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NEWSLETTER

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GANESH CHATURTHI

Ganesh Chaturthi marks the ideal day to begin Shri Ganesh sadhna, as Shri Ganesha is considered the bringer of light in Kalyug. He is the remover of obstacles and the deity one connects with first when seeking divine blessings. This auspicious day represents new beginnings and the removal of old hindrances, making it a powerful time for spiritual practice.

On the 7th of September, Yagyas were conducted to honor this occasion under the guidance of Ashwini Guruji at Dhyan Ashram and its centers worldwide. Devotees gathered to connect with the divine energy of Shri Ganesha, seeking his grace for prosperity, wisdom, and spiritual growth. The day also saw the inauguration of the Shakti Kund, a sacred space newly created by volunteers at the Yagyashala. This kund is a powerful energy center, symbolizing the transformative force of divine feminine energy.

Through Shri Ganesh sadhna, one can access all Ridhis and Sidhis—bestowing wealth, prosperity, and enhanced capabilities. The day serves as a reminder of the spiritual potential that can be unlocked through devotion and practice, guiding individuals toward greater success and fulfillment in their personal and spiritual journeys.

ASHWINI GURU JI

Our Inspiration



WE ARE ALL PART OF SHIV, AND ENTIRE CREATION IS HIS FORM. IT IS ONLY WHEN THE URGE FOR SHIV WITHIN US BECOMES VERY STORNG, THAT HE IS ABLE TO FEEL US.



SHANTI

Straight from the Anahad

Shiv has his state because he is shant (at peace). If Shiv is not shant, there is pralay (destruction). And Shiv is inside us. So if there is ashanti inside us, one can well imagine the consequences... As you progress in yog, you attract both positive and negative entities. And though there is a shield around yogis, sometimes in deep sleep, there may come a vulnerable moment when negative energies can enter.



HAVAN MANIFESTATION

Shri Ganesh

A yagya is a powerful practice that allows direct interaction with the positive forces of creation. Ganesh Chaturthi is a special day to begin Mantra Sadhna and also to do Poorn Ahuti for ongoing mantra. On this day there were formations of Shri Ganesh in the havan agni. You too can learn this profound science through the volunteers at Dhyam Foundation. For more information, visit our website or contact us at the provided number.



SPECIAL RETREAT WITH ASHWINI GURUJI

For those who missed the transformative experience of our recent retreat, here is a glimpse into the peace and wisdom shared in the serene Aravallis. Attendees were guided through ancient practices rooted in Dhyān, techniques once mastered by Vedic rishis to unlock human potential.

Mornings began with Surya Saiyam, a sacred practice of greeting the sun, followed by asanas to align and strengthen the body. Each attendee embarked on a unique journey, discovering insights that may leave a lasting impact.

Under Guru ji's guidance, attendees explored the esoteric secrets of the Gada, its mystical powers, and protective energies. This retreat rejuvenated the mind, body, and soul, offering moments of reflection and growth



SUN RAYS KILL BACTERIA

SCIENTIFIC FACT

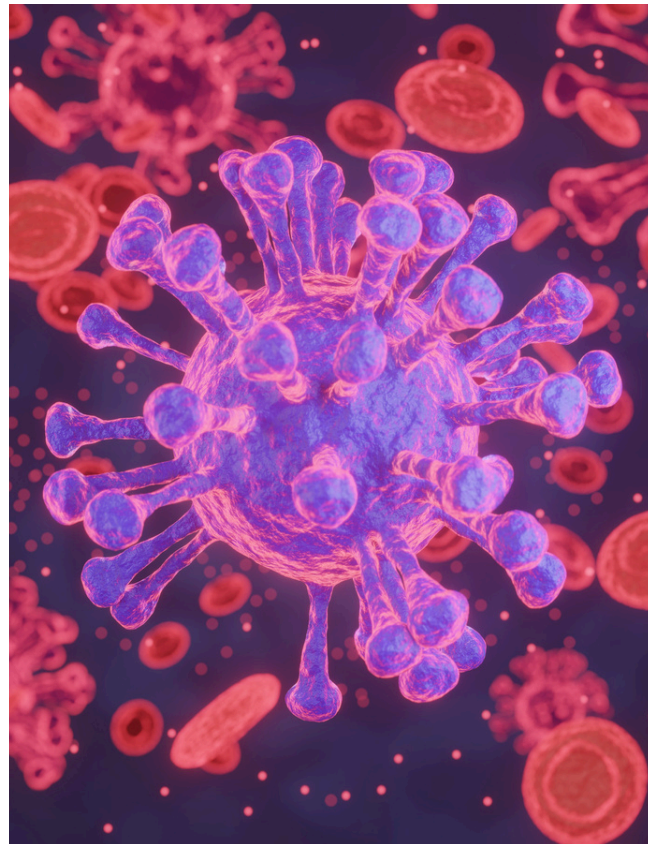
Rig Veda 1.191.8

उत्तुरस्तासूर्य एति विश्वदंष्टो अदृष्टहा ।
अदृष्टान्सर्वाज्जम्भयन्सर्वाश्च यातुधान्यः ॥

"The all-seeing Sun rises in the east, the destroyer of the unseen, driving away all the unseen (venomous creatures, bacteria), and all evil spirits."

The ancient Vedic seers were aware of the germicidal properties of sunlight.

There is now scientific evidence to support the Vedic seers' claims. Ultraviolet (UV) rays from the sun can indeed kill bacteria and germs. UV rays can damage the DNA of bacteria, making them unable to reproduce. This is why exposure to sunlight can help to prevent the spread of diseases such as cholera, typhoid, and dysentery.



PITR PAKSH

Yagyas for your Pitris

Pitra Paksh is the period when portals to Pitri Lok open allowing our ancestors to come and visit us. During this time perform Yagyas and Gaudaan in the name of pitris to satiate them and seek their blessings for a happy and fruitful life.

Pitr Tripti Yagyas were conducted daily at Dhyam Ashram Yagyashala from Purnima (Sep 17) to Amavasya (Oct 2). A perfect opportunity to meet and greet your ancestors and avoid Pitra Dosh.



TIW TIPS

Tonic for Better Gut Health

Enhance your digestion with this quick and effective homemade tonic. Simply mix 1 cup of warm water, 1 tablespoon of apple cider vinegar, 1 teaspoon of freshly squeezed lemon juice, and 1/2 teaspoon of grated ginger. For extra benefits, add a pinch of cayenne pepper and a teaspoon of honey to balance the flavor. Drink this tonic 15-20 minutes before meals to aid digestion, reduce bloating, and support overall gut health. Incorporating this simple remedy into your daily routine can promote a healthier digestive system.



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

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**

Mothers Workshop

Depression Workshop

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