

# ANAMAY ASHRAM



Why does tea become a habit?

Tips for new yog practitioners

How to understand the changes in nature?

In which week between Jan & Mar 2025 should the camp be conducted?

How to make and when to eat the energy-boosting kheer?



# Prayer

The Saraswati Vandana is sung every day in Anamay-Gurukul.

Ya Kundendu Tusharahara Dhavala Ya Shubhra Vastravrita  
 Ya Veena Varadanda Manditakara Ya Shveta Padmasana  
 Ya Brahmachyuta Shankara Prabhrithibir Devaih Sada  
 Pujita  
 Sa Mam Pattu Saravatee Bhagavatee Nihshesha  
 Jadyapaha III II  
 Shuklam Brahmavichara Sara, Parmamadyam  
 Jagadvyapineem  
 Veena Pustaka Dharineema Bhayadam  
 Jadyandhakarapaham I  
 Haste Sphatikamalikam Vidadhateem Padmasane  
 Samsthitam  
 Vande Tam Parmeshvareem Bhagwateem Buddhipradam  
 Sharadam II 2 II



Salutations to Devi Saraswati, Who is pure white like Jasmine, with the coolness of Moon, brightness of Snow and shine like the garland of Pearls; and Who is covered with pure white garments, Whose hands are adorned with Veena (a stringed musical instrument) and the boon-giving staff; and Who is seated on pure white Lotus, Who is always adored by Lord Brahma, Lord Achyuta (Lord Vishnu), Lord Shankara and other Devas, O Goddess Saraswati, please protect me and remove my ignorance completely.

One Who is fair in complexion, Who is the essence of Brahman, one Who pervades the universe, with Veena in one hand and the Vedas in the other, bestower of fearlessness and remover of ignorance, with a Sphatik rosary in her hand, seated on a Lotus, the source of all intellect, to that Maa Saraswati I bow down.

# in this issue...

## GURUKUL

- The story of the courage of young children of Anamay's Gurukul,
- their daily routine, and knowledge.



## YOG & MEDITATION

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- How to get its full benefits?
- The depth of meditation with ease.



## SHIVIR



- What is the benefit of the camp?
- What is the ladder to reach the knowledge of Vedas?
- Anamay is spreading awareness

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- How to understand the changes in nature?
- Best time to start yog?
- When to get panchkarm done?



## GARDEN TO KITCHEN

- What is the special Ayurvedic Kadha?
- Which is better- Tea or Kadha?



## GAUSHALA

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- Specialties of Poornamasi-Kheer



## ASHRAM

- With whom did the sky compete?
- Who cared about the fog?
- What is this 15 minute play of color's that is visible from Anamay Ashram?



# Magazine

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• How the Ashram celebrated festivals in 2024 can be seen in 'Ek Jhalki'.

• Information about new courses

• Birthday of Swami Ji in Golden Moments

• December 2024 'Siddhi' Batch

• know your horoscope reads



# Swami Ji's Message

On behalf of the Editorial team, it is a matter of great pride and honor that I am writing this message to present the second issue of the quarterly online magazine- 'Anamay Ashram'. Through this magazine, I thank my editorial team, all the staff working in the Ashram, volunteers, Acharyas, guests, campers, and everyone else.

The Ashram, which serves as a center of Satvikta for all of us, has always strived to uphold the decorum of the Ashram, maintain a strong educational system, follow a Satvik daily routine, and propagate the knowledge of the Vedas, Yog, Meditation, Ayurved, etc.

The reason we are safe even today is our culture, and through Anamay Ashram, it has always been my endeavor to present the greatness of Indian culture to you in every form. This issue of our magazine is a small effort to deepen your belief in how India, a symbol of diversity, integrates scientific facts into all its customs.

You and all of us deserve good health. We just need to be alert and understand the language of nature. At the end of this magazine, you will learn how nature communicates changes to you, what these changes mean, how to understand them, in which season it is necessary to cleanse the body with Ayurvedic methods, what yog practices to follow in winter, what kind of food to eat, etc. Additionally, you will discover the daily routine of my young disciples in the Gurukul, what else you can do in Anamay after the camp, and how many people achieved siddhi this year. Through this magazine, we bring you the details of the Ashram's activities.

Every month, through the camp, Anamay offers a golden opportunity to many people from India and abroad to join us. During your time in the Ashram, that time is also an opportunity for awareness, and your subconscious mind helps you identify what is right and wrong. It is my endeavor that more and more people join us through the camp and contribute to this process of development.

According to your interest, we have started some online courses led by our trained Acharyas, and in the future, we will also arrange programs for small children so that they can become acquainted with subjects like the Vedas, Gurukul-Tradition, Satvik-Routine, and Contact with Nature at the right time.

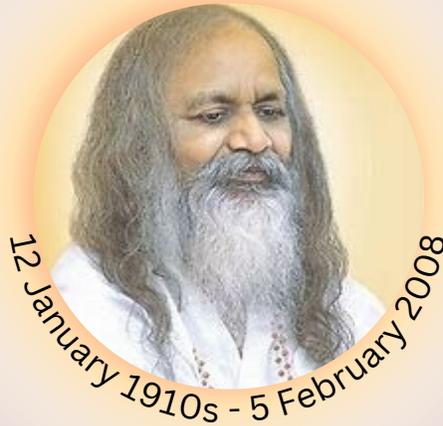
I believe that we all should fulfill our responsibilities with full devotion. Following the path shown by Guru Dev, Brahmananda Saraswati and Maharishi Mahesh Yogi, I respect nature and strive to contribute to keeping our culture and knowledge alive.

Believe me, life is a very simple and infinite ocean full of joy. To ensure that the 100 years of life given to us do not go to waste and we do not remain wandering in darkness, if even a light of knowledge is kindled somewhere, we must resolve to follow it.

I believe that, in the future, our relationship with you will grow even deeper and stronger.

Thank you,  
Swami Ashutosh  
Editor-in-Chief  
Anamay Ashram

# Maharishi



Every person wants to be everything. The innate desire of every child or every youth or every old person is that he wants to know everything. He wants to be everything. He wants to do everything. He has a wish. He wants to fulfill his wish. He is wandering.

Now, where to wander to fulfill the wish?



Go within yourself. Go into the transcendental realm. Go into the unified realm of all the laws of nature.”

When an individual practices the Transcendental Meditation and TM-Sidhi Programme, his awareness contacts an area at the basis of the structure of nature. This not only influences his own thinking , but also influences the entire surroundings and world consciousness. ‘The result is that the creation of invincibility in individual consciousness positively affects the entire population, and the society as a whole starts to show the properties of invincibility-freedom, fearlessness, self-sufficient, unbounded awareness, creative intelligence, integration, perfect health, strength, balance, and harmony with Nature.’

An individual growing in knowledge lives an increasing fullness of life. He warms the surroundings with the radiance of his happiness, uplifting family, community and all of society. This returns to him as those grow around him. Life in all its beautiful expressions becomes a celebration.”

