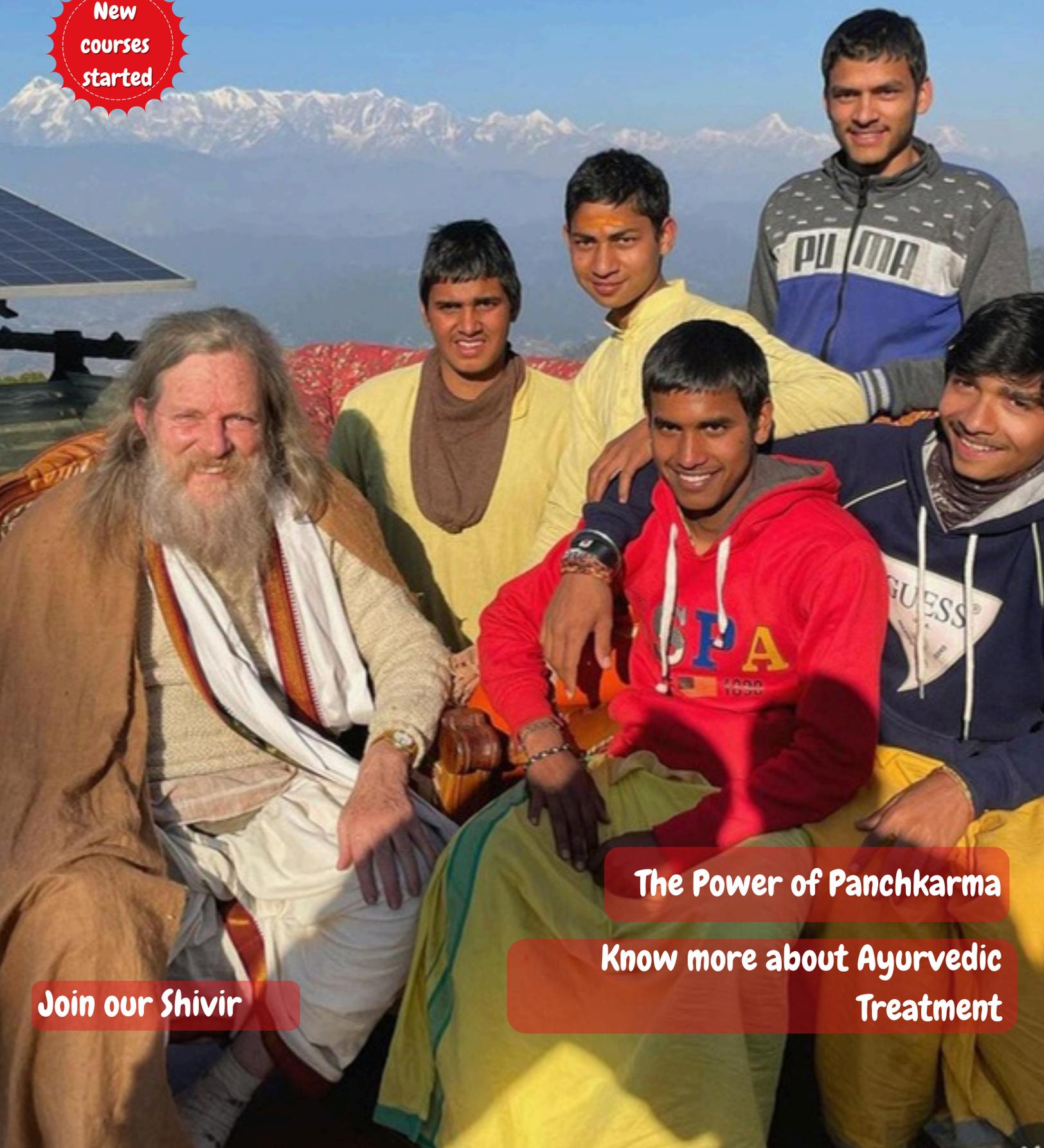


# ANAMAY ASHRAM

A Vedic Ashram

New  
courses  
started



Join our Shivr

The Power of Panchkarma

Know more about Ayurvedic  
Treatment

# Prayer

Gururbrahma Gururvishnuh Gururdevo Maheshwarah.  
Gurursakshat Parabrahma Tasmai Shri Gurve Namah.

Gu means transcendental – that which is  
beyond the three gunas (sattva, rajas and  
tamas);

Ru means that which is formless.

Guru is Brahma (creator),

Guru is Vishnu (protector) and

Guru is Shankar (destroyer).

Guru is the Supreme Brahma himself. I bow to such a Guru.

Guru develops the character of disciples,

develops virtues in disciples and

protects them and

destroys the vices of disciples.

# in this issue...

1. Message from Swami Ji
2. Maharishi
3. Gurukul
4. Yog and Meditation
5. Ayurved
6. Garden to Kitchen
7. Gaushala
8. Ashram
9. Shivir

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# Message from Swami Ji

Jai Gurudev,

I remember a meeting with Maharishi in 1975 at Park Hotel Vitznau, a 5-star hotel on Lake Lucerne, where Maharishi asked us, "How do you want the phase transition from the age of ignorance to the age of enlightenment to be - dramatic or smooth?"

This question is staring us in the face now more than ever. We are in the midst of the most important transition in the world with growing awareness on the one hand, supported by millions of people meditating and nurturing the devas and on the other side dangerous political tensions and manipulations like Corona was one. How this all happens depends on how quickly we are able to create a large group of meditators and siddhas.

This will not only bring us heaven on earth but will make the way to that ideal Society smooth, pleasant and filled with daily activities full of joy and satisfaction. Our daily practice of Transcendental Meditation is the greatest and most important contribution to the world right now and believe me, by doing this regularly in an organized manner, no one will remain poor, helpless or destitute. You will be improving the lives of many millions of people just by sitting at home.

My nature was always to strive towards betterment and the result is that at Anamay Ashram, Kausani, away from noise, traffic and pollution, you experience nature the way it is meant to be experienced.

Like a child in the lap of Mother Nature, Anamay welcomes everyone showering joy.

On one hand, Anamay tries to make the coming generation again realize the true meaning and goal of life and on the other hand, it establishes harmony with all of nature.

There is a storehouse of knowledge and bliss in every human being and Anamay tries to show everyone the path to that treasure.

Anamay gives the knowledge of Vedas later, first lives the Vedic life itself, it not only teaches yog, meditation but also lives the rules of yog-meditation, it follows Ayurved not as a medicine but as a daily routine.

