

# VEDAZINE

by OJAS

*issue one: Vata seasonal remedies + medicines*

Cover art: "Indigo Source" by Sherri Silverman

A collaborative collection of deliciously curated wisdoms  
rooted in + inspired by East Asian indigenous Vedic truths  
passed down from the Vedas

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## SARASVATI PRARTHĀNA

Prano devī sarasvatī vājebhirvajinīvatī |  
dhīnām avitryavatu |  
ā no divo brhataḥ parvatādā  
sarasvatī yajatā gantu yajnam |  
havam devī jujusānā ghrtācī śāgmām no vācamuśatī  
śrnotu ||  
vag devyai namaḥ

*May the goddess Sarasvati  
Protect us in all aspects.  
She is full of plentitude  
with the life-force of plenty.  
She is the guardian of thoughts.*

Translation from Shantala Sriramaiah of Veda Studies



**Zine is also available in interactive digital format at**

www.  .live



# Āyurmantraḥ

from *Taittiriya Aranyaka* 4.2

with audio recording by Melissa Shah of Find Your Breath

॥ आयुर्मन्त्रः ॥    ॥ āyurmantraḥ ॥

ओं आयु॑र्धेहि ।	om āyur <sup>1</sup> dhehi ।
ओं प्रा॒णं धे॑हि ।	om prā <sup>1</sup> ṇam dhehi ।
ओं अपा॑नं धेहि ।	om apā <sup>1</sup> nam dhehi ।
ओं व्य॑ानं धेहि ।	om vyā <sup>1</sup> nam dhehi ।
ओं चक्षु॑र्धेहि ।	om cakṣur <sup>1</sup> dhehi ।
ओं श्रो॑त्रं धेहि ।	om śro <sup>1</sup> tram dhehi ।
ओं मनो॑ धेहि ।	om ma <sup>1</sup> no dhehi ।
ओं वाचं॑ धेहि ।	om vā <sup>1</sup> cam dhehi ।
ओं आ॒त्मानं॑ धेहि ।	om ā <sup>1</sup> tmānam dhehi ।
ओं प्रति॑ष्ठां धेहि ।	om pra <sup>1</sup> tiṣṭhām dhehi ।
ओं मां धे॑हि ।	om mā <sup>1</sup> m dhehi ।
ओं मयि॑ धेहि ।	om ma <sup>1</sup> yi dhehi ।



Scan here to follow along with audio recording on

www.OJAS.live



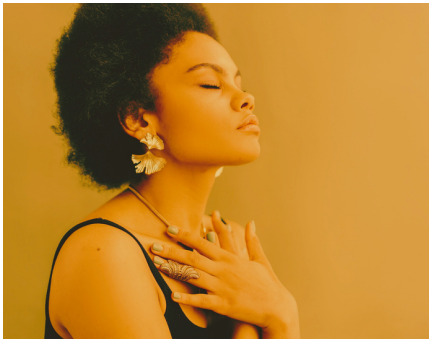
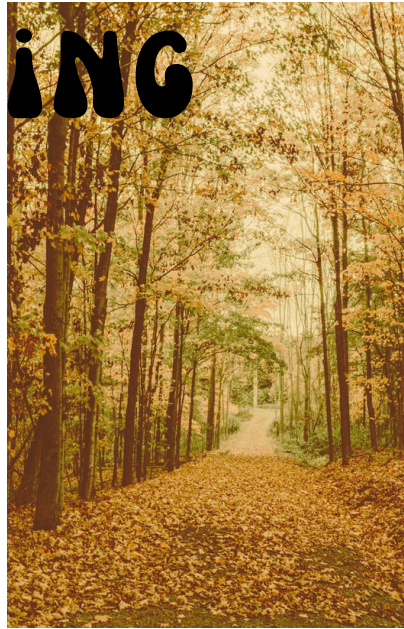
# BALANCING VATA



- by dre giménez (yogidelic)

