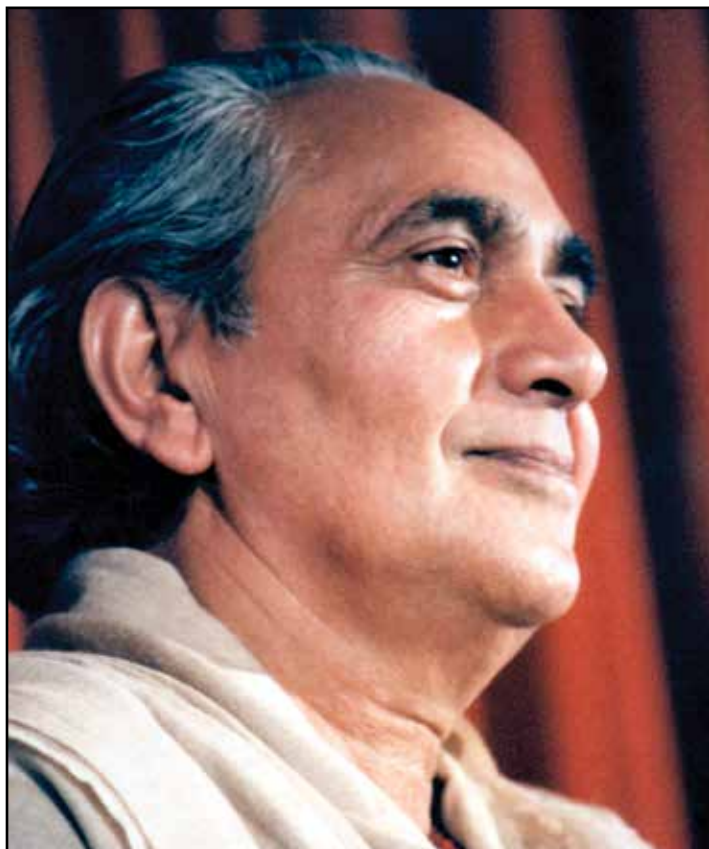




HIHT News

The Subtle Science of Altering the Mindstream *by Swami Rama*



Swami Rama

Those who meditate seek to explore the interior life, the unknown inner levels of their being. Ultimately and most importantly, the goal of meditation is to become aware of the center of consciousness within, from where consciousness flows on various degrees and levels. In order to attain this goal, a meditator needs to pursue a systematic and methodical approach, which will enable him or her to achieve progressively deeper levels of inner experience.

In such a systematic approach, the meditator must begin on the physical level, quieting and balancing the functioning of the physical body. Next the meditator seeks to make the breath serene. And then the meditator begins the process of making the mind tranquil. Eventually, meditators seek to go beyond all the levels of the conscious and even the unconscious mind, so that they establish themselves in their essential nature.

This inward exploration is unlike all the other explorations and paths of the external world, on which we are taught to examine and learn about the world and the things around us. We have all been taught how to explore and study the objects of the external world by our parents and in schools, colleges, and universities, but the techniques we have learned will not help us to explore the

inner world. To explore this inner world, we must use a precise and exact science, or we will merely waste our time and never attain our goal—the knowledge of the deepest level of consciousness within. Many people begin this journey, a few persist, but only those who have learned a precise and authentic practice of meditation can reach the ultimate goal.

In the ancient tradition of meditation, the science of mantra is the precise and technical process that meditators follow to attain their goal. Without the benefit of the mantra, it would not be possible for the serious student to make this inner pilgrimage successfully to the deepest level of his or her being. That is why mantra is described as being like either a raft or a bridge, which the meditator uses to cross over the river of life, eventually reaching the other shore, the state of highest consciousness. Without the help of this powerful technique, our meditative journey would be futile, because we would be unable to penetrate and fathom the levels of the mind and finally reach our goal.

To reach a genuine understanding of the practice of mantra yoga, it will be helpful to review what the process of meditation is, to explain how this path differs from other paths, and to define mantra and the role that it plays in helping the student establish a meditative state.

Meditation is an exact and precise technique for fathoming all the levels of ourselves, finally experiencing the center of consciousness within. The practice of meditation is not a part of any religion, but is a science, which means that this process follows a particular order, has definite principles, and produces verifiable results. Although the word “meditation” has come to be used loosely and inaccurately in the modern world, meditation (or dhyana) refers to a one-pointed state of internal focus of mind, which is effortlessly maintained for some time. Meditation is not daydreaming, fantasizing, or letting the mind wander and indulge itself or travel into its past grooves or habit patterns.

