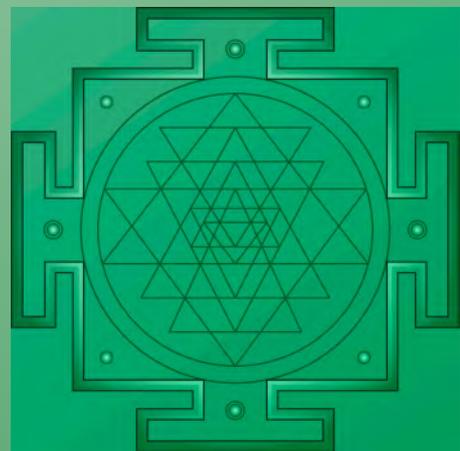


# NEWSLETTER



**AUGUST 2023**

## Letter from the Editor

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Well, its almost autumn and once again, a big thank you to all of our contributors, who supplied their articles for this edition. Going forward, please do try and contribute something if you can as we aim to produce at least six issues per year, so this means we have a lot of pages to fill to keep readers interested!

For those discovering the APA Newsletter for the first time, the APA website does allow its members to access the back catalogue of issues, so feel free to visit: <https://apa.uk.com/> and explore.

If you would like to submit material for the next edition of the Newsletter, please make sure it reaches us by November 16<sup>th</sup>.

Andrew Mason

**Disclaimer:** The information contained in this Newsletter is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. The views and opinions expressed here are those of the authors and do not necessarily represent the views or official policy of the *Ayurvedic Professionals Association*.

## YOUR ADVERTISEMENT COULD GO HERE!



**An urgent call for contributions to this magazine.**

The APA Newsletter aims to reach you every few months and this requires a lot of work and more importantly - articles. If you think you have an interesting case study, book review, research paper or recipes that others would enjoy, please send it to us.

Other topics of interest include: favourite Ayurvedic herbs and why you like them, book promotion, jokes and amusing stories.

Please send your articles to: [info@apa.uk.com](mailto:info@apa.uk.com)

# PREVENT FUTURE DEATHS

AN INVITATION FROM THE APA - 26<sup>TH</sup> OCTOBER

## What comes next?

When we search our conscience and consider our future environment, family, community, country... with so many global changes, it can seem overwhelming.

*What can I, as an individual do?*

Stop using plastic - for the environment?

Belong to an organisation - but why?

*But what if...*

I continue to consume in same way, will things really change?

Join, not engage, does anything change, is there a point?

*Be the change you wish to see*

Mahatma Gandhi

Last year when the APA were instructed by the Coroner to report within 3 months on how the APA as an organisation would Prevent Future Deaths. I don't mind admitting the feeling of isolation and inadequacy for the task was completely overwhelming. However, faced with the reality of the death of a young wife and mother any feelings were insignificant and inconsequential compared to the loss for the family.

As the reporting process continued, we realised many things, for instance, although not considered by the Government as "health professionals" we were of course still liable to the Coroner's office. With an overwhelming feeling of a duty of care, we carried out this task to the best of our ability.

The infrastructure of the APA constitution, policies, insurance... were not what was needed to answer the many questions asked, nor did we have the skillset or expertise. Indeed we learnt how alone and vulnerable we were as individuals on a committee representing Ayurveda.

As we continued the reporting process the overall feeling on wanting to share the lessons learnt grew beyond what was needed for the Coroner or APA members, which is why I write to you all and ask everyone, Please, please consider joining this FREE event. At the very least it constitutes probably the most valuable CPD you may ever participate in and is something the APA was particularly criticised for not having adequate Compulsory CPD as all other health professions do as mandatory.

To truly Prevent Future Deaths the process needs to expand to include all who work in or represent natural health in the UK and beyond. I now believe that in asking the APA as an organisation the Coroner has helped every one of us consider what we need to change and grow to go forward.

*Now is the time for difficult conversations.*

*To work towards a new paradigm.*

*Each person in Every organisation.*

*You. me. Everyone.*

# PREVENT FUTURE DEATHS

## AN INVITAION FROM THE APA - 26<sup>TH</sup> OCTOBER

Not just belonging...but giving back...time, money, support, energy, articles, expertise, webinars, CPD, sharing...

Making tough choices and commitments to engage...

**...or not...**

*We are All one step away  
from the unexpected...  
...and a solution.*

What happened last year to an APA member, the APA committee and Ayurveda, could have happened to **Anyone in Any Tradition**.

What happens next will determine the future of not just Ayurveda in the UK but all natural medicines especially those using herbs for perhaps generations to come.

Medicine does not recognise us as Health Professionals, leaving everyone using Traditional practices as potentially isolated and vulnerable.

*Together, starting this conversation, we are Strong.  
...separate clouded by old silences, suspicions, we become weak.*

I am asking you all, from whatever Tradition, Please join the APA Committee on **October 26th @ 6pm** in person or via live stream to begin to consider the implications of the question asked by the Coroner...

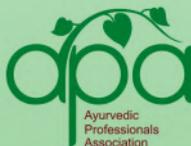
### **... Prevent Future Deaths...**

- being attributed to Any Member of Any Organisation.
- to learn from APA in our reporting to Coroner.
- feel safe enough to start and continue difficult conversations.
- make changes to constitutions as needed.
- increase compulsory CPD wherever needed.
- engage in a healthy future for everyone.

### **Safeguarding all users of herbs and the Public**

Thanks for taking the time to read.  
Looking forward to **26th October @6pm**  
Kindest Regards.  
*Sue Clark.*  
For the APA Committee

**Register your interest here:** <https://apagathering.eventbrite.co.uk>



# INTERVIEW OF SARAH TOMLINSON

By Colette Park



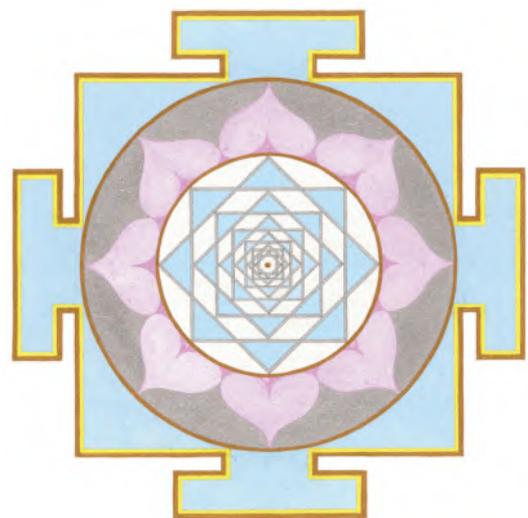
**Sarah Tomlinson** is an internationally acclaimed Yantrika (Yantra teacher and practitioner), yoga teacher and artist, with renowned fans across the globe including Elena Brower and Sharon Gannon, co-founder of Jivamukti Yoga. Sarah is

the author of *Coloring Yantras*, (Shambhala Publications, 2017), *Nine Designs for Inner Peace*, (Destiny Publishing, 2008) and creator of the *Yantra Oracle Deck*, (2017). Sarah kindly agreed to an interview about her inspiring work.

