

March 2009

Dear Students and readers in Europe and elsewhere,

It is spring in the Himalayas and the time for winter monsoons. Generally it rains for a week or ten days. However due to the global warming, there is less and less rain. In our part of the country, there is environmental disaster taking place because the government is building big dams, putting the sacred Ganga river into tunnels just only 40 kilometres below the Ganga Glacier. Human beings are cruel to nature and have displaced Ganga from original place. The environmental lovers may look our write ups on Ayurveda Portal or our blogs on campaign to Save Ganga:

<http://www.save-ganga.blogspot.com/>

<http://www.save-sacred-ganga.blogspot.com/>

The Navratra or the nine holy nights for inner purification begin on 27<sup>th</sup> of this month. Those who want to observe semi-fasts for inner purification may look into my book for details of menu and other observances— *Das Ayurveda Programm für jeden Tag* (page 121-124). Please recall that Ayurveda lays a great emphasis in keeping the body pure and detoxifying it one way or the other twice a year at the end of the two major seasons: the winter and the summer. Toxins are the root cause of several ailments and in our times, we consume plentiful of them through artificial fertilizers, pesticides, food preservatives, artificial colours and flavours, and so on. I strongly recommend that if you are not taking other means to do anything, at least follow this simple means of purification.

I will give below the latest information about our publications and the teaching programme for this year.

Best wishes for all of you for good health and long life,

Vinod Verma





Teaching Ayurveda to the local school students in our Himalayan Centre

### **CHARAKA SCHOOL OF AYURVEDA (HIMALAYAN CENTRE)**

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### **Dr. Vinod Verma's programme for 2009 (Holistic Health, Ayurveda, Yoga)**

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**Jan-Feb.** CSA Part I and Part III through **Internet (Distant Learning Programme)**. Write to [drvinodverma@dataone.in](mailto:drvinodverma@dataone.in) or [ayurvedavv@yahoo.com](mailto:ayurvedavv@yahoo.com) for more information on Distant Learning Programme.

**17<sup>th</sup> to 19<sup>th</sup> June: Göttingen: Private consultations.** Contact Michael Röslen Wilhelm-Bendickstr. 35, D-37130 Gleichen OT Grosse Lengden. Tel/fax 05508-92135, [mroeslen@t-online.de](mailto:mroeslen@t-online.de)

**20-21 June: Ravensburg: A week-end seminar on Practice of Ayurveda in daily life for health and prevention of ailments.** Contact Regine Koeder at [regine.koeder@web.de](mailto:regine.koeder@web.de) .

**27<sup>th</sup> June:** One-day seminar in **Dresden on Living well and lasting long: Ayurvedic geriatrics.** Organised by Sächsische Landesapothekerkammer, Dresden. Contact Frau Brigitte Keil, Tele. 0351 467 5120 or [Liebig-Apotheke@gmx.de](mailto:Liebig-Apotheke@gmx.de)

**29<sup>th</sup> to 6<sup>th</sup> July:** CSA Part II in **Dresden area.** Contact me directly for more information.

**15<sup>th</sup> July to 15<sup>th</sup> August:** CSA Part I, II and III through **Internet (Distant Learning Programme)**. Write to [drvinodverma@dataone.in](mailto:drvinodverma@dataone.in) or [ayurvedavv@yahoo.com](mailto:ayurvedavv@yahoo.com) for more information on Distant Learning Programme.

