Volume 12 - Number 2 \$4.99

UNWIND YOUR MIND BACK TO GOD



Experiencing A Course in Miracles
David Hoffmeister

Unwind Your Mind

David Hoffmeister's pathway of movies, miracles and mysticism.

New book info and article inside!

David Hoffmeister

Inside this issue

- A New Journey in Consciousness Water Rocks!
- Ayurveda: An Ancient Healing Science The Future of God
- What is the Human Akash? Loving Yourself To Great Health
- Are You Psychic or Making It Up The Only Little Prayer You Need



Photos by: Ole-Petter Rust

Ayurveda:

An Ancient Healing Science With Modern-Day Application

by Santosh Krinsky

There is a health crisis in our modern society, and modern medicine has been unable to come to grip with it in many ways. While there are many positive things to say about Western medicine, it is important to not be blind to its failures. At the same time, modern society gives rise to diseases and chronic conditions that are not addressed very well, if at all, by the allopathic approach favored in our current health care system, which tends to focus on treating symptoms and diseases with drugs or invasive surgery, and which breeds, through this approach, a vast array of complications and unintended consequences. Drugs

prescribed to solve one problem frequently become causative factors for a host of other issues! The rise of long term issues such as prevalence of stress-related conditions, insomnia, digestive problems, auto-immune diseases, allergic reactions, along with obesity, cancer, diabetes and heart disease, leads to enormous costs and suffering for many of us trying to survive in the modern world.

Ayurveda is an ancient science with a more than 5000 year history, originating in India. There are several basic principles of this science that make it a perfect modality to begin to tackle the type of chronic concerns briefly touched upon above. First, it is wholistic, which means that it looks at the whole person within the context of that person's diet, lifestyle, work, and constitutional basis. Second, it is observational,

> circumstances for a specific individual and not generalities. Third, it provides solutions which provide support to the inherent wellness and healing properties of the human body, encouraging rather than overpowering the natural systems of health; and as a result, has far less likelihood of any kind of unintended consequences or

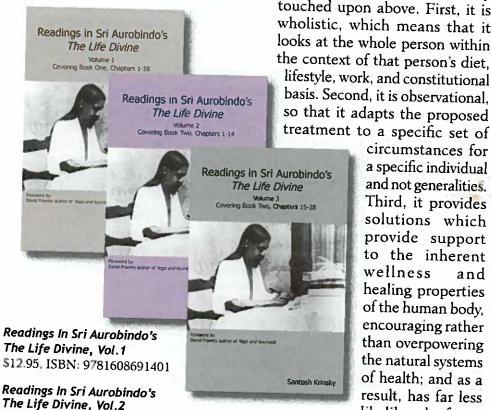


Santosh Krinsky, President, Institute for Wholistic Education www.wholisticinstitute.org and author of Readings in Sri Aurobindo's The Life Divine (3 volumes)

negative complications or side effects of the treatment.

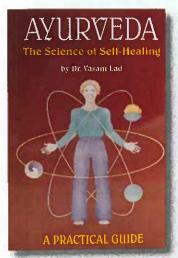
Ayurveda also provides us with a model that can be applied generally to build out a healthy lifestyle and diet regimen that has a far higher success rate than the type of "one size fits all" diet or exercise programs so frequently arising in our society as people grasp at ways to achieve health and fitness. This model provides some quite simple principles for making modest adjustments that sustain and increase health.

A few of the major principles of Ayurveda include understanding our basic constitutional type. Ayurveda categorizes constitutions into three primary types (as well as combinations that incorporate some aspects of these types together), known as "doshas" and



\$17.95, ISBN: 9781608691456 Readings In Sri Aurobindo's The Life Divine, Vol.3 \$22.95, ISBN: 9781608691463

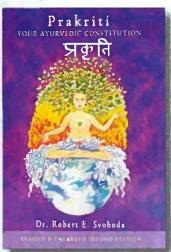
Best Introductions



PRAKRITI: Your Ayurvedic Constitution (2nd Ed) by Robert Svoboda \$15.00. ISBN: 9780965620833

AYURVEDA: The Science
Of Self-Healing
by Vasant Lad

\$10.95, ISBN: 9780914955009



which are called "vata" (air type), "pitta" (fire type) and kapha (water/earth type). These classifications are in turn based on a review of a series of qualities relating to one's body-mind complex which are called attributes and are paired together in opposites. So for example, there is hot/cold. Pitta types would have a predominance of "hot" while vata and kapha are both predominantly "cold". Similarly there are attributes such as light/heavy, smooth/rough, mobile/static, etc. Each of the 3 doshas is recognized by the line-up of the corresponding attributes.

Ayurveda then looks at imbalances that can occur based on these attributes getting out of balance. This is considered to be the basis of the chronic health issues that we face. Treatment looks at offsetting and re-balancing the attributes by applying the "opposite" to the imbalanced quality. Each aspect of life is taken up for review to provide an appropriate course of action to restore balance and then maintain balance.

