

VEDAZINE

issue two: *Kapha seasonal remedies + medicines* by OJAS



Cover art: "Southwestern Sri Yantra" by Shell Amega

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 brhatah 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 plenitude
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

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Springing into Spring ~ An Invitation to a Lightness of Being

by Anita Sundaram

Welcome to Kapha Season!

As the Winter season comes to a close and we move into Spring, Kapha Season begins; a process of rebirth and rejuvenation. An opportunity for New beginnings. New beginnings first requires us to release. Shedding our winter coat, both physically and mentally. Right now, nature is cleansing. The warmer temperatures begin to melt the accumulated snow and ice, Kapha in the body also begins to liquefy, often causing colds, congestion, runny nose and possibly lethargy and dullness. Spring invites us to lighten up and eliminate accumulated Kapha from the body.

To Nourish Kapha dosha, let us begin with a few simple practices to incorporate into this season. Harmony, health, clarity and happiness - these things come abundantly when we align ourselves with nature. Physically - On a gross level there are quite a few practices we can do. Let's keep things simple. Three of my favorite Sacred Rituals are, dry brushing, Abhyanga & Face Yoga exercises.

Dry brushing is such a great ritual, particularly during this season. It works on our lymphatic system (waste management system of the body). Dry brushing 5 minutes before a shower or oiling the body aid in boosting circulation, and moving lymph along! Releasing toxins and blockages.

How often to dry brush?

- Dry skin brushing is safe to practice daily, generally speaking 3-5 times a week is sufficient to see and feel results. It effectively exfoliates the skin. This is something you can do, and should be doing on a regular daily basis. It's up to you (and the strength of your skin) to decide how often will be best for you.
- Your skin should be dry, so the ideal time is in the shower before you turn on the water. Just a reminder, don't get the brush wet.
- If you have sensitive or ultra-sensitive skin, try dry brushing once a week or once every couple of weeks. If you build up a tolerance to it successfully, then you can transition to one to two times a week.



Scan here to listen to the Dry Brushing ritual!

Abhyanga: The word 'Sneha', in Sanskrit means 'to oil' as well as 'to love'. It is such a beautiful Sanskrit word and Ritual that embodies the essence of comfort and love within the mind, body and soul. It is a tradition that has been used for centuries now and has since been proven as one of the most effective skin nourishing treatments. Anointing and nourishing your body with love. How beautiful is this!

Skin is not only our point of contact between ourselves and the rest of the world, but it is also our largest organ and body's first line of defense. Self-massage improves circulation, vitality, and immunity just to name a few benefits. Stimulation and nourishment through daily self-massage has far-reaching effects on our health and well-being, both internally and externally.

If you are in a hurry... massage the crown of the head, the ears, hands and soles of the feet.

There are some beautiful formulations in the market for Abhyanga oils. I love Kerala Ayurveda Kapha body oils and More life market Kapha body oils.
Warming Preparation:



This **Face Yoga Ritual** is a wonderful series of exercises to release tension and stress from the face. The gestures are held intentionally with the breath. We have movements for the body to get the energy up and moving. How about our face! Face yoga exercise improves blood circulation, decrease puffiness, moves lymphatic fluid and allows for a calmer and peaceful mind.



Scan here to listen to the Face Yoga ritual
& to read about how to prepare your Abhyanga ritual!

A few other tips:

- Drink hot water - Morning kickstart! First thing in the morning, drink warm/hot water, as it helps flush out toxins and cleanses your digestive tract.
- Mentally - It is important to take stock of what is happening on the level of the mind. Take the time to tune in, become conscious of your needs, and create each day as a new one.
- Our emotions are a form of energy, when our thoughts are positive, they produce wonderful things in our lives. Conversely, when our thoughts are negative, they often manifest in unhealthy forms, including physical illness. Acknowledge this difference and replace negative thoughts with positive.

A few practices to help balance the mind & emotions:

- Practice feelings of gratitude, forgiveness, acceptance and happiness. Metta meditation is a wonderful form of meditation to cultivate compassion.
- Reduce outside distractions: Challenge yourself to less television, phone, and internet for 3 weeks. Set boundaries on things that “glow” and replace this time with activities like journaling, cleaning out your closet or home, drawing or painting - choices that nourish and renew.
- Writing 3–5 things you are grateful for in your gratitude journal is a great practice to do before going to bed.
- When in bed, take 5 minutes or so to observe your breathing, gradually your breath will slow and deepen as begin to gently drift off to sleep.
- It’s best to go to sleep before 10 p.m. or at the very latest 10:30 p.m. to ensure you give your mind-body the time needed to restore and rejuvenate, which takes place between 11-2 a.m.