**14<sup>th</sup> to 17<sup>th</sup> Oct. in Frankfurt:** Private sessions and **Book Fair**. Telephone: 0177.3167492

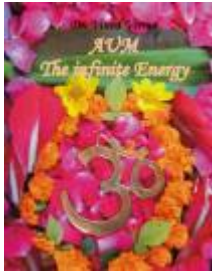
**1<sup>st</sup> to 21<sup>st</sup> November:** Three week Ayurvedic practice and Panchakarma in our **Himalayan Centre**. Contact Dr. Verma at [ayurvedavv@yahoo.com](mailto:ayurvedavv@yahoo.com) or in Germany contact Susanne at [familie.schwarz-zeeb@onlinehome.de](mailto:familie.schwarz-zeeb@onlinehome.de)

**15th December to 14th January 2010:** CSA Part I and Part II through **Internet (Distant Learning Programme)**. Write to [drvinodverma@dataone.in](mailto:drvinodverma@dataone.in) or [ayurvedavv@yahoo.com](mailto:ayurvedavv@yahoo.com) for more information on Distant Learning

*Private sessions are offered at every place. Please contact Dr. Verma at Basel telephone number given above or by email [ayurvedavv@yahoo.com](mailto:ayurvedavv@yahoo.com) for appointments.*

## The recently published books

### AUM: The Infinite Energy



The English version of this book is available with [www.amazon.com](http://www.amazon.com). It is printed by the Lightning Source in the UK. (Publisher: Gayatri Books International).

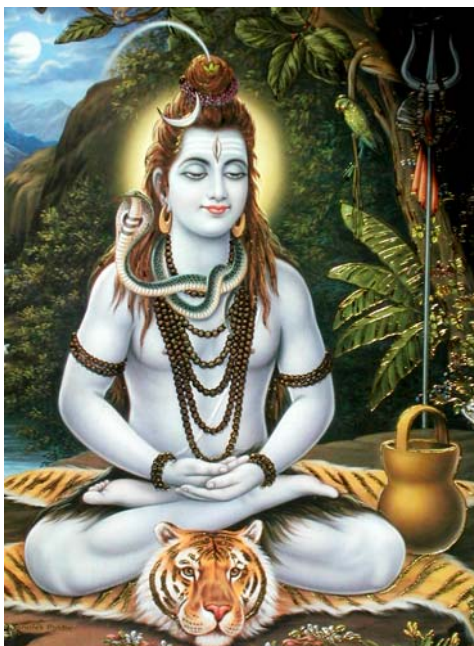
Good news is that this book is available in German now and is published by SHEEMA VERLAG in Germany. The book is available in the German, Austrian and Swiss markets under the title:

**AUM: Die Unendliche Energie**

Soon coming to the Market are some secrets from Shiva for your health and long life

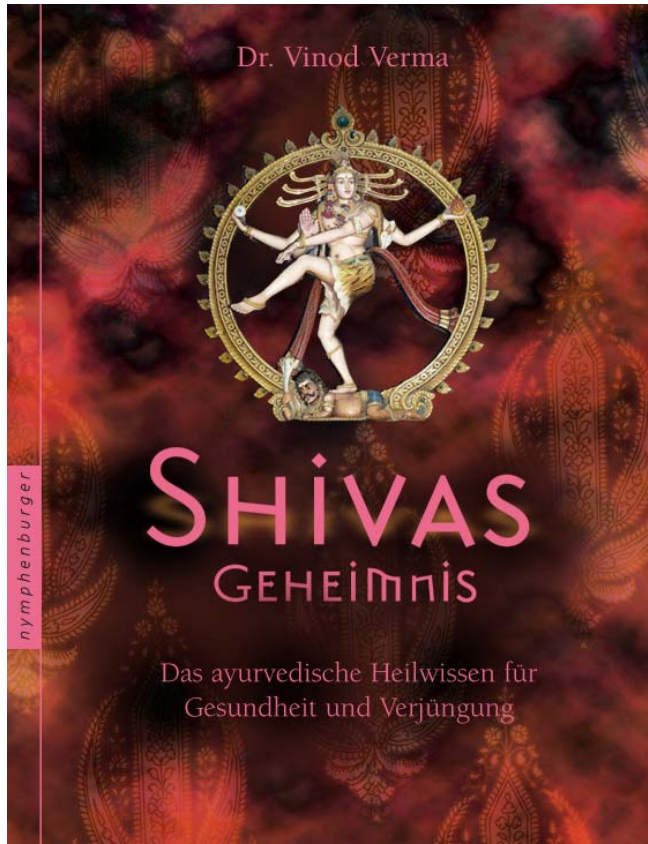
### Shiva's Secrets for Health and Longevity

