



Punarnava Ayurveda Trust Newsletter

October 2013 | Volume 1, Issue 4

Our Vision:

Live Simple
Live Well
Live Healthy
Live Happy

Bhakti-Unconditional Love

Love that is boundless, non-judgmental, unconditional, and all-encompassing is Bhakti. The best example of unconditional love is that of a mother to her child. Love that a devotee feels for his god, and that a disciple feels for his guru are examples of Bhakti. Bhakti, to one's work guides the person to the goal, or the vision. There can be many a deterrence in the path of the vision, but the constant awareness and belief in the vision leads the person onward to the destination.

In Valmiki's Ramayana, Rama describes the path as ninefold (nava-vidha bhakti):
Such pure devotion is expressed in nine ways.

- 1.Satsang, 2.Develop a taste for hearing stories of god, 3.Service to guru, 4.Singing Kirtan, 5.Japa (repetition of the holy name) & Bhajans, 6. Selfless service, 7.Worshipping of saints, 8.To find no fault with anyone and 9.Unreserved surrender.

Anyone who practices one of these nine modes of bhakti pleases God/Guru, the most and reaches him without fail.

The Bhagavata Purana teaches nine similar facets of bhakti, as explained by Prahlada: (1) śravaṇa ("listening" to the scriptural stories of Kṛṣṇa and his companions), (2) kīrtana ("praising", usually refers to ecstatic group singing), (3) smaraṇa ("remembering" or fixing the mind on Viṣṇu), (4) pāda-sevana (rendering service), (5) arcana (worshiping an image), (6) vandana (paying homage), (7) dāsyā (servitude), (8) sākhyā (friendship), and (9) ātma-nivedana (self-surrender). (From Bhagavata Purana.

Traditional Hinduism speaks of five different bhāvas or "affective essences". In this sense, bhāvas are different attitudes that a devotee takes according to his individual temperament to express his devotion towards God in some form. The different bhāvas are:

- śānta, placid love for God;
- dāsyā, the attitude of a servant;
- sākhyā, the attitude of a friend;
- vātsalyā, the attitude of a mother towards her child;
- madhura, the attitude of a woman towards her lover.

Several saints are known to have practiced these bhavas. The nineteenth century mystic, Ramakrishna is said to have practiced these five bhavas. The attitude of Hanuman towards lord Rama is considered to be of 'dasyabhava'. The attitude of Arjuna and the shepherd boys of Vrindavan towards Krishna is regarded as 'sakhya bhava'. The attitude of Yashoda, who looked after Krishna during his childhood, is regarded as 'vatsalyabhava'. The attitude of Radha towards Krishna is regarded as 'madhurabhava'.

To conclude, the four P's namely, Patience, Persistence, Perseverance, and Prayer are the instruments that guide one's to the object of bhakti, be it God, Guru, child, lover, friend, or work.

Reference-wikipedia

Trust Activities: September 2013 – October 2013

Eye camp at Chavadi

Punarnava Trust in collaboration with Arvind Eye Hospital conducted an eye camp on 22nd Sept 2013, to help the people of the nearby villages. The camp benefited 145 villagers and 30 old villagers underwent free cataract surgery at Arvind Eye Hospital.



Assisi Snehalaya

The children of Assisi Snehalaya enjoyed a surprise dinner to their heart's content of Ghee roast, sambhar, chutney and sweet on 1st October 2013 when the volunteers from Punarnava Trust made their favorite dish in their own kitchen.



Natural Farming

This year, with blessings from the rain gods, Punarnava Trust, grew plenty of vegetables, which were used in the vaidyagrama kitchen to serve the patients, and staff.



Goshala at vaidyagrama

A new cowshed, made in one acre of land to house 3 cows and 2 bulls was inaugurated on 6th Oct 2013. A puja was performed on the day and the cows were ceremoniously led to their new abode.



Free Ayurveda Medical Camp and community lunch at Rottigoundanur Village

A community lunch was organized by Punarnava Trust, but this month the meal was prepared by a villager with support from our Trust members. All the villagers along with the vaidyagrama staff sat together and had lunch, thus beginning the community lunch concept. We are happy to be given the chance to serve the community this way.