Change can be overwhelming, so start simply. One practice that resonates with you at a time. Be patient with yourself as you try to incorporate these changes into your life. Know that each day is an opportunity to try again. Just remember, every day is a New Beginning.

May this Spring season enliven your Spirit in all ways!

TIPS FOR THE UPCOMING KAPHA SEASON

by Dr. Marianne Teitelbaum

Kapha season, the damp, rainy season is almost upon us. Many of us understand that we have to do some very specific protocols to keep Kapha balanced as we go through this season.

While that is definitely true, there are a few things to keep in mind, however. First, every one of us has a **unique** physiology, so whatever recommendations you may hear about might not necessarily be true for everyone. Second, while we want to do things to keep our Kapha balanced, we cannot forget the fact that each one of us has Vata aggravated everyday by living in this **fast-paced** society. Many of us might be rushing through the day, multitasking, feeling like we have too much to do, or going to bed late.

If we try too hard to reduce Kapha, the Vata will go high. And it's already high. So what to do?

The real answer to this conundrum is to get in **tune** with your own body. Understand what Kapha is and how to balance it, but then you have to do that with the backdrop of keeping the Vata (and Pitta!) balanced as well.

The word dosha, means "that which is out of balance." This basically means that all day everyday you have to **check in** with your body and see what you might need to do to keep these 3 doshas balanced. For example, if you are hungry (which means that Pitta is high), then eat, and your Pitta will balance out. If you are tired, rest, which will pacify the Vata. If you have over eaten and have been sitting around too much or you woke up in the Kapha time of day, which is from 6:00 am to 10:00 am, and your Kapha is high, then eat lighter and exercise to try to reduce the Kapha.

So, let's figure this out then: Kapha season means that the elements of Kapha, earth and water, are now high in the environment and therefore will become more **pronounced** in our physiologies. So do what works best for you: but if something doesn't feel right, then don't do it.

For instance, to keep Kapha balanced you could try:

- Waking up before the sun comes up.
- Exercising in the morning.
- Eating a little less wheat (which is the heaviest grain) and focus more on barley (which is the best Kapha-pacifying grain)
- Instead of balancing your Vata with warm cow's milk, if it feels too heavy then dilute it with 50% water before boiling it or try using goat's milk. If you're not sensitive to milk then you shouldn't try to get through the entire Kapha season without milk. Milk is the best Vata-pacifying food, so if you go too long without it your Vata will go high (and your bones will suffer). Goat's milk is lighter, has less fat and is more astringent coming from a Vata animal, so try substituting boiled goat's milk into your daily routine.
- Use cultured ghee (lighter than regular ghee since it's made out of yogurt
 - Listen to my [YouTube](#) video on ghee for more information on cultured ghee.
- Get a very good quality organic extra virgin cold-pressed olive oil — not the cheap stuff (which is highly processed and bad for your health) from the regular supermarkets.
- Don't eat avocado oil and coconut oil — both are very cold and much too heavy, not only for during Kapha season, but any time of the year.
- Definitely avoid cold smoothies in the morning made with frozen fruits, bananas, plant-based milks and channel-clogging protein powders. Your digestive fire is trying to ignite in the morning. Drinking cold smoothies will put it out, and you will make Ama from the smoothie and aggravate Kapha all day as it sits in your stomach.
- Eat warm cooked foods — forget about the salads, as they are cold and hard to digest.
- Avoid yogurt — it is very cold, very hard to digest, very Kapha-aggravating and not really recommended until the summer season when the sun is closer to the earth and our Agnis (digestive fires) are ignited enough to eat it.

Medicinal Lassi Recipe



Mix together: 1/4 cup homemade yogurt, 3/4 cup water, 1 pinch ground cumin, and 3 cilantro leaves. Blend for 1 minute. Skim off the foam that comes to the top. Blend one more minute and skim the foam again. This drink will replenish your friendly bacteria which takes a beating, especially if you've ever had any antibiotics, immunizations, steroids, acid reflux medicines or birth control pills in your life. Which means that we all need to be sipping medicinal lassi. Unless we're sensitive to cow' milk, in which case you can try making it from goat's milk.