*Tell us about your background and what led you to start working with Yantras.*

I've always loved the healing benefits of asana yoga practice: shoulder stand to regulate hormones, bow pose to increase digestion, tree pose for balance and mental equanimity. When this healing focus expanded to include a devotional practice, and the mythical stories and chants found their way into my practice, I wondered how my life as an artist and my passion for all things yoga would align. At that time I came across Harish Johari's book *TOOLS FOR TANTRA* which contains the Mahavidya Goddess Yantras, and I started to trace the images. I had just graduated with my MFA from Hunter College in NYC and was feeling a little restless with my creativity. My gallery had just closed and I thought my focus would be 100% yoga teaching until I found this book but something was missing. A few weeks later I saw a flyer for a workshop with the author! Harish used to travel to the US once a year to see his

publisher in Vermont. On his way he would stop in at Ananda Ashram in Upstate NY affiliated with my New York City yoga centre and teach a workshop as he was good friends with the guru, Sri Brahmananda Saraswati there. People from all over the US would travel to spend this time with Harish Johari during these visits. In my first class I learned how to construct the Yantras (not trace them) while Harish had me put my compass here and pencil there over and over again. I had no idea what I was doing other than enjoying the process immensely. When we got to the painting I took to it immediately and the Yantra came to life. I still have that first Yantra, a Venus Yantra with the Mantra written underneath in Harish's handwriting. Apparently I needed "to learn patience" by choosing this intricate design to start with. Venus creates such a pleasing effect when you work with it. Not only patience but a feeling of harmony, bliss and love arises within you. To date I also note that those who work with Venus start to look more and more beautiful too.



Venus Yantra

# INTERVIEW OF SARAH TOMLINSON

By Colette Park

*What is the significance of Yantras, how did they originate and what is their purpose?*

Yantras are sacred geometric symbols that are instruments for meditation. Spirit itself is formless and so without a container (the Yantra) it is hard to get to know it - by meditating on a Yantra you get to know the specific quality of spirit within yourself. A Yantra is generated by its companion, the sound vibration known as a Mantra. As the sound is struck, the image appears. Sound = Form. Yantras are from the ancient teachings from the rishis, the North Indian mystics who had one foot in the earthly realms, and one foot in the celestial realms. It is said that they manifested in the first and second centuries B.C. We can find Yantras' descriptions and prescriptions for use in the Tantric Scriptures. Each Yantra is used as a form of worship to a particular deity or planet. By capturing the essence of that deity in the Yantra you have a tangible container to worship. Each Yantra brings an opening within your mental/emotional body which influences your spiritual and practical world. As you draw and colour the Yantra you get absorbed in the activity. Once the Yantra is complete you can gaze at it in open-eyed meditation while reciting the corresponding Mantra. Then you can close your eyes and integrate the experience. To bring more energy to a certain area of your life you can place the finished Yantra in that room. It will elevate the energy there. For example to give your career a boost you can place a chosen Yantra in your office.

*You spent a lot of time with your teacher, Harish Johari, a name many of us associate with a variety of wonderful books on Ayurveda and Indian spirituality. Can you tell us more about your time with him?*

I met Harish Johari towards the end of his life, I felt the immediacy to spend as much time as I could with him and bought a plane ticket to India a couple of months after meeting him. As a yogini and an artist I felt everything coming together in that moment. I had found my thing, my teacher and my calling. The time I spent with him was an intensive initiation to

the Yantras I work with now and a teaching about their function within Ayurveda. I worked through the Yantras I still focus primarily on, as I went through my own healing journey in India. Each new emotion or situation drew me towards a specific Yantra. As I worked with the Yantra I felt the different chapters of my life clearing. One took me through the tears of an imminent break up, another through the joy of finding my Spiritual Teacher, and so it went. Out of all of the Yantras it was always clear to me that there was only ONE Yantra I could be working on at the time. I would absorb myself with it.

At the house he lived in there were many extended family members who could offer stories and painting tips as they walked by. I processed a lot on each trip! When I started teaching Yantra Painting I saw the same healing journeys unfold. I enjoyed observing why someone was drawn to a particular Yantra, what they were going through and then how long before a tangible result would reveal itself. There is no set timeline; you create a Yantra because you are drawn to it. It might be supporting you through a move, a break up, a new job, to become a parent for example, for me the process was linear, one Yantra led me to the next one and the next one until as I looked back I could see how I had got from point A to point Z, not just with one Yantra but by the ripples of healing that brought me from one Yantra to the next.

Harish was succinct in his instruction, he only gave Yantra teachings when asked for and gave other suggestions (life ones) when not asked for. He had a great sense of humour and mischief, he was short in stature but he was a force. If we walked through the town (Haridwar) the crowd would part to let him walk. He would often bring food and money to distribute to those in need. He loved gemstones, cooking, and all the children in his family. He was very much a part of the household and instructed those in the kitchen on the appropriate dishes for the day. Each morning he made an outdoor fire to welcome the day, and he spent long quiet hours in

# INTERVIEW OF SARAH TOMLINSON

By Colette Park

the early morning in prayer. Dadaji, as we affectionately called him, always included me in the household chores and food preparation so that I could learn about the ways and whys of daily life in India. This helped me to feel the whole rhythm of the day. In India there is somehow more to do always; the lentils need cleaning (which meant taking out the stones that may be in with them), the cilantro or methi (fenugreek) leaves needed plucking from their stems, the floors needed sweeping with twig brooms daily as the dust from the dirt roads is on everything without this daily vigilance. There were festive holidays so often that I got to witness how many times things stopped and the shops closed to honour this! Daily during Sunrise and Sunset Harish would have us pause, just a suggestion, 'it is better not to paint during the transitions; Sunrise and Sunset'. There were so many things to notice and pause for, the ekadashi, the 11th day after the new and full Moons, there was hanuman day, ganesha day, navaratri, the new Moon the full Moon, so many days when special dishes were prepared for the breaking of fasts. The household members all seemed to be fasting on different days to propitiate the reigning deity for that day, Mars or Hanuman on Tuesday, Ganesha on Thursday, and so it went. By fasting this meant chai was consumed and fruits but the main evening meal was the break-fast. With all this activity in the household I am pretty sure this is why Harish barely slept; the middle of the night was the only quiet time he had to himself to focus on his prolific book writing and his lengthy pujas. During the day he would meditate deeply as he sat outside in the communal courtyard, aware of all that was going on, he would sometimes open his eyes and tell us something then go back into a seemingly DEEP space of meditation. His early life was filled with the company of Saints, sages, astrologers and artisans (after his engineering career took a detour), and by the time I met him his very presence taught me what I needed to know. He very astutely would tell me things at the most interesting times. Not always pleasant! But to this day the lessons have brought me to such a good place that without someone pointing out my blindspots, I would have had a miserable time discovering them by myself. Such is a guru. On