The goal of meditation is finally to experience a state beyond the mind’s levels of thinking, feeling, and analyzing. To do this, we must create a state that is still and one-pointed, so that the mind becomes silent. When the mind is silent and no longer distracts, then meditation deepens and finally one attains samadhi, the awareness of the highest state of consciousness. This is a distinct and different path than the paths of prayer and contemplation.

In prayer, a seeker establishes a dialogue with the divine force, and thereby purifies the way of the soul. In contemplation, the seeker uses the conscious mind to examine and consider some principle or concept—such as peace, truth, or happiness—and then allows his or her mind to assimilate this principle by considering how he or she can apply this principle to daily life. A serious student can use all three techniques, as there is no conflict between these paths—they are simply different processes.

... to be continued

Reprinted from Yoga International May/June 1992

Fifth Convocation of Swami Rama Himalayan University

The University celebrated its Fifth Convocation on 24th December 2022. Hon'ble Defence Minister Shri Rajnath Singhji was the Chief Guest on the occasion. Shri Pushkar Singh Dhama, Chief Minister of Uttarakhand was also present.

On this occasion, a total of 1,316 students were awarded UG/PG/Doctor of Philosophy degrees from various constituent colleges of the University and 24 students were awarded academic awards for their excellent performance. The Union Defense Minister Sh. Rajnath Singhji honoured the meritorious students on this occasion. Higher Education Minister, Dr. Dhan Singh Rawatji, was also present as Guest of Honour.

Addressing the gathering, Defense Minister said that the doctors who received the degrees should always be ready to serve the poor and the needy.

In his address Chief Minister Pushkar Singh Dhama said that the presence of Union Defence Minister Rajnath Singh at the Convocation is an unforgettable moment of pride for the state. Today this institute is setting new records daily in the field of medical education, public welfare and human service. This shows that New India has the potential to create new opportunities through new efforts, and you all are the foundation of this New India.

Vice Chancellor of Swami Rama Himalayan University Dr. Vijay Dhasmana was glad to recall witnessing important decisions taken by H.H. Swami Rama in setting up his dream project to serve the people of the hills and continuing with the track on the path that he had set for us in the service of humanity.

The Convocation ended with the National Anthem sung by all, followed by lunch.



Front row, left to right: Dr. V. Chauhan, Pro VC, Shri Pushkar Singh Dhama, Chief Minister of Uttarakhand, Hon'ble Defence Minister Shri Rajnath Singhji, Higher Education Minister, Dr. Dhan Singh Rawatji, Dr. Vijay Dhasmana, VC. Students in the back rows.



Hon'ble Defence Minister Shri Rajnath Singhji, presenting Ph.D. degree to a graduate.

Copenhagen Business School & Himalayan School of Management

Students from Copenhagen Business School, Denmark got an opportunity to interact with students of Himalayan School of Management Studies, Swami Rama Himalayan University.

SRHU campus was abuzz with fun and camaraderie when students from as many as eleven countries came together on a single platform. Apart from exchanging views on business learning, relevant to their careers and personal development, the students got a rare opportunity to know and appreciate each other's ethnicity and rich cultural diversity.

As conveyed by a team member from CBS, the purpose was to come to SRHU for a week, and reflect about the life experience and process it in a way that achieves maximum learning in the proper perspective.

Dr. Vijay Dhasmana, VC SRHU interacted and exchanged notes with the guest students and was elated to observe the ease with which the young members of the world were adding to their global perspective. Amongst the highlights of the visit was a talk delivered by Prof. Sudhanshu Rai on the significance of business



skills relevant to contemporary times. Dr. Amit Nautiyal, Dr. Som Aditya Juyal and Prof. Amar Sathe coordinated the visit.

The Theory of the Chronic Miasms of Homeopathy

... continued from last issue

In psora all functions of prana become imbalanced to some extent. The pores of the skin are of course part of the natural excretory system of the body. When the controlling subtler levels behind prana are strong and healthy, there is normal functioning of the immune response and the unwanted wastes are pushed out all the way to the skin, the least vital and most superficial organ of the body. However, when the skin is being used by apana as an alternative means of eliminating the morbid process and excessive wastes that could not be eliminated through normal pathways, then the pores may become clogged and overworked. When there is an underlying irritation of the skin due to some deeper malfunctioning on the more subtle pranic levels, when there is lowered resistance to infection due to disturbed prana, and if in addition the person is living in very unhygienic conditions, then the ecology of the skin will become imbalanced. The bacteria that live in harmony on the skin under normal circumstances will become disturbed. These are the conditions that prepare the fertile soil for the natural bacterial flora to proliferate and to become dangerous morbid enemies. Such diseases as scabies or other vesicular and pustular skin diseases will result.