Do not try to make yogurt from coconut milk. There is too much soma in coconut milk, which means that it will be too heavy and hard to digest, in any season, but especially kapha season. Instead, try making cultured coconut water. The coconut water is lighter and not as Ama-producing and Kapha-aggravating as the coconut milk-based yogurt.

(See next page for recipe!)

Cultured Coconut Water Recipe



To make this recipe, get the water directly out of a fresh coconut. The coconut water found on the shelves in the health food stores is devoid of any medicinal value once the water is taken out of the coconut. Look for 3 little “eyes” or depressions on the top of the coconut. Poke around the 3 holes with a screwdriver, and when you find the softest one, poke through, making a hole to release the coconut water. Turn the coconut upside down and strain it into a small pot.

Warm up the water for a few seconds to a temperature between 98 and 102 degrees Fahrenheit. Add a little less than 1/2 tsp. Natren Yogurt Starter to the warm coconut water. Mix well by whisking for 2 minutes. Then pour into your yogurt maker cups. Set it for 8-12 hours.

The resultant coconut water will still look like water and will have a little sour taste and may appear to have a white film. This is how it should look and taste. Cover and wrap it tightly and keep in the refrigerator. Eat 1 TBS a day on an empty stomach. By doing this you can repopulate your gut microbiome with friendly bacteria even if you’re sensitive to animal milk yogurts.

So, as you can see, you are the best one to determine exactly what you need to do during Kapha season. Learn what Kapha is and how to best pacify it using these recommendations mentioned here, or any others you may read about.

But always keep in mind that nothing is set in stone. There is not anyone protocol, food, herb or spice that is good for everyone. The trick is that you need to be in touch with your own body so that you can determine what works best for you.

Hope this information helps you as you embark on the damp and rainy season which lies ahead!

Detoxification and Rejuvenation: **PRACTICES FOR ESSENTIAL BALANCE**

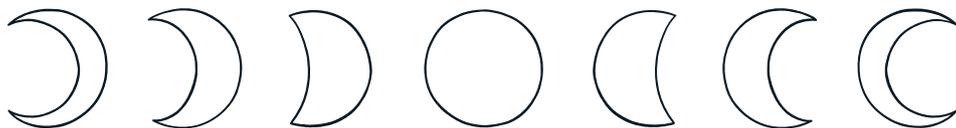
by Kate O'Donnell

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TIMING A CLEANSE

Ayurveda recommends a **junction** between seasons as the ideal time for cleansing. Spring is the time to get rid of excess heavy, moist, dense, slow qualities that have accumulated during the winter. The longer your winter is, the more important spring cleansing may be. Fall is the time to get rid of excess hot, sharp, penetrating qualities that have accumulated during the summer. For hot body types, this can be very wise.

While you get more bang for your buck when you cleanse at a change of season, the best time for you is the time when you can **relax**. Having a sit-down with the calendar ahead of time is a good idea to make some space for an annual home cleanse. Once a rhythm begins to emerge, your annual cleanse time will start to feel **natural**.



Changes in temperature and moisture are a good place to start paying attention to signs of the seasons. Watch for signs in your body like dry skin or scalp, cold hands and feet, loss of appetite or a heavy stomach, and oily skin and hair; start to think of how these signs can tell you that your body is becoming dry, moist, or overheated. Have it in mind to balance these qualities during your home cleanse, so they don't get a foothold as the season deepens. When possible, time your **purification** period during a **waning** moon and new moon, and **rejuvenate** during the **waxing** moon.

THINGS TO CONSIDER WHEN PLANNING A CLEANSE

Before you begin, it is important to begin phasing out products in your home that may contain EDCs. During a home cleanse, be sure to use only natural cleaners and body care products, and wear natural fibers as much as possible. Avoid using anything that contains “fragrance,” which includes scented candles.

Ayurveda’s approach to cleansing has some aspects that do not appear in Western philosophies. Purification involves the diet, the mind and senses, and relationships (to self and other). Doing a juice cleanse, which is common in some wellness circles, addresses only one of these aspects of life (diet) and neglects the greater context.

