



HIHT News

Love as Healer *by Swami Rama*

The key to healing is selflessness.

When I was young I used to follow my master wherever he went. Once we went to a city called Heta in UP district to visit a railway officer whose only son had very severe smallpox with huge abscesses all over his body. When we were traveling it was customary to go to different households and ask for food. Being young I dashed in front of my master and knocked on the railway officer's door. When the door opened, I immediately asked, "Mother, could you give me some food?"

She came out and angrily said, "If you are really swamis, you should know that we have only one son and he is dying. Instead you are behaving like a fool and talking of food."

That really affected me. When my master reached I told him what had happened and he smiled and said, "Let me go inside."

When he saw the condition of the child he asked the mother what she had said to me. She repeated, "If you are a swami you should have known that my only son is dying. Instead of helping me you are being very selfish in asking for food."

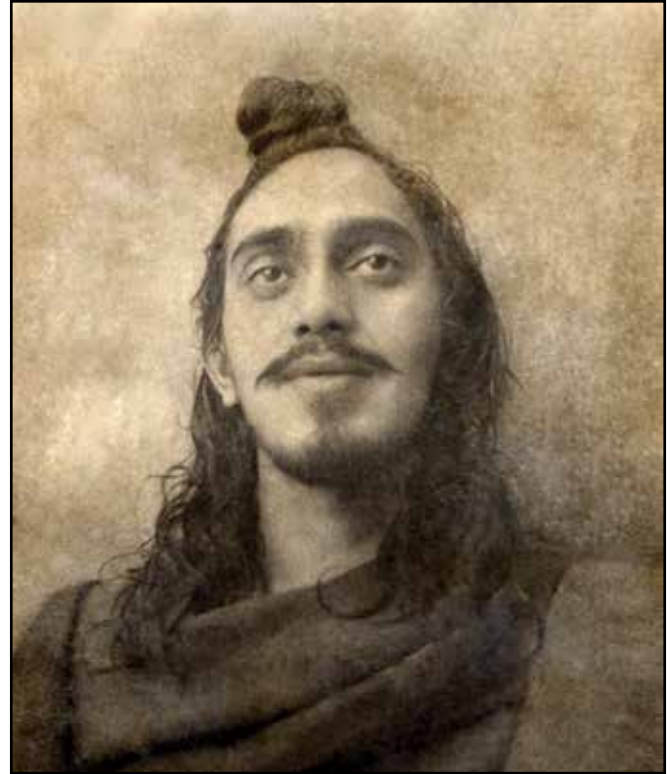
Then again he smiled and said to me, "Son, I am going to cure him."

He then removed the bed sheet that was covering the boy and wrapped himself in that. Immediately his whole body became covered with smallpox eruptions, while the boy was completely cured. Both parents fell down at the feet of my master. He said, "Now I am going to transfer this to a tree."

Later I asked him how it was possible for him to cure that child, so he gave me one example: "Suppose there is a house that is burning, and the family members of that house are crying and screaming outside because their only child is inside that house. They have no strength to go inside and save him. Suddenly a stranger comes and hears about the child. Without hesitation he runs into the burning house and after a few moments brings the child out. How can you awaken such love where you are willing to put yourself in danger to rescue someone else? Love requires sacrifice and courage. Anyone who knows what sacrifice is and what it means to give, is a real lover."

Above and beyond medicine you can heal others if you have an intense desire to serve others with love. You have that potential, but you have not yet explored it. Human beings are still incomplete in the process of evolution. That completion will be possible when you learn to love others and serve without any selfish motivation.

The key to healing is selflessness, love, dynamic will and undivided devotion to the Lord within. Christ and all the great messengers had the capacity to heal. You also have that same capacity; you simply have to come in touch with it.



Swami Rama

When India was ruled and controlled by the Mogul dynasty, one of the rulers, Babur, had only one son, Humayun, who was on his deathbed. So Babur went to different swamis, sages, fakirs and priests, but nobody could help that dying child. Then one of the women sages came forward and said, "You have healing powers. Why do you not heal your child?"

"But I am not a spiritual person. I am not pious and holy."

She said, "But still you have the power to heal. You can use it if you are prepared to give up your life for the sake of your son."