If you take even a small part of Vedic wisdom back to your living space, it can have a transformational effect on your life.

When we wake up to a world full of anxiety, negative news, processed foods and stressful jobs, know that there is another way to live, "the Vedic way", "the Satvik way".

When you have learned to live consciously, you will start looking at any trouble as a spectator and not as a victim and then your decision-making power will be beneficial.

Join us on this transformational journey, as we experience "Param Anand: Anamay" by imbibing the eternal wisdom of the Vedas.

Swami Aushutosh  
(Editor-in-Chief)

# Maharishi

“You must understand that wealth and all the things of the world will remain here, while you have to make your future journey alone.

Prepare for that future journey this very moment. Increase your faith in higher goals, and increase your love for that ever-blissful Supreme Being.”

- Gurudev

“Transcendental meditation opens the awareness to the infinite reservoir of energy, creativity and intelligence that lies deep within everyone.”

- Maharishi Mahesh Yogi

# Gurukul

## — The result of Swamiji's efforts —

**Wearing simple clothes, he came from across  
the seven seas with a single goal in mind.  
May our knowledge remain,  
May it quench the thirst of the thirsty,  
May it flow like the Ganges,  
May our Vedas remain immortal.**

This ordinary looking but extraordinary genius is none other than Swami Shri Ashutosh Ji of our Anamay Ashram, whose journey started from Switzerland, reached India, after getting acquainted with the culture here during his tour of India, he reached Kumaon, Uttarakhand and then settled here.

It sounds very easy but the goal of Swami Ji's life was very big and full of difficulties. India is the origin of the Vedas and if this knowledge was getting lost from there, then someone had to take the responsibility of preserving it and making it reach the people, hence our Swami Ji took this responsibility.

With his tireless efforts, Swami Ji went from house to house and made everyone aware of his purpose, Swami Ji laid the foundation of a temporary school in Jageshwar in 2003 with the help of some rural pundits and started giving free Vedic education to the children. This school ran here till 2008, thereafter Swami ji continued the same system with new awareness in the name of Anamay Ashram in Kausani and is running it till date.

Till date a good strength of students from Anamay Ashram Gurukul have received education in Vedas and are propagating their knowledge in India and abroad.



Respected Swami Ji (Ashutosh Ji)

And today, about 40 children are learning Vedas under the supervision of the teachers in the Gurukul.

The Gurukul system is a special system of acquiring knowledge that has been coming from the Vedic tradition, in which the disciple stays in the proximity of the Guru and observes, learns and follows his conduct. In today's education system, where children are given knowledge of only the theoretical aspect, in the Gurukul system the practical aspect is also the main part of education.

Following the Gurukul system, Anamay Ashram imparts equal education to all its disciples who come from different states of the country.

The day of Anamay Gurukul begins with Brahmanuhurta and every student learns the mantras from his Guru and recites the mantra before every task. After completing the daily worship, yoga, meditation etc. at the prescribed time, all the disciples become educated through their class.

After the age of 10 years, i.e. when the child passes the 5th standard, he is eligible to receive education in Vedas in the ashram. After completing the seven-year course, the disciples receive the title of Veda Vibhushan. After receiving this title, they can take admission in the university for Shastri education. Our Gurukul is approved by Maharishi Sandipani Rashtriya Veda Vidya Pratishthan and is supportive for the higher education of students.

Here the knowledge of three Vedas is imparted, Rigveda, Yajurveda and Samveda.

Apart from the knowledge of Vedas, children are also taught English, Mathematics, Science, Social Science etc. Along with education, special attention is paid to the cleanliness, health, sports, entertainment and food of the children. From time to time Swami ji sits among the children and listens to them and conveys his message to them.

Surrounded by lush green mountains and plains, Anamay Ashram wakes up every morning before the sunrise and lives its day in harmony with nature.

Jyotish Visharad Acharya Shri Kamlesh Pandey Ji, who has been with Swami Ji since his days of struggle, tells that, "Today's life is much easier than the Gurukul of ancient times. Earlier, the disciples had to arrange the means of living on their own, that is, today the difficulties of practical education of the means of life are easily available to the disciples, like from food grains to cooking food, they do not have to arrange all the resources now. In olden times, once a child reached Gurukul, he would go back to his family only after completing his education, but now parents can come and meet their children for a fixed time."

While modernity has provided some facilities,



students practicing puja rituals

special care is taken to ensure that no student deviates from his goal.

For this, every Acharya, as his responsibility, presents his conduct and behaviour framework as an ideal for every student. Apart from this, every morning and evening, all the students practice yoga, pranayama and transcendental meditation under the supervision of their Acharyas under one roof. "Looking at the life and safety of the mountains, it is understood that running a Gurukul has its own challenges, so Swami Ji has very thoughtfully chosen what is important in the theoretical and practical aspects of education and where we can make some changes. If we all cooperate in the Gurukul tradition, then we can truly steer our education system in the right direction



Students of Gurukul

# Services



Astrologer Acharya Kamlesh Ji  
Mob.No. 7500925542

## Astrology

With the help of God's light, every problem can be solved. For this purpose, the science of astrology is still alive.

If you are getting entangled in the complexities of your life or want to know what will be right and wrong for you and to know the answers to other such questions, you can directly connect with our Jyotish expert Acharya Kamlesh ji.



## Vastu

For a happy life, it is essential to have peace and happiness in the home and surroundings, for which it is important that the home is built according to the Vastu principles. If there is peace at home, health also remains good and whatever work you do, you get success.

Connect with Jyotish Visharad Acharya Kamlesh Ji for all Vastu related questions.





# Courses

ON YOUR REQUEST, ANAMAY HAS COME UP WITH THE FOLLOWING COURSES TO INTRODUCE YOU TO THE VEDAS :

## Course-1

### **VEDIC & NADI ASTROLOGY** **(BASIC/ADVANCE) RS.5000/-**

Basic :

Online: 3 months

(2 classes per week. Each class is of 1 hour

15 mins long,-

Total number of classes = 21).

Offline: 2 weeks

- Fee will be Rs. 4000/- for those who have attended & completed one week camp before opting this course.
- Fee will be Rs. 2000/- for those who are already done TTC before opting this course.
- Course fee/terms for residential (offline) classes will be same as online. Accommodation fee is separate, please talk to Anamay for that.
- Offline mode can be avail in Anamay Ashram, Kausani, Uttrakhand.
- Candidate will be eligible for the advance level after completion of the Basic course.