Detoxing your physical body works in the following order:

- Improving agni to burn impurities and digest well postcleanse
- Loosening toxins from the tissues and channels
- Processing toxins
- Rejuvenating



CONTRAINDICATIONS

Cleansing is not recommended while breastfeeding or if you could be pregnant. If you have health complications or any doubts whatsoever on how to go about a home cleanse, you will get better results by working with a practitioner to tailor something specific to your body at this time. Those with any history of restrictive eating should proceed with caution and compassion on any food-based program.

HOME CLEANSE PROGRAM

This simple, moderate program for home cleansing is an opportunity to slow down and take stock of your current food and dinacharya routines. Perhaps you've lost your rhythm, and this home cleanse isn't about food at all, but a chance to get rhythms back on track. Keep a broad view of what cleansing means, and be in the moment to make the choice about what feels beneficial as you set your intentions for a three- to seven-day journey (or anywhere in between).

WHAT TO EAT FOR DETOXIFICATION

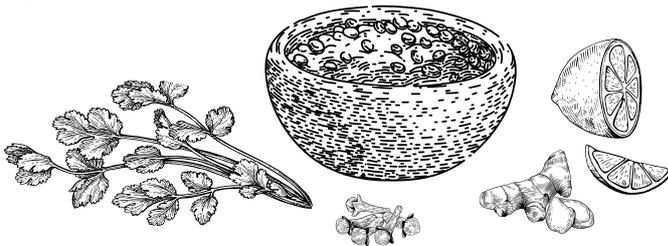
FOODS TO FAVOR

- Herbal tea and spiced waters
- Date sugar, coconut sugar, raw honey, maple syrup, stevia (all only in . tsp portions)
- Mung beans, lentils (red, green, black), small amounts of grass-fed whey protein, rice protein, hemp protein, if needed
- Whole grains, especially basmati rice
- Raw dairy, when available, if needed
- Sweet potatoes, steamed leafy greens
- Fruits and vegetables in season
- Natural fresh juices, especially pomegranate and vegetable juices
- Seeds: sunflower, hemp, pumpkin, flax, chia

FOODS TO AVOID

- Coffee and caffeinated tea
- White sugar
- Animal products and isolated soy products, such as protein bars
- Wheat products and all refined flours
- Processed dairy
- Members of the nightshade family: eggplant, tomato, white potato, bell peppers
- Foods out of season
- Alcohol, iced drinks
- Nuts and nut butters

Don't forget about **how** you eat during your detox. While you choose from the above table, favor a bigger lunch and smaller dinner, avoid mixing raw fruits with food, and take care to relax while you eat. All these choices **support agni**.



Cultivating Bhakti in the Spring Time

by Cindy Lunsford

Ayurvedic science informs us that the winter season is dominated by Kapha qualities of heaviness, dullness, slowness, denseness, and coldness, so the transition from Winter to Spring can be an arduous one for many people. Winter inspires the more **tamasic** energies of slumber and hibernation, which are more difficult to transcend.

Fortunately, as the seasons change, the change in weather and our own circadian rhythms inspire us to wake earlier, and desire lightness, playfulness and more activity – all of which help us “spring” out of the denser qualities of Winter. To ensure we stay balanced and in tune with the new season, we need to make lifestyle changes which require discipline, focus and sacrifice.

There is an abundance of Ayurvedic information out there on how to make changes through our food, exercise and self-care choices, but any transformative practice must also take into account the importance of the **Soul** and **Spirit**. In particular, the Bhakti tradition and the Bhagavad Gita remind us that the material world and the body we inhabit are temporary but necessary for our self-realization that we are eternal souls.

Thus, the discipline of spiritual life is motivated by a much greater goal than just feeling good in this body; rather, it is about utilizing this body to ultimately transcend the modes of nature, the Doshas, and this cycle of samsara. But if we are trapped in these bodies, how do we begin to do that?!



Scan here to chant **Maha Mantra** japa along with Srila Prabhupada!

Ayurveda science is helpful because it seeks to bring harmony to the body and mind by balancing the Doshas so that we are healthy, which is important if we want to acquire knowledge and make choices that support a strong spiritual life. If we are unhealthy or sick, it is challenging to focus the mind on learning and the body on doing.



The Bhagavad Gita says, “that which in the beginning may be just like poison but at the end is just like nectar and which awakens one to self-realization is said to be happiness in the mode of goodness” (B.G. 18.37).

In the spiritual practice of Yoga, we make choices that situate us in the mode of goodness, where moderation and purity abound. While this includes the kinds of food we eat, the exercise we do and the sleep we get, all of which should be done moderately, it also includes forming practices that bring us closer to Divinity and our true nature.

