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NEWSLETTER

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NAVRATRI

This Navratri, Dhyan Foundation volunteers participated in Shakti mantra yagyas at the Dhyan Ashram's Yagyashala, under the guidance of Ashwini Guru Ji. Performed in uniquely shaped kunds with the pure ingredients, these yagyas brought the powerful blessings of the Divine Mother to sadhaks.

Alongside these spiritual practices, charity became the heart of our Navratri celebrations. We fed nearly 60000 lives daily, and this Navratri was no exception. We organized langars particularly near major hospitals, to ensure that families in need had access to nutritious meals, providing warmth and support to those who often go unseen.

Dhyan Foundation's charitable reach extends worldwide, with projects for animal rescue, educational support, and more, embodying our belief that true spirituality lies in selfless service. With your continued support, we are inspired to carry on spreading this light, offering a path of compassion and care to those who need it most.

ASHWINI GURU JI

OUR INSPIRATION

”

**WITHOUT POWER THERE IS
NO RESPONSIBILITY AND
WITHOUT RESPONSIBILITY
THERE IS NO POWER.**

“



GYAN VS KNOWLEDGE

STRAIGHT FROM THE ANAHAD

The Guru cannot come to you, you have to come to the Guru, otherwise the art will lose its efficacy. The system and the foundation work on the basic principle of the ancient Guru-shishya parampara... But here, the gurus are seeking shishyas in the West, even flying out to them...Are we blind to allow this? Can't we see that these are not gurus; they are clever businessmen selling smart ideas? And to take a step back, how can you sell something that is not yours to begin with?



HAVAN MANIFESTATION

SHRI GANESH

A yagya is a powerful practice that allows direct interaction with the positive forces of creation. In a recent yagya, the formation of Shri Ganesh was observed. You too can learn this profound science through the volunteers at Dhyani Foundation. For more information, visit our website or contact us at the provided number.



RESCUE STORY

TELANGANA

The modern city of Hyderabad is full of painful sights of mute animals stuffed like potato sacks in trucks, hundreds of eyes stare out of these trucks when they are seized by police officers who either act of their own accord or on information by vigilant animal welfare volunteers. The state of Telangana has registered 80+ FIRs and rescued a 1000+ cattle in registered cases in the last 3 months alone.



LENGTH OF A YEAR

SCIENTIFIC FACT

Ancient Indians used 4 ways to measure the length of a year namely 'Nakshatra', 'Savana', 'Lunar' and 'Saura'. Saura was one method based on the tropical zodiac that defines the seasons: equinoxes, solstices, year - halves, and months in relation to the (six) seasons.

The Saura estimates the length of a year to be exactly 365 days, 6 hours 12 mins and 30 seconds.

The Gregorian calendar is 500 Years Old, The Rigved mentions it thousands of years ago.



SESSION WITH GURUJI

MUMBAI

Ashwini Guruji visited Mumbai in the month of October 2024. He had various interactions in the city. A session with the Lawyers & the Donors community was held where Guruji spoke about Financial Growth v/s Spiritual Growth - which is more important and can both be achieved? Guruji touched upon the aspects of the weight of the physical world* and how while we fulfil all our desires in the physical we can also raise our consciousness spiritually

There was another session where Ashwini Guruji spoke to all on the topic of Covid & it's after effects - A Vedic View Point. As part of the session some simple fitness test was conducted for all participants. Guruji explained in detail on what is a virus, what was the purpose behind the Covid virus and how the human brain has the ability to ensure the physical endurance of the body and organs.



NANDI PRODUCTS

GAU WELFARE WITH EVERY PURCHASE

Discover Dhyan Foundation's range of eco-friendly and spiritually enriching products crafted from our Gaushalas' offerings. From Gobar Diyas and Upla Kunds to Panchgavya Diyas and Green T-Lights (available in packs of 20 and 6), each product embodies purity and sustainability. Our Sambrani Cups, Guggul, Kapur Samagri, Gaunyle, and Incense Cones are made using traditional methods to purify spaces and create a serene atmosphere.

Every purchase directly supports Dhyan Foundation's efforts to make our Gaushalas self-sustainable, providing essential care to rescued cows. With proceeds going towards maintaining and expanding our animal care initiatives, your support not only brings spiritual benefits into your life but also contributes to a meaningful cause. Let your rituals, celebrations, and daily life resonate with purity, while also lending a helping hand to Gau (cow) welfare. Join us in creating a self-sustaining future for our Gaushalas and experience the essence of true dharma through each product.



TIW TIPS

FABULOUS FLAX

Incorporate flax seeds into your diet to reap numerous health benefits. These nutrient-dense seeds boast high levels of fiber, protein, and omega-3 fatty acids, which can help improve heart health. The seeds also contain key minerals like magnesium and phosphorus, essential for bone strength. Try adding flax seeds to smoothies for a nutritious boost. For example, blend two bananas with pitted dates and 2 tablespoons of roasted whole flax seeds. Add a pinch of cinnamon and 2 cups of milk for a delicious banana flax smoothie. Top with almonds and enjoy a heart-healthy, flavorful treat!



UNRAVELLING YOG!

UPCOMING AND ONGOING EVENTS

Every Saturday

7:00 AM IST
8:00 AM IST
8:30 AM IST
5:30 PM IST
9:30 PM AEST

Rama Verma Club Ernakulam. Kochi
Kashmir Bhavan, Jayanagar, Bangalore
Online session
Safrajung Enclave, Delhi
Hamilton, Melbourne

Vedic Martial Arts

Every Sunday

7:00 AM IST
9:30 AM AEST
11:00 AM IST

Online Live talk with Ashwini Guru Ji
Chennai Session
Seabrooke Community Centre, Melbourne
DLF Phase 3, Gurgaon

Every Monday

6.30 PM GMT

King's College, London

Every Tuesday

6.30 PM GMT

Fitzrovia Community Centre, London



GOPASHTAMI

On this auspicious day visit a Dhyan Foundation Gaushala near you.
You are also invited to **participate in Gau Dhuli**, an essential part of Vedic culture, which **Shri Krishna himself performed daily, twice.**

9TH NOVEMBER 2024



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