



HIHT News

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

In meditation, the goal is to go beyond the mind and experience our essential nature, which is described as peace, happiness, and bliss. But as anyone who has tried to meditate has probably experienced, the mind itself is the biggest obstacle standing between ourselves and awareness of our essential nature. This is why the use of a mantra becomes so important, for without the assistance of a mantra, a student can meditate sincerely and faithfully without fully experiencing the benefits or making much progress, despite his or her efforts. The mind itself is undisciplined and unruly, and it resists any attempts to discipline it or to guide it on a particular path. Thus, many people sit for meditation, and experience only the fantasies, daydreams, or hallucinations of the mind, never attaining the stillness that represents the genuine experience of deep meditation.

What is Mantra?

A mantra consists of a word, phrase, sound, or set of words that is used by the seeker in a particular and precise manner during the practice of meditation. This science of mantra is very subtle and profound. The meditator allows the mantra to repeat itself internally in the deepest and most subtle way possible. The goal of using this unique device is to give the mind some internal focus or point of concentration, so that it does not persist in its normal, scattered pattern of mental activity or daydreaming. Using this technique allows the mind to quiet itself and become still.

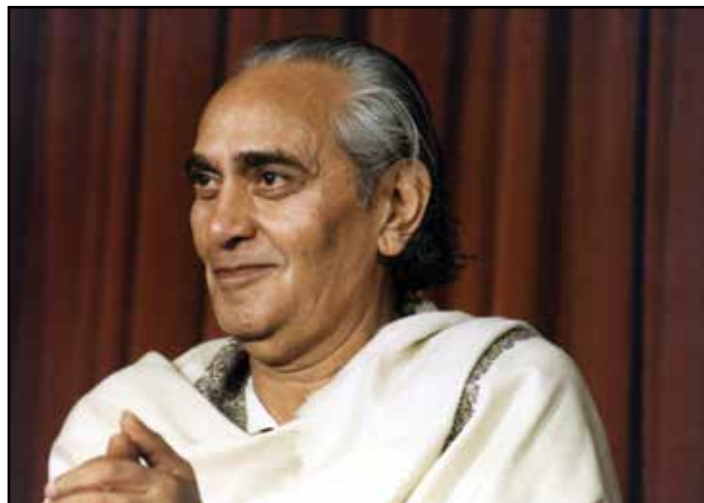
In the ancient tradition of meditation, it was said that mantra and meditation are like two sides of the same coin. Certainly there are some meditative techniques that do not use mantra as a way of deepening the meditative state, but these are generally limited to breath awareness, and such techniques can only take the student so far. They cannot actually help the student to attain the highest state. Thus, among all the methods of meditation, mantra is the most profound and advanced.

When a student meditates on a particular mantra or sound, he or she makes conscious efforts to focus the mind on the mantra, which finally leads to silence. It is important to realize that all sounds proceed from silence and the purpose of the mantra is to lead the student back to the silence, which may be called samadhi, nirvana, or the state of tranquility.

The Origin of Mantras

Modern students of meditation may have seen mantras written in books or may have heard of some of the most commonly known mantras, and wondered how these practices were developed and who originated their use. Students commonly wonder if any word or sound can be a mantra, and whether they can select a mantra for themselves from a book or by using a word or phrase to which they are attracted, such as the words "peace" or "love."

Actually, the authentic mantras were not invented or developed by any person, but were received and experienced by the great sages in states of deep meditation. These sounds are not a



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part of any particular language or religion, but are profound sounds that are eternal and universal. When the sages came out from their deep states of meditation, they conveyed these precise mantras, the sounds that they had received, to those students who were prepared to attain the deeper states. These revealed mantras then helped the prepared aspirants to attain these same levels of deep meditation.

The power and significance of a mantra does not result from its literal meaning or connotations, but from the power of its subtle vibrations, which influence states of consciousness. For the modern student, this is probably the aspect of the science of mantra and meditation that is most difficult to comprehend. It is actually the subtle vibrations of the mantras themselves that have the power to encourage and facilitate deeper experiences of consciousness, but this process cannot really be explained or understood until it is experienced personally at some level.

Unfortunately, in the modern world, we have all become dependent on knowing and experiencing things only through the analytical aspects of the conscious mind, which learns through the external senses and then thinks and "knows" in a very limited and superficial way. Because of this, modern students expect that the power of their mantra is due to its literal meaning, and they sometimes maintain their sensitivity to the mantra on this level alone.

