



AUGUST 2024 | ISSUE NO. 22

# NEWSLETTER

WHAT'S INSIDE:

**2 | Our Inspiration & Straight from the Anahad & Havan Manifestation**

**3 | Scientific Fact & TIW Tips**

**4 | We need help & Testimonials**

**5 | Upcoming and Ongoing Events**

## JANAMASHTMI- THE DF WAY

The Dhyan Foundation recently hosted a heartwarming Janmashtami celebration at our Ghitorni Gaushala, where families gathered to experience the joy and tranquility of connecting with nature. Inspired by Shri Krishna's deep bond with cows, a symbol of peace and contentment in his life, the event aimed to share these feelings with everyone in attendance. Parents and their little Kanhas and Radhikas were welcomed into this serene environment, where they could relax and immerse themselves in the simplicity and purity of the Gaushala.

The day was filled with vibrant activities that captured the essence of Janmashtami. Children arrived dressed as their favorite mythological characters, proudly participating in a lively fancy dress competition that showcased their creativity. The poster-making sessions further allowed the young participants to express their love for Krishna and his beloved cows through art. Feeding the cows was a particularly special moment, offering families a chance to bond with these sacred animals and experience a sense of grounding and peace. The children enjoyed painting the Matki.

It was truly a Janmashtami to remember, and we look forward to creating more such cherished memories in the future.

---

# ASHWINI GURU JI

## OUR INSPIRATION

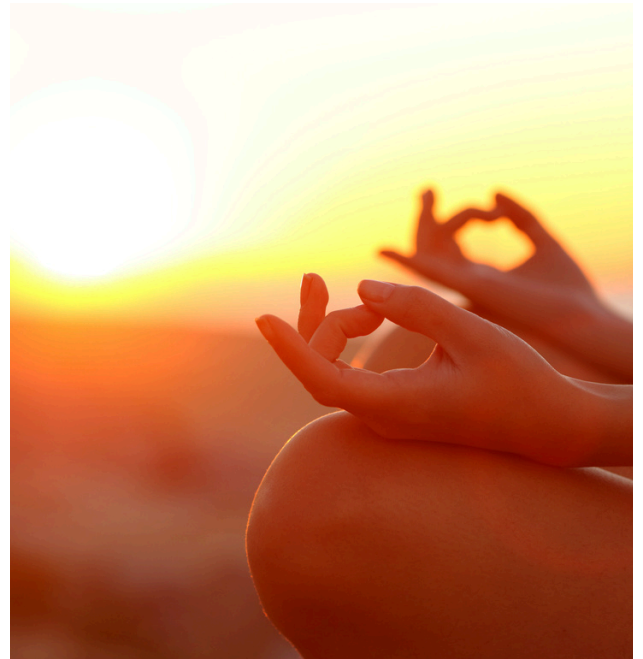
**“LIFE EXISTS ONLY ON EARTH, THOUGH IN FORMS PERCEIVABLE AND IMPERCEIVABLE TO THE FIVE SENSES. SEARCHING FOR IT ELSE IN THE UNIVERSE IS LIKE TRYING TO GET FRAGRANCE FROM A PAPER FLOWER.”**



## BECOMING A SHISHYA

### STRAIGHT FROM THE ANAHAD

A shishya needs to discuss everything with his/her Guru. One is allowed to do whatever they want to do; the Guru never stops. But Guru drishti and dhvani are very important. It is okay to be engrossed in the realm of the physical, but do it while holding the hand of your Guru at all times. If one treads by himself thinking that “I have arrived” or “I have reached Mata Shakti,” they fall very badly. I have personally seen so many making this error. You can do whatever, but do not hide from your Guru. If you are doing it with his/her knowledge, then with his drishti and dhvani, you will go over it very fast and evolve out of it, for sure. If you do it without his drishti and dhvani, you will certainly fall into the pits.