Nymphenberger Verlag (belongs to Langen Müller group)



Shiva's personification has diverse symbolism. The trident of Shiva is symbolic of the three qualities of *Prakriti* (*sattva*, *rajas*, *tamas*). The snake around his neck represents time and destruction related to time. Shiva is also called the god of time, *Kāleśvara*. The tiger skin he sits on represents desire.

Essence of this book is the following:



This book takes the reader to the abode of Shiva in the Himalayas and tells the ancient stories of cosmogony and cosmology related to this first family of the cosmos. Shiva as Cosmic Energy and Shakti as Cosmic Substance form this phenomenal world by their fusion. The gods, humans, animals, vegetation, mountains, minerals– are all a part of this dynamic cosmos and everything is interrelated, interconnected and interdependent. Health and well-being are nothing but to be in harmony with the cosmic rhythm.

The book has description of some amazing healing plants and minerals from the Himalayas, and also provides practical wisdom for everyday life. Shiva is the God of time Kala and the secret of health lies in living according to time and space. Time is in terms of your age, time of the day and time of the year. The right lifestyle is to coordinate oneself with the ever-changing cosmic energy and not to go out of tune (asura, which is also a word for demon) from the cosmic orchestra. There are suggestions and remedies to keep you in beat with your surroundings and to attain an optimum level of energy. The aim of life should be to be old and wise and not old and senile. The book also talks about the organisation of life and preparation for a smooth exit from this world. Let this little wonder book be an inspiration for you to begin investing in your health.

**God is not a male, nor female: It is the combination of the two in exactly the same proportion and power. That is why, in Sanskrit language, that mysterious cosmic energy is addressed without HE OR SHE. It is simply IT (TAD)**

# The Timeless wisdom of the God of Time (Kaleshwar) and the Goddess of Time (Kali)

The Sanskrit word Shiva means auspicious, propitious, in good health or condition, happy, prosperous and fortunate. Shiva is the name of one of the principal deities in the Hindu pantheon and it signifies the concept of time (*kala*) but He is beyond time and therefore called *Mahakala*. He is Mahakala, because he presides over the dissolution of the world at the end of each aeon (*yuga*), but He is beyond this dissolution.

Personified form of Shiva has significance in terms of cosmogony and cosmology. Shiva is the symbol of Cosmic Energy, which is without form, shape and appearance. Embodied form of Shiva is for the better comprehension of this Eternal energy called Purusha in Samkhya school of thought, which one cannot see and feel but it is present in each particle of the phenomenal world. The cosmos and existence is not possible without the dynamics of Shiva or Purusha.

In Kena Upanishad, this idea is expressed very beautifully:

**That which speech cannot express but  
through which speech is expressed....,  
That which thought cannot conceive but  
through which thought is thought....  
That which sight cannot see but  
through which sight sees....  
That which hearing cannot hear but  
through which hearing is heard....  
That which breath cannot breathe but  
through which breathing is breathed....  
That, indeed is the immensity and  
not what is here worshipped.**

You are mistaken if you begin to think that God, the Almighty is again male in the Vedic tradition. In phenomenal world, Shiva's presence is with *Shakti*, his feminine power, without which nothing can exist. Shiva is the Cosmic Energy and Shakti is the Cosmic Substance. These are named Purusha and Prakriti in Samkhya tradition, a school of thought, which forms also the fundamental basis for the Yoga school of thought. The phenomenal world comes to being only when these two principal energies fuse with each other. Shiva is mere energy and Shakti provides this energy a vehicle to exist. Shakti cannot exist by itself, as it is not alive. Similarly, Cosmic Energy cannot exist, as it has no vehicle for existence. Therefore the cosmos comes into being only when the Cosmic Energy fuses with the Cosmic Substance. When these two principles of existence separate from each other, there is dissolution of the cosmos.