Actually, there are four levels, or koshas, of a mantra, and the meaning of a mantra is only the most primary and external level at which it can be perceived. The feeling of the mantra is the next, more subtle level of the mantra, followed by its deep presence or internal awareness. Finally, and most profoundly, the mantra is experienced as soundless sound. The goal of the meditator is to let the mantra deepen to this level of soundless sound. That is why a personal mantra is not uttered aloud or chanted. . . . *to be continued*

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Celebration of Foundation Day 2023



HIMOTSAV-2023, was organized in the Central Park of Swami Rama Himalayan University from 12-14 March 2023 to mark the occasion of its Foundation Day.

The students holding positions in the University Examinations were honoured to recognize their excellence in various areas of academics. Diplomas to eligible students were also awarded on this occasion. In addition, Sports, Literary & Fine Arts Awards, were also conferred to the students, as per the details below:

In the cultural evening on the inaugural day, Padma Shri Pritam Bhartwanji, a renowned traditional folk singer of Uttarakhand enthralled everyone with his mesmerizing rendition. Beginning the show with the singing of Ganga Stuti, followed by Shivaji Kailashu, Maa Raj Rajeshwari and many others, Shri Bhartwanji performed over 15 Jagars in a row, highlighting the significance of Dhol Sagar in between his performances and explaining the importance of Jagars in the cultural and folk fabric of Uttarakhand. Various cultural programs including solo and group dance/songs were presented by the students of various academic schools/colleges of the University on the last two days of the celebration.



The Literary & Fine Arts Committee of the University released its first E-edition of HIMJYOTI, magazine of Swami Rama Himalayan University, in March 2023, in an all-inclusive “avatar” on the occasion of Foundation Day. The magazine showcases the literary and creative talent of the students, faculty and employees of various constituent colleges of SRHU. At the same time, it serves as a tool to channelize the energies and unfold the imagination and thoughts of the young minds in the right direction, be it academic, sports and athletics, literature, fine arts and performing arts.

In Memorium

Dr. Anita Sharma was born on 26 December 1956. She passed her MBBS in the year 1981 from the University of Jabalpur and completed her MD Medicine in 1984 from Rani Durgawati University. She belonged to the team of doctors who came in the early stages of development of Himalayan Institute of Medical Sciences. She was one of the pioneers of the medicine department and rose to become the head of the department. In the later part of her career, she played a very vital role to groom the newly created Department of Emergency Medicine and gave it a strong foundation and ensured that it becomes a Post Graduate Department.



Dr. Anita was a very strong, courageous and upright lady committed to her profession and worked tirelessly for the betterment of her patients till her last breath. In spite of a long and chronic illness, one could always see a smile on the face of this great lady. She leaves behind a loving son and daughter and a caring husband, Dr. JP Sharma. The SRHU family prays to the Almighty to give courage and strength to her family to bear this irreparable loss.



SRHU developed an innovative model Neonatal Intensive Care Unit (NICU) on Wheels. The Advanced Neonatal Transport Ambulance (ANTA) was flagged off at Rajbhawan on 7 February 2023 by the Hon'ble Governor Lt. General Gurmit Singh (Retd.).

Passing the Baton: Change in Leadership



The Promoting Society (Himalayan Institute Hospital Trust) of Swami Rama Himalayan University has appointed Dr. Vijay Dhasmana as Chancellor of the University. Dr. Dhasmana assumed the Chair of the Chancellor on 3 April 2023.

Dr. Vijendra Chauhan has been appointed as Officiating Vice Chancellor of Swami Rama Himalayan University. Dr. Chauhan assumed the office of the Vice Chancellor on 3 April 2023.

Ginger Shunthi Adrak

From an Ayurvedic perspective ginger is considered in two ways, fresh ginger or adrak and dry ginger or shunthi. Although it is a rhizome many people consider it to be a root. Its official name is *zinziber officinale*.

In different ways it is suitable for all the three doshas, particularly vata related illnesses. One of the most important characteristics of ginger is that it also enhances the healing effect of other herbs.

Adrak is hot, spicy, dry and oily. Hence it is very good for vata and pitta doshas. However, care should be taken as in excess it will aggravate pitta dosha and give rise to hyper acidity. Hence it should not be consumed by people who have ulcers or haemorrhages. It is also advisable not to take a lot of it during menstruation. Because it is hot and spicy it is very good for kapha dosha and is very helpful in respiratory illnesses. Even lozenges have both honey and ginger in them. Just chewing on a piece of ginger relieves a sore throat. Mix $\frac{1}{2}$ inch grated ginger, $\frac{1}{4}$ th teaspoon turmeric, $\frac{1}{4}$ th teaspoon black pepper and 1 teaspoon of raw honey. Keep licking this mixture 3-4 times a day. It will cure throat congestion. Because of its oily nature shunthi or dry ginger can act for a long time in the deep tissues. Adrak or fresh ginger on the other hand has a shorter period of activity as it is not so oily.