Festivities at Vaidyagrama:

Navarathri: A splendid display of idols and lamps and reciting of Mahishasura Mardini and distribution of Prasad marked the celebration of Navaratri at vaidyagrama.

Eid: This year vaidyagrama celebrated Eid with much fervor on 16th October 2013 with staff and patients, by reciting phrases from the holy Quran, which told the story of the faith of Prophet Ibrahim in Allah. Sweets were distributed.

Besides these, the regular monthly Narayaneeyam and Ganapathihomam were conducted at vaidyagrama

Study center at Rottigoundanur

The volunteers of Punarnava Trust visit the village every day to conduct tuitions to the primary students of the village school. The enthusiastic students enjoy the attention and care of the volunteers and are very excited to study under their guidance.



Support of friends and well-wishers

Many kind hearted souls supported the activities of PunarnavaTrust..Friends of vaidyagrama, Florian ji and Daniella ji, from Germany, supported us by donating the proceeds of a Book written by Florianji. Our friend Radha Bornstein, a yoga practioner and a musician from Australia,conducted a concert on 20th October at 43,at the Yoga Den, Vulture street, West end, Brisbane, and the proceeds are to be donated to Punarnava Trust for the orphanage. We thank each and every one of our supporters for their valuable support. We also thank the villagers for giving us this opportunity to serve them. We are indeed blessed to have been given the opportunity.

Future Projects:

- ❖ Orphanage to house 30 children
- ❖ A senior citizen home close to the orphanage
- ❖ A “How to Live” school for the children of the village
- ❖ Solar Panel lighting in the villages
- ❖ Empowering women in village
- ❖ Programs to create Ayurveda experts
- ❖ Cultivation of Herbs

How you can support

If you feel you want to be a part of this vision, and would like to contribute to the same, here are some ways you could help.

1. You can donate a sum of USD 10 / Rs500/- or in multiples thereof.
2. You can encourage your friends to do the same by spreading the word about the trust and its activities.
3. You can volunteer during the trust activities.
4. You can give your suggestions and ideas on how to improve upon this vision
5. You can promote this idea through email,facebook, twitter etc.

How to donate (at www.punarnava.org)

For Indian Donors:-

You can donate by any of the following means:

Cheque, Demand Drafts, Wire Transfer,Credit card, Debit card or by Net banking, in the name of PunarnavaAyurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapurambranch,Coimbatore

Account number 174602000005107of Punarnava Ayurveda Trust.

IFSC code- IOBA0001746

SWIFT-IOBAINBB020

For International Donors:-

Citi Bank, Tristar Towers, Avinashi Road, Coimbatore India.

Account number-0100768429 Punarnava Ayurveda Trust

IFSC code-CITI0000011

SWIFT-CITIINBX

Punarnava Ayurveda Trust is registered under Section 11 (1) of the Foreign Contribution Regulation Act (FCRA), 2010, and hence is eligible to receive International donations for the said purpose.

Donations to Punarnava Ayurveda Trust by Indian donors are eligible for tax exemption under Section 81 G of the Income Tax act.

The V International Conference on “Ayurveda – where science meets consciousness– using nature’s offerings in the healing process”– will be held in vaidyagrama Ayurveda healing village in Coimbatore, India from December 12th – 17th 2015.

Nature’s offerings:

Ayurveda uses the abundance of nature’s offerings in creating and restoring harmony – within and without. A unique and subtle understanding of the properties of all of nature’s offerings in relation to the living being is what differentiates the science of pharmacology and pharmaco-dynamics as elucidated in Ayurveda. Nature’s offerings include herbs, shrubs, trees, metals, minerals and animal products. Understanding their healing potential and creating combinations of one more of any of nature’s offerings to enhance the healing effect and minimize the after-effects is the purpose of this particular conference.

Some of the confirmed presenters include –

Mother Maya | Dr.Vasant Lad | Dr. Robert Svoboda | Dr.Claudia Welch |

Please do visit www.ayurvedaconference.com for more information in the coming months. As always let us all work together in the interest of "**Authentic Ayurveda for universal well-being.**"



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