

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

October 1' 2003

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Your Continued Good Health is Our Goal.....

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Happy Diwali

"India is celebrating Diwali festival. It is a great festival in the holy memory of the victory of Satya (truth) against devils. May God fulfill all your good wishes with your good health.

Wishing you a joyous Diwali, a prosperous & peaceful New Year."

- Chakrapani Ayurveda Clinic & Research Center

- Chakrapani Global Center for Training & Research in Ayurveda

1.).. **About the AyurvedaNews:** AyurvedaNews is an optional fortnightly newsletter available to those who have visited our web sites and contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our sites. Our sites: <http://chakrapaniayurveda.com>, <http://AyurvedaHelpline.com>, <http://.LearnAyurveda.com> and <http://garrysun.com> contain only the best and most pertinent material on Ayurveda and Holistic systems of medicine. This newsletter focuses on improving and popularizing Ayurveda and all the holistic systems of medicine.

Now available at Garry and Sun, USA - All the products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site at www.garrysun.com

2.).. **Thanks to USA People:**

Our CEO, DR. Rajesh Kotecha 'vaidya' has returned back to India in the second week of October, 03 from USA. He has traveled extensively through West and Mid-Western states with Mr. Gary Grewal of Garry and Sun, USA. He has visited Reno, Nevada; Omaha, Nebraska; Cedar Rapids, Iowa; Poplar Bluff, Missouri and Los Angeles, San Jose & Fremont of California. It was wonderful experience to see how people everywhere are interested in learning Ayurveda way of life. We are thankful to our devoted friends who have made Ayurveda tour a great success and pass on the Ayurveda knowledge to their communities and friends. We can not forget to mention those great friends and they are: Gary Grewal, Garry and Sun, Reno; Dr. Steven Hairfield, Ph.D., Reno; Laura Hennings, Reno; Susan Toch, San Francisco; Sandy Aquila & Susi Amendola, Omaha; Trilby, Joanne & Sharon, Cedar Rapids and Jean Read & Vicky Read, Poplar Bluff.

We are also thankful to US people who have taken the advantage of the great knowledge on Ayurveda way of life through lectures, workshops and consultations. We hope that they will feel better and will stay

healthy.

May lord Dhanvantari (the God of Ayurveda) bless them all.....

3.).. **This Issue's Quote:**

Vayu (vata), Pitta and Kapha are the three Doshas, in brief; they destroy and support (sustain, maintain) the body when they are abnormal and normal respectively.

- Ashtanga Hridaya, Sutra Sthana Chapter 1 (6)

Want to learn more on Panchakarma? Click <http://chakrapaniayurveda.com/panchakarma.html>

4.).. **Testimonials:**

Dear Dr. Rajesh and Gary, welcome to Omaha. I just want to say hello and that I feel fine, continue to take my herbs as you prescribed. It keeps my digestion in the good shape. Have a good tour in the US. Please keep me informed on the status of my prescriptions. Sincerely,

- Larisa, USA

Want Free Consultation on Ayurveda? Click <http://AyurvedaHelpline.com/consultation.html>

5.).. **Editor's Note:** The today's feature article entitled "**Art of living as an adjunct to Reiki**" is very important as a valuable input on healthy living. The central theme of this article is how to integrate two energy systems. This is second and final part of this subject. One can see the first part of this article at the [archives](#) page of our website.

We have hundreds of subscribers on our database who are Ayurveda practitioners, health professionals or who work in the area of holistic health. We, at AyurvedaNews, invite all you practitioners to send us your articles. Your experience, insight and knowledge will benefit people world wide to learn about and understand their bodies, minds and spirits, thereby helping themselves into the state of well-being.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

Want Free Constitution Analysis? Click <http://AyurvedaHelpline.com/constitution.html>

6.).. **Art of living as an adjunct to Reiki - Part II** : By Veerendra Nath Mittal

Let us examine the Art of Living technique:

1. The 1st stage of TSP, involves listening to your solar plexus while breathing in/out 8 times in Ujjai method seated in Yoga - Vajra Asana with both hands placed either side of the naval. Yellow and blue flash across the third eye, while the throat and solar plexus chakras recharge.
2. Notice Reiki flooding the heart chakra and the warm sensation in the hands. Repeat a second round of 8 breaths but now stretch the hands out parallel to the ground, your toes touching the arm pits in Vajra Asana (if you can!) observe green emanating from the heart charka on the screen of the third eye.
3. In the third stage, remain seated in Vajra Asana with both hands placed on the back down the shoulder blades while breathing in and out for 6 times. Observe your throat and heart chakras becoming activated.

