

AyurvedaNews

Chakrapani Ayurveda Clinic & Research Center

Member Newsletter, June 1, 2001

<http://chakrapaniayurveda.com>

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1.).. **About the AyurvedaNews:**

AyurvedaNews is an optional fortnightly newsletter available to those who have visited our site and have contacted us for free consultation and free constitution analysis or who have subscribed to this newsletter through our site. Our site www.chakrapaniayurveda.com contains 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.

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nachiketa@id.eth.net

2.).. **Editor's Note :**

The feature article of today's issue is on 'MEDITATION'. According to Roger Gabriel, the most important experience of his life was learning to meditate. Please enjoy the following piece about the practice of meditation and its benefits, from Roger Gabriel, the Chopra Center's Director of Programs, .

This issue carries all the other regular sections. We are continuously trying to improve and your appreciation of our effort will provide further impetus.

3.)..Quote of the Issue:

"What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it. We are to learn about fear, not how to escape from it." - Jiddu Krishnamurti

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4.).. Learning to meditate: Feature Article by ROGER GABRIEL

One day two spiritual students were having a discussion regarding the best path to enlightenment. The first argued that to be enlightened we have to give up all our possessions and desires to live a very simple life. The second student believed that the path to enlightenment meant fulfilling all our desires and having abundance in our lives. After some discussion back and forth and getting nowhere, they decided to seek the advice of their guru. Presenting themselves before him, the first stated his view on enlightenment through renunciation. The guru looked at him and said, "You' re right." "But", said the other, "I thought fullness of all things was the path of evolution." Looking at him the guru again said, "You' re right". A third student, who had been sitting at the back of the room listening, now came forward and said to the guru, "Surely they can' t both be right". To which the guru smiled, "And you' re right too".

There are many different paths to climb the mountain and many different techniques, all of which have their value. The best meditation, like the best diet or exercise program is, ultimately the one that works best for us. Many people will tell us that we have to meditate this way or that, we have to sit in a certain position or do it at a particular time. While all of these instructions may have a value, it' s important to do the best you can and know that whatever you do is right. Meditation is our path to freedom, which comes from lightheartedness not seriousness, from flexibility not rigid attachment to rules. But we do have to do it. If we' re just sitting at the bottom of the mountain unaware, we' ll miss the beautiful views from the top.

So what is meditation? Meditation is anything we do with awareness of the present moment. If we live our life with awareness, our whole life can be meditation. For example, if when we are walking, we are aware that we are walking, that becomes a "walking" meditation. Of course, usually we are thinking about where we' re walking to and what we are going to do when we get there, very little awareness is on the walking. Or when we' re eating, if we are totally involved with the process of eating (seeing, tasting, smelling, feeling the texture of the food) it becomes an "eating" meditation. However, when we eat, we' re often watching television, reading the newspaper, involved in a conversation or driving our car, doing everything possible to keep us out of the present moment. Our thoughts are always taking us into the future or the past, away from the present. But it' s in the present moment that we find our Spirit, our essential Being and the force that animates all life. In one of his songs, John Lennon wrote, "Life is what happens when we' re making other plans".

So how do we stop thinking and stay present? Have you ever tried to stop thinking? It' s impossible and the harder we try, the more thoughts and noises keep crowding in. In fact, the only way to go beyond thought is by not trying, but by letting go. Meditation is a time for "being", not a time for "doing" and if you' ve ever wondered why we' re called "human beings" and not "human doings", it' s because "being" is our true nature. When we sit down, close our eyes and formalize our meditation practice, we use anchors. These anchors can be our breath or a mantra, something that brings us effortlessly back to the present, whenever we realize we' ve drifted away.

Most of us spend our lives looking outside ourselves for answers. We buy books and tapes and go to workshops, looking for someone to tell us how to be happy, healthy, and more successful. By connecting with the present we turn our attention inward, away from all of the chaos and activity, and contact the expert inside. This is our soul, our Spirit, the perfect being in each one of us, waiting to be invited back into our lives, waiting to restore us to perfection. We can think of meditation like going to the bank before we go shopping. If we want to have a fun day at the mall, we need to have some money. If not, then we can only window-shop, which soon becomes frustrating and boring. But this is exactly how most of us live our lives - window-shopping, wishing we were happier, healthier, more successful, wishing we had what he or she has. Meditation is the vehicle that connects us to the bank we all have inside and allows us to bring the wealth back into our lives. The advantage of this bank is that it' s always with us, always open and always full. We just need to take the time to go there. When we learn to meditate, we don' t have to wear any special clothes or change our diet, but we do need to find the time to do it.

Although, as we' ve discussed, meditation is really a spiritual journey which reconnects us with our true essential nature. In the West it has come to be thought of as a technique for stress-management. We are constantly being bombarded with stress from work or family pressures, environmental conditions, poor diet and lifestyle choices and a variety of other factors, therefore releasing stress is essential for a healthy life. Meditation takes us from activity into silence, giving our body a very deep level of rest. Rest is how the body heals itself. It does this by throwing off the stress, fatigue and toxins accumulated during our life. Thus meditation serves a two-fold purpose, it gives us a direct experience of our Spirit and in the process dissolves the impurities which are preventing Spirit from shining forth in our lives. Think of a cloudy day. Where did the sun go? Well, it didn' t go anywhere, we just can' t see it because the clouds. If every day were cloudy, we' d soon forget what the sun looked and felt like and, after time we' d even forget the sun had ever existed. This is what has happened to our Spirit. Because of stress and fatigue, we' ve forgotten it exists. Meditation is similar to taking a plane and flying through the clouds to re-experience the sun. When we return to earth we bring the memory of the warmth and light back with us and in the process begin to thin the clouds. Just the same, meditation allows us to remember our true Self and removes the obstacles which prevent it from bringing joy and fulfillment to every aspect of our life.