Waking early to commune with God, forgoing certain activities and foods that stir up the mind, and hearing & reading spiritual truth on a daily basis are necessary components of a strong spiritual life, according to Bhakti Yoga. At first this can seem impossible and even restrictive, but with a disciplined approach, one quickly develops a desire for these practices and gains a sense of freedom never experienced within the constraints of a materially focused life.



Moreover, these divinity-centered activities naturally cultivate sattva and the inclination for steadfastness in our spiritual life. In such a state, we are clearer, more balanced, more peaceful and more tolerant because we understand the temporary nature of this material world, including the seasons.

Consequently, we begin to understand and even experience that *“the nonpermanent appearance of happiness and distress, and their disappearance in due course, are like the appearance and disappearance of winter and summer seasons. They arise from sense perception...and one must learn to tolerate them without being disturbed”* (B.G. 2.14). The Gita calls such evenness of mind Yoga (*“samatvam yoga ucyate”*, B.G. 2.48).

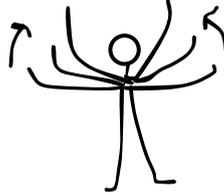
So during this change of season, do tend to balancing your Doshas, but also add spiritual practices that remind us why we have a material body in the first place. ♡

Kapha Pacifying Mini-Practice

by Raquel Bueno

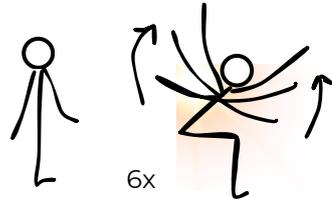
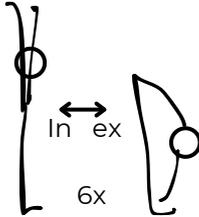


Pause, feel a warm sun rising in your heart.



6x

With each inhale, raise your arms a little higher. Lengthen inhales.



6x

Inhale a little longer with each movement. Feel sunlight getting brighter w/each breath.



6x

Inhale, pause for a two-count. Exhale, release hips slowly.



With each inhale, feel the sunrise. Exhale, let the sun shine throughout your whole system.



Rest for 10 breaths.



Sit in the sun.

Herbal Intelligence Attuned with the Spring Equinox

Traditional Formula to Align with Spring Equinox Intelligence (DIY at Home)

by Dylan Smith

The change of seasons (ṛtusandhi) generates significant environmental influences that the body must adapt to. Don't underestimate this seemingly "standard" natural phenomena. Seasonal change is a significant cause of many diseases in Ayurveda. If you do not adhere to ṛtucarya (seasonal regimen), impurities and disturbances in the physiology will manifest.

On the other hand, seasonal change is an **opportunity** to attune your biological rhythms to the rhythms of the sun and the moon. ***When your human nature is in tune with Mother Nature, physical health radiates like the sun and mental state shines bright like a full moon.***

“The goal of Life
is to make your heartbeat match
the beat of the universe,
to match your nature
with Nature.”

~ Joseph Campbell

Next Level Seasonal Regimen: Navarātri

Let us expand our sophistication from seasonal regimen to equinox regimen. Equinoxes, when day and night are of approximately equal length, occurs twice a year, with one of them coming up March 19, 2024.

The dark-moon (amāvāsyā) after the equinox initiates “vasanta navaratri”: spring’s nine nights of mother divine energy that occur around the mid-point of when the sun’s energy is “building up” as it moves north (uttarāyaṇa) in the northern hemisphere (southern hemisphere people take note for approximately six months time).

The nine days and nine nights of vasanta navaratri, which this year begins on April 9th, 2024, are an opportunity to cleanse the kapha (heavy, slimy, congesting earth and water elements) and āma (undigested toxic material) that has accumulated in winter and that constrict and block the biological channels of the body. The warmth of spring is here to liquify the thick kapha and cleanse the body and mind to reveal lightness, enthusiasm, creativity and prāṇa or life-force (qualities of balanced vāta).

Here is a traditional Ayurvedic herbal and kitchen remedy to assist you to clear your physical and emotional channels for spring, balance increase of kapha doṣa, and are especially effective to integrate during navaratri.



