

November 2015 Ayurveda Seminars & Consulting Newsletter

Dear Friend:

Today I'm composing this message to you from mother India. At last I've arrived at Dr. Lad's ashram for the wonderful GuruKula program and it's such an incredibly beautiful place! Such a vast change from the first time I visited this land when Dr. Lad was first considering buying it. He had taken me on the back of his motorcycle on a Sunday to view the land. That day was extraordinary in my life, as he also took me to a nearby Laxmi temple with a huge rock emerging from the ground, with no other rocks to be seen anywhere nearby. That day he also gave me the pranacharya mantra, which I've yet to master all these 16 years later, as it is so powerful. Such grace unfolding to see the fruits of past fundraising events!

The compound is very comfortable and functional – an amazing feat for India, and to think he has done it mostly at a distance. There is abundant water, flowers, palms, solar power and peace. Tomorrow is our first day of class and the official first day of this 6-week program of Ayurveda seva and learning. Friends from several countries have come to participate in this amazing adventure, and they are quickly becoming family – fellow aspirants on the path of Ayurveda!

Insert Group Pic Here

Now it is Nov. 25 and my Ayurveda learning in this wonderful GuruKula program is deepening day by day, especially our morning class with Dr. Lad, who teaches directly and personally to only 10 of us, an unbelievable luxury and good fortune. Two afternoons a week are devoted to the community free clinic where we practise without the benefit of language, which hones our clinical skills amazingly. Three evenings a week, we can attend Dr. Lad's evening clinic in Pune, which operates by donation. Patients come from all over the world to seek his counsel for health and happiness according to Ayurveda. It's truly an outstanding opportunity for me, as my learning path unfolds.

Divali

The annual Festival of Lights is celebrated with coloured lights, delicious food, shopping, gift-giving, pilgrimage and family get-togethers. The root word 'di' refers to the daily sunrise, the illumination of daylight, and enkindling of Agni (fire, transformation). Ayurveda considers Lord Agni to be the principle agent in self-healing. The original meaning is to acknowledge that human life precipitates from the pure light and all life returns to the pure light in due course. Each religion has its own version of this concept and brings people together in many cultural expressions. Divali is celebrated in the entire country of India, and with ex-patriated Indians worldwide. It's a time to share happiness, joy and fire-crackers! Tomorrow's full moon signifies the end of this Divali season.

Pam's picture here, if possible.

Pulse Assessment 2016

Though I can hardly think about next year at present, now is the time to register for the Nadi Pariksha program beginning in March. The program is comprised of 8 classes over 5 months. Last year's first participants actually learned the overview of pulse reading, perhaps due to the logical, systematic method used to explain Dr. Lad's 'Secrets of the Pulse' book. Pulse assessment according to Ayurveda is a comprehensive method for entering the person's lifestream through the heartbeat, and is the most important of the classical eight-fold examination.

Without a guide it's very difficult to learn from a book, but with a dedicated group, we can easily learn with persistent practise. There are only a few spaces left in the group even at this time, so if you feel you have the pre-requisite knowledge and vocabulary of Ayurveda, you can apply to participate with our second annual Nadi Pariksha program. Please click [here](#) to view and print the flier, or contact the registrar, Larry Li at YOUR NUMBER HERE for more information and registration.

Panchakarma Spring 2016

Now is the time to book your panchakarma for April/May 2016. Dates are filling up already, so better to book early to ensure your choice of dates by planning well ahead. Most openings are for five-day programs and only 2 three-day programs remain. Please contact me by email (jaisri@ayurveda-seminars.com) to know if you are a suitable candidate to fully benefit from this amazing cleansing and rejuvenation process from ancient Ayurveda, still the most scientific, individualized cleansing method on this earth. Please review my website (www.ayurveda-seminars.com) for more details. Out of town applicants may be able to stay at my home for a nominal cost of \$40/night, space permitting.

Survey of Interest in the upcoming Abhyanga workshop over Easter break, March 24-28, 2016.

This five-day program is intended for those of you who wish to include Ayurvedic massage therapy in your professional practise. For over 30 years, my hands and eyes have acquired professional skill in this ancient art of external oleation therapy. Many clients have reported they do not want to go anywhere else, but the time has come (I'm 68 now) for me to pass this knowledge and understanding onto younger students. We'll cover all aspects needed to understand and practice safely and effectively. Priority is given to licensed therapists and those with prior Ayurveda background. Investment: \$997 – can be earned back in a short time. If you would like to be on the wait list for this program, please convey your interest and qualifications to Larry Li at NUMBER HERE PLEASE. Two participants may be able to stay at my home at a nominal cost of \$40/night. Location is TBA.

Panchakarma at Vaidyagrama (create link here please) in Coimbatore, Tamil Nadu – Dec. 20, 2015-Jan.30, 2016.

Our group is almost full at present, however we can squeeze one more person for whom it's the right fit. If you are considering joining with us for this unique healing opportunity at a well-respected Ayurvedic medical facility in southern India, you're welcome to send your recent colour photos and summary of your health concerns, health history and current daily routine. Send to: jaisri@ayurveda-seminars.com or call Helen at Sacred Earth Journeys, our wonderful travel partner for this trip, or click [here](#) to view the flier with links.

Ayurveda Studies Program August 2016 in Vancouver, B.C.

Plan now to attend this program, designed to provide you an in-depth introduction to Ayurveda, the world's oldest holistic health science. The Institute of Holistic Nutrition is highly regarded, and acknowledges Ayurveda as the original science of nutrition, based in the science of the six tastes and so many wonderful principles of daily living, so needed today in the confusion of fragmented science. Ayurveda is a pure science, a complete science – one that has not changed in over 10,000 years of known history. It's a science that will change your life. To view the flier, please click [here](#).

This program or its equivalent is the pre-requisite for most of my other teaching events for 2016, and lays the foundation for your further study in this ancient, mystical, comprehensive science, which has the power to bring complete understanding of the disease process and wellness process. Let us all restore sanity to health care and bring it back to you, the individual!

You know I love to hear your updates!

With remembrances from Mother India,

Yours truly,

Jaisri

Jaisri M. Lambert, Founder

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