my last visit with him he was in deep meditation most of the time, as I left he gave me two bits of advice; the first was to treat everyone with the respect I would want to be treated with, 'do unto others as you would have them do to you', which I took to mean "don't dis anyone and don't look up or down at anyone". Which was good advice as I was heading into some intrepid explorations in India and I think he feared I was going to walk into trouble out of my innate curiosity for spiritual weirdness! For the second, he placed his hand on my shoulder (he never touched people), and asked me to teach the Yantras now. Less than a month later he left his body; I had his blessings to teach. What a miracle that I could be with such a great human being. I hope in some small way through offerings like the Yantra Oracle Deck and my ongoing relationship with my students and clients that I can impart some of the mystery and beauty of the world he shared with me. Tantra means 'to weave' and as Yantra + Mantra = Tantra, this is a path where spirituality and the subtle patterns that create our life journey, weave their way through the mundane world.



Photo permission from Seema Johari

*As an Ayurvedic community, we would love to hear more about the Ayurvedic Astrology that you practise. What does it involve and is it related to Vedic (Jyotish) Astrology?*

Harish Johari was a proponent of working with the planets through daily sadhanas, spiritual practices and rituals. He taught me all about the planetary Yantras and Mantras and the practices and foods

# INTERVIEW OF SARAH TOMLINSON

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best for each day. Working with the planets connects you strongly to the rhythm of the days of the week.

In Ayurveda you have dinacharya where you look at the practices best suited for different times of day, the lunar cycles, the seasons in each year and the seasons of life (age). Looking at the planets gives you a chance to connect with the days of the week and the supportive rhythm offered with that. A little later I came across the teachings of Edward Tarabilda, author of the book "AYURVEDA REVOLUTIONIZED". I became fascinated with his method of deducing the planetary archetypes that we have in the eight areas of our life: spiritual, emotional, dharma, physical, play, relationships, career, and vitality. Edward Tarabilda was a well-respected member of the Ayurvedic Community with comrades David Frawley and Dr. Vasant Lad. When he felt an awareness developing about the planets, he branched off to explore them. He has a system of astrology that combines the Vedic Navagraha (Nine Planets) and an early model of Western Astrology. It also synthesises Chinese and Indian healing systems. Once I came across this paradigm and applied it to my own life and well-being I finally felt like myself. I had the tools of ayurveda to work with and the psychological pieces of the puzzle answered that affirmed my life path, my dharma and my physical imbalance type.

Stress in any area of life will ultimately take its toll on your physical well-being. This system, which looks at the eight areas of life, can shed light on the stresses in any of the areas that typically come when we are not in alignment with what we are meant to be doing. We are perhaps living in someone else's shoes and not our own. We may have forgotten what our own impulses feel like. Tuning into the planetary energy in each area of life and naming it is incredibly powerful. The Yantras then can act as remedies; when someone is drawn to a specific Yantra in my sessions it informs me that the area related to the Yantra needs attention. Through dialogue, we see what is going on in their life currently and by the end of the session the client will have in place a Yantra Sadhana, spiritual practice, to clear the blockage or empower them in a specific way.

Traditionally Vedic astrology, which also works with the Navagraha, is more predictive, and complex, and it relies heavily on the astrologer's good or less good intuitive gifts and authority. I had studied this system for a few years before I came across Tarabilda's work. Ayurvedic Astrology lays out a simple model of the eight areas and the eight planets that come together in a unique way for you based on your birth time/date/place. You will be selecting the Yantra and guiding the healing process yourself. I am there to support you and reflect back to you your gifts and strengths and forgotten joys.

*You have published the most beautiful Yantra Oracle Deck, would you like to tell us more about the inspiration behind it?*

Thank-you Colette! It is really nice for people to get to spend time with the Yantras and the language of sacred geometry in their own homes. I initially created one copy of a mini Yantra Deck for myself of just the 24 Goddess and Planetary Yantras to allow participants at the beginning of Yantra Painting Workshops to select which Yantra they were drawn to. This selection process became a compelling part of the class and afterwards I would receive lots of requests to take the mini Yantra cards home with them. Finally I thought, mmm I could make copies of my Yantra Paintings and share some of the teachings of Sacred Geometry and Yantra Practice so that people see how their intuition, their mood and their life is reflected in and guided by the Yantras. After some searching I found a B-Corp Cert. Sustainable Printing company here in the UK in Brighton called Generation Press who have really produced a beautiful product. One of the fun side-notes is that the Yantra Oracle Deck gives amazingly accurate 'readings'. The Oracle aspect of the deck closely reflects what is going on with the individual in their life.

You can then keep out your chosen card(s) for the day to continue to receive the blessing of the teaching and message. It is good to see people working with the Yantras on a daily basis and be touched by their healing magic. Then it is their experience that informs them from the inside, rather

# INTERVIEW OF SARAH TOMLINSON

By Colette Park

than me 'explaining' to them everything about what the Yantra 'should' be doing. They speak for themselves and reveal the messages needed in the moment.



