

shreyas

A journey of self-discovery

**CHANDOGYA – UPANISHAD** (chandogyo - upanishad), one of the oldest scriptures of the *Upanishadic* genre, composed perhaps about the middle of the second millennium BCE.

It contains, among other sacred syllable *om* (called *udgitha*). The third chapter is essentially an exposition of the “honey doctrine” (*madhu-vidya*) and the nature of the life force (*prana*). This scripture affords the historian of religion a valuable glimpse of the earliest formative phase of *Hindu* metaphysics, when the *Vedic* sacrificial ritual became internalized, thus paving the way for the development of *Yoga proper*.

*Georg Feuerstein*

May 2010

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# 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...

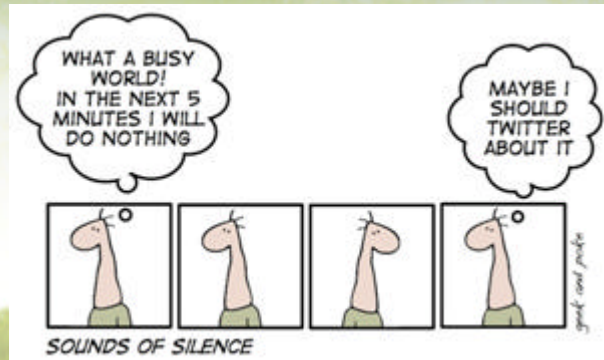
Amazing energy Shreyas shares with one & all. Truly an awesome place, very relaxing and staff are just absolutely fantastic, very courteous and always smiling and ready to help by just one call. Enjoyed the Yoga & massages too, and definitely one on my list to return again sometime. Stay was too short, but worth every minute.

Best wishes to all & Shreyas.

**Suraiya Ebrahim, Hong Kong - May 2010**

Came in with very high expectations and the experience for even a day surpassed and gave me more than what I was looking forward to. An entire space created for silence and Sadhana with a complete saatvik environment, absolutely non-stimulating – be it the food, the stay, the activities, the approach of the staff and the energy around. A reflection and module of one's basic requirement of life was experienced. Of course our stay was for few moments but this glimpse left a big impact and we are planning for a longer stay with our daughter. We were in real search for such external space to help us internalize amidst this modern, new day, highly developed but evolved environment. Lot of gratitude to all involved in small & big ways to create & give this place its right expression. A purely vegetarian place with all life science in its simplest form, keeping silence as the predominant energy and training the staff with the same essence eliminating formalities and etiquettes and being natural & simple. Thanking all of you'll once again & looking forward.

**Fenny & Soumil Shah, India - May 2010**



### Silent Retreats

Silence is our true nature, the space between our thoughts where we experience unbounded joy. Through silence, it's possible to experience a deep sense of belonging and understanding of self. And the more you understand yourself, the more you understand the world.

Silence is not just absence of speech but also the quietening of mental activity. Periods of silence guide us on the path of self-discovery and self analysis, revealing avenues of change required that we have not been able to identify or even realize in the bustle and noise of everyday life

Besides the psychological, there are physical health benefits of being still, quieting the mind and eliminating noise.

Silent retreats help guests suffering from insomnia, high blood pressure, stress, burn out and the consequences of the maladies of modern day life like irregular, unhealthy meals and lack of exercise.

Shreyas introduces a 7-night Mouna Retreat ('Mouna' means 'time spent in silence'), to help guests to step back, introspect, calm the mind and possibly realign and reprioritize goals in life.

We can also customize 'Silence' modules during your other packages. Write to us at [support@shreyasretreat.com](mailto:support@shreyasretreat.com)

**Silence is the language of the Gods!**  
*Swami Sivananda*

[http://www.shreyasretreat.com/Silent\\_Retreat.htm](http://www.shreyasretreat.com/Silent_Retreat.htm)

## Shreyas RECIPES

... Fabulous food that nourishes your body is beautiful to the eye and wonderfully served...  
Linda & Neill Brownstein, India & USA (May 2010)

### ONION, MINT & FENNEL PANCAKES

Preparation Time & Cooking Time: 20 minutes  
Makes 6 pancakes

#### Ingredients

- 2 teacups whole wheat flour
- 1onion, finely chopped
- 1 green chilly, finely chopped
- 3 tsp mint & fennel leaves each, finely chopped
- ½ tsp Salt
- Low fat milk for kneading

#### Method

1. Sift the flour and salt together in a bowl.
2. Add onion, green chilly and the greens.
3. Now add the milk slowly, mix well and knead into stiff dough.
4. Cover and keep aside for 20 minutes.
5. Divide the dough into 6 portions.
6. Shape into round balls and roll out the pancakes. Cook on a girdle both sides.
7. Serve hot with yogurt.



### CARROT PUDDING

Preparation & Cooking time: 25 minutes  
Serves 4

#### Ingredients

1. 400 grams carrots, grated
2. 2 tsp clarified butter/ olive oil
3. 3 cups low fat milk
4. ½ cup condensed milk
5. 1 tsp cardamom powder
6. 2 tsp cashew nuts, toasted
7. 6-8 raisins

#### Method

- Heat clarified butter in a non-stick pan, add carrots.
- Sauté for 4 -5 minutes
- Add the milk and cook till the moisture evaporates.
- Add condensed milk, cardamom powder & cook till almost dry.
- Serve hot garnished with cashew nuts & raisins.

## Fresh Juice Diet

...The chef is extremely good and the food is unmatched...  
Dr. Archana Arcot, Srilanka (May 2010)



*Continued from the previous issue...*

- d) Organic minerals like calcium, potassium and silicon help in restoring biochemical and mineral balance in the tissues and cells, there by preventing premature ageing of cells and disease.
- e) Raw juices contain certain medicines, vegetable hormones and antibiotics.
- f) Nutrition in food is lost when it is cooked.
- g) They also have fiber which helps to eliminate excess toxins and reduce cholesterol levels. Digestion and assimilation of juices is much faster, thus helping to save energy which is then used for healing and recuperative purpose.

All juices should be made fresh immediately before drinking. Canned and frozen juices should not be used. Juices oxidize rapidly and lose their medicinal value in storage, even under refrigeration. Fresh fruit juices are the cleansers of the human system and vegetable juices are the regenerators and builders of the body.

From **Clare & Peter Haden (UK)**, who stayed with us in April 2010!

To all at Shreyas,  
Thank you for a very special stay.  
Everything at Shreyas has been perfect.  
The wonderful food & beautiful tables, the gorgeous pool & lovely gardens & of course, the guidance in Yoga & Meditation.  
Our stay was made particularly special by the fantastic staff, and a very big thank you to Dr. Asha who looked after us so well.  
We'll see you again soon!

On behalf of the entire Shreyas team... THANKS Clare & Peter for your encouraging comments!

“*Mitaharam vina yastu yogarambham tu karayet; Nanarogo bhavettasya kinchit yogo na siddhyati*  
“Without observing moderation of diet, if one takes to the *Yogic* practices, he cannot obtain any benefit but gets various diseases”

(*Gheranda Samhita* V-16)

Extract from *Swami Sivananda's Kundalini Yoga*

[http://www.shreyasretreat.com/Silent\\_Retreat.htm](http://www.shreyasretreat.com/Silent_Retreat.htm)