**--Maharishi Mahesh Yogi, Press Conference, 22 December 2004 and 9 November 1977  
Seelisberg, Switzerland**

# Gurukul

## Anamay-student routine

May-June, 5 am, It was a beautiful morning:

The sound of light, tiny footsteps could be heard—running, jumping at times, and whispers floating softly from here and there...

The month of July began yesterday. It rained all night and continued until morning:

Splash! Splash! The sound of small footsteps echoed, the same whispers were heard again. Today, the voices sounded wet, and it all happened around 5 o'clock...

January and February have arrived, bringing the severe cold with them. They seemed to be searching for the sun but couldn't find it all day. The mornings of such days, frozen like ice, stood shivering in anticipation, thinking, "Who will get up in this extreme cold? Hahaha... I will be the winner!" & then suddenly:  
 there was the sound of enthusiastic footsteps, and someone shouted loudly, "Kanha, please go and bring me my towel!"  
 The 'morning' melted at 5' and now stood behind everyone, watching silently...

The seasons kept changing, with the weather alternating between mild and fierce, yet the little children of Anamay continued to rise to every challenge.



Dear children, you must know me—I am your "Uncle Sun". Today, I am going to introduce you to the little children of Anamay. So, first of all, let us understand what they do from morning till evening....



 05:00-06:00 (Toilet-bath)	 12:30-13:30 (Lunch & rest)
 06:00-07:00 (Sandhya Vandana, Gayatri Jap, Guru Puja)	 13:30-16:00 (Classroom- study)
 07:00-07:30 (Yog-Asans under the supervision of Acharyas)	 16:00-16:45 (Play time)
 10 minutes rest time (Kadha-Time)	 16:45- 18:45 (GitaPaath, Yogasans, Pranayama, Meditation)
 07:00-08:45 (Pranayama, Meditation, Siddhi)	 18:45-19:15 (Shri Sukta Paath, Devi Puja, Aarti)
 08:45-09:30 (Breakfast)	 19:15-20:00 (Dinner)
 09:30-12:00 (Classroom- Study)	 20:00-21:00 (Swaadhyaay)
 12:00-12:30 (Midday Sandhya Puja, Gayatri Jap)	 21:00-5:00 (Sleeping time)



Do you know?

Whether it's winter, summer, rain, or snow, all the children in the Gurukul wake up at 5 a.m. every day, as per the schedule. After taking a bath, they begin their daily routine.

I would also like to let you know that for each task, they move from one place to another. For example, they go to the 'worship room' for prayers, the 'kitchen' for meals, and the 'classroom' for studying. Interestingly, all these places are at some distance from each other.

Did you know they chant mantras while performing every activity? There's a mantra for bathing, a worship mantra, a meal-starting and completion mantra, a study mantra, and even a sleeping mantra. The power of these mantras helps them carry out all their tasks with full concentration.



Let me share one more interesting thing with you, from summer to the rainy season, the trees in the ashram bear plenty of fruits. The children pluck these fruits while playing, eat them, and share them. Honestly, the joy of eating fresh fruits straight from the tree, without any harmful chemicals, is truly unmatched!



Another interesting thing is that the children not only enjoy their playtime but also make their study time enjoyable by studying under trees beneath the open sky most of the time.

When it's mealtime, the ashram comes alive with hustle and bustle. Being close to nature and constantly active makes them very hungry, and they enjoy the food.

Our children are as strong physically as they are mentally generous. They respect their Gurus and follow their instructions diligently. Sometimes they are scolded for their mistakes, but at other times, they are blessed by the Guru as a reward for completing their tasks.

They enthusiastically participate in every activity of the ashram, embodying the true spirit of a 'Guru-disciple friendship.' Whether picking flowers for the sandhya-vandana, preparing the tilak, lighting the diya, or worshipping while singing beautiful mantras, their efforts make the entire ashram radiate charm.



Under the Guru's guidance, they cook kheer on birthdays, make poha-laddus to satisfy their hunger, and prepare delicious sweets and bhog prasad for festivals.

They receive the same education, do the same tasks, and share joyful moments together, fostering a strong sense of unity and camaraderie.

Our children at Anamay embody the true definition of discipline. By learning the right lessons of life at the right age, they are gaining the ability to face the ups and downs of life with strength and resilience.

Our children not only carry forward the traditions of the Gurukul, but they also get acquainted with today's education system by learning subjects like English, Math, Science, and more

There is a constant shower of joy in 'Anamay Gurukul' because the little children sometimes playfully fight in the lap of Mother Nature, sometimes laugh out loud and make everyone smile, and at other times, they engage in worship and prayer like adults, leaving everyone amused.



I am confident that whenever the students of Anamay complete their education and step into the physical world, they will prove to be physically, mentally, and socially strong. They will be able to preserve and carry their culture forward forever



Acharya and disciple reciting mantras together

# Yog & Meditation

## Sun Salutation

Leela: On cold and foggy winter mornings, no matter how many times I pull back the curtains, I still see darkness. I tell myself, "I will get up now," but then I go back to sleep. I get up with great difficulty and do all the work while still feeling half asleep.

This does not happen in summer. We automatically get out of bed and start working with a renewed sense of consciousness.

Rohini: That is because the sun, which is the primary source of energy in our day, is in a slower state during winter.

According to 'Yog', all the inconveniences we face due to weather changes fall under the category of duality. A Yogi is unaffected by such changes because, in winter, he enjoys the warmth of the sunlight, and in summer, he enjoys the coolness of the moonlight.

The sun is considered worshipful because sunlight is an integral source of life. For ages, most of the living being has worshiped the sun in one form or another. Some offer water upon seeing the first rays of the sun, some chant mantras, and read sacred texts, and others connect with the sun in various ways. Wherever there is a connection, Yog is established.

Surya Namaskar has been considered the best practice among daily exercises since the Vedic period.

It is the best Yog for winter. It involves expressing gratitude, performing a series of asans one after another, reciting mantras, and allowing the sun's rays to fall on every part of the body. Prayer, chanting, asans, pranayam, and meditation are all great examples of connecting with oneself.

Surya Namaskar is a cycle of 12 asans that starts and ends in the same place. This can be understood in many ways:

- Surya Namaskar represents the 24 hours of the day. Through this practice, we express the feeling of greeting the Sun (as God) throughout the day and consciously receiving energy.
- By doing Surya Namaskar even once, a regular practitioner becomes a recipient of the sun's energy for the entire day.



- Regardless of the speed, the effort must continue, which fully reflects the meaning of Yog — continuous effort, persistence, and discipline.
- It also represents the cycle of life, which means we must return to where we started. In other words, after an end, everything begins again. Whatever is born will eventually end and be reborn. This continuous process can only cease when you become like that object. That is, while practicing Surya Namaskar, you transform into a circle and absorb the sun's light completely within you. When that light reaches its peak and starts emanating from your personality, it is as if you have become the sun itself. This state is described as the state of meditation and samadhi in Yog. A dedicated practitioner begins to understand the bondage of birth and death.