## Course-2

### **VEDIC VASTU COURSE** **(BASIC/ADVANCE) RS.6000/-**

Basic:

Online/Offline: Same as "Course-1"

- Fee will be Rs.5000/- for those who have attended & completed one week camp before opting this course.
- Fee will be Rs. 2000/- for those who are already done TTC before opting this course.
- Course fee/terms for residential (offline) classes will be same as online. Accommodation fee is separate, please talk to Anamay for the same.
- Offline mode can be avail through Anamay Ashram, Kausani, Uttrakhand.
- Candidate will be eligible for the advance level after completion of the Basic course.

## Course-3

### **STUDY OF** **VEDIC LITERATURE** **(BASIC), ₹.10,000/-**

Offline: 2 weeks (4-5 hours/day)

- Vedic Literature course can be done only through offline mode.
- Shared accommodation is included in the course fees. A single room can be allocated as per availability and separate charges will be applicable as per current rate.
- Offline mode can be avail only in Anamay Ashram, Kausani, Uttrakhand.



For more information  
please drop your queries to  
[anamayashram@gmail.com](mailto:anamayashram@gmail.com)

# Yog and Meditation

## Anamay: "Heaven for Yogis"

surāṅye dhārmike deśe subhikṣe nirupadrave ।  
dhanuḥ pramāṇaparyantaṁ śīlāgnijalavarjite ।  
ekānte maṭhikāmadhye sthātavyaṁ  
haṭhayoginā ।  
॥ १ ॥ ॥ १२ ॥

This shloka from Hatha Yoga Pradipika tells us what a suitable place should be like for a yogi. In today's life, it is difficult to find a suitable place that provides pure air for yog-asans, water from natural sources to drink, a peaceful place to live, pure sattvic nutritious food to eat, but not impossible.

Asanas and Pranayama done in pure air strengthen the vital energy of the body, water from natural sources and sattvic food provide positive energy and a calm environment proves to be soothing to the mind.

One such beautiful and charming ashram is located in a place called Kausani in the Kumaon region of Uttarakhand. This place is full of natural beauty, and can prove to be a complete help for a common man to become a Yogi and The most special thing is that the source of inspiration here 'Swami Ashutosh Ji' came to India from Switzerland about 30 years ago and since then he has been continuously trying to give positivity to this place. His guru 'Maharishi Ji' suggested him to take Indian citizenship and settle in the Himalayas. When Ashutosh Ji came to India for the first time with Maharishi in 1980, he fell in love with the culture of India and he instinctively knew that his future would be here. Inspired by Maharishi, he made a one-point



Anamay Ashram- Ram Kutir

effort to save the heritage of our culture and set an example in front of the world in the name of 'Anamay Ashram'.

This ashram is away from the hustle bustle of life, surrounded by trees and plants. On one hand, it teaches Vedas to children and on the other hand, it also treats through Ayurved and one of its main objectives is to impart the knowledge of Transcendental Meditation.

You can wake up early in the morning and practice yoga and then join the meditation with everyone. The constant Vedic chanting by the disciples nourishes the energy of the place and the sattvic food served three times a day keeps the energy sustained throughout the day. The cowshed which is an integral part of the ashram, the sound of Mother Cow coming from here provides spiritual peace.

Every month many people come to the ashram through shivir and start and end the day with yoga-meditation. After this you can stay here as a volunteer.

If you want to get into yoga meditation, then this ashram meets the definition of 'a suitable place for yoga and meditation' as defined in Hatha Yoga Pradipika.

The clarity of the fireflies shining on the earth at night and the twinkling stars in the sky, the crickets in the rain and your nearest place lost in the fog in winter, sometimes the clouds descend from the sky and wander on the earth and enter the house with affinity, sometimes they are seen playing hide and seek with the sun, all this proves that this place is natural.

The doors of the Ashram are always open to all, please come and avail this opportunity to connect with yourself.



# Garden to Kitchen

## Contribution of kitchen in the ashram

Kitchen is complete in itself, hence it is not just a kitchen but a complete home.

Kitchen plays a very important role in making a person a human being.

No matter how fresh, nutritious or how many vegetables we bring from our own garden, if the rules of kitchen are not applied in cooking them, then understand that those fresh, nutritious vegetables can only fill your stomach.

Since ancient times, the kitchen has been given a special status in the house, so you must have often seen that the elders of the house are the ones who manage the kitchen.

The kitchen is directly related to our stomach. If the stomach was not important, there would not have been so many rules for the kitchen. You must have heard the saying that as you eat the food, so will be your mind and body.

As important as it is to keep the kitchen clean, it is equally important to have pure thoughts, a happy mind, and good feelings while cooking. You must have seen that often in our homes, almost one person is handling the responsibility of the kitchen, so generally the food is also prepared in the same way, but when the same food is prepared for a large group, then many people cooperate in it and if the attitude of everyone is not equally pure, then the integrity of the food starts decreasing. When everyone gathers under one roof with different backgrounds and values, then it is obvious that everything does not go in our favor. Here it



Anamay Kitchen

becomes necessary to work with patience and the right method.

The journey of the kitchen from bringing vegetables, cutting them to cooking them, whether it is sattvic or impure, the eater also gets the merits accordingly.

In Anamay Ashram also, food is cooked for a large group every day in which many people participate.

Swami Ashutosh ji says that, "The energy obtained from the kitchen is very helpful in keeping the life of the ashram sattvic."

The kitchen of the ashram feeds many people which include people of all ages, but filling the stomach should not be our aim. If the energy of the kitchen is low then understand that the efforts of knowledge, meditation, spirituality, everything will be futile and without energy.

It is necessary that we keep the following things in mind in our daily routine:

1. Keep cleaning the kitchen regularly.

2. Keep the items in the right place, do not spread too much stuff at once.
3. From the preparation of food to cooking and serving, whoever is involved in this work, keep the mind immersed in God's meditation.
4. There should not be too many people coming and going in the kitchen.
5. It is important to keep electronic devices like mobile phones away during work, because it disturbs your concentration.
6. Food should not just be for filling the stomach, but should give physical and mental peace, increase spirituality and be nutritious.

Swami ji discusses many such methods, by adopting which the integrity of the kitchen can be maintained.

Every day in our ashram, food is cooked for about 100 to 150 people, which includes the children of Gurukul, Acharya, employees, volunteers, guests, campers and all others.

Every day in the ashram starts and ends with yoga and meditation. This daily practice is very important for everyone, whether it is a volunteer, a child, a cowshed or kitchen staff or a gardener. This practice works continuously at a subtle level, which in turn builds our good conduct and keeps a person calm, relaxed and happy.