## HAVAN MANIFESTATION

### BIRD

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



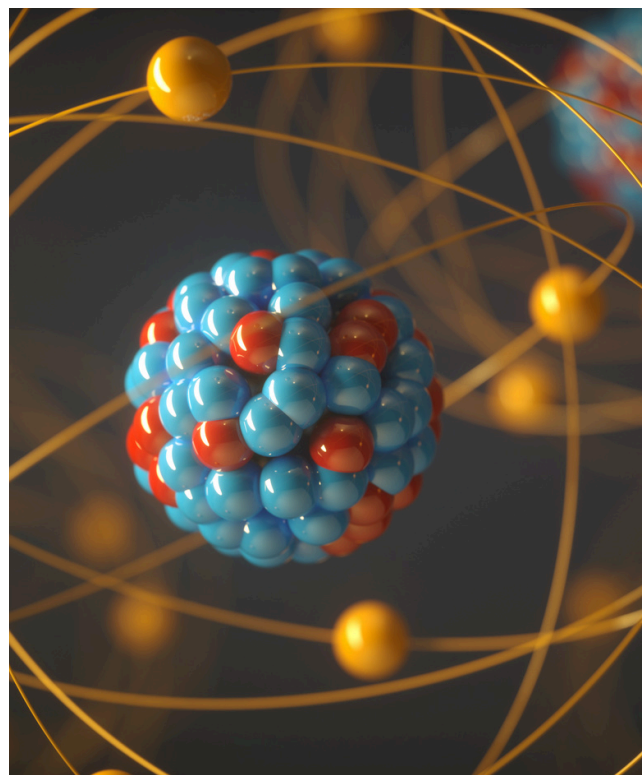
---

# ATOMIC FISSION

## SCIENTIFIC FACT

Acharya Kanada was an Indian philosopher and scientist who developed an atomic theory based on the concept of "anu", which means "atom" in Sanskrit. He believed that all matter in the universe is made up of tiny, eternal, and indestructible particles called atoms, which can combine in different ways to form different objects. His atomic theory predates John Dalton's discovery of atoms by approximately 2500 years.

Kanad conceptualized the idea of an indivisible particle, which he called Paramanu (atom), when he was unable to divide into any further parts. He proposed that this tiny particle could not be sensed by any human organ or seen by the naked eye. Kanad also suggested that an inherent urge caused one Paramanu to combine with another.



# TIW TIPS

## ASHWAGANDHA

Ashwagandha, a revered adaptogen belonging to the *Withania Somnifera* (WS) family, has ancient roots in Ayurvedic medicine. An adaptogen is a plant or mushroom that aids your body in times of stress, fatigue, anxiety, and overall well-being. These can be added to food or beverages or consumed as tinctures (concentrated herbal extracts). They help bring a steady balance to your body by managing both mental and physical stressors.

Ashwagandha's impact on reproductive health extends to men, where it demonstrates the ability to enhance sperm quality and rebalance reproductive hormones, leading to increased fertility. The herb's influence on testosterone levels further solidifies its position as a holistic wellness agent.



---

# WE NEED HELP!

## RECENT RESCUES

In Telengana, we rescued 98 gauvansh from a double decker truck in Noothanpally. The gauvansh were stuffed badly and injured. We have rescued and rehabilitated them at our Dhyan Foundation gaushala in Hyderabad.

With more than 47 gaushalas with more than 50000 Gauvansh we are in need of fodder, infrastructure and medicines.



# ANU MALIK

## TESTIMONIALS

### MUSIC COMPOSER

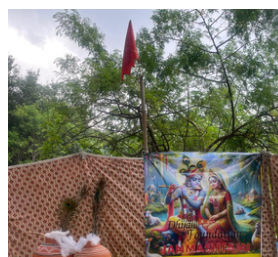
"It was an honour to be in front of Ashwini Guruji and have learnt so much. If you want your Karmas to be really balanced and if you don't have to fear death, then just feed the animals. I am overwhelmed at this point."



# JANAMASHTMI

## GHITORNI GAUSHALA

### DELHI



---

# UNRAVELLING YOG!

## Upcoming and Ongoing Events

**Every Sunday  
Online**

**Every Saturday  
5:30 PM**

**At Safdargunj Enclave,  
New Delhi**

**Every Ekadashi  
DF Gaushala,  
Hyderabad**

**Every Saturday**

**7th September, 2024**

**Register Now**

**Register Now**

**Live talk with Ashwini Guru Ji**

**Journey from normal to Supernormal**

**Ichha Purti Yagya**

**Vedic Martial Arts, Tandav Mudra & Posture & Sanatan Kriya  
sessions**

**Yoga Sessions Indonesia, Mumbai Sessions**

**Shri Ganesh Chaturthi Yagya**

**Mothers Workshop**

**Depression Workshop**

FOLLOW US



FOR GENERAL AND CORPORATE ENQUIRES

**Phone: +91 98802 12545**

**Email: [dhyan@dhyanfoundation.com](mailto:dhyan@dhyanfoundation.com)**

**Website: [Dhyanfoundation.com](http://Dhyanfoundation.com)**