"Yes, I have lived for a long time, so I am willing to give up this life. If he doesn't live, I will have to go through so much sorrow in my old age."

So the lady said, "Hold this glass of water while walking around the cot four times and repeating: 'O Lord, give this span of life to my child. I quit, I surrender.' And then drink this water."

Having followed her instructions, he abruptly died. And the child was cured and got up from the bed.

Love is the real healer.

Reprinted from *The Ancient Traveler: Writings on Love*, by Swami Rama

Drinking Water at the Doorsteps . . .

“Water is the source of happiness, energy, health and piety, and is life giving as mother.”
Rig Veda 10.9.1-2

“This Functional Household Tap Connection (FHTC) has delivered elixir to my house,” says Kamini Padiyar, a resident of village Kheda Talla, Tehri Garhwal, Uttarakhand. Water is considered an elixir in mountain areas of Uttarakhand, land of almighty rivers Ma Ganga and Yamuna. She further added, “My daughter attends her classes regularly and punctually.” Laxmi Devi, another lady from Kheda, says “Our village has become open defecation free and aware of personal hygiene, domestic hygiene and environmental sanitation.” Kamini and Laxmi are two happy women from over 60,000 families of 471 villages benefitted from Water & Sanitation program of Rural Development Institute, Himalayan Institute Hospital Trust over last 22 years.

Water is one of the prime and basic needs of all human beings. Rudimentary infrastructure for the provision of safe drinking water and sanitation is absent or inadequate in most of the hilly regions, which consist of sparsely populated clusters. This has direct impact on health and drudgery along with other multiple issues. Women have to increasingly spend more and more time, approximately 3-4 hours daily to fetch water from greater distances. Scarcity of drinking water is on the rise with steady decline of water sources. Therefore, Water & Sanitation is the subject of dedicated targets within the Sustainable Development Goal (SDG 6). Indeed, access to safe water and sanitation are human rights, as recognized in 2010 by the United Nations General Assembly. Today, worldwide 2.2 billion people lack access to safely managed drinking water services and 4.2 billion people lack safely managed sanitation services. The impact on child mortality rates is devastating with more than 297,000 children under five years of age who die annually from diarrhoeal diseases due to poor sanitation and hygiene and unsafe drinking water.

As per Department of Drinking Water & Sanitation, Ministry of Jal Shakti, in India about 20.69%, i.e. 3.70 crore out of the total 17.87 crore rural households are without tap water connection; while in Uttarakhand only 14.32% households have tap water connection. The widening demand-supply gap emerged due to growing population and expanding economic activities, and is further compounded by other challenges, viz. depletion of groundwater caused by over-extraction, poor recharge, low storage capacity, erratic rainfall due to climate change, presence of contaminants, poor operation and maintenance (O&M) of water supply systems, etc.

RDI-HIHT has been involved in Water & Sanitation projects since 1998. The approach of projects are demand-responsive, need-based and community-driven. It ensures active participation of Panchayati Raj Institutions (PRI), User Water & Sanitation Committee (UWSC), community, especially women, in all aspects of the project. RDI acts as a facilitator, motivator and catalyst to the process. Objectives are achieved through execution of Technical Plan and Community Empowerment Plan. Technical Plan includes water supply scheme plan (gravity/solar pumping/tubewell/rain water harvesting tanks), sanitation plan (individual/



... Changing Lives

community latrine, solid and liquid waste management), and spring-shed management plan (forestry, soil conservation and water recharging measures). Community Empowerment Plan includes hygiene and sanitation awareness, information and knowledge sharing, community contribution plan, operation and maintenance plan. Communities share 10% in capital cost of the community works in form of cash/labour/kind and 100% operation and maintenance responsibility.

Information, Education and Communication (IEC)/Social Behavioural Change Communication (SBCC) is one of the important components of the project. Interpersonal communication and door to door contact are recognised as the most significant tools for attaining the project objectives. The IEC strategy includes community/UWSC meetings, PRA exercises using SARAR (self-esteem; associative strengths; resourcefulness; action planning and responsibility) tools.

Services need to be scaled up to fulfil the demand of needy communities and contribute significantly to SDGs. The rights to water, sanitation and hygiene must be realised for ALL during COVID19 pandemic. Coordination is key to combat this global health crisis. We should support to ensure that water, sanitation and hygiene services are accessible to everyone and Leave No One Behind during this crisis.