Adopting Surya Namaskar solely for physical health benefits is like acquiring incomplete knowledge. By practicing it fully, the excellent and radiant form of the Sun begins to awaken within us, enhancing life force, physical strength, mental stability, spiritual power, and nourishment. A sense of enlightenment begins to emerge, and the essence of the universe's creation starts to be understood.

As you practice, the inner knowledge that was once dormant in the darkness also awakens with the light of the Sun.

After such attainment, all the conflicts faced by the primordial physical body automatically come to an end.

There are 12 asans of Suryanamaskar and each asan has a mantra,

- Pranamasan (Om Mitray Namah)
- Hasta-Utthanasan (Om Ravye Namah)
- Padahastasan (Om Suryay Namah)
- Ashwa-Sanchalanasan (Om Bhanve Namah)
- Parvatasan (Om Khagaya Namah)
- Ashtang-Namaskar (Om Pushne Namah)
- Bhujangasan (Om Hiranyagarbhaya Namah)
- Parvatasan (Om Marichaye Namah)
- Ashw-Sanchalanasan (Om Adityaaya Namah)
- Padhastasan (Om Savitre Namah)
- Hasta-Utthanasan (Om Arkaya Namah)
- Pranamasan (Om Bhaskaray Namah)

Leela: Wow, Rohini you have a lot of knowledge, do you do Surya Namaskar?

Rohini: I practice it every day.

Leela: Rohini, what are the things a new practitioner should keep in mind?

Rohini: Listen to this,

- A new practitioner should start practicing Yog and Surya Namaskar under the guidance of a trained guru.
- In the beginning, one can practice inhaling, exhaling, and holding with each asan separately.
- Surya Namaskar if performed in a natural place, under the open sky, near a water source, while observing the rising Sun, is ideal.
- If there is no arrangement to practice outdoors and Surya Darshan is rare, one can begin by practicing mental Surya Dhyan.
- Chanting mantras offers special benefits, so when you start performing the asans with controlled breath, gradually incorporate mantras into the practice.
- The pace of Surya Namaskar should be slow but continuous; only increase the speed once each asan is performed correctly.
- If there is pain in the waist, perform the forward-bending asans under the supervision of a guru. Pregnant women or individuals suffering from any illness should seek medical advice before beginning or continuing practice.
- Take rest after practicing Surya namaskar.

With Surya Namaskar, the circulation of energy in every part of the body improves, and the mind remains calm.

Yes, Leela, one more important thing:

If we sit for meditation after Surya Namaskar, we can easily reach the depths of meditation without much effort. The energy we gain from Surya Namaskar can be easily and properly distributed throughout the body through meditation.

Leela: Meditation seems like a very effective method. Leela, tell me more about meditation and how it can be helpful for us in winter.

Rohini: While practices like Surya Namaskar help maintain the body's immunity in winter, meditation prevents the weakening of morale and patience, helps drive away laziness, stabilizes mood swings, and maintains interest and focus in work.

Leela, although many methods of meditation have been described, a special form called 'Transcendental Meditation' is regularly practiced at the 'Anamay Vedic Ashram' every morning and evening under the guidance of 'Swami Ashutosh Ji.' This method of group meditation is simple and effective.

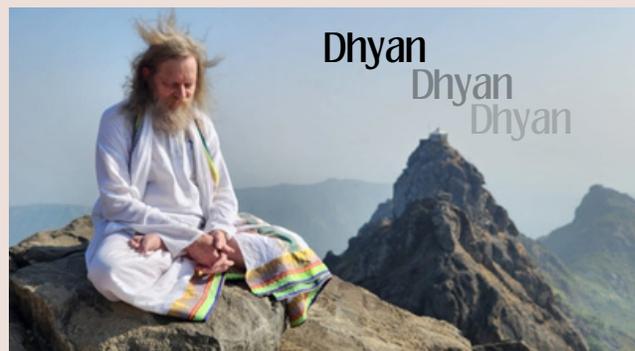
Leela: Rohini, tell me more about Transcendental Meditation.

Rohini: Yes Leela, we will talk about it in detail in the next issue.

Leela: Okay. By adopting such good practices, we can easily enjoy every change in nature.

Come on, why not start these practices today and overcome the battle of the cold.

Rohini: Let's start.



Swami Ji practices Transcendental Meditation (sometimes with all of us and sometimes with nature)



# Ayurved

## Change (A Rule)



According to nature, change is inevitable.

If we follow them regularly then we get the full benefit of these changes. We are talking about changes in seasons.

Every season has its own principles that needs to be followed to gain full benefit of that particular season.

Now the question arises, what are these principle like, and how can we understand them? Change in seasons is a natural rule. After one season comes the next.

Notice that, this change always happens gradually, which we call the transition period.

This transition period is of 14 days, generally known as 'RITU SANDHI' (LAST 7 DAYS OF ON-GOING RITU AND FIRTS 7 DAYS OF COMMING RITU).

According to Maharshi Mahesh yogi ji, If we look to the Adhyatmik value of this, we find that there is a devata to every season, and when one devata transfers his work to another the bond becomes slightly weak for few days, that is this transition period.

This is the first principle one should know, understand and try to implement in one's life.

Here, we have to slowly start leaving the practices of the current season and gradually start picking up on the practices of next season, and get accustom to new season. Only after this period does the next season arrive in its full form.

As now we are approaching Vasant ritu (Spring season), lets have a talk on that. New life starts to bloom with newness in environment and the breeze have started to be less cold now.

As this weather changes from cold to warm, does that have any effect on our body?

Yes it does.

Let me ask you a question,  
Why do you have cold, flu, viral attacks or whatever the allopathic science calls them in this particular season?

I'll not answer this here, I will simply clear a concept of seasons according to ayurved and you will find your answer by yourself.

Just before vasant ritu, falls shishir ritu - that is winter season, where our agni (digestive fire) is amazing and whatever heavy food we eat we are able digest it completely.

This heavy food creates kapha in our body and when it becomes more in quantity it starts to get collected in our body, to which we say sanchay kaal in ayurved. Kapha has slimy properties and its cold so it stays intact.

As we enter in vasant, it gradually starts to get warm in the environment leading to that accumulated slimy kapha to slowly melt down, creating kapha prakop kaal (kapha aggravation) and block our sinuses, reduce our appetite, creates fever, and so many things.

If we have knowledge of this ritu sandhi, we would stop all kapha creating activity and start kapha reducing activity like, doing vaman, nasya, kunjla, jal neti, sutra neti/ rubber neti udvartan, yog/ exercising, using aged barley, wheat, honey to eat, ginger in hot water, eating non fried and easy to digest food.

Things to avoid in vasant ritu - heavy foods like chickpeas, black gram, oily and deep fried stuff, fast foods, packed foods, junk foods, carbonated drinks, sugar, sweet and sour tasting foods.

“The last phase of winter and the beginning of spring are very important from the perspective of ‘Yog’ and ‘Ayurved’.”

According to ‘Yog’, this is the best time for a new practitioner to begin ‘Asans’ and ‘Pranayam’.

According to ‘Ayurved’, this is the best phase for ‘Panchkarm’. If undigested food remains in the body due to the consumption of more nutritious food in winter, the symptoms of vitiated doshas can cause trouble throughout the year.