## fall is here!

the crisp air, rustling leaves, gentle breeze that's got you feeling light and fluttery, like a butterfly taking flight 🦋 and that's vata energy for you – airy, creative, but sometimes a bit scattered, too. through gentle shifts, we can restore harmony. like tending to a garden, nurturing the essential while letting go of what no longer serves. in this journey, remember self-compassion. as you navigate each phase, each breath, be kind to yourself. here are some simple mindfulness practices to keep your nervous system balanced during vata season:



## finding your rhythm (morning visualization):

1. pause and take a conscious breath. feel the gentle rise and fall of your chest.
2. observe your thoughts without judgment. let them drift by like leaves on a stream.
3. tune in to your natural pace. find the rhythm that aligns with you. as you set the tone for your day, imagine your personal rhythm syncing harmoniously with the world, like a dance guided by the winds themselves.





**taming the winds of the mind (body scan):**

1. close your eyes and breathe deeply.
2. picture a soft light at the crown of your head, slowly moving down.
3. as it touches each part of your body, feel tension melting away.
4. take your time as you scan the body. visualize your energy rooting into the earth, like ancient trees anchoring deep in the soil.

**balancing breath (nadi shodana):**

1. close your eyes and sit comfortably.
2. gently close your right nostril with your right thumb.
3. inhale through the left nostril for a count of four.
4. close the left nostril with your ring finger, releasing the right.
5. exhale through the right nostril for a count of six.
6. inhale through the right nostril for a count of four.
7. close the right nostril, releasing the left.
8. exhale through the left nostril for a count of six.
9. repeat for five cycles, allowing your breath to become a tranquil rhythm.



# A WARMING, NURTURING, VATA PACIFYING ĀSANA PRACTICE

with Katie Allen RYT of Be The Change Yoga, Orange County, CA



Katie Allen leads us through an **all-levels** Āsana + Prānāyāma practice, which includes *Nadi Shodhana* (outlined by Dre Giménez on page 4) and some **gentle movements to awaken the spine + lubricate the joints.**

## Vastu Shastra for Vata Dosha

by Sherri Silverman



*Ladders of Light: Kali* by Sherri Silverman

Choosing art that you love for your home enables you to create an elevated, personalized, less chaotic **retreat** from the stress of the world. Art on the walls **grounds** a home and its occupants, so you feel more able to function at your peak.

Art can **enliven** a space, make it feel less cold and vacant. *Good choices of art nourish, heal, soothe, and energize.* Art can help you turn your home into a peaceful **sanctuary**, a beautiful nest to protect and revitalize you.

Read the full article at:  
[www.OJAS.live](http://www.OJAS.live)





## MOON MILK

*Recipe by Laura Plumb*



*“If food is mother nature’s love, then Moon Milk is her liquid lullaby.”*

### **Ingredients:**

2 cups almond milk  
2 handfuls dried and pitted cherries  
1-2 medjool dates  
1/8 teaspoon fresh grated nutmeg  
Option 1: rose water and cardamom  
Option 2: chamomile and lavender buds  
Option 3: flax seeds and coconut oil  
Herbal add-ins: brahmi, ashwagandha, or triphala

### **Instructions:**

Put everything in a blender and blend until well liquified. Pour into a saucepan and warm on the stove. Rinse the blender jug with about a cup of water and pour this into the saucepan with the tonic. Heat until it just reaches a gentle simmer. Pour the tonic into your mug and enjoy warm.

- Option 1: Add a spoonful of rose water and 2 pinches cardamom while warming.  
Option 2: Stir in a cup of hot chamomile tea with lavender buds once warmed.  
Option 3: Grind a teaspoon of flax seeds before adding the rest of the ingredients in the blender. Stir a knob of coconut oil into the pot while warming.  
Option 4: Add a scant teaspoon of powdered herbal adaptogen to the tonic as it warms. Whisk and blend well. Serves 1-2 people.

# Reclaiming Our Time

*from Chris Willis of Astralotea Sidereal Astrology*

Fall and winter are for **death and decay**. Every year around this time, we are called to confront the things within our lives that need to be released. Astrologically, this year's death season is a perfect time to submit to these instructions. This is because both Saturn and Jupiter will station direct at the end of this year.