6 Taste Drink for Spring & New Year

(You can adapt ingredients and quantities to your taste, place & availability)



Ingredients:

- Pure, fresh water - 1 cup
- Sweet: Jaggery or natural cane sugar, or any sugar - 1tsp or to taste
- Sweet: Cardamom seeds crushed
- Sour: Grated or finely cut raw mango, lime juice and/or other sour fruit
- Salty: Rock salt or black salt (salty) - 1 pinch or to taste
- Pungent: Black pepper - 1 pinch or to taste
- Bitter: Neem flower petals (if not available, add pinch of neem leaf powder)
- Astringent: Tamarind juice
- 6 Tastes in 1: Shodhana Vati tablets crushed - 1-3 tablets (if available). This is a South Indian Ayurvedic formula that contains all six tastes.

Mix all together in a cup and drink first this in the morning on empty stomach, and in the afternoon if you want a second cup. Ideally, this should be drunk on the first and second day of **Navaratri**, but can be drunk any day around spring time.

This drink awakens your internal organs and mind to the realisation that life itself presents various flavours of experience. Life is not only sweet and smooth, but comes with sad and bitter experiences too. We have to drink and joyfully accept the full dynamics of life, knowing that everything balances out, just like the six tastes create their own purpose & therapeutic value, but then culminate together to promote homeostasis.

This “6 Taste Drink” imbues the body with strength and increases Agni (digestive fire), two biological factors that naturally contract as the weather continues to get hotter in the Northern Hemisphere.

It is known as “**Ugadi Pachadi**” in South India, and is traditionally drunk in South India on the first day of Navaratri, known as “Ugadi”. The name “Ugadi” came from Sanskrit roots yuga + ādi, which means beginning of a new age. It is experienced that Nature’s creation operator, Lord Brahma, initiates significant waves of creative intelligence on this day. Along with the blossoming of spring, this day is considered new year in South India.

In honour and in-tune with rhythmic wave of creative intelligence, I wish you, your human organism and the environment perfect health.

Rahu in Pisces & Ketu in Virgo

October 30th, 2023 until May 18th, 2025

by Saraswati Miller

Pisces correlates to the twelfth house of the Jyotish chart. As a water sign, it is spiritual and moveable in Nature. Feet are connected to Pisces by default because the twelfth house is ruled by this body part. Jupiter rules Pisces and brings knowledge, wisdom, and expansion with him. This is a sign of depth that desires **wholeness**.

Pisces seeks balance, however, it is through movement and **release**. Stagnation causes certain death. Its symbol is two fish swimming in a circle. Themes around loss, endings, release and letting go naturally come with this portion of the sky. The wisdom of the 12th house is expressed through the ancestors, reclusive tendencies and all matters of the spiritual realms. It is a junction point between endings and beginnings, openings and closings, spirit and material worlds. There is nothing mundane about its depth and wisdom. Jupiter, the guru, rules Pisces and reminds us of the **knowledge** possible in this domain. As a water sign, it requests movement, fluidity, purification and attention to the emotional body.

Over the next 1.5 years, Rahu will be pulling you into this realm of spiritual expansion, growth, and transformation. The desire for more ancestral guidance and support will intensify. Spiritual progress and new knowledge and wisdom will strengthen. Retreats, solace, and alone time will become a new priority. Be sure to allow for extra **rest** and pause as your body will be craving this. Dreams and bed pleasures need your focus. What are your dreams trying to tell you? What do your relationships require? Rahu does not let you get away with avoidance for very long.

Be mindful of soul avoidant behavior with Rahu in Pisces. This transit can bring addictions to the surface as well as unconscious fears, avoidance, resistance, and over all bad behavior. Rahu rules over intoxicants and

Pisces can bring **over-indulgence**. Mercury is considered debilitated in Pisces, which means the mind is not strong here. Rahu can create reckless behavior because the mental body is weak in this sign.

Use this cycle to strengthen the mind through meditation, spiritual practices, and therapeutic resources. Be willing to face your shadow and get curious about fears and illusions that are creating avoidance and addiction.

Virgo is an Earth sign that likes order and precision. Mess and excess will not be tolerated as Ketu transits Virgo. Minimalism is awakened in this transit! You may start to notice that less is more in the next 1.5 years. Mercury loves this mental body sign and is considered both exalted and in his own sign, as well as in his office here. All things Mercury thrive within this sign. Mind, communication, order, commerce, writing, technology and green things awaken with Mercury's blessings.

The lower intestines naturally connect to Virgo because it's the natural sixth house of the zodiac. This is a sign that promotes **healing** and helps healers with clarity and focus.