Practice at the beginning of the day keeps the mind and heart happy, which brings positivity in all the tasks. Similarly, yoga-meditation done at the end of the day improves the quality of our sleep and prepares us for the next day.

After these practices, when many volunteers happily sit together and cut vegetables and food is cooked in the kitchen, then the satvic thali of Anamay is prepared, that thali which is prepared every day, which is physically strong, mentally satisfying, makes meditation progressive and builds good conduct, which goes into your stomach and gives peace of mind.

Apart from this, Anamay Ashram does some other practices, such as,

1. Not including heavy food in any of your meals.
2. Sending leftover food to the cowshed.
3. Avoiding garlic and onion.
4. Using fruits and vegetables from your garden as much as possible.
5. Not using aluminum and any closed utensils like pressure cooker.
6. Minimizing the use of fridge or other electronic items.

If any mistake happens while cooking food for such a large family, then it is important to keep in mind that we must ask for forgiveness from our side and whoever accepts this food in the form of Prasad must thank all those due to whose hard work all of us are able to get nutritious food in our plate.

It is also said that by looking at anyone's kitchen you can easily find out what the behavior of the people living in that house will be like.



**\*\*A big thank you to everyone at Anamay Ashram who take care of our food plate every day.\*\***

## Some interesting members of the Anamay family

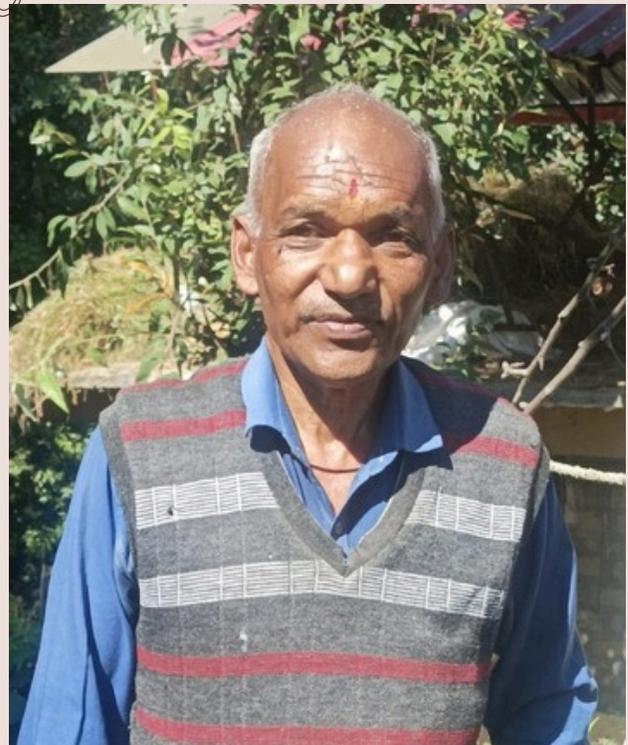
— They deserve applause —



This is our Govinda Bhaiya who works in the big kitchen.

Everyone eagerly waits for Bhaiya because his job is to prepare kadha in the morning and deliver lunch and dinner on time to the small kitchen in every weather and condition.

His specialty is that he kneads the dough with his hands for such a big family of Anamay and he always has a smile on his face.



If the same person is seen sometimes grazing cows, sometimes collecting grass, sometimes doing other works of Gaushala and sometimes doing brick construction of houses then understand that he is none other than “Mohan Ram Ji”.

Mohan Ram Ji is a person of very calm nature whose behavior is always sweet with everyone and he never says no to any work.

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# Contact Us



- 
- Ayurved
  - Shivar
  - Volunteer
  - Astrology
  - Guest
  - Gurukul
  - FAQs
  - Donation

Contact us for any information regarding the above topics

[anamayashram@gmail.com](mailto:anamayashram@gmail.com)

# Ayurved

## Treatment Methodology

Understanding the science of the body and nourishing it as per the correct rules is what connects you to Ayurved, by doing this you never suffer from diseases or any kind of defects. If you have already fallen ill due to bad lifestyle, food habits and stress, then Ayurved works on the causes of the origin of those problems through different rules.

The first rule is "Satvavajaya treatment", which means balancing Satva, Rajas and Tamas through diet, behaviour, conduct and thoughts, to see that the food you are taking is beneficial for you and is not promoting the disease you are suffering from. Apart from this, regular walks, yog and pranayam must be included in your daily routine.

Behavior is formed according to diet and lifestyle and clarity in thoughts starts coming. By doing only this, most of the problems start getting cured. If even then some problem remains or the disease has become more distorted due to being old, then Ayurved Vaidya uses the second rule.

According to the second rule, along with "Sattvavajaya", "Sanshaman" and "Sanshodhan treatment" is used. "Sanshaman" means using medicines along with abstinence, in which many types of herbs, decoctions, rasayana etc. can be used.

"Sanshodhan" means purification, in which the body is cleansed according to the nature of the body through various processes, which we also know as Panchkarm.

Note that both these rules work at the Primoryphysical level, but if our Primordial level is weak, then the problem may persist and then the doctor may advise to use the third rule.

This third rule takes measures to energize the planets and stars and correct their position through "Daivavyapashraya therapy", mantras or horoscope analysis.

Anamay Ashram is making life happy, joyful and healthy by following all the above mentioned rules through yog, meditation, nutritious and satvik food, high quality herbs, vatis, kwathas, rasayanas etc., Panchkarm purification system, mantra therapy, horoscope analysis etc.

Anamay's current vaidya



Dr Gunjan Nautiyal  
Ayurvedic Physician (BAMS)  
, specializing in Yoga &  
Gynecology and Kshar  
Sutra Therapy

Many thanks to the Vaidyas and other staff of Anamay Ashram who are working on Ayurved system and treating many patients and bringing smiles on their faces.

# Feedback

## Panchkarm



Minoo Pirouzgar (tourist), Australia

Age: 78

Health issues: Severe neck pain and stiffness, pain in right shoulder, arthritis, numbness in right hand

Minoo ji is a passionate, active & an independent person. At the age of 20 she turned to spirituality through Transcendental Meditation and since then she has been touching the depths of meditation. She was a successful yoga practitioner but due to an accident she suffered a serious injury to her neck-bone and gradually started suffering from a lot of pain. Through yogic routine and meditation she has overcome her problems to a great extent. She has been associated with Anamay for a long time and visits here after a gap. She came to Anamay just a month ago where the doctor suggested her to undergo Panchkarm.

