebrations at different places. One such event was organized at
continued on back page

The Theory of the Chronic Miasms of Homeopathy

... continued from previous issue

Based on this knowledge we can presume that subtle energy fields dictate the differentiation of the developing embryo into three germ layers. In the same context we could also conjecture that each of the miasms has a particular affinity for one of the respective primitive germ layers. The opposite may also be true, so that each of the respective primitive germ layers would be especially susceptible to the influences of a particular miasm.

Rather than thinking of the miasms as separate sources of the chronic diseases, it is conceivable that the miasms represent different stages of disturbances of the underlying energy fields. We can take psora to be the most subtle of the miasms, as this agrees with Hahnemann's theory that psora is the foundation of 7/8's of all non-venereal chronic diseases, and its presence is required before syphilis and sycosis can infect the organism. Syphilis and sycosis represent progressive stages of the underlying disease process. Thus the chronic diseases that are the most complicated and most difficult to treat represent an intermingling of many different morbidic fields that include the entire spectrum from psora to syphilis to sycosis.

The following relationships between the miasms and the primitive germ layers can be concluded as follows. Since ectoderm is the germ layer that gives rise to the nervous system, the most subtle system of the physical body and which is responsible for the functioning of the other systems, we can conclude that disturbances in tissues that are derived from ectoderm are psoric in character. The grosser, tertiary expressions of psora are characteristically found on the skin, which can be considered to be an outer extension of the nervous system. Since the nervous system and skin are derived from the same morphogenetic field, it is obvious that the suppression of skin eruptions would result in the morbidic disease process being forced back into the central nervous system, having profound repercussions on the health of the entire organism.

Continuing along the same line of thought, the syphilitic miasm, being an underlying destructive force and thus responsible for structural deformities, is closely related with endoderm structures. Likewise those tissues and structures that are derived from mesoderm are more subject to sycotic disorders. These ideas may help to elucidate one of the most distressing problems in obstetrics and neonatology, the etiology of congenital defects. In spite of the fact that there is now documented evidence for a large number of determinants in birth defects, more than 50% of abnormalities remain unexplained. If we presume that the differentiation of the three germ layers is under the direction of morphogenetic fields, any inherent weakness at this subtle level of existence could conceivably result in disturbances of the respective tissues that are generated from the prospective germ layers. In homeopathy we would say the defects in these embryogenic fields are due to the miasms.

*Dr. Barbara Bova, HOD, Department of Homeopathy
to be continued*

RDI Foundation Day *cont.d*



Malethi ashram school of Pauri district in which stationery and sports kits were distributed among children. Similarly in another event RDI Foundation Day was celebrated at Gurukul Navprabhat Vedic Vidyapeeth in Bargarh district of Orissa State wherein girls participated in silence, yoga and screening of an inspirational film on Swami Rama as well as stationary distribution. Similar events of distribution of educational materials and sweets to children were organized in Andhra and Gujarat also. The day concluded with yoga workshop with children and adolescents.

The second day (21.9.19) celebrations of RDI Foundation Day included visiting students from different departments like management, skill school, paramedics of SRHU and exposure to RDI activities. Students were told about Swamiji's vision of reaching out to remote mountainous regions of Uttarakhand through RDI and how RDI has been making efforts to translate the same. They were shown educational and motivational films and songs produced by media wing of RDI.

In another activity a workshop on career, science promotion and scholarship distribution was organized with youth.

On this occasion a school health camp was organized at primary school, Jolly Grant in which health check up and growth

monitoring was done for over 40 children and medicines were provided. Books were also provided to the school.

Another activity of celebration was done with women at Nagthar, a hilly area of Dehradun district in Kalsi block, in which over 60 women of nearby villages participated.

Media wing of RDI released its new series of film clips on RDI initiatives in music, school project and books project and audio programs on breastfeeding, menstrual hygiene management (MHM) and adolescent nutrition, as well as autism.



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