Yantra Oracle Deck

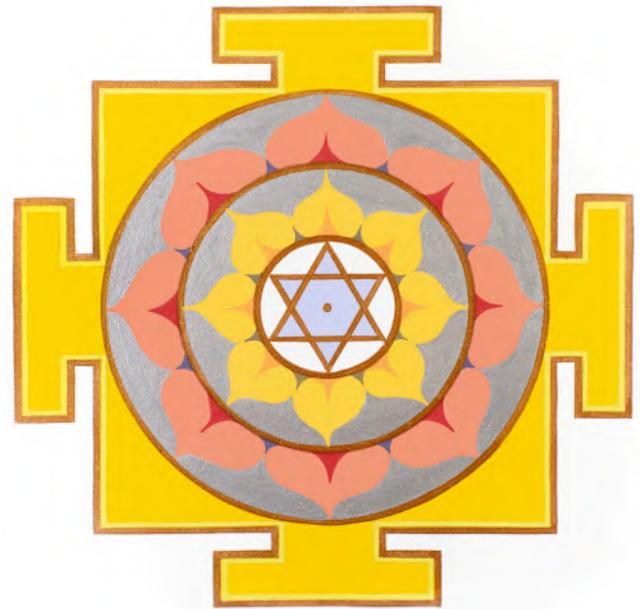
*Is there a Yantra that you would like to tell us about?*

## **Bhuvaneshvari Yantra**

The light and space given by this Yantra is the panacea for our times. Have you ever felt like you cannot add one more thing to your day? Even a nice thing? With the saturation of time spent on the internet, feeling a little too plugged in, and the overwhelm of personal and professional obligations and everyday worries, it can feel hard to carve out a little time for yourself to play, get creative and have some fun. This is exactly what is required right now and this is the time to call on the Goddess Bhuvaneshvari, seen here:

Bhuvaneshvari is the Queen of the Universe. The Goddess who blesses you by showing you that the Earth is your playground. When Bhuvaneshvari shines her light on you, all that felt stressful, impossible and created shallow breathing in your body and mind, suddenly shifts. She creates the space for a deep breath, and space at the heart revealing the movability of the pieces on the chessboard of life. Nothing is absolutely fixed even though you might have been feeling completely stuck.

Sometimes you need to step back and gain a new perspective or see a different opportunity to move



Bhuvaneshvari Yantra

forwards. Bhuvaneshvari unearths a well of creativity and vision, she propels you to spend time with your community and foster the support and collaboration of those around you. She also grants the space needed for progeny to step in. Her placement in a family room will invite children and friends into your life.

Her Yantra is yellow, the colour of optimism and energy, imbued with the opposite colour on the spectrum: violet. This elevates her earthly blessing to one of meditative serenity, space and happiness.

Gaze at this Yantra while chanting the Mantra H R E E M to reconnect you with the whole of yourself and the space to discover even more. Playing is renewing. It can open you to new ideas, inspiration and spontaneous joy.

To learn more about Sarah's offerings & classes, or to get in touch

**Contact info:** <http://www.sarahyantra.com>  
<https://www.instagram.com/sarahyantra/>

Upcoming workshop: Introduction to working with Yantra: Moon Yantra - on Sep 29th at 6pm:  
<https://tinyurl.com/5dw43spa>

# EUROPEAN ACADEMY OF AYURVEDA

25<sup>th</sup> International Ayurvedic Symposium 15-17 September 2023 (Germany)



The programme is framed by the special flair on the campus of the European Academy of Ayurveda. Indian robes set accents in the stylish rooms, the lecturers give confidential insights into their careers at the fireside evening - and above it all float fragrances from the Ayurveda gourmet kitchen, which will introduce the participants to the "five elements" in a culinary way.

The 2023 Symposium will take place exclusively live and on site. The opening event on Friday is open to all interested parties free of charge and will also honor the 30th anniversary of the Academy with a ceremony. Also free of charge is the alumni meeting with Gurukul, where capacities such as Prof. Dr. S.N. Gupta, Vice-Chancellor Maganbhai Adenwala Mahagujarat University (Nadiad), will provide professional and personal inspiration to former and current students at the "European Academy of Ayurveda".

**Date: 15 - 17 September 2023**

Weekend ticket: 320,- € (275,- € for alumni, students and DÄGAM-/VEAT-members)

Programme and registration: [www.ayurveda-symposium.org](http://www.ayurveda-symposium.org)



# BANSLOCHAN (*MELOCANNA BAMBUSOIDES*) IN AYURVEDA

By Andrew Mason



Banslochan (*Melocanna Bambusoides*)

**Banslochan** (known also as Tabasheer) is an important medicinal substance in Ayurveda and Unani, its use goes back many centuries and is found in a number of popular formula.

This hard and brittle, off-white and slightly sweet substance is formed within the stems of bamboo as a gelatinous mass near the internodal junction, in young female plants. Chemically it is composed largely of silica and plant fibre. When bluish-white, this extract is seen as being extra medicinal in Unani and called Sadafi. The shift in colour is deemed to be more cooling, sweet and potent.

As bamboo matures, its sap collects at the nodal junction points and overtime, begins to harden. Once dry, the stems can be rattled to detect its formation. It is said that experienced collectors are able to detect rich sources just by listening to the stems as they sway in the breeze, a distinctive rattle reveals the location of banslochan.

To extract this material, the stem is cut and split longitudinally. The amount produced by each

plant and species varies, but overall the cache tends to be small, so generally this material can be expensive. Banslochan sometimes referred to as bamboo manna, showing its association with miraculous foods that are produced in an unlikely place as well as having divine connections. Indeed there are many legends of bamboo bearing pearls, tiny infants or miraculous waters that de-age the body.

## Location and Uses

Banslochan (*Melocanna bambusoides* Trin.) belongs to the family Gramineae. It is a tall woody bamboo with numerous thorny stems that can grow to a height of 30-40 meters, often having a prominent curve at its top. Bamboos relatives include as sugarcane, corn and some varieties of thick stemmed and sweet tasting grasses. Although there are something close to 1200 varieties of bamboo worldwide, about thirty species are harvested to obtain banslochan. Suitable plants are to be found throughout India, especially in the hilly forests of Western and Southern India. Other popular growing areas include Bengal, North West Indian, Andhra Pradesh, Tamil Nadu and Karnataka, where all cultivate to some degree.

Bamboo in general, has many uses, and all parts of plant have been utilised for practical as well as medicinal applications. Bamboo itself is resistant to wear and tear, is easily worked, highly fibrous and strong, as well as being extremely light. All of these features make bamboo a highly desirable material.

# BANSLOCHAN (*MELOCANNA BAMBUSOIDES*) IN AYURVEDA

By Andrew Mason



The roots of bamboo are extremely nutritious and are used in many countries as a body bulking food material. Its leaves and shoots can be pasted and applied externally to treat wounds as well as various types of skin conditions. Bamboo seeds are laxative and can be decocted to produce highly effective urinary cleansers. The root of the plant is sometimes dried and calcined, producing a medicinal ash that can be pasted and applied to obstinate skin disorders.

## Bamboo salt



Medicinal properties of bamboo also extend to certain medicinal recipes, like bamboo salt. One popular variety known as Jugyeom, which is a Korean speciality is of special interest and commands a very high price for just a few grams. Here, rock salt

is packed into cut compartments of the stem, allowing it to become intermixed with the stems natural secretions. The ends of each section are then sealed with mud before being cooked at high temperature and calcined to literally a pillar of crystallised reddish salt.