Let's read her experience of Panchkarm:

Jai Gurudev, when I did not get any relief even after a lot of treatment, then with the help of meditation I learned to reduce the pain a little.

When a month back I started taking Panchkarm from Anamay, I started getting relief little by little and after a few days the stiffness in my neck started getting better, the numbness of my right hand started to get better and the pain in my shoulder started to go away. Today, after 14 days of all these activities, I have seen 80-90% improvement and the numbness of my hand has completely (100%) been cured.

After the treatment, I felt as if my lost strength has returned and a new life has started flowing inside me.

Anamay Ashram is a complete package of Panchkarm, sattvic and nutritious food, pure air and water, beautiful views all around, lap of nature, morning and evening yoga-meditation, continuous chanting of mantras, beautiful people and Panchkarm by ancient method.

And all this has been possible because of Swami Ashutosh ji. Thanks to him.

My heartfelt gratitude to the Panchkarm workers, due to whose positive energy and dedication many people are getting relief from their problems.

Any disease remains a disease only as long as there is negativity around and inside you. Come and see the positive environment of Anamay. There is happiness, joy and love here and hence only good health. Thank you.

# Gaushala

## — Chandra —

The Lord descended on earth to serve him  
He became a cowherd and grazed the cows,  
hence he was called Gopala.

In Sanatan culture, where the importance of every living being is shown, cow is given the status of a mother and a big reason for this is that compared to all other living beings, cow is the only living being that is emotionally closest to humans. It is believed that by serving cows continuously, the qualities and values of cow start coming into us.

While Lord Krishna has shown the depth of the relationship between man and cow through cow service, the description of Kamdhenu cow in ancient texts gives a beautiful description of the qualities and capabilities of the cow.

Carrying forward the belief and tradition of ancient facts, Anamay Ashram promotes a Gaushala full of beautiful and healthy cows and calves. Every morning, while you wake up to the alarm of your mobile (which is absolutely a bad one should neither keep the mobile phone nearby while sleeping nor for waking up nor should one use any alarm.) all the people living in the ashram wake up to the sweet sound of 'Maa' of Gau Mata.

It was during Janmashtami when I was climbing the stairs of the Gaushala that Deepa Didi (cowshed manager) called out, "Suman, look, a new guest has come to Anamay.". My eyes fell on a small and cute brown colored calf which was standing outside enjoying the sun.



Chandra

Without thinking anything, I quickly reached near the calf and came to know that it had just been born. I lightly stroked the forehead of the calf, the calf got a little scared as soon as I felt the touch of my hand, so I quickly withdrew my hand. After some time I went to the calf again and this time she responded to my touch by closing her eyes and bowing her head. Seeing her innocence, I was able to read her experience to some extent which I want to say in the form of a poem:

"Right, left, front, back, security above and below,  
This world of nine months, food and just sleep.  
What happened suddenly today,  
The circle of security opened,  
My sleep was broken,  
When a strange fly was sitting on my ear.  
Today only I had seen the play of sun and shade,  
I liked the waving of the cool breeze a lot. ,

I tried to get up,  
 but fell down on the ground with a thud.  
 My mother would caress me,  
 bathe me with her tongue,  
 I had gathered courage,  
 I was standing on four legs, it was my fifth attempt.  
 The noise was very loud then,  
 it surrounded me from all sides,  
 Someone would caress me with his hand,  
 someone would pamper me with his mouth,  
 Who knows what the joy was,  
 everyone had sweets in their mouth,  
 Grandma was saying like this,  
 "The cow has given birth to a calf..."  
 I like jumping, I don't understand anything else.

When the cow mother makes the sound 'Maa',  
 the calf's ears would perk up.  
 We all started calling the calf 'Chandra'.  
 Chandra's ears would perk up on hearing her  
 own name. Now the calf had started  
 recognizing us and I too started spending time  
 with her.

Ha ha ha... It was great fun, our family had  
 grown a little bigger today with the arrival of a  
 new guest in our ashram.

Looking at Chandra, I was thinking that we  
 humans are unable to recognize each other or  
 connect with anyone even after living together  
 for years. What Chandra forced me to think was  
 a valuable lesson.

After coming to Anamay, I understood why  
 cows and cowsheds have so much importance  
 in our culture.

Abandoned cows also get shelter in the ashram  
 and their food and drink are also taken care of.

Swami ji himself chooses the food and drink of  
 the cows and also inspects the cowshed from  
 time to time.



Gaushala

The speciality of milk obtained from cow has  
 been described in great detail in Ayurved,  
 therefore there is never any shortage of milk,  
 curd, buttermilk and ghee in the ashram and  
 this is possible only when we engage in selfless  
 cow service.

Many employees work in the Gaushala and take  
 care of the Gaushala by working hard day and  
 night.

Whatever food we get from the Gaushala, the  
 credit for that goes to the employees.



'Deepa Di' is dedicatedly managing the cowshed

# Ashram

## Shruti-An unheard story

When the experience was heard then  
Shruti, if it is written then it is a script.

It was the year 2007 when I (Kamalesh) came to the Ashram with Swami Ashutosh ji.

Although I already had physical problems, but after coming here due to the extreme cold in Kausani, I started falling sick more often.

Day by day my condition was worsening and no treatment was working.

On the other hand, my mother was too much worried.

One night when my mother slept, she saw Gangdev ji (a temple of a sanyasi baba ji situated in the village, where women were forbidden to go) in her dream. Baba said to my mother that you should go to my temple and start lighting a lamp, your son will also be treated by a sanyasi. You should come only after sunset so that your shadow does not fall on me.

As per the order, she started going to the temple regularly in the evening and lighting a lamp. On the other hand, seeing my deteriorating health, Swami ji decided that he would take me to Delhi, AIIMS hospital. After examining me, the doctor gave me a date for the operation after a month but according to Swami ji, it was not right to delay, so he took me to Max hospital where doctor gave me a date for the operation after a week. Now we had only limited time. This happened at a time when Swami ji was very short of money. On one hand, the expenses of Gurukul and on the other hand, my treatment. Swami ji asked for help from all his friends and kept working day and night. Seeing a foreigner running around so much for me, my doctor refused to

take his fees. Now we had to arrange for the money for the operation but that was not less as per the current situation.

Swami Ji's hard work day and night paid off. The money was arranged and my operation was done on time. Slowly my health started improving.

After recovering, I furthered my education and life under Swami Ji's supervision.