In human body, Shiva and Shakti are present in the form of soul and body. The Shakti is the physical being and Shiva is that which enlivens this physical being as soul of the body. When the cause of being— soul, leaves the physical body, there is death. The mind and intellect are functional only until the soul is present in the body. Just like the dissolution of the cosmos takes place on the separation of the Shiva and Shakti, similarly, a life ends, when the Lord of kala (time) leaves the body. To win over the death and for the well being of the body, the God of time Shiva is worshiped with a special mantra called the Mahamritanjaya mantra for health and longevity. The literal meaning of the word Mahamritanjaya is ‘the great mantra to get victory over death’. I give below this mantra, its meaning and its practice.

**Triambakam Yajamahe Sugadhim Pushtivardhanam,  
Urbarukmiv Bandhanat, Mrityurmokshiye mamritat.**

**Oh Three-eyed (Shiva)! we meditate upon your sweet smell that provides us growth, nourishment and continuity. Just like a ripened cucumber falls down from its stem, similarly, provide me eternity and freedom from death.**

The profound sense of this mantra is that one should never attain an untimely death and lead a disease-free and healthy life. After a timely death (at a ripened age), one should attain moksha— the freedom from the cycle of birth and death. This latter means eternity, as the soul after attaining moksha becomes a part of the Eternal Cosmic energy that Shiva symbolises. That means that one is not reborn to face sickness, disease and death once again.

## Practical Aspects of Mahamritanjaya Mantra

This mantra is repeated in the form of a japa to ward off ailments and to attain long and healthy life. In yogic language, japa is the repetition of a mantra. An easy way to do japa is with a mala (prayer beads). A mala is made from the beads of sandalwood, red sandalwood or from the wood of *Osimum sanctum* (Tulsi). It could be also made of silver, rock crystal, some other semi-precious stones or some special seeds called Rudraksha\*. It has 108 beads. The number 108 signifies the distance of the sun from the earth. The sun is nearly 108 times the diameter of the earth and the distance from the sun to the earth is 108 times the diameter

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\* Rudraksha means Rudra or Shiva’s eye. The tree is also called Rudraksha tree. See the picture on the next page to see Rudraksha prayer beads. Rudraksha mala is particularly used for the worship of Shiva.

of the sun. The average distance of the moon from the earth is nearly 108 times the diameter of the Moon.

For the effective results from the japa of the Mahamritanjaya mantra, one should pronounce the entire mantra with each bead. At least one mala should be done in the morning and one in the evening. It means you have repeated the mantra 108 times twice a day. The concentration of the mind should be on the sound of the mantra. One has to be persistent in doing japa in order to attain the concentration and to obtain the fruits of japa of Mahamritanjaya.

The fruits of this mantra are prevention of ailments and long life. It is said that who so ever does this mantra regularly, never attains an untimely death. Those who are suffering from ailments can do this mantra for a rapid recovery.



Different kinds of prayer beads made of Tulsi wood, Tiger Stone, coral, amber and Rudraksha

The symbol of the phenomenal world is the fusion of Shiva and Shakti, called the ardhhanarishvara with half masculine and half feminine body. This form signifies the continuum of the phenomenal world through propagation with the fusion of the masculine and feminine energies.

One of Shiva's name is Neelkantha or the one with blue throat. Shiva is a fair complexioned God and is described as white as camphor. His throat turned blue when he drank all the poisons generated from the cosmic creation. Thus, he is considered the God who

takes away our poisons and toxins, which appear in our body in the form of ailments and diseases.

