

DHYANA (meditation or contemplation), a fundamental technique common to all *Yogic* paths. The *Bhagavad-Gita* (12.12) places meditation above intellectual knowledge. The *Shiva-purana* (7.2.39.28) holds it to be superior to any pilgrimage, austerity (tapas), and sacrificial rite. The *Garuda-Purana* (222.10) declares: "Meditation is the highest virtue.

Meditation is the highest austerity. Meditation is the highest purity.

Therefore be found of Meditation."

Georg Feuerstein

Apr 2010

ISSUE # 18

# reflections

## yoga, wellness & you!

*Shreyas, an Inner Challenges initiative, is a retreat for discerning guests to step away from the hectic demands of modern life and spend time in unwinding, reflection, rejuvenation and rediscovering the simple pleasures of life.*

*Spread over 25 acres of landscaped gardens, the architecture and interiors are a seamless confluence of traditional and the modern styles.*

### Guests' Comments...

WHAT CAN WE SAY... 9 days of bliss, everything about Shreyas exudes care, kindness, warmth, and professionalism. We felt as if we entered a land where we have been treated like princesses, all our wishes were fulfilled in every way. We really enjoyed the intimacy of the small number of guests, which allowed the balance of interaction and personal space. We would like to thank you for the wonderful vegetarian food, cooked by the master chef with true love and affection.

Never have we come across such warm, giving, kind staff and how refreshing to be greeted with such generous, sincere smiles. We are so grateful that we have been allowed this magical experience to aid us on our life's journey. Thank you so much, with love and kindness.

**Mary Barrett & Sharon White, UK**

This has without doubt been a holiday of a lifetime. I have loved every single minute of it- even the forward bends. We have been looked after so well, I doubt I will ever get used to the real world again. I don't think a princess could have been treated any better than we were – a big thanks to the lovely staff. The attention to detail is just stunning - it feels like some one has tried to work at all I want even before I have, and got it so right. Please promise me Shreyas will never change for I long to come back again and again

**Helena Firth Powell, Abu Dhabi**



One of the 61 Rain Water Harvesting systems sponsored by the guests at Arjunabittahalli Village

### Joy of Giving – part II

Continuing with the introduction to "Joy of Giving" initiatives, in this issue we would look at the background of the first mass rural community initiative – Rain Water Harvesting systems at Arjunabittahalli village. The fast disappearance of local water bodies due to callous maintenance, lack of knowledge to preserve, indiscriminate digging of bore wells and cultivation of eucalyptus as a cash crop has pushed the water table in and around Bangalore to abysmal levels.

Issue no (1): The only source of drinking water in the rural Bangalore is the bore well (!) provided by the local bodies in the respective villages. These bore wells are operated at specific times of the day to fill the village water tank. The women of village draw water from these tanks for daily use that includes cooking, washing utensils / clothes, bathing and also for cattle. Due to lack of water storage, the women had to make ad hoc trips to the water tank.

Issue no (2): Though it rains well in and around Bangalore, neither the water bodies nor the homes of villagers are equipped to store water. It drains off as quickly as the rains.

This edition of 'reflections' is a presentation on how these issues were handled at a village near Shreyas.

**It is well to give when asked, but it is better to give unasked, through understanding; And to the open-handed the search for one who shall receive is joy greater than giving. And is there ought you would withhold? All you have shall some day be given; Therefore give now, that the season of giving may be yours and not your inheritors.**

**Khalil Gibran**

## Community Service

addressing **ECOLOGICAL CONCERNS**  
enable **RAINWATER HARVESTING**  
empower **ORPHANAGES**  
serve **RURAL SCHOOLS**



Gangadhar, one of Shreyas farm staff, with the RWH system before his home.



Notice the square pit below the green tap at the bottom of the RWH tank. The pot or water tube could be used to draw water.



From <http://www.youtube.com/watch?v=s2khmL42rr4>

Community Service initiatives enable in us “a genuine desire to serve the needs of others.” This is one of the practical aspects of one’s stay at Shreyas that helps us to think and thank all that we have as well as evolve as a responsible human being.

To facilitate the process of installing RWH systems, Shreyas contacted Mr. Vishwanath of the Rainwater Club ([www.rainwaterclub.org](http://www.rainwaterclub.org)). The following videos were shot and uploaded by Rain Water Club.