Therefore, it is important to keep in mind that the ill-effects of one season should not be carried into the next.

By practicing daily Yog, we can strengthen both mental and physical health.



beautiful flowers blooming in the Ashram



Swamiji with the foreign guests who came to enjoy the beauty of nature

# Products

Anamay makes all its products in a pure and satvik manner. Whenever you visit Anamay, be 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**



# 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 or wrong for you, and to find answers to other such questions, connect with us.



## Vastu

For a happy life, it is essential to have peace and happiness in the home and surroundings. For this, it is important that the home is built according to Vastu principles.

If there is peace at home, health remains good, and whatever work you do, you will achieve success. Connect with us for all Vastu-related questions.





# Garden to Kitchen

The blissful 'Kadha' of Anamay



The first question asked by every second person who comes to Anamay is, "Do we get tea here?"

Any person who is addicted to tea must reluctantly drink kadha (decoction) if tea is not available. However, after trying the kadha once, he/she never asks for tea again. Such is the special 'kadha' of Anamay Ashram.

The aroma of the refreshing ayurvedic kadha in the cool and pleasant morning of Kausani, along with a few sips, lifts the spirit.

Every person who comes to the Ashram thoroughly enjoys this kadha, available in the morning and evening.

Many people come to the Ashram who cannot imagine living without tea, but when they leave, they realize that so many days have passed, and they didn't feel the need to drink tea even once.

Nature has provided us with an abundance of herbs, flowers, leaves, and other plants, which, when boiled with water in the right combination, begin to release their medicinal properties into the water.

- The first quality of a kadha is its smell. This aroma either reaches the brain directly from the kadha in the cup through the nose, or a light smell can be felt after the kadha is placed in the mouth. In both cases, the direct effect of this fragrance reaches our brain first. As soon as the brain calms down, we begin to feel that everything in the body that requires treatment is gradually improving.

Many beneficial herbs, such as 'Gandhatrana' (lemongrass), 'lemon balm', 'black pepper', 'ginger', and 'cardamom', are added to the Ashram's kadha.

- As soon as the kadha reaches the throat, it provides relief and activates all the systems of the body. The kadha is highly effective for conditions such as throat problems, a blocked nose, colds, and more.
- It works in a natural way, so it does not interfere with any bodily functions, and the body never becomes accustomed to it.



On the contrary, what happens in the body when you drink tea instead of Ayurvedic kadha?

Often, tea drinkers say that drinking tea makes them feel energetic, that morning tea wakes them up from sleep, and that it provides relief from a cold.

Do you know how our thoughts work in the opposite way, especially when we prioritize only the taste in our mouth?

- Tea prepared by boiling water, milk, tea leaves, and sugar produces many harmful elements.
- When we sip tea with our half opened eyes, eyes begin to feel more alert, and we assume that tea is the best way to overcome sleep and lethargy. Each time we try it as a remedy, we forget to distinguish between when we are simply feeling lazy and when our body is genuinely in need of rest. We don't even realize when we lose our natural sleep (i.e., mental and physical rest) in the process of trying to shake off morning sleep.
- Drinking too much tea or consuming it for a long period in an attempt to ward off a cold increases bile in the body, disturbs the tridosh, and leads to increased acidity, heartburn, nausea, dryness of the body, and the onset of many major diseases.
- Tea is a common cause of headaches, yet many people drink it as a remedy for headaches. Tea reduces lubrication in the body and increases Vat in the wrong areas, making it common to experience pain in various parts of the body.

## ? Why does tea become a habit?

Experts believe that when the caffeine in tea dissolves into the blood, it becomes a habit, which is a valid reason. However, a bigger reason, which you must recognize, is that you are constantly finding excuses to drink tea. In the process of making these excuses, your will weakens to the point where, even if the body becomes sick, many people feel too weak to give up tea.

Just think: if dirt accumulates in a vehicle and you keep putting fuel in it without cleaning it, the vehicle will run for a while, but it will eventually break down on the way.

Similarly, instead of addressing the real reasons for waking up, overcoming lethargy, and getting rid of a cold, putting tea into the body unnecessarily as a remedy for all these problems may provide external satisfaction. However, it will be like forcibly disrupting the body's natural rhythm, leading to common issues such as irregularities in the heart rate, increased blood pressure, and other related problems.

Some of the more harmful habits (excuses) related to drinking tea:

- Tea to “start the morning”
- Tea to “create pressure to defecate”
- Tea “when you are hungry”
- Tea “immediately after eating”
- Tea to “drive away sleep at night”
- Tea that has been “brewed for a long time”
- “Repeated consumption” of tea
- “Leftover” tea after reheating

Tea became popular later in Indian history; otherwise, even today, only kadha is discussed in our ancient texts.

Originally, the method of making tea was to add fresh tea leaves to hot water and drink it, allowing the leaves to release their color and flavor, which worked like a medicine.

Today, milk and sugar are cooked along with the leaves to make tea, which causes more harm than benefit.

The Ayurvedic kadha is so natural that when your body no longer feels the need for it, the body itself rejects it. In contrast, the habit of drinking tea continues to increase over time.

## ? How much kadha should one drink?

- How much kadha should one drink?
- Kadha is a natural and effective medicinal drink, yet its quantity is limited. Half a cup of kadha in the morning and evening is enough to keep the body healthy. In winter, its quantity can be slightly increased.
- People with Kaph Prakriti can consume it in every season, whereas for those with Pitta Prakriti, the kadha can generate heat in the summer. Therefore, you should be mindful of when and how much your body needs it.
- Depending on the effect, the quantity of herbs can be reduced, increased, or adjusted.

Next time you wish to drink tea, head straight to Kausani, Anamay Ashram, where you can put an end to all unhealthy habits and enjoy a glass of hot ‘Ayurvedic special kadha’ in your hand.



Disciples drinking hot Kadha in the cold of Kausani

# Gaushala



Kheer



Kheer for festivals... Kheer for birthdays... Kheer for full moon nights, new moon nights... Kheer for guests... Kheer...

Kheer is so pure and nutritious that there is no need for an excuse to make it. However, Kheer made on special occasions holds its own significance, as it serves as an energy booster for the body when eaten on these occasions.

So, let us understand when it is necessary to include kheer in our diet, how special kheer is prepared, and how its effects can be made auspicious.

Kheer is not just a sweet; according to Ayurved, it is an excellent food that boosts energy and serves as a complete diet. Kheer is prepared in one form or another in every corner of India and is eaten and served enthusiastically.

Kheer is also considered a symbol of the moon, which is why the tradition of making kheer on every full moon day has been followed for years. However, the kheer made on the Sharad and Kartik full moon days has its unique specialty.

In the article on 'Ayurved', we mentioned that every festival acts as a reminder for us.

Sharad and Kartik Poornamasi signal the beginning of the right time to increase 'Ojas', and what could be better than Kheer for this?

This special day of Poornamasi is celebrated as a festival so that every year, and generation after generation, we are reminded that the best time to make kheer a part of our diet has begun.