Saturn entered Sidereal Aquarius on January 17, and has been retrograde since June 17 of 2023. On November 4, Saturn will station direct. With Saturn representing time, and currently transiting its own sign, we are being asked to **reimagine** how we orient to time altogether. *What things do you currently spend your time doing? What metrics do you use to determine when it is time to do a certain thing? Do you feel like you have control over what you do with your time?* Noticing the control we do or don't have over our time comes from Jupiter transiting Sidereal Aries. It has been there since April 21 of this year. Jupiter's retrograde period while in Aries is from September 4 to December 31, 2023.

Aquarius is the sign of self-determination, and Aries is the sign of autonomous willpower. In the current sextile relationship between Saturn and Jupiter, we are tasked with severing from our old perspectives on how we should structure and manage our time. Now that we have spent several months during these retrograde periods teasing out what it means for us to have control over our time, Saturn and Jupiter stationing direct at the end of this year gives us the opportunity to fully **embody a new schedule**.

As I said earlier, fall and winter are for death, decay, releasing, and slowing down. But in a society that aligns itself with the Gregorian calendar, it is rare that we get this opportunity to follow the elements and fully embody our own much-needed deaths. Most of us have jobs or familial commitments that prevent us from being able to **rest and go inward**. In addition, this is a time of year when many of us are encouraged to "go out" for the holidays. Even though the cold and dark months are really for "staying in." While we all can't just drop everything and go on "do not disturb" until spring, we can still find areas in our lives where we can **set boundaries** around our time. Saturn and Jupiter stationing direct is a good time to really implement saying "no" to unnecessary engagements that will take up more of our time than we're willing to give.



Use this opportunity to brainstorm different ways to spend time with others that support you in this season's death process. For instance, maybe instead of taking on extra work projects that are not required of you (which is still a perfectly fine choice to make), you and some friends can get together to make a **warm, nourishing stew** to support everyone's immune systems.

Jupiter in Aries encourages us to split from the status quo. *How can you acknowledge the passing of time in a way that is different from everyone else around you, and leaves you feeling more empowered and in control?* You could choose a different culture's calendar to go by, or structure your schedule around the lunar or menstrual cycle. You could even play with setting an interval timer for your workouts or study sessions. Of course, actually **slowing down** and using winter to tend to your inner world is a very radical form of time keeping in this lifetime. If you've never done this before, don't stress yourself out with the other options I mentioned. This will be enough for now.

Around November 25 (naturally, the weekend of Thanksgiving), Mars and the Sun in Scorpio will square Saturn in Aquarius. This particular weekend, our ability to **set boundaries around our time** will really be put to the test! (Forced family time and Black Friday shopping will do that.) *How can you prepare for push back from your community over these boundaries? How can setting boundaries over your time strengthen your self-esteem?*



# Herbs for Prana Vata

excerpt from *“Five Great Ayurvedic Herbs for the Mind and Memory”*  
by Karta Purkh Singh Khalsa, AD, DN-C, RH

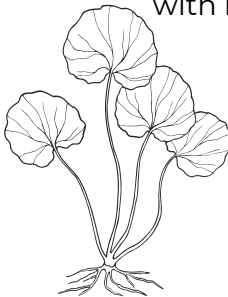
## Brahmi/Gotu Kola

Thinking about thinking? Feel like you're about to max out your personal hard drive? Gotu kola is an herb with a long history of brain building. Gotu kola, also called Mandukaparni, is a mainstay of herbal medicine in Ayurveda. Widely considered a superior herb for the nervous system, gotu kola has a host of benefits.

In Ayurvedic medicine, this herb is called “brahmi”, which means “godlike”, a reference to its anti-aging properties and to its use as an aid to meditation. It has a bitter taste and is cooling to the body.

Gotu kola strengthens memory, concentration and intelligence, promotes longevity, improves the voice, physical strength and the complexion. This medicine is used to treat age-related diseases as diverse as senility and hair loss.