Connection to Spirit provides the basis for any area of self-improvement. We recommend "Primordial Sound Meditation", a mantra based technique, which has its roots in the ancient Vedic tradition of India as a gentle, natural silent technique that can be easily learned and practiced by anyone. The word mantra means "vehicle of the mind" so it is the anchor we use to bring us back into the present moment and take us on our inward journey. About eight years ago, Deepak Chopra revived this technique from the ancient texts and called it Primordial Sound, as the mantras are sounds, which help us to reconnect with our most primordial level, where consciousness becomes matter. If you aren' t practicing meditation regularly, we strongly recommend you to contact The Chopra Center or one of the trained instructors (please see <http://www.chopra.com> for an instructor in your area) and take the first step on your path to freedom.

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ROGER GABRIEL, the author of today' s feature article is DIRECTOR OF PROGRAMS at The Chopra Center for Well Being, La Jolla, California. He has studied and taught meditation techniques all over the world and spearheads the educational effort of The Chopra Center for

Well Being in La Jolla, California. Originally from Liverpool, England, Roger began his formal studies in yoga and meditation in 1972 and began teaching meditation in 1973. Roger continued to teach meditation part time while running other businesses. He met Deepak Chopra in 1986, who asked him to join him to put together his dream of an Ayurvedic Mind Body center of his own. Roger has personally trained approximately 10,000 people in meditation and has trained over 600 Primordial Sound Meditation® teachers. Roger can be reached at roger@chopra.com

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Expert in any of Different Holistic Systems of Health? We' re looking for ARTICLES on different aspects of Ayurveda, Yoga and other Holistic Systems of Health. Articles should be in the 400 to 600 word range and include a one-paragraph bio of the author. Submissions can be sent to Nachiketa, our editor at: nachiketa@id.eth.net

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5)..Important Health News:

Pharmaceutical Companies Drop Suit to Block Generic AIDS Drugs in Africa by Ofeibea Quist - Arcton / AllAfrica.com: Thirty-nine leading pharmaceutical companies have dropped their court challenge to prevent the South African government from importing, manufacturing or licensing cheap copies of their patented medicines - including AIDS drugs. This legal landmark could be a breakthrough in getting treatment to millions of people living with HIV/AIDS in South Africa and other developing countries.

Massage Museum Opens in Washington State from WorldofMassageMuseum.com: The World of Massage Museum in Spokane, Washington, an educational museum illustrating the history of massage, opened for visitors on May 1, 2001. Theme rooms include displays of historic electric vibration tools, hands-on or manual tools, library, media and art, instructional aids, tables and chairs, and examples of technique and practice throughout the history of massage.

Kundalini Awakening: Four Yogis Speak by Hardeep Dahliwahi/Ascent Magazine: Kundalini awakening is believed to be the real gold sought by the alchemists. By all accounts, it can be illuminating, terrifying, blissful and sometimes deadly. Kundalini is said to be a primordial energy sitting at the base of the spine coiled like a serpent. This energy rises along the spine, moves through six different nerve centers called chakras, curves over the head and nestles in the third eye, leading to enlightenment. If this energy is not properly channeled, it has been known to blow the mind." But that does not deter the bravest of yogis and yoginis who invite the serpent into their lives.

6).. Ayurveda Recipe of the Issue: Millet Khichadi

5 c water
 1 1/2 c millet
 1/2 c yellow split mung beans
 1/4 tsp powdered rock salt
 5 fresh or dried kari leaves
 1 tsp corn oil
 1 tsp cumin seeds

Bring the water to boil in a large stainless steel pot. Wash the millet and beans thoroughly and add them to the boiling water, along with the salt and kari leaves. Cover and simmer on low heat for 25 minutes. In a small cast-iron skillet, heat the oil and add the cumin seeds. When the seeds turn golden brown, pour into the Khichadi. Stir, cover and continue cooking for another 10 minutes. Serve while the Khichadi is still warm. This is a very nutritious dish that balance all the three Dosha in the body.

Good for 2 persons (4 servings).

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7).. Today's Quick Clicks :

Want Free Consultation on Ayurveda?

<http://chakrapaniayurveda.com/freeconsultation.html>

For Your Body Constitution Analysis on the basis of Ayurveda Principles

<http://chakrapaniayurveda.com/constitution.html>

For Getting Rasayana Prash & Herbal Face Pack, Herbal Hair Conditioner, Rooh Booty, Herbal Skin Vitalizer & All Natural Herbal Health Products in US

<http://garrysun.com>

Must visit site for Education and Consultation of Ayurveda in India & Europe

<http://ayurvednet.com>

For unique Handicrafts from India

<http://kuberhandicrafts.com>

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 You can send feedback 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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CHAKRAPANI AYURVEDA CLINIC & RESEARCH CENTER
A - 66 UDAY ROAD, TILAK NAGAR, JAIPUR - 302004, India
PHONE: +91-141- 624003 FAX : + 91-141-624003
VISIT US AT: <http://chakrapaniayurveda.com>
E-mail: info@chakrapaniayurveda.com
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