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NEWSLETTER

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DIWALI

For Diwali, Dhyan Foundation organized an array of impactful events and sessions across India and around the globe, showcasing the essence of Sanatan Dharma and the Vedic way of life. These efforts included a significant presence at Melbourne's Marvel Stadium and key locations in the UK, where participants experienced the depth of Indian culture through various engaging activities.

At the Dhyan Ashram and other centers, special Vedic Yagyas were conducted to invoke divine blessings and promote harmony, while langars were set up outside major hospitals to serve warm meals to those in need, reinforcing the spirit of compassion and seva.

As part of our unwavering commitment to animal welfare, Dhyan Foundation ensured the daily feeding of over 50,000 cows, continuing our efforts to protect and nurture these sacred animals. These initiatives not only celebrated the festival of lights but also underscored our dedication to preserving culture, promoting spirituality, and serving humanity.

ASHWINI GURU JI

OUR INSPIRATION



THE REALITY IS ONE. THE WISE EXPLAIN IT IN DIFFERENT WAYS, THE INTELLIGENT UNDERSTANDS ALL, THE MID BRAIN SOME AND THE FOOL NONE.



SWADHYAY

STRAIGHT FROM THE ANAHAD

Swadhyaya is self introspection, an extremely important practice in the journey of a sadhak. It is reflecting upon one's mistakes and also, correcting them. Everyone knows what mistake they have made, it is just that very few make effort to correct it. Most convince themselves that is ok, or that what's done is done, lets forget it and move ahead. But Creation doesn't work like that. It is ok to make a mistake but if you do not correct the mistake, you cannot move forward on the journey of the spirit.



HAVAN MANIFESTATION

SHANKH

A yagya is a powerful practice that allows direct interaction with the positive forces of creation. In a recent yagya, the formation of shankh 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.



BINARY SYSTEM

SCIENTIFIC FACT

8.24-25 | 2nd century BCE by Acharya Pingala

अक्षरं शून्यं चैव द्वौ वर्णौ द्वयात्मकौ।
तयोः संयोगाद् भवति द्विगुणं षोडशात्मकम् ॥

This shloka states that there are two basic units in the binary system: the akshara (letter) and the shunya (zero). The combination of these two units can create 16 different values.

Gottfried Wilhelm Leibniz a mathematician and scientist claimed to have created the binary system in the 17 th Century while it was already mentioned in Acharya Pingala's Chandrasastra 2200 years ago.



TIW TIP

GOLDEN MILK (TURMERIC LATTE)

Golden milk is a comforting winter remedy made with milk, turmeric, ginger, cinnamon, black pepper, and optional honey or jaggery for sweetness. This warm drink is packed with health benefits, including boosting immunity, reducing inflammation, and improving digestion. Turmeric's curcumin provides anti-inflammatory and antioxidant properties, while ginger warms the body and aids digestion. Cinnamon enhances circulation and fights infections, and black pepper improves curcumin absorption. Adding a little ghee can nourish and lubricate joints, making it ideal for the cold season. Enjoy this soothing beverage at bedtime for restful sleep, enhanced well-being, and cozy comfort during chilly winter nights.



RESCUE STORY

RAY OF HOPE

In Kochi, Dhyan Foundation rescued nine baby calves from illegal slaughter, acting swiftly on a tip-off. The terrified calves, crammed in harsh conditions, were freed after a legal intervention. They were relocated to safety, receiving care and nourishment. This rescue highlighted our unwavering commitment to animal welfare and inspired local communities to protect voiceless beings.



ADOPT US!

WE NEED A HOME

Ideally if the two can be adopted together that would be great as they have been helping each other survive!

Age: 2-3 months

Gender: Female

Breed: Indian Desi Puppies

Location: Delhi

They lost their mother and 2 brothers to traffic accident on busy road.



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
Safradjung 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

5th-12th Jan 2025

Science of Swar and Dhyan with Ashwini Guru ji
6 Night Residential Retreat in the Aravallis

FOLLOW US



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