Even today when I remember those days, my heart fills with respect for Swami Ji and I am forced to think whether anyone can sacrifice hunger and thirst for a stranger and spend all his time to get him treated?

Does God come in any other form?

Does he ever look like Swami Ji?

To be honest, to know the answers to these questions, you will have to become a part of the Anamay family.

Today my small family lives happily with Swamiji in the Annamay family and always expresses its gratitude to him. My life is his gift, hence I want to always be present in His service.



Swami Ji has not changed, even today whenever anyone in the ashram needs help, he gives all his time and strength. He works at a micro level, which may not be visible outside but its result is always beneficial for the public.

He may never tell all these things with his mouth but when I have got a chance, I would like to make a small contribution in introducing him.

# Products

Anamay manufactures all its products in a pure and satvic way. Whenever you visit Anamay, make sure to take these with you.



## GHEE

- Pure Desi nutritious Ghee made from curd from the milk of cows from our own Gaushala and butter prepared by churning the curd.
- According to Ayurved, Ghee made from cow milk is the best.

## BRAHMNASAYAN

- A vitality energizing Ayurvedic leh made from fresh Indian gooseberry and many other precious herbs.
- The best immunity booster for the whole family in every season.



## SITOPALADI

- A best Kapha balancing medicine made up of fresh herbs.
- Also help in increasing your digestion and allow to give strength to your body.

## AYURVEDIC DISPENSARY

Various self-made ayurvedic vatis, rasayan, kadha, churna, kwatha etc. and medicines manufactured by trustworthy vendors are available in the Ashram..



## OILS



**NARAYAN**



**MAHANARAYAN**



**SHEERBALA**



**PIPPALIYADI**

# Shivir

## seven days

About 60 km from Almora, Uttarakhand, in Bageshwar, Kausani village, a beautiful ashram located in the middle of the forest, is famous for its

- Vedic Vidyapeeth,
- Ayurved,
- Panchkarm,
- Yog,
- Meditation,
- Yagy,
- Gaushala,
- organically grown fruits, vegetables, herbs, traditional way of living, daily routine etc.

Every year, under the leadership of Swami Ashutosh ji, many people get acquainted with the activities happening in Anamay through the camp and become capable of staying in the ashram. The first camp started in the year 2022 and since then it is going on every month. About 950 people have been trained through the camp so far.

Let us know the answers to some questions related to the camp:

### What is a Shivir?

The camp is a seven-day training program during which everyone has to follow a predetermined set of rules from the beginning to the end of the day.

### What is taught in the camp?

Morning and evening, yog, pranayam, meditation, besides knowledge of Vedas,



Discussion on meditation with Swami Ji

Ayurved, Astrology and Vastu and 'Meet with Swami Ji' session.

### What is the rationale for the camp?

Firstly, people willing to volunteer in the ashram have to go through a seven day program to get familiar with the daily routine and activities of the ashram, only after that they are allowed to stay in the ashram as a volunteer.

### Is there any fee for the seven day camp?

Yes. Contact Anamay for the fee.

### Is 7 days accommodation and food free?

7 days accommodation (in shared accommodation) and food are free. You may contact to Anamay for the charges of single accommodation.

### How many times a month does the camp take place?

2 to 3

## Some glimpses of the camp and feedback



**Aastro RK Cchauhhan**  
1 review · 1 photo  
★ ★ ★ ★ ★ 3 weeks ago **NEW**

We can learn yoga, meditation, ayurveda & knowledge of healthy fo teachers. I've seen very pleasant and positive atmosphere of "Guruk th la

Ashram is a place where one visits to be BETTER. A better person, a better student or just a better visitor. This is neither a hotel nor any picnic spot where we need to be treated as a host/customer. Especially while we wish to get associated with such an esteemed organisation by means of attending a 07 Days shivir to initiate one's spiritual journey, that too almost at NO COST. I had a wonderful experience of staying at Anamay Ashram for 8 days while attending Yog Shivir. I met so many wonderful souls whom I could connect at deep level. The schedule of this Shivir was very busy and that's what precisely helped all of us to declutter our minds from unwanted thoughts. Our mornings started with vibrating Yog Sadhna on the roof top of Ashram, overlooking breathtaking view of Trishul mountain range, under very able instructions of Ms Suman Negi who guided us how to practice Yog effortlessly and beautifully. She also led us to Dhyaan sessions which were very intelligently clubbed with Yog Sadhna sessions. Entire day was fully packed with Spiritual lectures of Mahrishi under the supervision of Shri Kamlesh ji in first half of the day. Later in afternoon introductory lectures on Ayurved, Jyotish Shastra and Vaastu Shastra were conducted by the team of Swami ji (himself) Dr Gunjan and Acharya Kamlesh ji. The most interesting thing of Vedic Sahitya is that you get to know so many other principles of life while discussing any one subject because the entire Darshan is one thread so beautifully woven together. I also got to meet so many selfless and wonderful people as my batchmates who were there seeking some personal goals at Anamay Ashram. They were improving things themselves without anybody instructing them or supervising them. We all did what we could by cleaning, cooking, arranging things because we felt ONE with the Ashram. We felt connected and concerned for this small family of people

**4.4** ★ ★ ★ ★ ★ 49 reviews ⓘ

I personally feel like getting a SECOND HOME on this planet where i can go without even an iota of hesitation.

For more information regarding the camp, visit the "Contact Us" page.

# Zodiac Analysis

(Based on moon sign-By Astrologer Acharya Kamlesh Ji)

Character, Body Structure, Personality, Health, Love and Married Life

## ARIES

People belonging to this zodiac are very courageous, enthusiastic, easily agitated, outspoken, ambitious, skilled in leadership, independent thinkers, unstable and changeable in nature, often bear losses due to haste, interested in doing risky work and fearless.

The health of people belonging to this zodiac is usually good and if due to any reason they get any disease, they recover quickly.

Aries natives are more successful in such professions which require enterprise and physical labour, such as sports, army, police and electricity related work, bakery, medical, computer, engineering and administrative work etc.

If Venus and Mars are under evil influence in the horoscope of Aries natives, then they have to face problems in family and marital life. If they are under auspicious influence, then they get good happiness in marital life.

These people should avoid doing more work than their capacity. Take special care while consuming non-vegetarian substances, electricity and vehicles.

If the person's birth sign and birth ascendant both are Aries, then the above mentioned qualities will be found to be true to a greater extent.