Gotu kola is a low growing jungle herb that grows in hot, moist climates. After all, it's the food of the elephants, and we all know about their memories! Fresh, it's a delicious salad vegetable. The juice of the fresh leaves is available at some juice bars. More recently, a study out of Korea shows that constituents in gotu kola show potential for treating Alzheimer's disease, a very promising direction. Since gotu kola is basically a mild salad vegetable, the dose can be very high. Try one to four teaspoonfuls of fresh juice every morning. Many people use a modest dose of 1 gram per day in capsules for daily rejuvenation. Try a cup of gotu kola tea with honey before meditation.



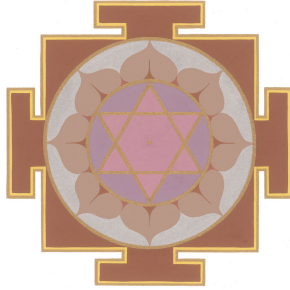
**Read the full article at:**

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# Rahu Yantra: The Innovator

Art & words by Sarah Tomlinson



As you enter the Fall, the creative currents are moving through and the drying leaves are floating and bristling in the breeze.

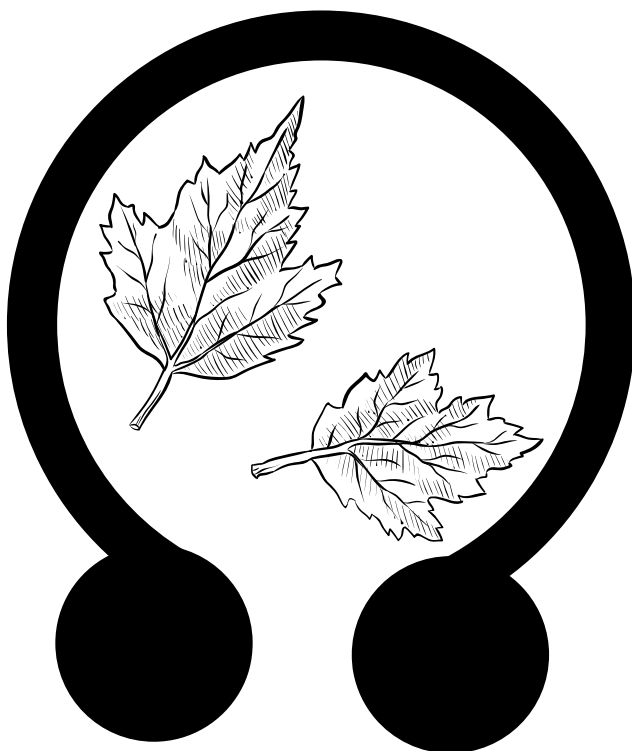
***It is time to get grounded, juicy and warm to harness the creativity that ensues.***

This is where the intersection of Yantra and Ayurveda happens. Ayurveda is the Science of Life. It tells you how to live in balance by living with the rhythms of the hours, the days, the weeks, the lunar months, the seasons and the seasons of life. There are many Ayurvedic remedies and practices to bring you into harmony with the present rhythm; from how you set your alarm clock, when you eat, what you eat, and who you choose to hang out with.

Ayurveda primarily works with the well-being of the physical body. What the Yantras bring to complement this process are **the frequencies that speak to the subtle body**. The subtle body is where mental and emotional impressions first take hold. The subtle body is the bridge between the ethereal and physical planes.

When it is getting increasingly windy, cold and dry in the Northern Hemisphere in September, this is known as the onset of **Vata Season**. At this time you might want to cultivate some of the opposite qualities: stillness, warmth and unctuousness (think: oily, moist, juicy) for yourself.

You may find yourself consuming warm tasty soups, giving yourself warm oil massages and taking short restful pauses during the day.



### **How to work with your Rahu Yantra:**

Place this Yantra in your home in a location that makes you feel happy. You can place it in the South West Corner of the house if that is accessible.

You can draw a copy of the Yantra image here in this article or order a Yantra Print for your living space.

You are also welcome to download this Rahu Yantra Outline To Color and color your own Rahu Yantra while chanting. You can also gaze at the Rahu Yantra Card in the Yantra Oracle Deck.

You are ready for the Mantra Recitation once you have selected your Rahu Yantra and have it before you.