Kheer is offered to God as bhog, and after being exposed to moonlight throughout the night, it is consumed as prasad the next morning.

Before learning about the specialties of Kheer, let us first look at the important things to keep in mind while making it.

## Gather the following ingredients for Kheer:

- Milk – from a Desi cow (the milk of a cow that, in addition to eating nutritious food at home, grazes on trees, leaves, grass, and herbs from the mountains is the best).

- Rice – Rice with its outer layer not completely removed, i.e., rice with starch.
- Jaggery – Desi jaggery made without spices or soda (grind it to make it powdery).
- Utensil – Earthen pot or iron pan.
- Black pepper – If Kaph dosha is disturbed or it is the winter season, then definitely use it.
- Cardamom – Optional.



## Method of making Kheer:

- To make Kheer, use half a bowl of rice for 1 liter of milk. Wash the rice at least 1 hour before and soak it in water.
- Place the milk in a vessel to cook on low flame. Add coarsely grounded cardamom and crushed black pepper to it.
- When the milk starts to thicken after cooking, add the soaked rice and continue stirring continuously. Gradually, the milk will thicken further, and the rice will begin to soften.
- When the milk and rice are cooked and have a consistent texture (i.e., the milk and rice should not separate), then you can know that the kheer is ready.
- Remove the vessel from the stove and keep it aside.
- When the kheer reaches a normal temperature, mix in jaggery according to taste.

To expose the kheer to moonlight, we need an earthen pot and a muslin cloth.



- Place the kheer in an earthen pot and cover the pot with a cloth to ensure no dirt enters, allowing the kheer to absorb the moonlight.
- If you are staying awake all night, sit in the moonlight, meditate, and chant mantras. Otherwise, sit in the moonlight for some time, then meditate in the morning before sunrise after taking a bath, etc. Afterward, distribute the kheer to everyone as prasad and eat it yourself as well.

Properties and Effects of Kheer:

Whether it's children, adults, or elders, kheer is nutritious for everyone.

- For a small child, a thinner kheer can be made by grinding the rice.
- Kheer is a complete meal in itself. If you are eating kheer, then eat only kheer.
- Since it is very nutritious, if your digestion is slow, take a smaller amount of kheer. Sama rice can be used in place of regular rice.
- Kheer calms bile and helps with many diseases caused by bile.
- It keeps 'Vat' dosh balanced.
- Kheer, rich in nutrients, is also helpful in increasing weight.
- People suffering from respiratory diseases should consume kheer in very small quantities. Only kheer cooked with black pepper, a pinch of turmeric, mildly sweetened, and with less milk and more water can be useful for them, or it should be taken only after consulting a doctor.

Adopt something new, but do not forget the old beneficial customs.

If you spent your childhood following old customs and traditions, you will remember that on your birthday, your grandmother or mother used to sweeten your mouth by feeding you kheer.

Today, this has become an old custom.

It is true that these customs are old, but there is no greater science or logic than these.

A fresh, nutritious, and revitalizing kheer can help make your life healthy and long, even without any congratulations.

Anamay's special kheer

In 'Anamay Vedic Gurukul', not only children but even adults find excuses to cook and eat kheer.

Apart from festivals, the children of the Gurukul often prepare kheer for each other's birthdays using the milk from the cows in the Ashram's gaushala and the rice pounded in the Ashram. They enjoy the kheer while wishing each other a Happy Birthday.



In the peaceful atmosphere of the ashram, when the kheer melts in the mouth, one feels blessed, and a thought comes to mind: "An ashram without a cowshed is like a newborn baby without a mother."

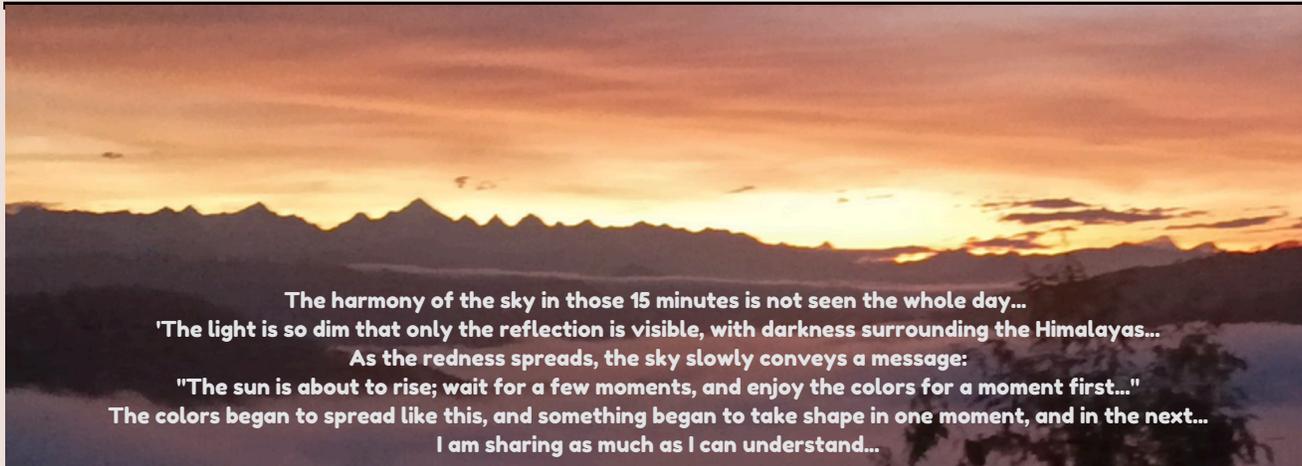
When was the last time you made kheer??

There are still winter days left, so what are you waiting for?

Make kheer and share your sweet experiences with us through email, comments, or the WhatsApp group.

# Ashram

## 15 mins: Play of Colors



Before the sun rises, colors spread across the sky, creating and erasing new shapes every moment. It seems as if an artist is playing with colors, throwing them through the sky toward the distant Himalaya, which is still hidden in the dim light. This continuous effort finally succeeds in casting a ray of colored light onto the depths of the Trishul peak, and the peak starts shining with light.

The rest of the peaks of the Himalayas still stand erect in the darkness, as if challenging the sky.

The sky also tries its best. Finally, it succeeds in casting rays of colored light toward the Himalaya, and every part of the mountains begins to shine.

It seems as if the sky has pulled off the blanket of darkness that the Himalayas had wrapped around themselves, awakening them and covering the illuminated Himalaya with a red dupatta. You know, this all seems like a competition. It feels as if the Himalaya is trying to hide in the darkness by closing their eyes, and one by one, the sky is casting colored rays toward and illuminating every corner of it.

But the fight was not over yet. There was still one more battle left: "the fight between fog and light".

As soon as the Himalaya were lit up, the fog that had settled on the lower surface began to rise upwards, and slowly it covered the entire range. It was as if, the moment the sky pulled the blanket off the Himalayas, the fog below quickly moved toward them and covered them in no time. It was as if the fog had swiftly wrapped the Himalayas in its soft, white, slightly dusty blanket, and then said to the Himalaya:

'Now you sleep a little, cover yourself with my blanket,  
 My restlessness will end when your cold reduces...'