This process is repeated nine times and with each cook its medicinal factor is further increased. The repeated high temperature,

typically above 800°C liquefies salt and bamboo fusing stem and salt into a solid mass. Upon one final and ultra-high calcination, the remaining salt pillar is found to be exceptionally rich in potassium, iron, calcium, copper and zinc. The bio-availability of salt allows these micro-nutrients to quickly saturate the bodily tissues and is so considered a potent medicine.

## Ayurvedic Properties:

Banslochan (is drug of plant origin) and has the following Ayurvedic energetics assigned to it.

Taste = sweet and astringent

Qualities = light, drying and pungent

Potency = cooling

Post Digestive Effect = sweet and pungent

Reduces Pitta and Kapha, while promoting strength and vitality

## Application of Banslochan in Ayurveda:

Ayurveda's sees banslochan as curative for those regions 'under the rib cage', (thorax) ie: lungs, heart, thyroid, thymus and small intestine. It appears in a number of popular formula that are designed to combat diseases and aid in recuperation.

As this plant material is rich in silica, it is famed for its ability to quickly remineralise the body, making it a potent ingredient to restore joint

# BANSLOCHAN (*MELOCANNA BAMBUSOIDES*) IN AYURVEDA

By Andrew Mason

## Preparation of Sitopaladi



Crystal sugar

Bamboo manna

Long pepper



Cardamon and Cinnamon

Honey

Rolled pills

power and the elasticity of tendons. It also aids in the arterial blood supply, as well as promoting strong teeth, nails and hair. Banslochan may also be prescribed during pregnancy or accidents such as falls and bone fracturing.

One of its main chemical functions is to aid in the absorption of phosphorus, and the regulation of calcium ie: the higher the ratio of calcium to silica, the greater the loss of flexibility and elasticity, by keeping silica high, calcium is kept to an optimum in the body.

There is also a strong case to be made for its use in certain types of coronary conditions as statically, those areas low in natural silica, naturally see an increase in heart disease. With the deficiency of silica comes the loss of arterial elasticity and susceptibility to high blood pressure.

Silica also counteracts the accumulation of aluminium in the body, hence its inclusion may help resist not only signs of the natural ageing process, but it also helps prevent the onset of Alzheimer's disease. There are also some

immune-stimulant properties assigned to bamboo manna, as its use has a notable rejuvenating effect upon skin elasticity, the strength of heart muscles and most importantly, the thymus - the latter being heavily featured in overall immune-functionality, especially when young.

## Sitopaladi

Perhaps the most popular use of banslochan is in the Ayurvedic formula Sitopaladi, a mixture of refined crystallised sugar, bamboo manna, long pepper, cardamom and cinnamon. This classical Ayurvedic formula benefits a large number of diseases, specifically those relating to respiratory/digestive and immune systems. It also appears as a base for other remedies that are beneficial in respiratory diseases, immune system dysfunction, persistent coughs, recurring fevers, or just longstanding debility after chronic illness.

In some instances, the therapeutic properties of this formula can be extended by the addition of Myur Piccha ie: the calcined eye-feather of the

# BANSLOCHAN (*MELOCANNA BAMBUSOIDES*) IN AYURVEDA

By Andrew Mason

peacock. Myur Piccha is itself an excellent respiratory medicine and works well when combined with Sitopaladi. In those cases where excess phlegm can be easily expectorated, the above formula is combined with honey and pills can easily be formed. These pills makes a very pleasant tasting remedy that quickly works on respiratory functionality.

## Chemical properties of bamboo

Chemically the three main constituents of bamboo are Lignin (organic polymer), Cellulose (insoluble dietary fibre) and hemicelluloses (organic crystalline matrix). The other minor

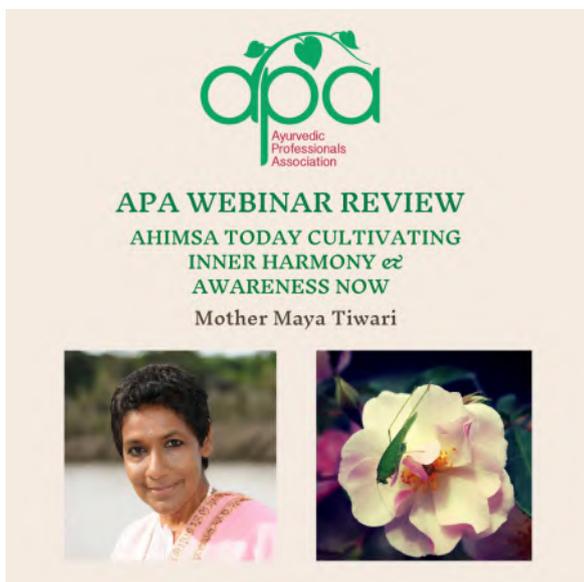
components in bamboo include: fat, tannins, proteins, plant salts, resins and various waxes.

Bamboo also contains phenolic compounds such as phenolic acids, flavonoids and tannins, all of which give it excellent anti-oxidant properties. Proportionately, bamboo manna consists of 96% silicic acid, with the remaining portion made up of iron, calcium, betaine (a natural liquid stabiliser) and choline (a cellular stabiliser).

Translating these chemical properties into Ayurvedic thought we can see bamboo overall has a strong Earth Element quality, capable of 'body building' par excellence.

## REVIEW OF THE APA WEBINAR MOTHER MAYA TIWARI

By Karolina Raczynska



On the 29th of April 2023, the APA had the great privilege to welcome back Mother Maya Tiwari for an APA event titled: **Ahimsa Today - cultivating inner harmony & awareness now.** As many of you may already know, Maya Tiwari is a spiritual leader and teacher whom the Parliament of World Religions has praised for her global work fostering wellness, peace and inter-faith understanding. Mother Maya

belongs to the ancient tradition of Veda Vyasa, and over 40 years ago, she founded the Wise Earth School of Ayurveda <https://www.wiseearth.com/>.

During her APA Webinar, Mother Maya helped us understand more about the principles of Ahimsa, the Sanskrit word for non-violence, and that these principles are never OUTSIDE us. Ahimsa is about fortifying our INNER world of non-violence; catching our thoughts and actions and becoming aware of when we are hurting ourselves or others, and ultimately preventing any negative outcomes before they manifest. Ahimsa is about creating a stable groundwork within, using the power of AWARENESS. Mother Maya continued to explain that we can bring a buffer of PEACE around us in this 'broken' world full of separation and division. Ahimsa is not a choice but a transformational awareness within ourselves. It is where our awareness meets CONSCIOUSNESS. Mother Maya further taught us that Ahimsa is the consciousness of the greater universe. This can be broken down into the FOOD we eat, the AIR

# REVIEW OF THE APA WEBINAR MOTHER MAYA TIWARI

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we breathe, the vocal SOUNDS we make and the ACTIONS we undertake. They are all preceded by our thoughts, and those thoughts are immersed in our awareness. It can be broken in many ways, but

it is not external to us. We need to internalise the principles of Ahimsa in us methodically and with joy, through development of our awareness.