## TAURUS

People born under Taurus sign are hardworking, have stable thoughts but are intelligent, patient, self-respecting, determined, tolerant, self-confident and devoted to religious acts. They are sweet-spoken, beauty-lovers, and have special interest in music, art and literary works. They are fond of eating and drinking, hence they should pay special attention to their balanced diet and regular exercise. It is their habit to keep the house and office organized.

Taurus born people are hardworking, stable minded but intelligent, patient, self-respecting, determined, tolerant, self-confident and devoted to religious acts. They are sweet-spoken, beauty lovers, take special interest in music, art and literary works. They are fond of eating and drinking, that is why they should take special care of their balanced diet and regular exercise. It is their habit to keep the house and office organized.

Their body is usually well built and healthy, they do not care about small pains. Generally, they are prone to diseases related to throat, eyes and stomach.

Education and work related to teaching, management, acting, fashion-designing and economic fields will give them success.

They take a decision about their lover or life partner after a lot of thinking, but once they take a decision, they are completely dedicated to that decision.

## GEMINI

Gemini sign is considered a symbol of mutual attraction between man and woman. People born under Gemini sign are usually skilled in reasoning, cautious and capable of molding themselves according to the situation. They are creative, skilled in intellectual work and have good craftsmanship, writing, reading and imagination power. These people are loved by women.

People born under Gemini sign are interested in music, dance, literature, beauty work and sports. Both intellect and emotional elements are found in good amounts in these people. Therefore, being sociable and eloquent, such people make friends with others quickly. If Gemini sign is under the influence of sin, then the person suffers from mental stress, breathing related problems.

Due to being interested in more than one work at the same time, these people are not able to achieve success in one business, so keeping this shortcoming in mind, there is a need to concentrate in one's work area.

## CANCER

Cancer sign is considered a symbol of tenderness, generosity, sentimentality and sympathy.

Such natives have sensitivity, changeability, haste and compassion towards animals, imaginative nature, cheerfulness, interest in music and beauty, kindness. These people are fond of travelling, get influenced by others easily, are impatient and moody by nature. Cancer sign is considered to reside in the chest of the native, hence if this sign is afflicted then the possibility of heart disease, lung disease, weakness of nerves, cough and phlegm-related diseases, blood disorders and mental diseases increases.

For the people related to this sign, they get benefits by doing land property, beauty related work, textile industry, agriculture industry, all the work related to transport, as well as water related work.

In the matter of love-relationships, the natives of this sign are very sentimental and sensitive, they love the person with full loyalty and heart. But if they learn the art of controlling their unrestrained aspirations and behave properly, then their marital and social life can be blissful.

These natives should complete important tasks in their lives with legal documents, otherwise they can become victims of fraud, even if it is by their own people.

## LEO

Leo is considered a symbol of valour, power, authority and leadership.

Such people have an impressive personality, are self-respecting, self-confident, courageous and serious, aristocracy is found in their nature. They are fond of travelling in different countries. Their speech is authoritative and controlled.

These natives have a well-built, healthy and strong body. Generally, their health is good, but if this sign is afflicted, then these natives may have stomach disorders, heart disease and indigestion.

For the natives of this sign, education and work related to administration, adventure, medical, engineering and leadership provide progress in life. The financial condition of these natives is good, but external pomposity and stubbornness will have to be controlled. They are very generous and loyal in maintaining love relationships. Even if they have an attraction towards the opposite sex, due to their self-respect, these people are not able to express their feelings quickly.

## VIRGO

This zodiac sign is considered a symbol of knowledge, love, gentleness and prosperity (happiness).

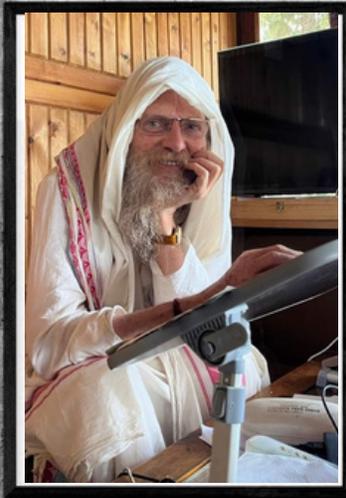
Such natives are well behaved, sociable, sweet spoken, skilled in reasoning, ability to adapt themselves according to the situation, capable of analyzing and criticizing, shyness is found in good amount.

These natives are very intelligent, have good memory, are expert in calculation and analysis, are polite, work in a planned manner. Such natives are thin in body but balanced and energetic. They appear younger than their actual age, innocence is reflected in their eyes.

This zodiac sign represents waist, stomach and intestines, if afflicted, then it has a bad effect on these organs and the native gets surrounded by diseases like jaundice, diabetes, skin disease, dissatisfaction, mental depression.

Such natives can get good success in education and business related to intellectual work like commerce, information and broadcasting, medical, writing, singing, reading, etc. Due to their shy nature, these people are not able to express their love feelings directly and clearly; they try to convey their intentions to their beloved through different roles.