<http://www.youtube.com/watch?v=s2khmL42rr4>

<http://www.youtube.com/watch?v=KkZ8w9YLV7o>

<http://www.youtube.com/watch?v=z02zOJbrkWY>

Due to these RWH systems, the women of village are able to store water whenever they get time and also store the roof top rain water, after filtering it. Non-rusting, durable, washable and reusable materials were used in the construction of these tanks. The construction also followed modular approach, so that even if one section of the RWH system is under repair, it could be done with minimum replacement parts.

The highlight of the project was the installation of the RWH system in the village temple. A tank, thrice the volume of the regular ones installed at homes was done as the catchment area of the temple was huge.



At Shreyas, managing rain water is built into the retreat plan itself. The crest and trough of the land flow was retained as it was and the rain water was allowed to get collected in 3 ponds created for this purpose. Two of the three ponds thus created are shown above.

You give but little when you give of your possessions. It is when you give of yourself that you truly give.  
For what are your possessions but things you keep and guard for fear you may need them tomorrow?  
Khalil Gibran

## Shreyas RECIPES

... The food was so spectacular – I can't wait to buy the cook book!

*Julie Gagne (USA)*



In this section, we would like to introduce recipes from the 'to be' launched Shreyas Cookbook! To know more on the Cookbook and to share your experiences and suggestions on this recipe, write to us at: [support@shreyasretreat.com](mailto:support@shreyasretreat.com)

### HERB SOUP

*A refreshing cold soup with fresh herbs*

Preparation & Cooking time 35 minutes

Serves 6

#### Ingredients

- 1 tea cup spinach leaves, chopped
- 3 spring onions with greens, chopped
- ¼ cup coriander and mint leaves, chopped
- 1 level tablespoon whole-wheat flour, roasted
- A pinch of nutmeg powder
- ¼ teaspoon white pepper powder
- 1 tablespoon low fat milk
- 5 teacups vegetable stock or water
- 1 teaspoon olive oil
- Salt, to taste

#### For the garnish

- A few sprigs of mint leaves

#### Method

- Heat olive oil, add the onions, spinach, coriander and mint leaves
- Cook on a slow flame
- Add 2 cups of stock/water and flour mixed with ½ cup of water
- Cook for 2-3 minutes
- Cool & blend the mixture to make a smooth puree
- Reheat the puree with remaining stock, ground spices and salt
- Stirring continuously, add the milk to the soup.
- Simmer for another 5 minutes
- Chill and serve garnished with mint leaves

## Fresh Juice Diet

Thank you for restoring us to the state of health of children- wonderful! The food amazing – who could have thought, vegetables could taste so good in so many different & wonderful ways. *Helen Moyes (UK)*



Fresh juice diet is not just a method to treat disease but to rejuvenate the body by flushing out the toxins and to enable its optimal functioning. This is popularly called as 'Juice fasting,' considered as the most effective way to restore health.

#### How it works?

During this diet, the eliminative and cleansing capacity of the organs of elimination is greatly increased and masses of accumulated metabolic waste and toxins are quickly eliminated. It affords a physiological rest to the digestive organs and after that the digestion of food and the utilization of nutrients are vastly improved.

Drinking alkali forming fruits and vegetable juices, instead of water, during fasting will increase the healing effect of fasting. Elimination of uric acid and other inorganic acids will be accelerated and sugars in juices will give energy and strengthen the heart.

#### The benefits

- a) Raw juices of fruits and vegetables are extremely rich in vitamins, minerals, trace elements, enzymes and natural sugars. They supply needed elements for the body's own healing activity and cell regeneration; their by speeding the recovery.
- b) The juices extracted from raw fruits and vegetables require no digestion and almost all their vital nutrients are assimilated directly in the blood stream.
- c) Raw juices are extremely rich in alkaline elements; highly beneficial in normalizing acid- alkaline balance in the blood and tissues as there is over acidity in the most conditions of ill-health.

*(To be continued in May 2010 issue...)*

Compiled by Dr. Asha P, Wellness Consultant, Shreyas

Sage Uddalaka instructs his son Svetaketu: "Food when consumed, becomes threefold. The gross particles become the excrement, the middling ones flesh, and the fine ones the mind. My child, when curd is churned, its fine particles which rise upwards form butter. Thus, my child, when food is consumed, the fine particles which rise upwards form the mind. Hence, verily, the mind is food".

Swami Sivananda