Seeing this, it felt as if something hidden came forward and then hid behind something else.

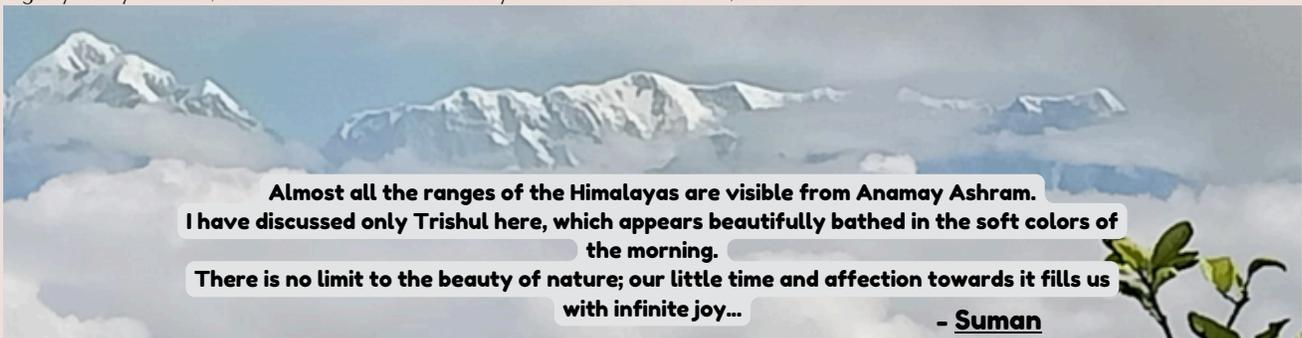
All this happens within 15 minutes, and even then, darkness prevails all around.

All this was like a movie unfolding at the command of the Almighty. Who will play? what role? and when?, everything happens at His command. The one who performs the task just does it, and after doing it, must return to their place.

The whole day passes, sometimes it is seen and sometimes it is hidden,

The scene waits for the next morning again...

Every morning, when I used to wake up at 5:15 and look toward the Himalaya, this play of colors seemed amazing, as if I were watching a movie. The color of the sky would change at the same time every day, creating different shapes with colors, slowly extending them toward the Himalayas, then playing with the peaks, and in the next moment, the Himalaya would be illuminated. Within a few moments, everything would be hidden behind the fog. I would look at the watch, and it would be exactly 5:30. I was able to write all this because I would regularly come out at this time and look at the sky. It did not wait for me, not even for a minute's delay. Nature keeps doing its work on time; we just have to match our clock with its time. Then, whatever nature has becomes ours, and that is the bliss."



# — Admirable —

## Skilled worker of Anamay family



**Bhavana ji**

As a trained Panchakarma practitioner, Bhavana ji has been working at Anamay Ashram for almost 3 years. With her experience and efficiency, she treats many women from India and abroad. Her dedication and devotion to her work set her apart from everyone else. She effortlessly brings a smile to everyone's face."



**Deepa ji**

Deepa ji, who wakes up early in the ashram and starts working, has been handling the responsibilities of the Gausghala for the last 16 years. On the other hand, she has been trained in Panchakarma and serving for the past 8 years. She has made a significant contribution to the smooth running of the Gausghala in the ashram.



Bhavana ji with her son Kanha

Bhavana ji lives in the ashram with her son Kanha and Acharya Shri Kamlesh ji. In her free time, she enjoys gardening and playing with her son Kanha. Various types of vegetables, fruits, and flowers grow in her garden.

Deepa ji has a son who is very promising. After completing his education at Anamay Gurukul, he is now pursuing higher education. Deepa ji has high expectations for her son. She also enjoys looking after the ashram's cowshed arrangements in her free time.



Bhavana and Deepa together in their free time.

# Shivir (Camp)



## What are the benefits of the camp?



In the last issue, we learned about the camp—what it is, how many days it lasts, and what you learn during it—and answered many related questions.

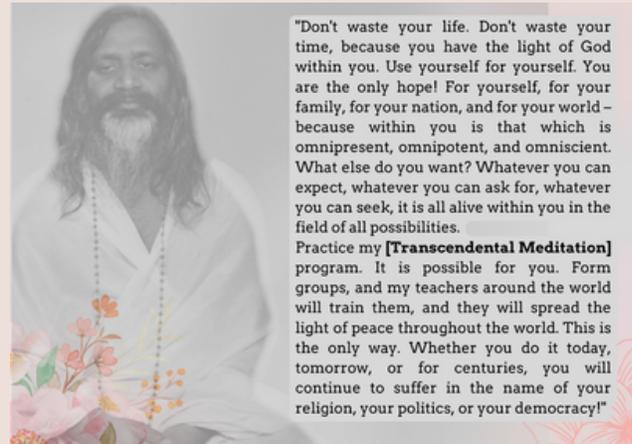
Apart from all this, one question that arises in everyone's mind is, "What benefit do we get from this camp?"

A camp is a temporary stop where a group of people gathers under the guidance of a subject expert to work on a particular subject for a few days. During the camp, an outline of the chosen subject is presented, and based on the instructions, you can continue incorporating it into your daily routine.

All the topics included in the 'Anamay Seven Day Camp' have been carefully chosen. These are topics that are an important part of our daily lives. In fact, these subjects should be a core part of education in our schools so that we can gain knowledge about our existence and learn to live a healthy life at the right time, without wandering in darkness.

- The first topic of the camp is 'Ved', which is the basis of our life. All the knowledge of Ved is within us, but the ladder to reach this knowledge is difficult to find without guidance. On the other hand, if we acquire bookish knowledge of Ved but do not make that knowledge practical, then such knowledge remains meaningless.
- The second topic, 'Yog and Meditation', is the ladder to reach the Ved. Life itself is yog, and yog is life. To go against this is to oppose the laws of nature and close the doors of knowledge forever.

Yogasan's, pranayam, followed by transcendental meditation, are explained by Maharishi Ji in very simple and precise words.



A small part of Maharishi Ji's lecture.

"Don't waste your life. Don't waste your time, because you have the light of God within you. Use yourself for yourself. You are the only hope! For yourself, for your family, for your nation, and for your world—because within you is that which is omnipresent, omnipotent, and omniscient. What else do you want? Whatever you can expect, whatever you can ask for, whatever you can seek, it is all alive within you in the field of all possibilities.

Practice my **[Transcendental Meditation]** program. It is possible for you. Form groups, and my teachers around the world will train them, and they will spread the light of peace throughout the world. This is the only way. Whether you do it today, tomorrow, or for centuries, you will continue to suffer in the name of your religion, your politics, or your democracy!"

Transcendental Meditation is an important part of the camp. The meditation method is understood and practiced under the guidance of Swamiji.

There is no better doctor for our own body than ourselves. If we learn to listen to our body, we can address issues before they arise. For this, the knowledge of 'Ayurved' provided in our Ved is the third topic of the camp. Ayurved teaches the principles of making your life healthy and long. If you have knowledge of Mother Nature and the nature of your body, you can easily navigate any challenging situation. The camp provides you with the foundational knowledge of what your diet, behavior, conduct, and thoughts should be like in order to become the owner of a healthy body.