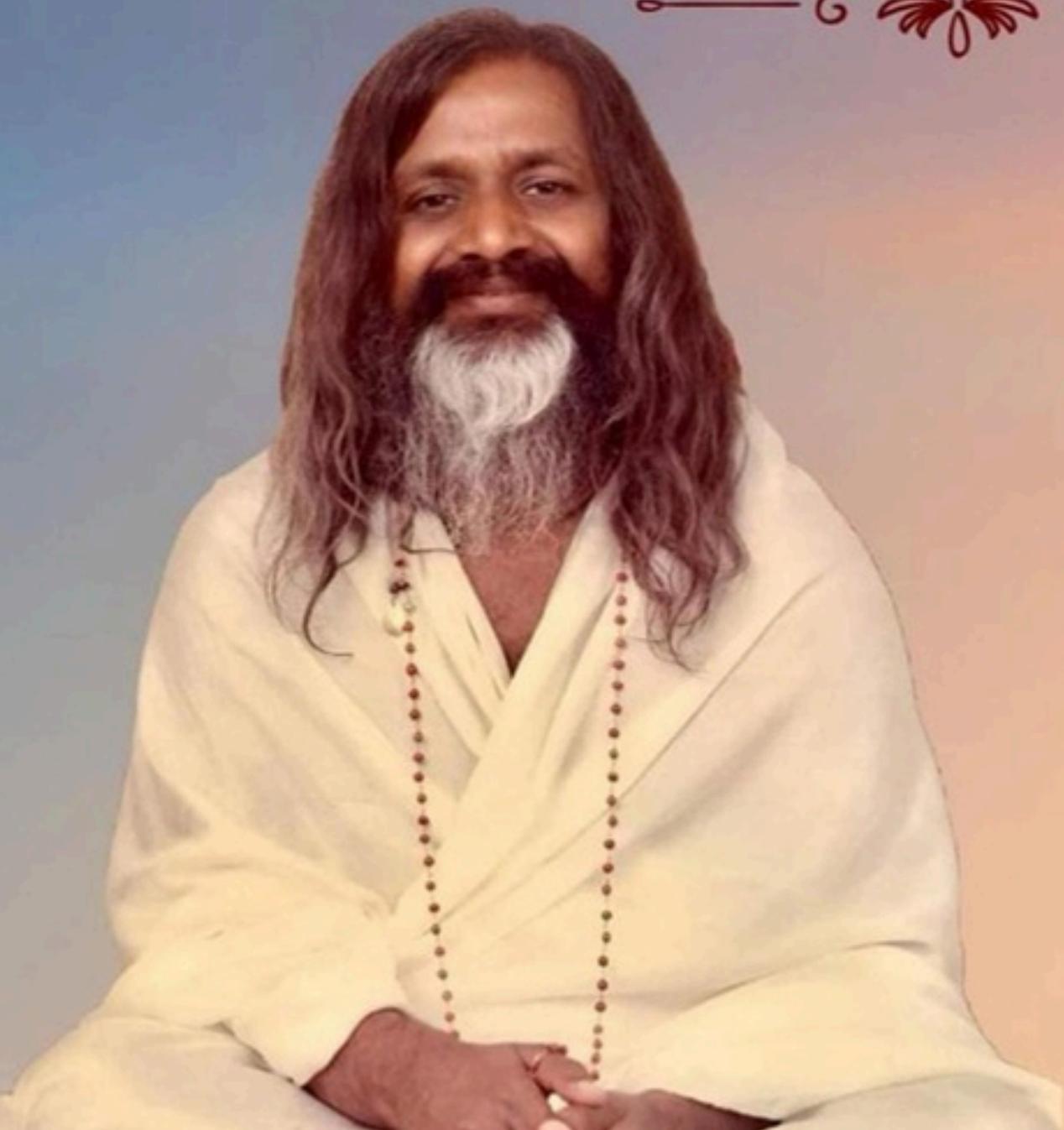
We will cover rest of the signs in the next issue...wait till then...

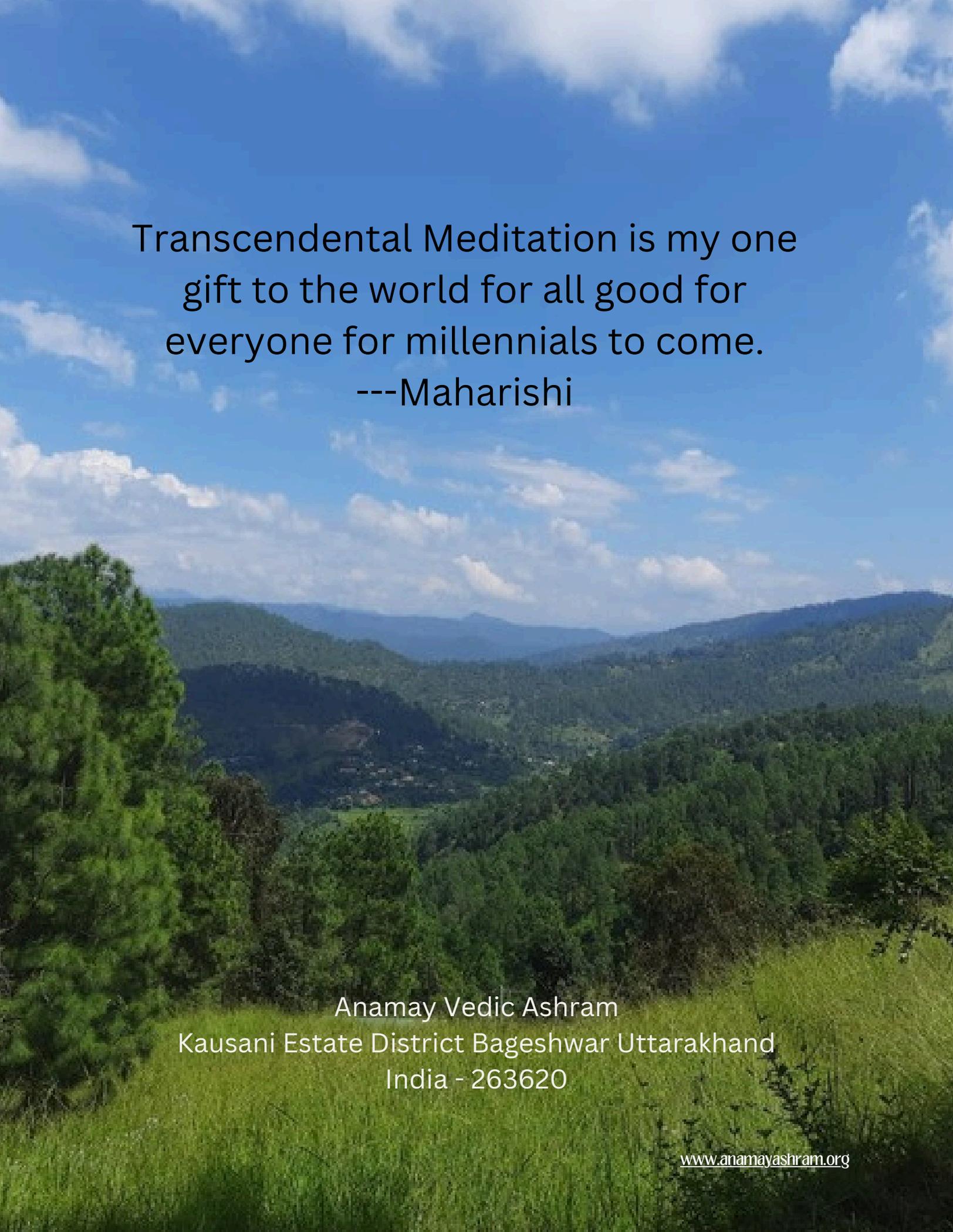


# GOLDEN MOMENTS



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**“What you are, so is your world. Everything in the universe resolved into your own experience . It matters little what is without , for it is all a reflection of your state of consciousness “. - Maharishi**  
—  —





Transcendental Meditation is my one  
gift to the world for all good for  
everyone for millenniums to come.  
---Maharishi

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