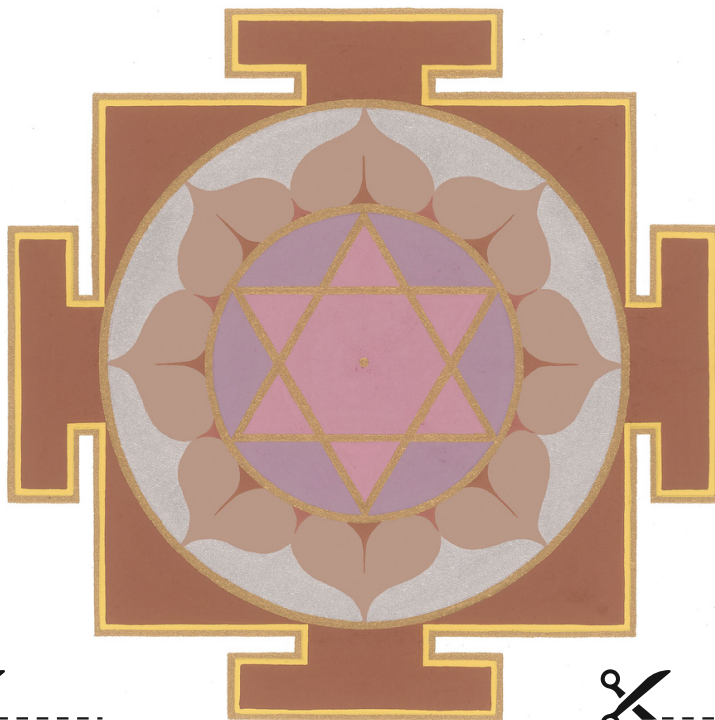
Gaze at the central dot of the Yantra, the bindu, and recite the Mantra:

### **OM RAM RAHUVI NAMAHA**

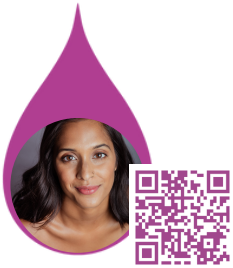
(Om Raam Ra Who Vey Naam Ah Ha)

I honor the energy of Rahu, of the innovation and creativity within me. I express my unique voice.

Recite the Mantra x1, x3 or x108 as you gaze at the bindu. Then close your eyes and settle into the feeling in your body. See where the sensations arise. Breathe into the sensations as they come and go. Savor the moment when all becomes quiet. When you feel ready, thank your Yantra and the connection it is allowing you to feel within, then move on with your day.



# Acknowledgements + Gratitude



**Melissa Shah** (she/they), founder of [Find Your Breath](#) is an Indian-American yoga therapist and works to decolonize how yoga is practiced in the West through 1:1 and group sessions, retreats, and uplifting South Asian and BIPOC wellness leaders. She also regularly guest lectures in teacher trainings across the world, where she educates trainees on the more subtle aspects of yoga - like mantra and pranayama. One of Melissa's greatest passions is to create and co-create supportive spaces for rest and exploration of Self, that are rooted in radical inclusion. Their work has been featured in NBC Asian-America, Yoga Journal, Anti-Racism Daily, and SHAPE magazine.



**Sarah Tomlinson** is an internationally acclaimed Yantrika (Yantra teacher and practitioner), yoga teacher and artist, with renowned fans across the globe including Elena Brower and Sharon Gannon, co-founder of Jivamukti Yoga. Sarah worked extensively with her mentor Harish Johari in India, he initiated her into the spiritual practice of painting Yantras. Sarah is a Sri Vidya student, with the lineage of her Sri teacher: Sri Amritananda of Devipuram.

Sarah is the author of [Coloring Yantras](#), (Shambhala Publications, 2017), [Nine Designs for Inner Peace](#), (Destiny Publishing, 2008) and creator of the [Yantra Oracle Deck](#), (2017). She leads retreats and Yantra workshops around the world and enjoys lots of time by the ocean with her husband and two young boys.