Bhastrika Kriya, the second exercise of AOL reminds one of taking a Reiki Shower. The hands are raised above the head and energy is pulled from above into the lungs whilst breathing in and exhaling rigorously for 3 cycles of 20 breaths each cycle. Toxins are expelled with each outgoing breath. The results are an inner cleansing, similar to the Reiki detoxification technique of Gedoku-Ho.

Sudarshan Kriya is the most important component of the Art of Living technique. The result of the rhythmic breathing in of Prana —the life force, balances both the left and right sides of the brain acting as

a deterrent to depression and many other diseases of the body and the mind. Combined with Reiki affirmation, the Prana is raised to the higher frequency level of the divine universal life force, thereby further strengthening the body's immune system.

All Yoga Asanas end up in the Shava Asana posture which is deeply relaxing. In this visualisation asana, you can enhance relaxation by using the technique of Choku-Rei in each of the following positions, while visualising from the bottom to the top:

The soles, ankles, calves, knees, hips, hara ,the liver, the spleen and pancreas, the heart (Sei- heki as well), the back, the hands — starting from fingers to the shoulders, the face - resting awhile on the third eye and ending up at the crown.

Repeat this cycle twice.

Then let your abdomen expand with a deep breath in and contract breathing out vocalizing the universal mantra OM (also used as a symbol in Karuna Reiki). Repeat 20 cycles of breathing in and out. As a result, your breathing and pulse rate will slow down. The blood pressure is normalized much faster with regular practice of Shava Asana, together with Reiki symbols.

You are now fully prepared to go into Reiki meditation and to enjoy the bliss of deeper Samadhi.

The Art Of Living technique is not designed for Reiki channels only. Anyone can learn and practise it, although Reiki channels seem to benefit the most from its cumulative effect.

Due to the absence of medical evidence, it is not possible to vouch whether the Art of Living strengthens Reiki or Reiki strengthens the Art of Living. There is also no intention to compare the benefits of the two spiritual healing systems. But as Lord Buddha says, 'This exists as that exists. All things happen in the Interdependence of others. Therefore, an isolated event could never exist.'

Disclaimer:

The views expressed here are based on the personal experience of the author and are in no way a commentary on either the systems or their organizations.

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Veerendra Nath Mittal M.A. (Economics), M.A. (English) R M/T is a retired professional economist from India who also is a Reiki Master and Teacher. He has authored a number of papers on the subject. Being also a graduate in mind control and other healing techniques of the Art of Living, Sujok acupuncture, and Reflexology, he applies his knowledge of these related therapies, to his practice and teaching of Reiki. He splits his time between India and Singapore teaching, practicing and delivering public talks on Reiki. He can be reached at e mail: mittalvn@hotmail.com

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7.).. Best Ayurveda Products from Chakrapani's:

Rasayanaprash a 100% natural immunity promoter that provides inner strength of body and mind.

Ashwagandha Bru a 100% natural and caffeine free beverage for strength and vigor.

Memory Enhancer Bru a 100% natural and caffeine free beverage for memory enhancement.

Herbal Face Pack a 100% natural formula for face care.

Herbal Revitalizing Cleanser a 100% natural formula for skin care.

Herbal Hair Conditioner a 100% natural formula for hair care.

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Wish to procure our products?

In USA & Canada: Garry & Sun. Toll free 1 - 888 - 98 Herbs. E-mail: Ayurvedicherbs@aol.com

In Germany: Ms. Sunita Baxi. E-mail SumanBakshi@t-online.de

In France: APMA International. E-mail Swamijiapma@aol.com

In India, Asian & African countries: Chakrapani Ayurveda. E-mail info@chakrapaniayurveda.com

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You can send your feedback to us on this issue of AyurvedaNews at newsletter@chakrapaniayurveda.com. Your valuable suggestions will help us in our efforts at continuous

improvement.

Sincerely,
The AyurvedaNews Team

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