The symbol of Virgo is a maiden, which is a reminder of innocence and naivete. Purity and purification are offered here- particularly on the mental body level. The sixth house has to do with disease and therefore healers naturally connect with this portion of the sky. Service and service workers correlate to sixth house matters, as do animals and animal companions.



SCAN HERE for your sign's horoscope!



With Ketu transiting Virgo, expect sudden changes with all sixth house matters. Ketu does not tolerate excess and likes to lay things bare so that the truth can be seen fully. As the trauma node, he causes disconnection, however, this is exactly where reconnection must take place. *You may be stripped, forced to release, clarify and clean up in a very specific way in this cycle. Be mindful of sudden changes with health, healing, animals, your support team, gut health, and all things mind and body. Sudden epiphanies are likely.*

Although Ketu doesn't usually offer his awakening with gentleness, his flashes of insights and serendipitous encounters may provide healing and **awakening** in new and unusual ways. This is a powerful time to do trauma work and clean up bad habits. Depending on your natal relationship with Ketu, there may be sudden, painful changes and loss. Be especially careful of body needs and try to avoid accidents and injuries-especially with vehicles.

Venus has a powerful influence over this transit. Virgo is Venus's **debilitation** sign, whereas Pisces is his sign of **exaltation**. Tracking the transits of Venus will be especially important in this cycle to understand how the nodes will impact your body and life. Venus transits are typically about one month, so expect monthly fluctuations.

If your ruling planet is Venus, or you are in a Venus maha dasha, or antar dasha, this transit is especially important for you. Venus naturally correlates to relationships, love, health and vitality, life force energy, the feminine, beauty, money, art, creativity, vehicles, jewelry and gems, as well as abundance and prosperity. This transit of Rahu and Ketu will inevitably cause challenges, sudden changes and necessary adjustments with all things Venus.

Mercury also brings important insights during this 1.5 year transit. Pisces is Mercury's sign of debilitation, whereas Virgo is his favorite sign. Mercury exalts, is mulitrikona and in his own sign, all in Virgo. All expressions are strong and potent for the **mental** body. Mercury transits are typically around three weeks, although they often vary. He retrogrades three or four times a year, which also requires more focus and clean up.

The transits of Mercury will activate specific tendencies based on your natal placement of Mercury. If your ruling planet is Mercury or you are in a Mercury maha dasha or antar dasha, this transit will be more impactful for you.

Acknowledgements + Gratitude

Anita Sundaram Anita Sundaram is an International Spa educator, Yoga facilitator teaching 200hr/300hr Yoga & Ayurveda YTT, and founder of Anita Sundaram Beauty. Her passion and life's work is sharing her love for Ayurveda, Yoga and Beauty. As a licensed face & body therapist she offers healing sessions incorporating the magic of botanicals, essential oils, Guasa/Kansa, marma work and sound therapy to balance and heal the senses.

Anita is the founder and author of Sacred Intentions. It is a beautifully crafted Yoga & Ayurveda lifestyle collection of Intentional cards and a workbook, offering practical self-care and lifestyle suggestions. Anita facilitates and curates Ayurveda and Yoga retreats journeying into some of the most beautiful places on the planet.

"My mission and hope is to inspire individuals to return to the Sacredness of life. It is imperative now that we come back home to simple principles. A foundation of balance, joy and in appreciation of this one magnificent life we have. This mind, body, spirit connection is aptly named for a reason, a profoundly sacred geometry that links us to everything on this planet. Let us live as a whole in the influence of our health. It is our birthright." ~Anita Sundaram, *The Art of Sacred Living*



Shell Omega's paintings are a pilgrimage to a variety of Ancient Wisdom Teachings through sacred imagery. Each of these journeys begins with a seed, such as archetypes of deities, mandalas, or chakras. Trees, butterflies and the cosmic nature of the universe also inspire my work. These all serve as guides as she paints, and tunes into their energy, through the Eastern tradition of transmission, while manifesting their essence creatively. She uses crystals, gold leaf, and gels to enhance the spiritual light emanating from the ancient points of inspiration.

Motivated by the writings of Carl Jung, and a desire to heal from intense grief, she began painting mandalas. The experience of creating mandalas unlocked a world of peace, and joy that became a spiritual path.

