



# Punarnava Ayurveda Trust Newsletter

August 2013 | Volume 1, Issue 3

## Our Vision:

Live  
SimpleLive  
Well  
Live Healthy  
Live Happy

## Art of receiving

In one of the satsangs at Vaidyagrama about the 'Art of Receiving' it was said, *'giving is easy; receiving is difficult. Giving takes care of our ego; receiving HURTS our ego. By balancing 'giving' and 'receiving', we will find that we do much better'*

We all need to reflect considerably on the article, "The Art of Receiving" by Amanda Goldston (Tarot and Abundance Coach)"

Give and Take is a phrase many of us use every day. Yet how does it make you feel? Does it make you feel abundant and prosperous? How about replacing the word "take" with the word "receive"? "Give and Receive" is the natural cycle of abundance, yet it is something loads of people struggle with. For many the "Give" part is easy to do because most of us have been trained from being little children to give to others, to think of others before ourselves and to refuse gifts or compliments. We have been trained that it is selfish to demand what we want and so many of us have a low measure of what we feel we are worth or we deserve. So many people can selflessly give of their time, money, business services or anything else that anyone wants. Yet those same people can really struggle receiving the good that is their birthright.

Most of us love to give because it makes us feel good. However the ability to gracefully receive- with a smile- is just as crucial. It is part of the cycle. Refusing to accept good things blocks the flow and damages the cycle. We are all givers and we should also all be receivers. We cannot be solely one or the other. We often expect our good to come in a certain way from a certain person and so can shut ourselves off to other possibilities.

## Top tips for Receiving

- ❖ Accept compliments with a smile
- ❖ Allow a friend to buy you a coffee or lunch or a meal
- ❖ If someone offers to pay you for something such as walking the dog or petrol money, gracefully accept it
- ❖ If you get an offer of help in any way, accept it, whether it is someone carrying your shopping or getting something off a high shelf for you
- ❖ Pick up pennies in the street
- ❖ Expect to receive gifts, compliments, freebies, good deals, discounts, vouchers etc.
- ❖ Think of yourself as lucky and tell yourself you are lucky and good things come to you
- ❖ Practice and have fun. Watch someone's face light up when you gratefully accept something they have offered. That is a priceless experience.

## Trust Activities: July 2013 – August 2013

Friends of vaidyagrama, Daniela Wolff and Florian Palzinsky raised Euro 400 for Punarnava Ayurveda Trust, by organizing a charity dinner to a group of people in Salzburg. The menu cooked by Daniela ji and Florianji included a vegetarian barbecue with grilled tofu, courgette, couscous tabouleh, red lentil salad, homemade ketchup, vegetarian sausage, herbal butter bread and some dips. We convey our heartfelt gratitude to Danielaji&Florianji and their friends who took part in the charity dinner. This is indeed an inspiration to all of us.



## Annadanam

Our ancient texts tell us that, “Donating 1000 elephants & horses, donating 10 million cows, donating any number of vessels of silver and gold, donating the entire land till sea, offering the entire services of the clan, helping in the marriage of 10 million women, all this is never ever equal to Annadanam, the feeding of hungry and needy.

Punarnava Trust conducted a free Ayurveda medical camp and Annadanam at Rottigoundanur village (about one km from vaidyagrama) on 7th July 2013 and 11th August 2013 respectively. Over 600 villagers enthusiastically took part in the Annadanam. Doctors from vaidagrama consulted the patients and dispensed free Ayurvedic medicines to the patients.



## Narayaneeyam

'Narayaneeyam' is an ancient text comprising of 1036 Sanskrit verses, which is the summary of Bhagavata Puraanam is composed by Shri Melpathur Narayana Bhattathiripadu of Kerala in 1586AD. Every month about 20 senior ladies from Annapoorneswari temple at Coimbatore, visit vaidyagrama and recite Narayaneeyam, filling the air with positive healing energy. Narayaneeyam recitals were conducted on 21st July 2013 and 25th August 2013. The picturesque vaidyagrama after the rains provided the perfect backdrop for the recitals.



**Education:** One of the initiatives of Punarnava Trust has been to help poor students of the nearby villages to pursue higher education. This month the Trust supported Ms Deepa, daughter of Mr Palraj, of Rottigoundanur village by sponsoring Rs 65000/- towards her fees for B.Ed degree in R V S College of Education, Sulur, and Coimbatore.



**Natural Farming:** The richness of the land, abundant rains and the hardworking hands of the garden staff have helped Punarnava Trust in reaping a bumper harvest of organic vegetables, which was used in-house at vaidyagrama hospital for the patients and staff.

**Vaidya Sangamam:** Every month Ayurvedic physicians from Tamilnadu and Kerala get together at vaidyagrama and conduct seminars on promoting Ayurveda and hold discussions on various topics including case histories and treatments.



## Future Projects:

We intend to

- ❖ create a space to house children and elders; so that they can mutually bring joy to each other, support each other, learn from each other, “share and care” and most importantly “live simple, live well, live healthy, live happy”
- ❖ create a learning space, a “how to live” school where the children can learn to live life on their own terms; a school which will focus as much on practical skills as the theory that is currently being imparted in schools; a school where the elders can share their life experience with the children to make them better prepared to face the journey ahead

We invite you to join us on this journey; for we believe that the “whole world is our extended family” and every one of us can contribute to bringing joy to the many who are temporarily without joy.

## 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](http://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 Punarnava Ayurveda Trust, Coimbatore.

Our Bank details are

Indian Overseas Bank, Nanjundapuram branch, Coimbatore

Account number 174602000005107 of 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

**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 12<sup>th</sup> – 17<sup>th</sup>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](http://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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