Mother Maya continued to share that even in the greatest despair, nature supports us and refills us all night and all day. We also harmonise with nature and each other; we meet HALFWAY in communication with another person when they are suffering. This is not a compromise, but it is the way of nature; it is how we harmonise with each other. This is not a compromise, but it is a way of nature. It is in the same way in which animals harmonise and also how nature does it, e.g., the way the sky meets the earth, and it is the way that the rain meets the fog.

Conflicts, health, and mental conditions will always be present, so how do we bring harmony and saintliness and integrate them within the chaos? What if we are suffering from a disease? How are we then able to practice Ahimsa in such difficult moments? Mother Maya explained that OPENHEARTEDNESS comes from awareness, and that we need to reach out to each other to minimise judgement. She has emphasised that our natural form is to keep open space and mind to other ideas and belief systems, even if they may contradict our own. She further reiterated how important it is to create space through the PAUSE and PRACTICE OF MEDITATION, to regenerate and strengthen our power of awareness. Our increased levels of awareness then lead to a reduced need for judgement, because our levels of mental agitation are naturally reduced, therefore leading to

अहिंसा  
ahimsa

*Origin: Sanskrit  
from a 'non-, without' + himsā 'violence':  
respect for all living things and avoidance  
of violence towards others.*

increased levels of Ahimsa within. With this improved quality of inner peace, we are better able to look at, examine and accept with less judgement the different points of view, and understand that life itself is incomplete without all the dynamically opposed perceptions and views that exist in the world. If this non-judgemental approach begins within ourselves, then being more aligned with nature's way, it will radiate out silently and effortlessly with increased peace and harmony. Such a mindset brings us back to the platform of being a HUMAN, which means being aware. It takes us into the circle of Ahimsa, as opposed to the 'circus' of Non-Ahimsa, that will come with division, disputes, differences and each one living for himself.

Ahimsa is relative because at all points of life, there will always be some level of hurt. It is important not to become obsessive, so that we do not enter the stage of angst and fear. In this context, the power of INTENTION is of immense importance. We may have the best of intentions at heart, but still be capable of hurting others. If we continue to hurt a person unintentionally, then the action needs to be stopped even if we thought we had the best of intentions for them. This is another shade of what intention is all about. We accept that with the nature of life, if we continue to meet each other halfway, we can protect and safeguard each other. We continue to live in the COLLECTIVE, and awareness is the key when it comes to sharing space.

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Ahimsa is also related to our PRIVATE THOUGHTS, which Mother Maya says are not so private after all, since the whole vibrational field understands them. They also impact the physiology around us. Mother Maya has offered the following analogy; the SUN cannot exist without the MOON; when the moon is waning, it creates the space for it to be filled by the sun. Again, the moon cannot exist without the sun, which feeds the moon. We have LIGHT AND DARK within us. We need to honour our negative thoughts, but how do we change them? Again, that happens via the lens of awareness, which then automatically transforms the

negative thoughts as soon as the observation process starts.

During this event with Mother Maya, we have learnt a lot of mind-opening concepts, for which we are very grateful. Mother Maya's vital work on living Ahimsa has touched and healed thousands of lives over many years. To follow her journey please visit [www.mayatiwari.com](http://www.mayatiwari.com). If you would like to access the video recording from this event then please email [info@apa.uk.com](mailto:info@apa.uk.com).

## SEASONAL VEGETABLE: ZUCCHINI (COURGETTE)

By Atsuko Mason



a beneficial and nutritious plant.

In the past I had been this vegetable from neighbours and a farmer friend, but often they were so big, it was difficult to prepare or eat in one go. Having tried to prepare the bigger examples I often ended up with the fridge being full of the remains.

Over the ensuing years, Zucchini has become a summer staple food, and I always try to grow it but also keep the size manageable. It is now one of my Summer-staple cooking ingredients.

From 'History of the vegetable;' by Karen Osburn, we are told that Zucchini originated in Mesoamerica ie: Central Mexico, through Belize,

Guatemala, El Salvador, Honduras, Nicaragua and Northern Costa Rica. It is one of a large number of vegetables (and fruits) native to the Americas and introduced to the 'old world' via the returning voyage of Columbus in 1492. Other exotic introductions included: corn, beans, squash, potatoes, tomatoes, bell and chilli peppers and of course, vanilla and cocoa.

From this early introduction, it appears Zucchini was then later developed in Italy around the latter half of the 1800's before being reintroduced to the United States by later Italian immigrants at the turn of the century.

### According to CCM (Classical Chinese Medicine):

Zucchini is cold and sweet in taste; it helps remove trapped heat while replenishing vital liquids lost from the body. It is also seen as a vegetable that 'cleanses' the fire element. It is both thirst-quenching and moistening for the lungs/respiratory system, the stomach and

# SEASONAL VEGETABLE: ZUCCHINI (COURGETTE)

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spleen. Its therapeutic power is greatly enhanced by add a little of the sour taste.

Zucchini helps drain swellings, while softening hardened boils or stagnant blood. It is particularly useful as a diuretic ie: eliminating unwanted heat and toxins through the urine. Its high fibre content also helps elimination through the stool.

## According to 'Ayurvedic principles'

Once cooked, Zucchini is easy to digest, reducing instances of acid reflux or fatigue after meals. It can be useful in cases of ongoing constipation due to its fibre content; is generally emolliating and best of all, low in calories.

**In summary:** Zucchini is nutritive, cooling (-V - P, but may aggravate Kapha), has excellent diuretic properties and is high in non-soluble fibre. It is also a source of Vitamin C and B complex vitamins and contains beneficial levels of magnesium. There is some historical as well modern research to suggest this vegetable may also have cardio-tonic properties.

## Some useful information about the humble Zucchini

1. Always try to pick the fruit while they are about 20-25cm in length, a bit shorter is also OK.
2. Luckily for us, Zucchini grow easily in UK without the need for a greenhouse.

