



A journey of self-discovery

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.

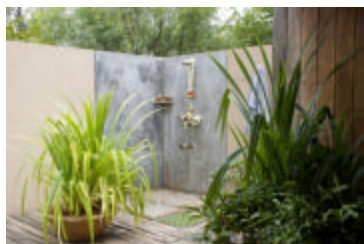
Extract from Guests' comments

There are so many things which make Shreyas wonderful. The food, the accommodation, the gardens, the toads who paddle in the pool in the evenings...But ultimately it is the people who have patiently guided me to my own 'place of calm' and for that, I thank them all. I shall cherish the gift.

Julia Finch, UK (Oct '09)

Thank you so much for an amazing experience! I feel totally rejuvenated and ready to face new challenges! The staff is absolutely amazing - very attentive & efficient. The food, atmosphere, spa and classes - all make this a very special place that I hope to return to very soon! You have created a very special place, my new spiritual home!

Patricia, Sri Lanka (Oct '09)



What a wonderful way to end our India journey! Everything was perfection - the food, the Yoga, the accommodations and the staff was very warm and welcoming. Thank you

**Melinda & Richard
USA (Oct '09)**

Lakshmi Tattwa **Concept of True Wealth** *Adapted from the sessions at Shreyas by Sri Shankar Narayan*

(Continued from Sep / Oct '09 issue)



Dhana Lakshmi

- Money, gold, silver, precious stones, and nature's treasures hidden in the depths of Mother Earth and in the oceans are to be worshipped as *Dhana Lakshmi*.
- When Mother manifests as *Dhana Lakshmi*, she will not remain in one place for long. Her nature is movement. We must recognize this and give bountifully.
- If we don't utilize the money, it will stagnate and will affect us *karmically*. The way to utilize the money is to use it to serve the Mother in and as *virat* (all the beings).
- Money is buying power; it is that divine quality which enables processing to take place. It is through the medium of money that *Mahalakshmi* converts one energy form into another.

Handling Dhana

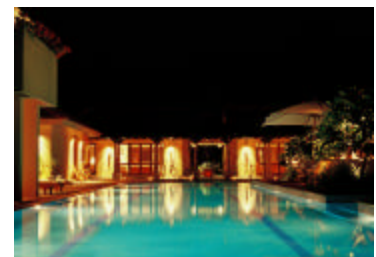
- *Dhana Lakshmi* is very difficult to handle because she is verily *agni* - thus the manifestation in golden complexion.

- Money (read Wealth) has the tendency to pervert and corrupt people. We have to be pure while dealing with it or it will burn us.
- A person who is able to hold money in trust and utilize the same for the service of Mother is the real worshipper of *Dhana Lakshmi*. Such a person is the greatest king even being uncrowned.
- The worship of *Dhana Lakshmi* is to remember at all times that we are only a conduit and our duty is to make ourselves a proper channel for the flow of wealth (read money).

To be continued...

We have enjoyed our stay here very much. We are very sorry that we had to leave early, but we are really looking forward to coming back. The staff & the environment is very welcoming. Thank you for all the peace & tranquility. Kind regards

**Emma & Kelly Salteri
Australia (Oct '09)**



We came to visit Shreyas as travel agents from the Netherlands...Shreyas is the perfect place to relax, to start a business trip. Unfortunately we could stay just for 2 nights. That is too short. For our clients we will recommend at least 4 days.

And hopefully we can come back ourselves as well, but then without business to do. Thanks a lot!
Namaste

**Wendy & Margaret
Netherlands (Sept '09)**

Ayurveda @ Shreyas

Ayurveda can be translated as "the science of health and longevity." It is being practiced for more than 5000 years in India. In this new series, we wish to introduce the various *Ayurvedic* treatments available at Shreyas.

Our qualified Ayurvedic Physician assesses the guest's body type before suggesting the medication used in the treatments.



SHIRODHARA

This process is traditionally done immediately after an *Abhyanga*. Here therapeutic oils are poured in a continuous stream to bathe the head, directed to the mid forehead. *Shirodhara* calms and relaxes the mind. Depending on the body type and season the oil/milk/butter milk can be used to enhance the therapeutic benefit of this treatment.

VIRECHANAM

PURGATION THERAPY

This is the second of the five main *panchakarma* therapies that purifies our body by elimination process where the bodily wastes are evacuated through the lower pathways of the body by oral administration of *Ayurvedic* medicines. It cleanses the stomach and small intestine. Special diet is provided on this day for the body to gain strength.

After purgation therapy one should not undergo any therapies for next 3 to 5 days.

The language of YOGA

DANA

generosity or charity

The *Tri-Shikhi-Brahmana-Upanishad* counts *dana* among the ten practices of self-restraint (*niyama*), and the *Shandilya-Upanishad* explains it as giving with all sincerity wealth that has been acquired by righteous means. According to the *Bhagavad-Gita*, *dana* is threefold, depending on the predominance of the three qualities (*guna*) of nature. Thus it can be *sattvika* (when done in the right place and at the right time [*kala*] as one's duty without expecting any reward and for a worthy recipient), *rajasa* (when a return favor is expected or when one hopes for *karmic* merit), and *tamasa* (done without respect or with contempt at the wrong time in an inappropriate place for an unworthy recipient). The philosophy underlying the virtue of liberality is expressed in the *Mahanarayana-Upanishad*, which explains that all beings live from the donation of others. Curiously, the *Shiva-Samhita*, considers almsgiving to one of the obstacles (*vighna*) of *Yoga*.

DHAUTI

washing or cleansing

One of the "six acts" (*shat-karma*) of *hata-yoga*. According to the *Gheranda-Samhita*, it comprises the following (*antar-dhauti*); dental cleansing (*danta-dhauti*), cleansing of the "heart" (*hrid-dhauti*); and rectal cleansing (*mulashodhana*).

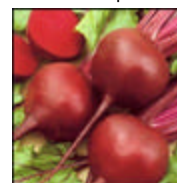
The *Hatha-Yoga-Pradipika* does not mention these subcategories but describes *dhauti* thus; one should slowly swallow a wet cloth four digits wide and fifteen spans long as instructed by one's teacher, and then draw it out again. This technique is otherwise known as "cloth cleansing" (*vaso-dhauti*).

Extract from the works on *Yoga*
by *Georg Feuerstein*

Shreyas Recipe

CREAM OF BEETROOT SOUP

Preparation &
Cooking Time 30 minutes
Serves 4



Ingredients

2 large beetroots
1 tablespoon corn flour
½ onion, finely chopped
1 celery stalk, chopped
1 tablespoon olive oil
3 teacups vegetable stock
1 teaspoon lemon juice
Salt and pepper to taste



Method

- Steam the beetroot until soft
- Cool & grate
- Heat the olive oil in a pan, add the onion and sauté for a minute
- Add the stock, beetroot, celery and salt
- Add the corn flour mixed with 2 tablespoons of cold water
- Simmer for 5-6 minutes.
- Cool. Blend until smooth.
- Reheat, add lemon juice & pepper
- Serve hot

Why haven't we discovered you earlier? This was a magical experience in every way. I feel quite inspired to carry on with the yoga and will miss the wonderful massages, and the delicious food. What a special team you have put together to make this such a special place. We will certainly be back. Many thanks

Nick & Sarah Allan
United Kingdom (Oct '09)