

DECEMBER 2016 NEWSLETTER: RENEWAL!

Dear friend:

The long-awaited solstice is almost here, bringing a return of the light! May your holy days be filled with remembrance of the inner journey towards your own Self, the pure light.

My outward journey to India is already fruitful. Last week I met with AYUSH officials in New Delhi who received me well and pledged to provide on-going guidance for Ayurveda education in Canada. Amazing! Soon, I plan to arrive at Vaidyagrama to prepare to meet my small panchakarma group from the US and Canada.

LAST CALL FOR PANCHAKARMA IN INDIA!

There's still a very short window to decide to come and join with us for a 29-day panchakarma program beginning January 1st. Give yourself the gift of health and renewal through panchakarma. It's not too late to put your own needs first, and take the leap into your own highest and best interest. Take about 5 minutes to check out this video and make your decision to take advantage of this golden opportunity: <https://youtu.be/3fa1xTbCwMo> For more information, please click [here](#) to view, print, post and forward the flier. Thanks for growing our community by connecting together!

FOOD SELECTION, PREPARATION, INGESTION, ASSIMILATION AND POST-DIGESTION

Many of you may know I'm preparing and manuscript on Foods and Nutrition According to Ayurveda. It's been some years since I've offered classes to help learn about its vital importance for sustaining a healthy body, mind and soul. "Food is the first medicine and a good healer must be a good cook", says my teacher, Dr. Lad. This knowledge is needed every day, by each and all, to live simply and with satisfaction.

Good news is that a short series of practical classes is being prepared for you for spring, 2017! Save these dates:

- March 11 (Basic Principles of Agni & Recipes)
- March 12 (Intermediate Concepts and Practicum)
- March 18 (Breakfasts for Family Health)
- March 19 (Kitchen Home Remedies and Feast Recipes - Share Satvic Dishes)

Consider these words from The Mother (1878-1973):

"Physically, we depend upon food to live – unfortunately. For with food, we daily and constantly take in a formidable amount of unconscience, of *tamas*, heaviness, stupidity. One can't do otherwise – unless constantly we remain completely aware and, as soon as an element is introduced into our body we immediately work upon it to extract from only the light and reject all that may darken our consciousness."

Attend one or all and bring a friend. To view, print, forward, tag the flier, please click [here](#). Advanced registration assures your place in this most important learning from Ayurveda.

LOCUMS

During my trip to India, please contact my colleague, Dr. Anuja at 236-240-4949 for expert Ayurveda consultation. Area code 236 is Vancouver's newest. Her home office is in Yaletown and she may sometimes do home visits, if needed. She is highly qualified, knowledgeable and compassionate.

For Turiya (Marma) Therapy, please contact dear Larry Li of Action Compassion at 604-346-9382 in Vancouver. Larry is amazingly well-connected and guided by divine consciousness. One of his many gifts is for emotional transformation and empowerment, especially for men. Larry is the artist behind this newsletter's evolution! Ask him about his meditation book, OK?

For Abhyanga (Ayurveda Massage) Therapy, please contact Taran Walia of Wise Woman Healing. Taran began her home-based practice this year in Burnaby and brings her interests in medicinal oils and aromatherapy (Gandha Chikitsa) to the table, literally! Please call her at: 604-349-2500.

For news of other exciting learning opportunities and programs for 2017, please visit my website: www.ayurveda-seminars.com and keep in touch, because not all programs are posted as yet.

Thanks to each of you for your prayers and support, which mean such a lot to me! With good wishes from the Sri Aurobindo Ashram in Delhi, en route to Vaidyagrama, this 12/12/16.

I do hope these offerings meet you where you are at, to be able to take good advantage of Ayurveda knowledge and increase in personal peace. From your fellow traveller along the path of Ayurveda,

Jaisri

Jaisri M. Lambert, founder

Ayurveda Seminars & Consulting

www.ayurveda-seminars.com

604-290-8201 (Canada)

848-911-6652 (India) remember the country code and the 12.5 hr. time advance