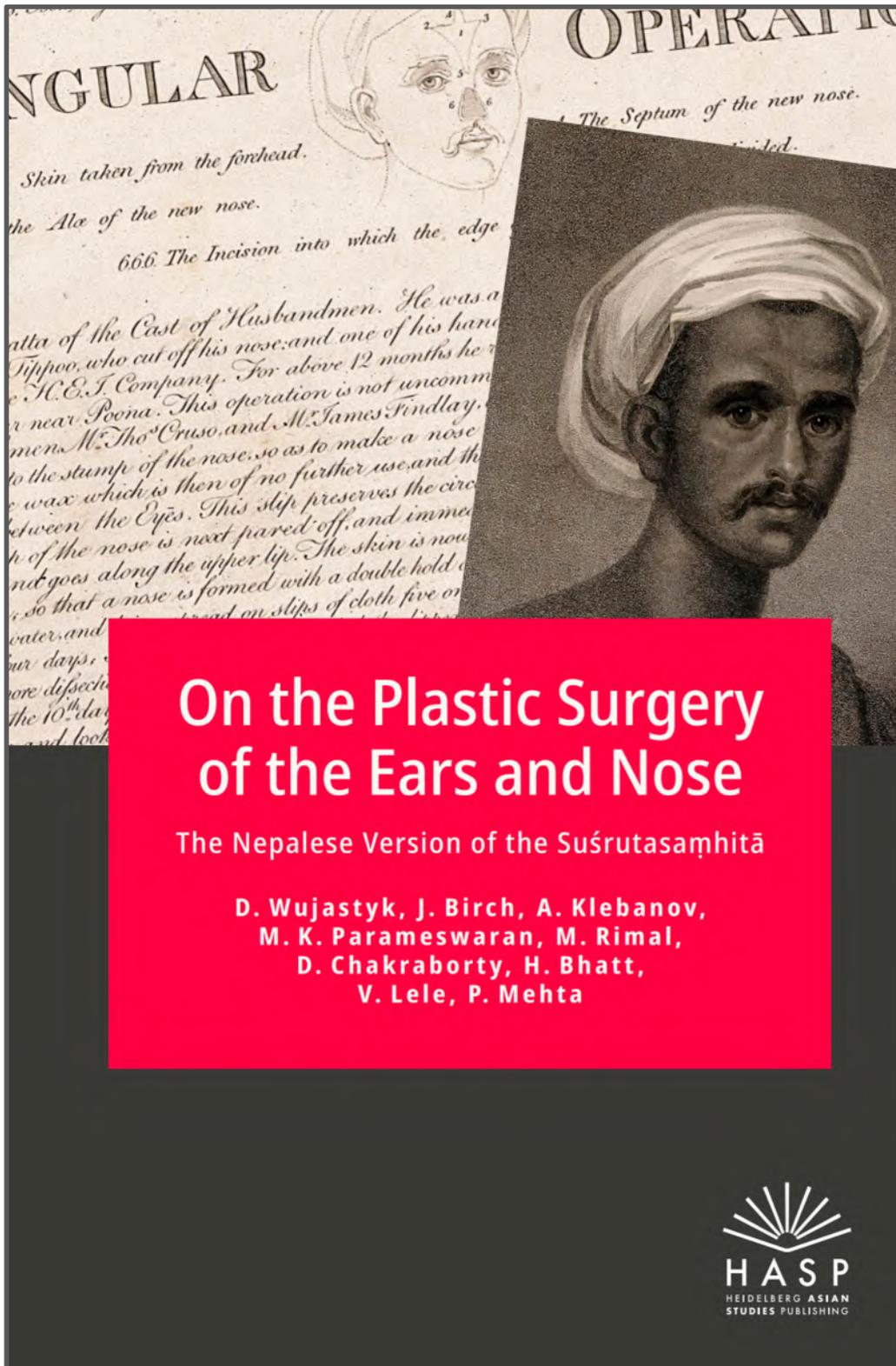
3. Watering is necessary but grows almost carefree on the ground.
4. Zucchini complement most flavours, particularly sour so ideally its combination with tomatoes, curries, oriental soya sauce and various cheeses.
5. The Zucchini plant keeps producing its fruits during the warmer summer months; you only need few plants to feed the entire household.
6. You can eat the whole vegetable (it does not require peeling its skins).

## One tasty way to prepare young Zucchini:

1. Wash Zucchini and pat it dry.
2. Cut into lengths ie: 1/4 or 1/3 inch long planks.
3. Place cut Zucchini on parchment paper.
4. Brush pieces with butter and sprinkle with Parmesan cheese, crushed garlic etc. and bake in a pre-heated 350 degrees 10 to 15 minutes.
5. Keep an eye on it, depending upon the thickness of the Zucchini.
6. Serve immediately.

# SUŚRUTASAṂHITĀ

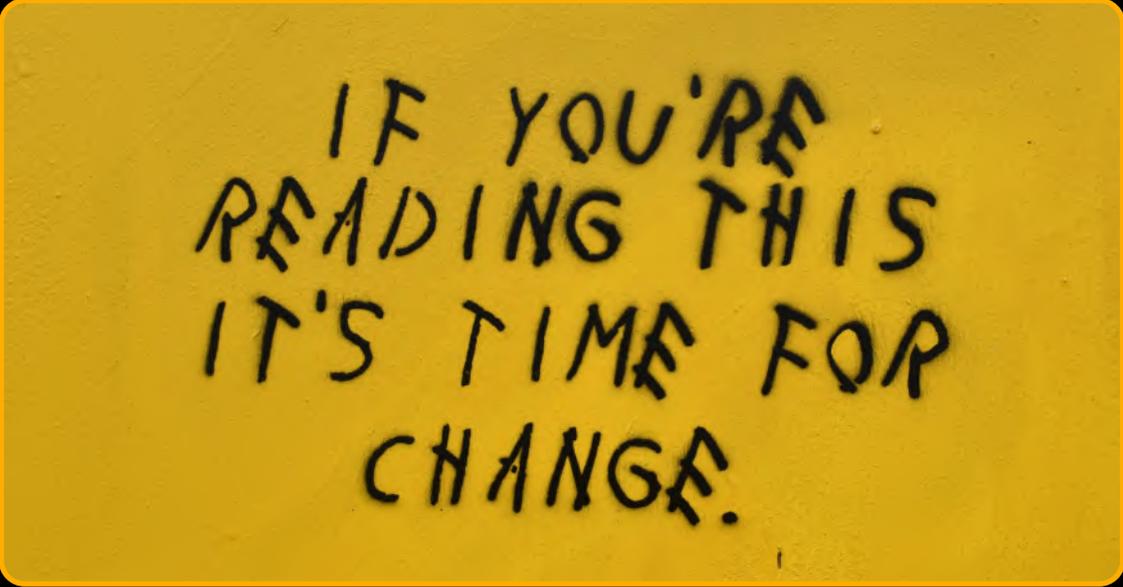
## ON THE PLASTIC SURGERY OF THE EARS AND NOSE



Dominik Wujastyk, Jason Birch, Andrey Klebanov, Madhu K. Parameswaran, Madhusudan Rimal, Deepro Chakraborty, Harshal Bhatt, Vandana Lele, and Paras Mehta. On the Plastic Surgery of the Ears and Nose. The Nepalese Version of the Suśrutasaṁhitā. Heidelberg: Heidelberg Asian Studies Publishing, 2023.