Ayurveda can be taken to extensive levels of detail with many specialized treatments and concepts, as would be expected from a living science and system that has more than 5000 years of practical observation and experience behind it, but with the basics, anyone can begin to take charge of their own wellness needs in a simple and effective way. For instance, by cooking using ayurvedic principles, one can achieve the right dietary balance for one's constitution, achieving and maintaining one's ideal weight.

It is impossible in the scope of a short article to provide more than just a basic insight into this extraordinary healing science. I have therefore provided a recommended reading list below.

Recommended Reading On Ayurveda:

Best Introductions:

Ayurveda: Science of Self Healing (Dr. Vasant Lad) \$10.95, ISBN13:9780914955009 Prakriti: Your Ayurvedic Constitution (Robert Svoboda) \$15.00, ISBN13:9780965620833

Ayurvedic Cooking:

The Ayurvedic Cookbook (Morningstar and Desai) \$17.95, ISBN13:9780914955061 Ayurvedic Cooking for Westerners (Morningstar) \$19.95, ISBN13:9780914955146 Sattwa Café (Doherty) \$19.95, ISBN13:9780940985872

Ayurvedic Herbology:

The Yoga of Herbs: Ayurvedic Guide to Herbal Medicine (Frawley & Lad) \$15.95, ISBN 13:9780941524247 Ayurvedic Herbology: East and West (Dass) \$19.95, ISBN 13:9780940985070

Ayurveda and Yoga:

Yoga and Ayurveda (Frawley) \$19.95, ISBN 13:9780914955818 Yoga For Your Type: Ayurvedic Guide to Your Asana Practice (Frawley and Summerfield-Kozak) \$29.95, ISBN 13:9780910261302

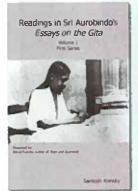
Avurveda and Diet:

Ayurvedic Guide to Diet and Weight Loss (Gerson) \$21.95, ISBN13:9780910261296 Ayurvedic Zone Diet (Thompson) \$15.95, ISBN13:9780914955856

Lotus Press is the leading publisher of books on Ayurveda in the West with more than 40 titles addressing a wide range of options in the field of Ayurveda.

New and Bestselling Titles

FROM LOTUS PRESS:



Readings in Sri Aurobindo's Essays on the Gita by Santosh Krinsky

ISBN: 9780940676237 • \$17.95 • 384 pp

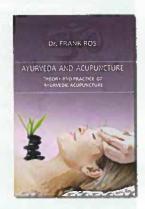
Santosh highlights key relevant points of Aurobindo's *Essays on the Gita*, explains them and reveals their depths and implications today. Each of his well-chosen selections and lucid comments constitutes a luminous doorway into the heart of the Gita and the consciousness of Krishna, as well as into the mind of Yogi Aurobindo.

Ayurveda & Acupuncture

by Dr. Frank Ros

ISBN: 9780940676244 • \$17.95 • 304 pp

In Ayurveda & Acupuncture, Dr. Frank Ros reveals the ancient Ayurvedic system of acupuncture called Siravedhana or Marmapuncture which has remained secret for many years. Ayurveda & Acupuncture is a comprehensive introduction for the layperson to truly understand not only Ayurvedic acupuncture but Ayurveda also.



Vedic Yoga The Path of the Rishi by David Frawley

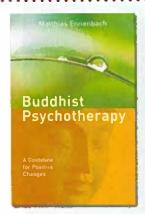
ISBN: 9780940676251 • \$18.95 • 368 pp

Vedic Yoga: The Path of the Rishi is one of the first and most detailed books published in the West on the ancient Vedic origins of Yoga, including all aspects of its philosophy and practice. The book reveals secrets of the Vedic Yoga from the teachings of Sri Aurobindo, Ganapati Muni, Brahmarshi Daivarat, and Swami Veda Bharati as well as Vamadeva's own insights. It challenges popular ideas of the meaning of Yoga and brings Yoga back to the vision of the ancient Himalayan Rishis.





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Buddhist Psychotherapy by Matthias Ennenbach ISBN: 9780940676220 • \$24.95

The very first systematic work on Buddhist Psychotherapy integrating psychological, medical and psychosomatic knowledge of Western culture, including largely unknown Buddhist practices.

This practical work offers instructions, inspiration and help for professionals in the fields of psychotherapy and counseling, as well as for a broad readership interested in psychotherapy, Buddhism, or human functioning and personal development in general.

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Integrating Spirit UPC: 5060100569932



Ancient Secrets
Medium Salt Lamp
UPC: 079565016009 • \$43.95 • 3-5 lb

Ancient Secrets Himalayan Natural Rock Salt Lamps are hand carved salt products from the Himalaya Mountains of Pakistan. The warmth and natural beauty of the glow provided by these lamps makes them a wonderful accent for any room, as well as an outstanding and much appreciated gift for friends and loved ones.





Just Harmony Merlin's Magic • CD UPC: 079565082134 • \$16.95 • 65 min

Just Harmony, carefully prepared by Andreas Mock, combines the most successful melodies composed by Merlins Magic during the last twenty years in one of the most beautiful collections of music for meditation and relaxation. In addition there is an unpublished new piece played by the composer himself with particularly soft piano sections and acoustic guitar.