Achievements

- Empaneled by Government as National Key Resource Centre for Swachh Bharat Mission, Corporate Social Responsibility Initiative, Jal Jeevan Mission, Namami Gange, etc.
- 471 villages covered in Uttarakhand and Uttar Pradesh
- 248 User Water and Sanitation Committees formed
- 269 Water Supply Schemes (gravity, tubewell, solar pumping, handpump) facilitated
- 600+ Rooftop Rain Water Harvesting Tanks of 7,000 liter capacity constructed
- 14,000+ individual toilets and 50+ school/anganwadi/community toilets facilitated
- 71 villages with 153 hectare springshed catchment area treated through contour trench, recharge pits, dug pond, plantation, check dam
- 15 training batches of Swachhagrahis conducted for District Almora, Bageshwar, Rudraprayag, Champawat under NKRC of Swachh Bharat Mission
- 17,000+ persons trained in WASH

The Theory of Chronic Miasms of Homeopathy

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Let us return briefly to the topic of the sycotic miasm and its relationship with the embryonic tissue, mesoderm. Mesodermal cells provide epithelial lining for pleural, pericardial and peritoneal cavities, the cavities of joints and bursae, endothelial lining of the heart, blood vessels and lymphatics, and the epithelial lining of most parts of the urogenital tract. The remainder of the bulk of mesodermal cells are converted into loose mesenchymal tissue from which are formed many different kinds of cells that combine to form the various tissues of the body: chondroblasts, osteoblasts and myoblasts that will develop into cartilage, bone and muscle cells respectively, and also various cells of the blood. The disorders predominately associated with sycosis are: rheumatic disorders, blood diseases such as leukemia, cardiac disturbances, urogenital disorders, warts and other abnormal growths. If a rheumatic inflammatory process in the synovial membranes of the joints is suppressed, the disease process will shift to deeper tissues that are derived from the same energy field. This is evidenced by the cardiac troubles that are a natural consequence of such suppression.

Now let us discuss inherited miasms and constitution. Researchers are getting closer to determining the ultimate cause of disease. It is believed that virtually all diseases arise out of the genotype. Then what determines and what alters the genotype? Homeopaths will respond it is the miasms. The inherited aspect of constitution is defined as the morphological, physiological and psychological resultant (variable in each individual) of the properties of all cellular and humoral elements of the body, and the combination of these in a special cellular state having a balance and functional output of its own, a given capacity of adaptation and a mode of reaction to its environmental stimuli. In short, constitution implies a peculiar group of qualities and tendencies through the genes, which make a person what he or she is.

The miasmatic patterns are imprinted not only on one's own subtle body, but also are impressed on those of offspring. In this way the miasmatic tendencies are inherited. These underlying patterns determine the gene order and genetic expression, and also express themselves through the nervous and endocrine systems and all physiochemical and biochemical functions. The body and mind are thus to a certain extent programmed to behave and function according to the miasmatic tendencies that have been imprinted on the subtler energy levels. In other words, field determines structure, and structure influences field accordingly.

Along the same lines, we can say that miasmatic modification of genetic code determines susceptibility. If the miasms are fields of dynamic morbid energy, they may be capable of modifying genetic control or structure. It may be through such modifications of the genes that the miasms express themselves primarily, particularly in determining constitutional and inherited tendencies. Thus the field of the potentised anti-miasmatic homeopathic remedy may also have the capacity to reorganize germ cells, if used in the appropriate potency.

to be continued

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Break the Chain of COVID-19



To tackle the unprecedented havoc created by novel Covid-19 Swami Rama Himalayan University (SRHU) is also committed to its social responsibilities. Under the aegis of Hon'ble Vice-Chancellor Dr. Vijay Dhasmana, SRHU is duty-bound in extending its full-fledged support towards India's fight against corona. In this direction, the University distributed rations to around 870 poor families in Doiwala, Ranipokhari, Bhaniyawala, Laltappar and Raiwala. Dr. Dhasmana further added that he takes this time of crisis as an opportunity to extend a helping hand to the needy.

Break the Chain of COVID-19.

Be Safe | Be Healthy | Maintain Social Distancing.

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