



HIHT News

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

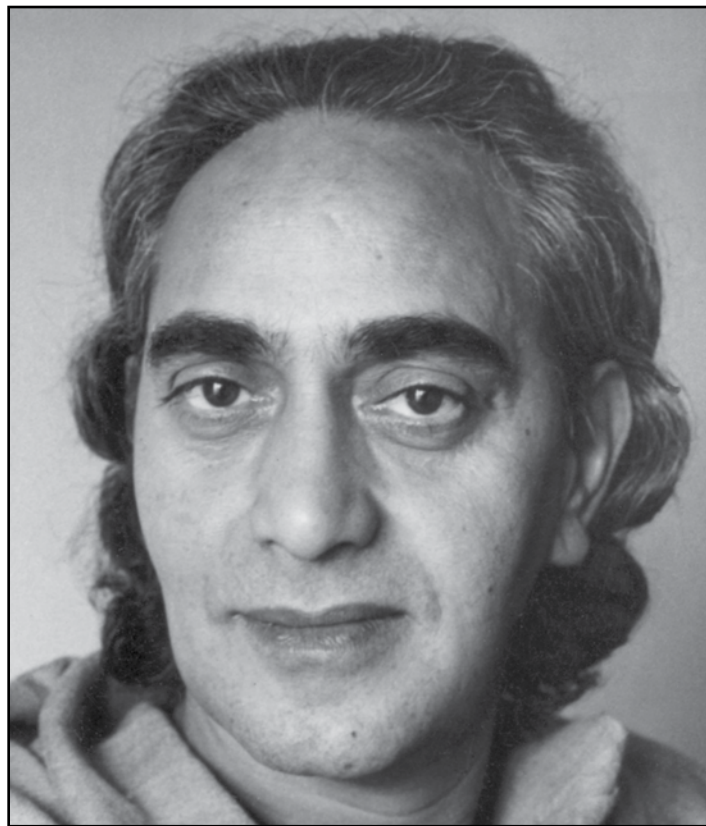
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The yogi resorts to a different path, the inward one. And here we come to the difference between closed stations and open stations. It is stated in the kundalini literature that an average person is living with closed chakras which are waiting to be opened. Many, who are not initiated into this science, erroneously think that with the opening of a chakra the outward activity in that center of consciousness will increase, thus making, let us say, a sexy person yet sexier, or an articulate person voluble! But such externalized activity only dissipates the energy at its lowest frequencies. It has nothing to do with highly refined interior consciousness.

The pulsations that we experience, in ordinary daily life, in the various psychophysiological stations are nothing but reminders of a higher presence within. They are like lighthouses guiding ships. Each pulsation says to our lower level energy consciousness: "Come; this way; here is a gate through which you enter inward into the highest awareness." It leads to the place from which this minute light is sent forth. If we observe each pulsation in our personality as such a reminder, we begin to listen to an inner music, and we may use each such pulsation first as a point of focus, and then as a thread leading inward. Take, for example, the sexual thrill in the second station. It makes an average person restless for the infusion of energy from within is so powerful (even though it is infinitesimal compared to all the power of consciousness) that no amount of sexual activity can bring total satiety. The yogi, however, regards this center only as a gateway to higher level energy consciousness. Its pulsations he sees only as reminders of the inner sources. He closes the outward flow, and that is called opening the chakra. All externalized restlessness then ceases. The lower frequency energy is returned to the higher frequency.

In other words, any time a sexual pulsation is felt in a yogis' person, he responds to it, considers it a blessing as a reminder, and uses it as the end of a thread leading inward to pure consciousness. He reverses the flow. Compared to the ecstasy of this inward flow of his personal consciousness into the universal consciousness, the outward sexual flow is a useless discharge, and all of its intense enjoyment is like sucking on the peel of an orange after squeezing out and, alas, throwing away the juice. Again, when the throat center begins to open, the yogi seeks silence. When he does utter a word it is so power packed as to be recorded as sacred scripture and repeated for millennia around the globe. Such were the words uttered by the Buddhas and Christs of history.

We may divide human beings into those of the inward flowing consciousness, antar vritti, and those of the outward flowing consciousness, bahir vritti. Those in the first category live and walk in the awareness of their cosmic connection. They are unceasingly and interminably conscious of the thrill of the universal divine consciousness running through them. They do not utilize any of their energies as mere persons, but serve as channels for the cosmic flow. They are dependent on nothing external and on no person,



Swami Rama

but many are dependent on them for succor, solace, knowledge, and healing. Those in the second category are those who believe that only the information passing through the senses and into the brain constitutes personality and consciousness. Their excitements are derived not from the inner thrill, but from the contact that dense senses make with yet denser exterior objects. Thus their psychology is that of a dependent, however much they may clamor for individual freedom and claim self dependence. Those in the first category, the rare few in the history of mankind, are committed to turning sensory awareness inward in order to free themselves from the bondage of dependence on the limited exterior and to experience the unlimited flow of cosmic energies which is at their disposal.