**Katie Allen** received her Master's Degree in Public Health from Tulane University in 2006 and wrote her Master's thesis on Yoga's Ability to Prevent and Treat Chronic Disease; which has been her life's calling ever since. She has been working in the wellness industry for almost 20 years and has implemented yoga therapy and health education programs at hospitals, clinics, non-profit organizations, and health systems. Katie began her studies in Yoga Therapy in 2007 in the lineage of Krishnamacharya and TKV Desikachar under the tutelage of Larry Payne, Robert Birnberg, and Amy Wheeler. She began training yoga teachers in 2010. In 2013 she opened Be The Change Yoga studio with her partner Allison Prince to create a center for yoga therapy and community healing. In 2016 they began training yoga therapists and currently offer the highest level of yoga training in Orange County, CA. They are committed to making the life-changing wisdom of Yoga and Ayurveda accessible to all community members.

They most recently launched their own non-profit organization, the [AlcheMê Natural Health Institute](#) whose vision is "to provide a new model for community care that cultivates social support, utilizes the best evidence-based practices of natural health, and empowers the individual and collective to live well."



**Dre Giménez** (she/her) is an East Nasty local, community wellness facilitator, and dedicated yoga and mindfulness advocate.

# Acknowledgements + Gratitude



**Sherri Silverman, Ph.D.**, is the founder of Transcendence Design, a leading Vastu conscious design consultant, artist, and meditation teacher. She has worked with Vastu clients in the USA and internationally since 1999. As a Vastu consultant for almost twenty-five years and author of the acclaimed book Vastu: Transcendental Home Design in Harmony with Nature, she is one of the world's leading Vastu experts. In addition to aligning homes and businesses with the laws of nature, she brings comfort, functionality, individuality, natural materials, beauty, and heart to your conscious design project. Sherri offers a comprehensive Certified Vastu Consultant Training Program and teaches Vastu for the Sevanti Institute. We chose some of her original art for sacred space and Inner Temple prints for this zine.



**Christina (Chris) Willis** is a Sidereal astrologer, Hoodoo, and story teller. In their astrological interpretations, Chris pulls on their studies in womb sovereignty and their minister lineage to help us understand our lived experiences.

If you'd like to keep up with Chris, you can find them on Instagram @astralotea\_, on (X)Twitter @astralotea, and on Substack: [astralotea.substack.com](https://astralotea.substack.com). You can also book a Sidereal astrology reading with her at [astralotea.setmore.com](https://astralotea.setmore.com). His email is open for booking and business inquiries: [astralotea@gmail.com](mailto:astralotea@gmail.com).



**Karta Purkh Singh Khalsa, Yogaraj, A.D., D.N.-C., R.H.**, is one of the foremost natural healing experts in the field today. He is one of a very few clinicians with over 52 years of experience with complementary medicine. Khalsa is President Emeritus and Global Ambassador of the American Herbalists Guild, and director emeritus of the National Ayurvedic Medicine Association. Author or editor of 30 books, Khalsa teaches herbalism at three medical schools and is the first American to be board certified in herbalism and Ayurveda.

Khalsa is an Ayurvedic Doctor, state certified dietitian and author of over 3,000 published health articles. Khalsa's approach to complementary medicine is very eclectic. He also teaches about Chinese and North American natural medicine.



**Laura Plumb** is the Founder and Director of VedaWise, and lead faculty for the Ayurvedic Integrated Nutrition 200 hour Professional Training, author of the best-selling book, Ayurveda Cooking For Beginners, creator/presenter of the online video course The Medicine In Your Kitchen: Introduction to Ayurvedic Cooking hosted by Spirituality & Health, writer and host of the 53-part television show CleanseVeda, and the 12-part series called Divine Yoga.





## **Online Juicy Ayurveda Source**

OJAS is an online container for practitioners, teachers, students, and Ayurveda enthusiasts which shines a light on Ayurveda, illuminating its most practical and juicy aspects that must be shared in order to create and sustain a better relationship with Bhumi (Earth), reminding humanity of our deep connection to her cycles.

To submit to future editions of *VedaZine*, contact us at [OJAS8drops@gmail.com](mailto:OJAS8drops@gmail.com)