Communing with sacred symbols has imbued my creations with an energetic charge and has filled me with awe, gratitude, and inspiration. In the hope that her paintings may spark a similar energetic resonance in the viewer, she is grateful.



Dr. Marianne Teitelbaum graduated Summa Cum Laude from Palmer College of Chiropractic in 1984. She immediately began her studies with Maharishi Ayurveda, obtaining Ayurvedic Practitioner certification in 1992. In the late 1990's she began a 17-year one-on-one internship with **Vaidya Rama Kant Mishra**, an award-winning herbal formulator who hails from a 5,000-year-old family lineage of Raj Vaidyas, treating the royalty of India. During her internship Vaidya Mishra taught her how to treat practically every disease, making over 500 herbal formulas for all the problems they were treating together.

Dr. Teitelbaum is now writing books, articles, blogs, and courses based on the knowledge Vaidya Mishra imparted to her before his untimely passing in April of 2017. Her first book, *Ayurveda and the Thyroid Gland: Natural Treatments to Heal Hypothyroidism, Hyperthyroidism, and Hashimoto's* is published by Inner Traditions Publishing Company and available on [Amazon](https://www.amazon.com). She runs an extremely busy Ayurvedic practice, treating all diseases, by addressing her patients' imbalances, instructing them in diet and daily routine, and teaching them Ayurvedic cleansing techniques.



Cindy Lunsford is the former owner of four Yoga studios in upstate New York and one in Nashville, Tennessee and is the current owner of Yogasoul Bhakti Center in Nashville. She is a certified Bikram, Vinyasa, Yin Yoga and Level 2/3 Barkan Vinyasa teacher. She has completed Yin Yoga certifications with Paul Grilley and Josh Summers. She also completed Ana Forrest's Advanced Yoga training as well as Baptist's Art of Assisting and Advanced Art of Assisting trainings. Cindy fulfilled her 500 hours with both Jimmy Barkan and Rolf Gates. For five years, Cindy assisted Jimmy Barkan at his level II/III Vinyasa teacher trainings. She currently leads 200 hour Vinyasa and Hot 26 teacher trainings and assists her teacher Raghunath in his 300 hour training in India. She practices and studies Bhakti Yoga in the Gaudiya Vaishnava tradition. She lives in Nashville, Tennessee where she teaches, as well as regularly travels to lead trainings, workshops and retreats.



Acknowledgements + Gratitude



Kate O'Donnell is a nationally certified Ayurvedic Practitioner, senior yoga teacher, and the author of multiple Ayurvedic books including The Everyday Ayurveda Guide to Self-Care and The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well. She studied in India for twenty years and continues to travel there annually for study. She is a contributor to many publications including Yoga Journal, Women's Health Magazine, and NPR. She teaches trainings, cooking classes, seasonal cleanses, retreats, and online programs when she isn't practicing yoga or having a chai. Kate's Ayurveda offerings aim to help others come closer to their true nature. She is based in Portland, Maine and teaches internationally.

www.kateodonnell.yoga



Inspired by art, creativity, and belonging, **Raquel Bueno** creates a practice that brings to life the holistic and healing nature of yoga; a practice where *everyone* belongs. A self-identified biracial Mexican-American, her faith in the practice of "allowing" inspires people of all orientations to simply, yet deeply, access and connect more passionately with spirit. Her teaching style integrates real-life experience and the science and philosophy of yoga; enhancing a spiritual, mental and physical context for your body and mind in the world.



Dylan Smith is a certified Ayurvedic Practitioner and holistic health educator who founded the Vital Veda clinic in Sydney and works very closely with the Raju family, an internationally renowned family of Ayurvedic doctors. Aiming to uncover the root cause of ailments, Dylan travels the world to share his passion of ancient vedic wisdom for everyone to utilise, enjoy and experience total wellness and bliss.

Learn more about Dylan – <https://vitalveda.com.au/2018/10/28/dylan-smith/>



Saraswati J. calls herself the Embodied Dharma Coach. She believes what the world needs most is healers who fully embody and trust in their medicine. She was born and raised with Vedic knowledge and a passion for walking the path of Dharma. For over a decade, she has helped hundreds of creative, spiritual, healers all over the world create soul clarity and business prosperity. She teaches her clients how to live in alignment with their inner wisdom, and create effective soul-based businesses that are truly nourishing. Her approach to dharma and healing is trauma-informed, body-based, and rooted in Vedic knowledge and wisdom.

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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