We need to understand how this is accomplished, how the outward flow of awareness may be reversed so that the intricate dance of the interior energies may become real. We need to understand that through the application of will we can cultivate a resolve to change our self identification from lower frequency energies to the higher one. That is immortality. That is freedom of consciousness from the bonds of space, time, karma, and causation. It is the dance of the freedom of energies.

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Dr. Swami Rama 24th Mahasamadhi Diwas



Shri Swami Awadheshanand Giri Maharaj, Shri Yogi Adityanath, Shri Swami Ritavan, and Dr. Vijay Dhasmana releasing new titles.



Shri Swami Awadheshanand receiving Dr. Swami Rama Humanitarian Award 2019, along with Shri I.D. Shastri, Secretary, Bharat Mata Mandir, posthumously conferred on Swami Satyamitrnananda Giri Ji Maharaj, founder of Bharat Mata Mandir Haridwar



Bhandara



Ms. Maithili Thakur graced the bhajan sandhya ceremony

On 13 November 2019, Swami Rama Himalayan University (SRHU) and its promoting society Himalayan Institute Hospital Trust (HIHT) together observed 23rd Mahasamadhi Anniversary of the founder and guide His Holiness Dr. Swami Rama. Hon'ble Chief Minister of Uttar Pradesh Yogi Adityanath, Dr. Dhan Singh Rawat, Minister of State for Higher Education, and Acharya Mahamandaleshwar Swami Awadheshanand Giri Maharaj of Bharat Mata Mandir were some of the esteemed guests at the annual ceremony.

CM Yogi Adityanath posthumously conferred Dr. Swami Rama Humanitarian Award 2019, to Swami Satyamitrnananda Giri Ji Maharaj, founder of Bharat Mata Mandir Haridwar. He was awarded with gold medal, citation and cash prize of Rs. 5 lakhs. A Padma Bhushan Awardee in 2015, he gave up his body on 25 June 2019 at the age of 87. The award was received by his disciple Junapithadheeshwar Acharya Mahamandaleshwar Swami Awadheshanand Giri.

Dr. Vijay Dhasmana said that Swami Satyamitrnananda Giri was a true pioneer, a symbol of wisdom and spiritual consciousness with deep asceticism. He was given this honor for the significant contribution made in the field of social upliftment of the weaker sections of the society.

The Chief Minister of Uttar Pradesh also released two books *The Ancient Traveler* written by Dr. Swami Rama and *Yogic Practices of the Himalayan Tradition* written by Dr. Prakash Keshaviah, along with the annual calendar of SRHU. Prof Shivram Malavalli's audio CD *Nada Bindu: Kundalini*, was also released.

Hon'ble Yogi Adityanath presented Acharya Mahamandaleshwar Swami Awadheshanand Giri Maharaj and VC Dr. Vijay Dhasmana, a coffee table book based on Prayagraj Kumbh 2019 titled *Manavta ki Amurta Sanskritik Dharohar*. Mr. Pawan Mishra presented a book on Lord Hanuman titled *Living Hanuman* to UP Chief Minister Yogi Adityanath, Swami Awadheshanand Giri Maharaj and Dr. Vijay Dhasmana.

Scholarships worth Rs. 13 crores were distributed to 2,158 poor and meritorious students of the state including SRHU.

SRHU every year recognizes the services of its employees and a select few were awarded Best Employee Award.

The mahasamadhi commemoration concluded with distribution of prasad by way of bhandara.

Popular Indian classical singer Ms. Maithili Thakur graced the bhajan sandhya ceremony organized at Medical College Auditorium.

4th Convocation Ceremony of SRHU



Dignitaries on the dias with Academic Council



Pro VC Dr. Vijendra Chauhan, Shri Anand Vardhan, Shri Pokhriyal 'Nishank,' Dr. Dhan Singh Rawat, VC Dr. Vijay Dhasmana

Swami Rama Himalayan University celebrated its 4th Convocation on 17 November 2019.

Union Minister for Human Resource Development, Govt. of India, Dr. Ramesh Pokhriyal 'Nishank' was the Chief Guest for the ceremony. Dr. Dhan Singh Rawat, Minister of State for Higher Education, was the Guest of Honor.

The ceremony started with Registrar Nalin Bhatnagar leading the academic procession into the venue. ITBP band played the national anthem followed by Vice Chancellor SRHU, Dr. Vijay Dhasmana, declaring the convocation ceremony open.

In his address to the audience, Dr. Dhasmana shed light onto the progress of the University over past few years. He mentioned how doctors were serving all around the world, how nurses that graduate out of the University could easily be seen in each and every hospital of the state, and how the engineering and management graduates were making entry into top corporate companies.