If you live your life according to the principles of Ayurved, you can easily enter into Yog and meditation, and through the path of Yog and meditation, you can reach the knowledge of the Ved.

- The next topic of discussion is 'Astrology'. The origin of astrology also lies in the Ved, and since ancient times, it has been an integral part of every aspect of life. Common people often view astrology merely as a tool to predict the future, whereas it is a vast and profound science. Through the camp, a new perspective is awakened by the proper introduction to astrology.

Even after adopting Ayurved, yog, meditation, and astrological guidance, it is important to check your residence's energy, if there still seems to be some disturbance around you. If you are familiar with Vastu, you will begin to find solutions to this problem as well.

- The next topic in the camp introduces you to the science of 'Vastu'.

Apart from the knowledge of all these subjects, during these seven days you are very close to nature, eat sattvik and calming food prepared in the ashram, move your steps listening to the chanting of mantras, you have to follow both time and rules and you do not have time to think about anything that can hinder your progress.

This new routine provides a break from your previous routine, which can prove to be beneficial. If our mind (i.e., thinking) has been working in a particular way for a long time, the body (i.e., behavior) gradually adapts to that method, often leading to various problems and complications that we may not even realize. The mind and body of some people may resist the new routine. In such cases, if patience is maintained, success will follow. However, for some individuals, the new routine brings positive results very quickly.

After returning from the ashram, if you adopt all these subjects and routines in your life, you will start feeling happy and peaceful, just as you realize in the ashram. Otherwise, you may begin to feel restless again because you didn't change your routine, and the brain will revert to its old patterns.

To help you understand the importance of this knowledge and daily routine in depth, 'Swami Ji' speaks on specific topics that he has gathered after extensive research. He explains how external elements are constantly working to harm us through various means. We are living our lives unconsciously, and they are taking advantage of our carelessness. So, wake up and live your life consciously.

This awareness is the foundation behind 'Anamay's seven-day camp.'



"Swamiji speaking on awareness-related topics in the camp."

In what ways can you stay connected with Anamay after the camp?

- From the last issue, we learned that after the camp, you can become a lifelong volunteer dedicated to spirituality and service.
- You can take a step further in Transcendental Meditation and study 'Sidhi.'
- You can also become a teacher of Transcendental Meditation (TM).

Additionally, Anamay has introduced basic and advanced studies for those who wish to explore the topics covered during the camp in more depth. For more information, please refer to the section, 'Courses'.



**The last camp of 2024**

"In the cold of Kausani, a camp was held to gain knowledge from Swamiji"

Information about the Shivr/Course to be held from January to March 2025:

SHIVIR/COURSE NO.	DATE
1	26th Jan - 2nd Feb
2	9th Feb - 16th Feb
3	23rd Feb - 2nd March
4	9th March - 16th March
5	30th March - 6th April

You can choose any week that suits your convenience and participate in this special 1-week program. To register, please send your name, (date, time, and place of birth), email, complete address, and phone number by email to 'anamayashram@gmail.com' or via WhatsApp to 9917248154.

### 'Siddhi' - Batch in December 2024



To reach the depths of meditation, discipline and regular practice are required. Through Transcendental Meditation, a practitioner experiences many things, such as probing the inner self, gaining an understanding of how to deal with obstacles along the way, recognizing the signs of reaching deeper states, and feeling bliss.

To enhance understanding and awareness and to build an unbreakable bond with inner peace, Anamay guides you toward maturing your knowledge through the 'Siddhi' method after Transcendental Meditation. This method is organized twice a year.

\*\*The next batch of 'Siddhi' will be held on 22nd June 2025.



**Shivr Of The Year**

(Shivr- 29 Dec 2024 to 4 January 2025)



### Contact Us

For information on any topic such as Ayurved, Shivr (camp), Volunteering, Astrology, Vastu, Guests, Gurukul, General Questions, Donations, etc., contact '[anamayashram@gmail.com](mailto:anamayashram@gmail.com)'.



# 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

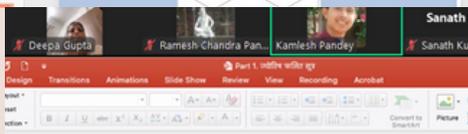
15 mins long,-

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 enquire 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.

First batch of Astrology Online Course starts on 11th December 2024



इनमें से कुछ महत्वपूर्ण ज्योतिष ग्रंथ एवं उनके लेखक

## 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 enquire 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), रु.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 is available only in Anamay Ashram, Kausani, Uttrakhand.

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

# Zodiac Analysis

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

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

...continued from the previous issue



**LIBRA**

Venus is the ruling planet of the Libra sign. Libra natives are beautiful, fair-complexioned, tall, and possess an attractive personality. These individuals are skilled at understanding the feelings of others and expressing their thoughts. They enjoy traveling and are talented in music, art, and buying and selling. They cannot bear pressure from others, as they are free-spirited. However, they remain cautious and careful about their goals and work. They are adept at making friends and always maintain politeness and decency while dealing with others.

When the Libra sign is afflicted, the native may experience issues with stomach disorders, appendicitis, diabetes, kidney diseases, stones, semen disorders, and urinary problems.

Libra natives tend to make more profit in business than in jobs. Due to their interest in the creative and artistic fields, they are likely to succeed in acting, music, construction, design, banking, politics, the textile industry, decoration, the toy industry, and medicine-related businesses.

Love and beauty hold special significance in the lives of these natives. Their smile and eloquence easily attract people of the opposite sex.



**SCORPIO**

Mars is the ruling planet of the Scorpio sign. People born under this sign have a beautiful appearance, a wheatish complexion, a strong and well-built body, bright eyes with a slight redness, a normal height, and hands that are usually longer than average.

By nature, Scorpio individuals are courageous, hardworking, sharp-witted, determined, mysterious, willful, and aggressive. This sign is associated with the lower part of the stomach, particularly the genitals. Therefore, when this sign is under the influence of malefic planets, issues such as venereal diseases, testicular swelling, diabetes, and insomnia may arise. Attention to health during childhood is essential for them. Scorpios can excel in fields that require hard work, enthusiasm, and risk-taking, such as medicine, the military,

police work, engineering, detective work, sports, land-related occupations, chemical work, research, astrology, and tourism.

These individuals are not quick to fall in love or feel attraction. They prefer to express their love only after they see emotional and ideological compatibility. However, once they fall in love, they remain completely loyal and honest. Along with their strong sexual tendencies, Scorpio natives also tend to have a deep spiritual inclination.



**SAGITTARIUS**

The lord of the Sagittarius sign is Jupiter. Natives of this sign are typically tall with a well-built body, a beautiful wheatish complexion, a broad and high forehead, usually a long nose, a strong long neck, large but beautiful teeth, and large ears, which symbolize intelligence.