Digestion plays a key role in Ayurveda and the digestive fire or agni has to be active for proper digestion to take place. If digestion is proper, then it does not lead to ama or toxin production. Ginger can improve appetite and also stimulate the agni or digestive fire. Because of this ability ginger can prevent bloating. Ginger can be

Dr. Aaron Ciechanover Visits SRHU



Dr. Aaron Ciechanover, Nobel Laureate, Distinguished Research Professor, Faculty of Medicine, Technion, Israel Institute of Technology Haifa, Israel, visited the University as a Distinguished Guest Speaker under the "Distinguished Lecture Series" initiated at Swami Rama Himalayan University from 29 to 31 March 2023.

Addressing the UG students of various constituent colleges/schools, Dr. Ciechanover stressed on the significance of bioethics in medicine. This was followed by a question and answer session related to his research which earned him the Nobel prize.

The dignitary delivered a lecture to the PG students and Research/PhD scholars of the University on the topic "Science and Medicine: A Priceless Journey" followed by a Distinguished Lecture Series on the topic "Dysregulation of protein-degradation machinery in human diseases" which was attended by faculty members in the SSC Auditorium, SRHU.

cut into strips and these strips are soaked in lemon juice and a bit of rock salt overnight. The next day they are dried in the sun. This process is repeated several times till all the liquid is absorbed. These strips of ginger are then stored and chewed after a meal to enhance digestion. They can also be taken to prevent travel sickness.

It is an anti-inflammatory herb. It plays an important role in joint pain. It reduces inflammation by inhibiting the activity of prostaglandins. One of its classical uses is in cervical spondylitis. Here a paste is made of adrak and this is then applied to the neck over the cervical vertebrae. This paste is kept for about 20-30 minutes and then washed off. It is done daily for a minimum of 2 weeks. It has also been found to be effective for headaches. A thin paste of ginger is applied to the forehead and removed after 15 minutes.

Along with haridra or turmeric it plays a significant role in allergic rhinitis.

A drink made of ginger with amalaki powder and honey plays a significant role in improving immunity and warms the body. Amalaki powder and pieces of fresh ginger are boiled together, strained and when it is cool honey is added.

to be continued...

Mrs. Mira Swami, Department of Ayurveda

Remembering Dr. Martin Jerry

Today's tree of Rural Development Institute owes its development to many involved at the seed stage (late 80s/early 90s). One among the many professionals who assisted the founder Swami Rama during this period was Dr. Martin Jerry. Today, as we pay homage (Dr. Jerry passed away on March 21, 2023), our mind and hearts go back to those early days.

Dr. Jerry was a physician, scientist and medical researcher who specialized in clinical immunology and oncology. He was the Principal Investigator (from Canadian side) for the Himalayan Rural Development Project (1991-1995) funded by Canadian International Development Agency (CIDA) in partnership with the University of Calgary. The goal of the project was to strengthen the primary health services in the Garhwal region and implement it across four districts (Dehradun, Pauri, Tehri and Uttarkashi). The strategy was focused on participatory approach keeping in mind the sustainability of the project. It integrated Western, Eastern and indigenous systems of medicine. The project also focused on adult education, non-formal education, income generation and environmental issues such as drinking water and sanitation.

Right from the start of conception to project implementation, Dr. Jerry was a father figure anybody from the Indian group could connect with. The cultural nuances as well as the spiritual bent of the mountain communities were all borne in mind while navigating the professional requirements of physicians, sociologists, and anthropologists in carrying out this comprehensive health and development project in the mountainous Garhwal region.

Dr. V.D. Semwal, who worked as a Program Officer at that time shared that Dr. Martin Jerry was a dynamic leader, excellent physician and a good researcher. He always preferred to engage with community and encouraged their participation in problem solving during his annual visits. He also mentioned that Dr. Martin had exceptional skills in training and empowering the team members. He was very humble, spiritual and a great human being.



Swami Rama, Drs. Marion and Martin Jerry, Dr. Aruna Bhargava

Mr. Sunil Khanduri also has some vivid memories about Dr. Jerry. As Mr. Khanduri remembers, during those times the health and transportation facilities were very poor. Often, the serious cases reached the camp site by doli (palanquin) or cot. The coverage of primary health care such as vaccination, antenatal and postnatal services was very limited and most of the time the community was not ready to accept these services. Under these circumstances, Dr. Jerry initiated Himalayan Rural Development Project which worked as Sanjeevani for the mountainous rural communities of the region.

In closing, quoting from pg 119-120 *Sutras of the Inner Teacher* by Martin Jerry MD and Marian Jerry Ph.D.: "Swami Rama was a stunning example of impactful and effective action. He was a planetary figure. Few realize the extent of his inherence in so many fields of endeavor in many countries."

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