

KALARIYIL DHARMIKAM ASHRAM



How can He, who is the witness of Buddhi,
who transcends Maya and its effects, who is in
truth without attachment and aversion, be afflicted
by the effect of Maya, namely, the sorrows of the world?
Adhyatma Ramayana- Kishkindha Kandam Ch. 5 Verse 18



Calendar Events - October

- 4 Pournami- Full Moon
- 13 Ayilyam- Naga Temple Puja
- 17 Ganapathi Homa
1st Thulam
Deepavali (Festival of Lights)
- 18 Amavasi (also called Black Moon or New Moon)
- 29 Ekadasi- Namajapam for World Peace

“Build an altar in your heart. You don’t
need to run around and search for Him.
You will see Him waiting in for you.”

-Sat Guru Hanuman Das

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Centre for Kalaripayattu Training & Marma Therapy Research

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DHARMIKAM

Anniversary Celebration

On 4 September the Ashram celebrated the anniversary of the installation of the Deity. There were flower offerings, special poojas and homas throughout the day. Prasad Sadhya (lunch) was served to all who attended. In both afternoon and evening there were musical programmes and bhajans performed by professional musicians.



Swami giving Pushpabhishekam Prasad

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DHARMIKAM



Pre-Dawn Ganapathi Homa

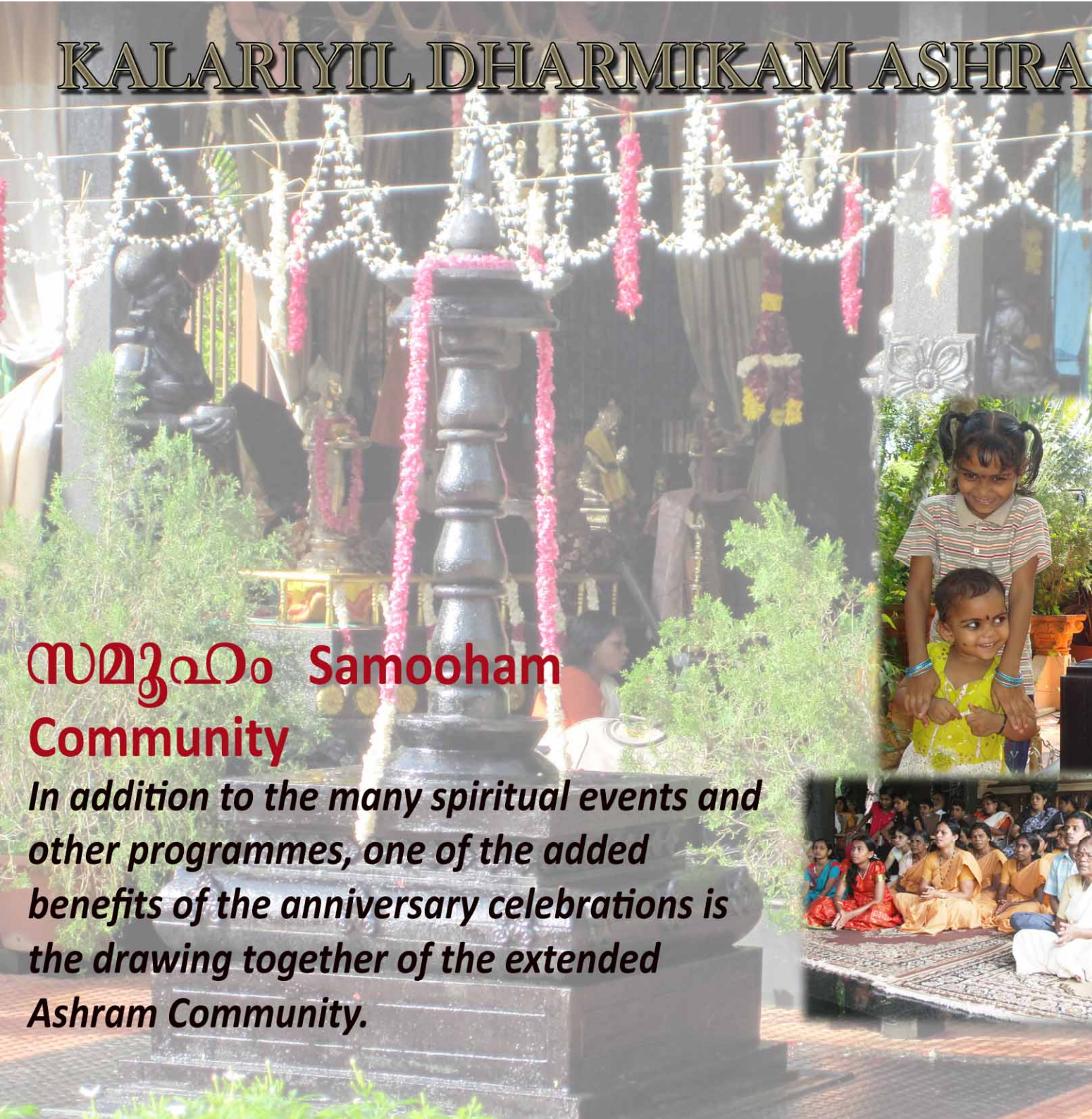


100,000 Mantra Pooja



Devotees attentively observing Pushpabhishekam

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സമൂഹം **Samooham** **Community**

In addition to the many spiritual events and other programmes, one of the added benefits of the anniversary celebrations is the drawing together of the extended Ashram Community.



Traditional Medicine Making is one of the most important aspects of our Kalarichikilsa treatment system. The recipes used have been passed down from generation to generation, from the Guru to the Disciple. Medicines are made from pure, natural ingredients. Many of the remedies are unique to our treatment system. They are made by hand, using a wood fire. There is no commercial mass production, so full emphasis can be placed on the quality of the medicine. All of the oils used in the treatments at the Ashram are organic and hand made on site under the direct supervision of Swamiji. No deviation from the traditional methods are permitted.

Sun Dried Ingredients are used in our oils, lehayam, and kashayam.

*There are a number of reasons for using dried herbs:
The energy of the sun is absorbed into the plant.
Sunlight and heat create specific chemical changes in ingredients.*

Drying...

*Eliminates the possibility of fungal contamination.
Facilitates powdering through pounding.
Increases shelf life for storage.
Concentrates the healing qualities of the plant.*



Sun Dried Plant Materials

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Guru Puja

The Guru-shishya tradition is a spiritual relationship where teachings are transmitted from a Guru (teacher) to a shishya (disciple). Such knowledge is imparted through the developing relationship between the Guru and the disciple. It is considered that this relationship, based on genuineness of the Guru, and the respect, commitment, devotion, and obedience of the student, is the best way for subtle and advanced knowledge to be conveyed.

During the anniversary celebrations we celebrated a special Puja to honour the Guru. It is a time when students, devotees and disciples come and give offerings of 'Guru Dakshina'. Gururji then gave a lecture inside the Kalari.



Guruji receives dakshina