We as human being are the little Shivas representing the miniature cosmos. Body is the Shakti and Shiva keeps it alive by being present in the form of soul. It is also our duty to regularly detoxify ourselves with various plant products to get rid of the poisons we accumulate with modern lifestyle. To remain clean and pure is our primary dharma or duty (svadharma) towards our body. Nature provides us plenty of things in each part of the world with detoxifying effect. Let us see what we can take from the rich nature around us to detoxify ourselves.



Shivalinga with Dhatura flower

Shiva is also an epithet of beauty (saundrya). Shiva signifies resonance (naad), sound (dhavani), vibrations (sapandan) and dance (nritya). Rudra is another name of Shiva which is also mentioned in the Rig Veda. That means brilliant and the shining one. He is also associated with healing in Rig Veda (I, 43, 4 and 114, I, VII, 46, 3):

**We pray to Lord Rudra for peace and happiness. He is the sage, the lord of yajnas and is the great healer.**

**We pray to Lord Rudra for health and vitality of each living being and let the two footed and four footed be in peace.**

**....Oh Rudra, you have thousands of healing remedies, let our children be not weak and feeble.**



In the Neelrudra Upanishad (I, 1) Rudra is described as:

**Lord Rudra is He who takes the form of diverse medicinal plants to relieve people from the evils of the ailments. He is the living element in all the living beings. We pray to him to destroy our imbalances and fulfil our desires.**

Further in this Upanishad, herbal remedies are addressed directly and stated:

**Oh remedies, like the lord Shiva drank poison for the welfare of the beings on this earth and became known as Neelakantha, similarly you provide the humanity peace by freeing (human beings) from the ailments and imbalances.**

Shiva and Shakti represent this beautiful cosmos and as human beings it is our duty to well maintain our bodies and to do all for getting a radiant look. Given below is a simple treatment you can give to yourself once a week to arrest aging and to attain attractive appearance. This treatment also evokes in you the care and love for your body and you stop to live life in a mechanical manner.

Abode of Shiva is Mount Kailash in the Himalayas. In fact Mount Kailash itself is Shiva in symbolic form. Shiva represents the masculine energy of the universe in the form of linga or phallus. The mount Kailash represents Shivalinga. Shiva represents the eternal Cosmic Energy. Parvati– the daughter of the Himalayas, represents the feminine energy or the Cosmic Substance. There is no phenomenal world without these two energies fuse with each other. It is said that Ayurveda is as old as the life it self. As the life came to existence, there were also discomforts, imbalances and ailments associated with the organic beings. It is due to the fact that inherent nature of the cosmic creatures is bound to activities or karma. With that begins the cause and effect of karma and its fruits. Therefore, it is considered that the origin of life and Ayurveda are simultaneous. It signifies that the healing practices and remedies are associated with the Cosmic Substance or Prakriti.



Mount Kailash: The Abode of Shiva

Nature is complete by itself and if there are aberrations, there is a natural process of reversal to harmony. When it is hot, the nature gives us cooling fruits and vegetables, in cold areas, there are vegetations which have the opposite effect to face cold. Similarly, there are vegetations and minerals to cure the ailments or abnormalities. To give you a very simple example, there is scorpion grass growing all over the Himalayas below the height of 2000 meters. We, as children in the Himalayas learnt that wherever this plant grows and you suffer after having touched it, look nearby for a plant of wild spinach and rub that on the affected parts. It is well known that the biting and relieving plants always grow side by side.

Animals are very discrete in choosing their food and they eat according to season. People living in the Himalayas or elsewhere in the world close to nature are very well aware of what to give to their animals during certain time of the year and what not to. We have seen that if we do not follow the rules of nature and try to give animals what we wish, the revenge comes back to us. The result of this disaster came to light in the West when the vegetarian cow was fed on meat. Principles of nature are made in such a way that they make the whole system run on its own. If we human beings interfere in these principles, disasters fall upon us sooner or later. Tsunami is another living example of that.



Shiva: the God of time (kala), also called the Kaleshwar



Kali: The Goddess of time (kala)