We have seen that psora, particularly in its tertiary stage, is a condition of stasis. This prevailing stasis is the foundation stone on which the other two chronic miasms build their perversities. Psora cannot be complicated with the other two miasms when it is latent and slumbering, but only when it has manifested as a chronic disease.

When there is suppression of skin diseases by external application or other medication, the eliminative process is pushed back to more vital organs. The condition of stasis dominates, and waste products build up. This is one of the ways in which the soil is made fertile for the sycotic or syphilitic miasms. In the genesis of the miasms, we can now understand how psora, which is synonymous with disturbances of all aspects of prana, is necessary for the other miasms to take hold. If we understand disease to be primarily a disturbance on the dynamic level, then it is only logical that prana would be the origin of the disturbing force. The consequent weakening of the immune response is basic to the genesis of acute and chronic infections, non-infectious chronic disease and malignant processes.

SYCOSIS

Sycosis is the miasm of excess. We can say that a person has a sycotic constitution when the organism has the tendency to accumulate and concentrate superfluous quantities of energy. The underlying stasis of psora must be present before such a condition can prevail. The signs and symptoms by which we come to know of the presence of the sycotic miasm in an individual are not really caused by the disease per se. Rather they are the attempts of the whole organism to rid itself of the invading miasm.

... to be continued

Dr. Barbara Bova, HOD, Dept. of Homeopathy

SRHU Established E-Waste Store

An in-house "E-Waste Store" has been set up under the Materials Management Department (MMD) to store all the electrical, electronics and metal waste material which shall later be disposed off through authorized e-waste vendors. The E-Waste Store has been set up in the MMD Store near Motor Transport Office (MTO).

Inaugurations



New Ward of Emergency Services was inaugurated by the Hon'ble Vice Chancellor of the University on 12 December 2022, in the Emergency Building, Himalayan Hospital, SRHU.



New buildings of Information Technology (IT) and Biomedical were inaugurated by the Hon'ble Vice Chancellor of the University on 23 January 2023, in the basement of the New Emergency Building, Himalayan Hospital, SRHU.

Involvement of Local Governance in National Programs

Training Programs for Local Panchayat Members and Line Departments

Recently, Rural Development Institute HIHT organized two unique training programs for members of local governance and line departments in Kupwara and Rajouri district of Jammu & Kashmir and Didihat block of Pithoragarh district of Uttarakhand. HIHT is empanelled as Key Resource Center by the Department of Drinking Water & Sanitation, Ministry of Jal Shakti, Govt. of India and Training Partner with Department of Panchayati Raj, Uttarakhand under Rashtriya Gram Swaraj Abhiyan of GOI.

In Jammu & Kashmir, two training programs of three days each were organized between 26 and 30 December 2022 at Kupwara and Rajouri districts respectively. The entire training program was conducted in close coordination with the district authorities. Shri Vikas Kundal, District Development Commissioner (DDC), Rajouri and Shri D. S. Dattatreya, DDC, Kupwara graced the training program and addressed the participants. The trainings focused on sensitizing the local governance members on safe quality of drinking water, source management, sustainability, grey water management, conservation and rain water harvesting. The training sessions emphasized on community's involvement, participation, role and responsibilities to ensure the functional tap water for individual household. Total 165 participants attended the trainings. During the entire training program the participants showed great interest and zeal to learn and understand the various aspects related to Jal Jeevan Mission.

In Uttarakhand, 4-day training programs were organized for village and block panchayat members in Didihat block and Zila panchayat members in Pauri Garhwal districts including the line departments, on localization of Sustainable Development Goals (SDGs) and Gram Panchayat Development Plan (GPDPs) between 25 November 2022 and 24 January 2023. The major components of the training were localization of sustainable



development goals, poverty eradication, health, child and women friendly villages, water sufficient villages, environment, sustainable infrastructure, development plans of village and block panchayats. Total 17 batches were conducted in which 1,155 participants were trained.

Both training programs were successfully completed despite extreme weather conditions, difficult terrain, diverse local languages and locations that were in the remotest districts in the states. The teams were very happy and satisfied by reaching out to these remote communities.

HIHT News is the in-house news bulletin of the Himalayan Institute Hospital Trust, Dehradun, India, a nonprofit organization founded in 1989 by HH 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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RNI-UTTBIL/2003/11409
HIHT is the promoting society of Swami Rama Himalayan University.



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