The nature of a Sagittarius native can be expressed by the symbol of this sign, the archer. Just as an archer hits the target directly, the Sagittarius native remains focused on their goals. They work after careful thought and planning. A Sagittarius native is intelligent, gentle, simple-natured, cheerful, attractive, generous, philanthropic, sensitive, compassionate, and kind. They have a special ability to understand the feelings of others, and their intellectual and mental power is strong.

Sagittarius natives are especially successful in intellectual professions such as professors, teachers, lawyers, judges, astrologers, philosophers, doctors, religious gurus (preachers), ritualists, pandits, artists, actors/actresses, businessmen, sportspeople, general store owners, social workers, politicians, bankers, spies, accountants, managers, editors, and publishers.

In terms of love and marriage, Sagittarius natives are very sensitive, friendly, and generous. They quickly become the center of attention due to their enthusiastic, optimistic, prudent, and open behavior, along with their natural sweet smile.

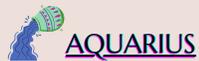


Saturn is the lord of the Capricorn sign. People born under the Capricorn sign have a tall, slim, and well-built body, a high nose, thick black hair, and a thin face. They are fond of traveling. However, due to excessive cold and wind, they often suffer from cold, pneumonia, fever, typhus, knee pain, skin diseases, and more.

Capricorn is considered the sign of service, sacrifice, sympathy, and dedication. People of this sign are sharp-minded, sensitive, hardworking, independent thinkers, ambitious, religious, creative, responsible, and loyal to their work or business. They are honest and dedicated, prudent, skilled in judging what is good and bad, well-behaved, and sociable.

Organic farming, the chemical industry, and trading items of archaeological importance can be good business opportunities for Capricorn natives. They can also benefit from trading machinery parts, repairing gadgets, or starting a service center. Additionally, Capricorn natives are often successful as computer engineers, civil engineers, architects, Vastu scientists, and researchers in secret sciences. They excel in fields related to mathematics, physics, Sanskrit, accounts, and management.

Capricorn natives have a strong feeling of love. They can endure hunger and thirst, but cannot live without love. Men of this sign expect women to be familiar with their modesty, tenderness, beauty, and unique qualities.



Saturn is the ruling planet of Aquarius. As far as physical characteristics are concerned, they are of medium height, have a beautiful face, full cheeks and long legs. People born under Aquarius have a strong body but their feet and knees are weak. Stomach, kidneys and marrow fibers are also weak. Mostly they suffer from diseases like sprain in feet, stomach diseases, anemia, flatulence, itching, blood disorders, skin diseases, cold disorders, heart diseases, insanity, baldness etc.

Aquarius natives can become talented scientists and doctors, as they analyze their skills well. They find success in fields like tax consulting, engineering, technical jobs, and business. People born under Aquarius are curious, kind, patient, focused, studious, shy, and calm. On the other hand, they can also be eccentric and energetic. Despite this, they are deep thinkers and highly intellectual individuals who enjoy helping others.

In their early life, they may experience intense faith in love, but it can be fleeting and unreliable. Excessive trust in others can make life troublesome. Later, love built on trust and patience will help them achieve great success in life. Loyalty and honesty are essential for those seeking a long-term relationship with these dynamic individuals.



The ruling planet of Pisces is Jupiter. This is the second sign of Jupiter and the last sign of the zodiac. People born under this sign have a deep sense of compassion. While they may not help on their own, they are always ready to assist when called upon. They are philosophers, speak clearly and sweetly with courage, and are thoughtful. Due to their gentlemanliness, they often miss out on opportunities for success in life.

The hands of Pisces individuals are flat, with a well-developed fleshy bulge below the thumb. Their fingers are usually thick, and the hands are soft. They may have marks, such as moles or scars from fire or weapons, on their neck, ear, arm, or leg.

Pisces natives are prone to health issues like blood pressure, abdominal pain, intestinal problems, foot issues, chest pain, dizziness, and headaches. Sometimes, they may even face the possibility of surgery. Their digestion tends to be weak, and many have been observed to sweat excessively. However, generally, their body remains healthy.

People born under the Pisces sign are known for their artistic inclinations. Subjects like art, music, and literature are their favorite pursuits. If they choose these fields in education, they often find greater success.

Pisces natives tend to live a romantic life, drawn to beauty, though even ugliness can attract them. They need an understanding partner who will support them rather than become a burden. However, they are often attracted to those who may become burdens, so they should be cautious when choosing a partner. As a result, their married life is often not as happy as they might wish.

Refer to the first seven zodiac signs from the "Magazine, Issue 1".





The purpose of life is what makes us different from everyone else. Such great gurus have given so much to India. Similarly, Guru Brahmanand Saraswati and Maharishi Mahesh Yogi Ji sent a great personality like Swami Ashutosh Ji to guide us.



He encourages everyone and feels proud to see the new generation moving in the right direction.



Swami ji likes to meet new people and discuss things with them, but on the other hand, he also believes in staying connected with old friends.



Swamiji, who is always seen busy with work, becomes a child with the children.



He is very good at listening to others and understanding them."



Sometimes, immerse yourself in happiness and then share the joy you have gained with everyone.



They feel proud when they see the fruits of their hard work as a union.



# GOLDEN MOMENTS

**WE EXTEND OUR HEARTFELT CONGRATULATIONS TO SWAMIJI ON HIS BIRTHDAY. (14 JANUARY 2025)**





Navratri worship: Kalash puja by Swami Ji



Navratri: Hawan



Dussehra: Ravana Dahan



Dussehra: Ravana decorating by Acharya & disciple



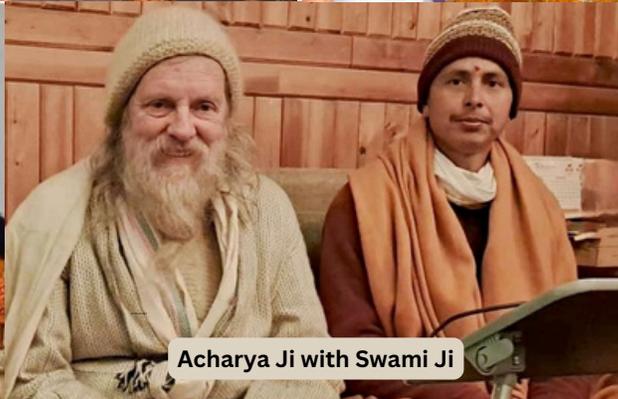
Anamay's guests from India & abroad participating in the Havan (up) & enjoying food (down)



Diwali: Lakshmi Puja by Swami Ji & Diwali Decoration



little disciples discussing



Acharya Ji with Swami Ji



Gujarat tour - Swamiji meditating



Makar Sankranti festival puja



Swamiji spent a few moments with his disciples in the cool shade.



Sesame & Jaggery Ball



Makar Sankranti festival puja



A white imprint on the blue sky, yellow flowers on green.



Baboon near the Ashram



Guests Discussing

The art of speaking pleasant lies in making the mind and heart full of happiness." We have seen that this is only effectively possible by infusing the bliss of Being into the nature of the mind; which is easily achieved by the regular practice of Transcendental Meditation.

-Maharishi



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