Dr. Dhasmana said, the highest goal of life can be achieved through Vedas, Vedanta and spirituality along with material goals. We are trying to live up to the vision and mission with which Swami Ramji started this Institution. Swami Ram's mission was "service of the mountain," which we are constantly moving forward in realizing.

He also mentioned that Himalayan Hospital became the number one "Ayushman Bharat" service provider in the country with more than 20,000 beneficiaries in one year of its introduction.

Addressing the Fourth Convocation of SRHU, Dr. Ramesh Pokhriyal 'Nishank' said that Swami Ram's ideals can be seen in the motto of this University "Love, Serve, Remember." Dr. Pokhriyal called upon the University doctors, paramedics, nurses, engineers and management students to work in the service of the country and society.

Speaking to reporters, Dr. Ramesh Pokhriyal 'Nishank' said that there is a shortage of doctors in the mountains but Swami Rama Himalayan University is working in this direction.

Himalayan Hospital is working in the field of public service in Tehri District Hospital, Beleshwar and Devprayag. Not only this, it is making the youth self-reliant in the field of self-employment and skill development. Other educational institutions should also take inspiration from the service of Swami Rama Himalayan University.

Dr. Dhan Singh Rawat said that it is a matter of happiness that along with education for the general public in Uttarakhand, Swami Ram's dream of health is being fulfilled. Stressing the need to make higher education employment-oriented, he said that through higher education, youth can be converted into employment-oriented classes instead of those seeking employment. For this, qualitative improvement in higher education will have to be done in the state. He said that we need to pay special attention to skill development and vocational education.

Honoring the dedicated and meritorious efforts of the students special awards were given away.

Dr. Swami Rama Best Graduate Award:

Mr. Vivek Rajdev (MBBS)

Ms. Garima (B.Sc. Nursing)

Degrees were awarded to a total of 674 students:

Himalayan Institute of Medical Science - 336

Himalayan College of Nursing - 145

Himalayan School of Management Studies - 123

Himalayan School of Science and Technology - 70

Enthusiasm was visible among all the students who attended the convocation. 618 students from various colleges of the University attended the ceremony.

Convocation ended with the students singing national anthem.

United Nations Strategic Learning Exchange (SLE) on Religion and Diplomacy

Focus on Development and Humanitarian Partnerships, Jakarta, 27-29 November 2019

Swami Rama illustrated the scientific basis of the ancient yogic practices through demonstration of the mind's capacity to control so-called involuntary physiological parameters such as heart rate, temperature and brain waves. The Institutes set up by him combine Western and Eastern teachings and techniques to develop educational, therapeutic and research programs for serving people in today's world and make known the harmonious view of world religions and philosophies, and to undertake scientific research for the benefit of humanity. He also trained many physicians, scientists, psychologists, philosophers and university professors from various field of learning.

It's within this background that Himalayan Institute Hospital Trust, represented by Ms. B. Maithili, Director Rural Development Institute, presented some experiences in taking forward the Sustainable Development Goals at the United Nations SLE on Religion and Diplomacy, the first one to take place focused on South and Southeast Asia at Jakarta this November.

The main objectives of the SLE include the development of a learned approach and a deeper understanding, within the United Nations system and among its intergovernmental and non-governmental partners, as to why and how religions matter to development and humanitarian work; and how to build more informed, strategic, pragmatic and result-based models of collaboration. It was to also take into account relevant developments impacting the Sustainable Development Goals/Agenda 2030 with human rights, gender equality and women's empowerment addressed as cross-cutting issues.

The participants were from diverse background—UN entities, government officials, mission heads, faith-based organizations, institutions and academicians working in religion, development and humanitarian work. HIHT was represented for the work on



sustainable development goals. The three-day learning exchange was through partnership and ownership of various stakeholders.

A welcome dinner was hosted by Lambert Grijns, Dutch Ambassador to Indonesia for all participants. The opening ceremony began with speeches by heads of missions of Netherlands, EU, Swiss and UN Resident Coordinator. This was followed with a theatrical performance about peace. The first session was on conversations with religious leaders followed by panel sessions on intergovernmental and non-governmental perspectives on religion, diplomacy and development. There was launch of an e-course on religion and development. Six sustainable development goals (SDGs) took centerstage: (i) Building Peaceful and Just Societies (ii) Child Protection (iii) Gender (iv) Education (v) Health and (vi) Environment-Climate.

Ms. Maithili participated in the health dialogue comprised of members from ASEAN Secretariat, Pakistan, Myanmar, Indonesia and India. The challenges, innovations, solutions, recommendations were discussed and presented. Sum up was done by Azza Karraam, Coordinator of UN Inter-Agency Task Force on Religion and Development who has been doing these dialogues across various continents since 2010. It was an interesting learning exchange focused on the issues of this region.

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