For PDF link click here: <https://tinyurl.com/aayjwypz>

## UP AND COMING APA 'EVENTS 2023'



IF YOU'RE  
READING THIS  
IT'S TIME FOR  
CHANGE.

Invite to all Traditions, Associations and Members

in person or live stream

Join the APA Committee

October 26th @ 6pm

As together we consider the question asked by the coroner

How can we all, together and alone

... Prevent Future Deaths...

- being attributed to Any Member of Any Organisation.
- plan safeguards for all...
- learn from APA in reporting to Coroner
- feel safe enough to start and continue difficult conversations
- engage in a healthy future for all

Register your interest here: <https://apagathering.eventbrite.co.uk>

# HERBAL ALLIANCE EVENT

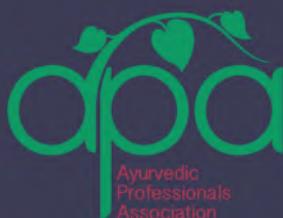
## SUSTAINABILITY WITHIN HERBAL MEDICINE 1 DAY SEMINAR VIA ZOOM

Saturday, 21 October, 2023  
10 am - 5 pm



<https://tinyurl.com/4n78xzup>

## UP AND COMING APA 'EVENTS 2023'

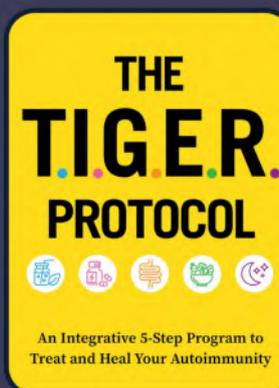


### APA WEBINAR

Reversing autoimmunity with Ayurveda & integrative medicine: the Tiger protocol to optimize immune function.

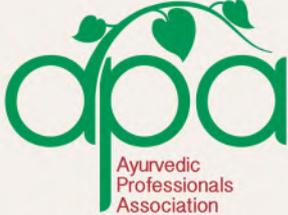
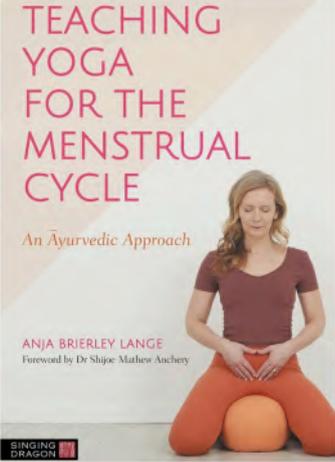
by Dr Akil Palanisamy

Wednesday, 20th September 2023  
5 pm - 6 pm (BST)



<https://www.eventbrite.co.uk/e/apa-webinar-reversing-autoimmunity-with-ayurveda-integrative-medicine-tickets-632037490147?aff=oddtcreator>

# UP AND COMING APA 'EVENTS 2023'

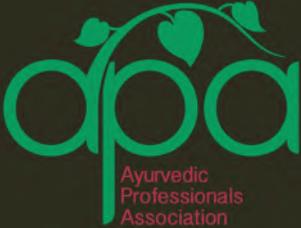


**APA WEBINAR**

**Teaching yoga for the menstrual cycle - an Ayurvedic Approach**  
by **Anja Brierley Lange**  
Friday, 27th October 2023  
6.30 pm - 8.00 pm (BST)



<https://www.eventbrite.co.uk/e/apa-webinar-teaching-yoga-for-the-menstrual-cycle-an-ayurvedic-approach-tickets-696539086157?aff=oddtcreator>



**APA SEMINAR**

**Dravyaguna, Polyherbal Formulations & Drug-Herb Interactions**  
by **Vd. P. Rammanohar**

Saturday, 2nd December 2023  
10.30 am - 2 pm (GMT)  
In-Depth Seminar



<https://www.eventbrite.co.uk/e/apa-seminar-dravyaguna-polyherbal-formulations-drug-herb-interactions-tickets-697322699967?aff=oddtcreator>

# AN INTRODUCTION TO 'AT HOME VEDIC ALCHEMY'



## An introduction to AT HOME VEDIC ALCHEMY

In this introductory talk, Andrew Mason will be sharing how to prepare medicated ghee, oil and how some gemstones can be prepared as medicines. This is a rare opportunity to learn from a world-class expert but also gain practical tips on how to make powerful medicines at-home (without requiring an alchemical workshop).

REGISTER HERE FOR FREE:

<https://tinyurl.com/23r2v5xa>

DAY: AUG 31 <sup>ST</sup>	TIME: 7 PM	ON-LINE REGISTRATION FREE
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<https://tinyurl.com/23r2v5xa>



## The use of Ayurveda for non-communicable disease management in the UK

### Are you an Ayurvedic practitioner in the UK?

We are a research team at the University of Nottingham. We would like to hear your views about using Ayurveda to manage non-communicable diseases (NCDs) in the UK. Examples of NCDs include heart disease, diabetes, arthritis, and even obesity/weight management.

### Join our research study!

#### Are you:

- ❖ An Ayurvedic practitioner practicing in the UK?

#### What you'll be asked to do:

- ❖ You will be required to take part in an informal one to one discussion (either face-to-face, telephone or online using Microsoft Teams).
- ❖ The interview will take 30-45 minutes to complete

Are you interested? Kindly contact: [Patricia.Egwumba@nottingham.ac.uk](mailto:Patricia.Egwumba@nottingham.ac.uk)

**Patrica from University of Nottingham  
would like to invite you to take part in a research study**

**Study Title: The use of Ayurveda for non-communicable disease management in the UK**

What is the purpose of the research?

The prevalence of non-communicable diseases (NCDs) has rapidly increased in many countries. In the UK, NCDs cause the largest burden of disease and are the leading cause of mortality. There is encouraging evidence that Ayurveda may have the potential in managing NCDs. This research aims to explore the experiences, perceptions, and practices of Ayurvedic practitioners regarding the use of Ayurveda for NCD management in the UK.

If you are interested in participating or would like more information, contact the researcher email: [patricia.egwumba@nottingham.ac.uk](mailto:patricia.egwumba@nottingham.ac.uk)

**Phone: 07939926625**

## **WHISPERS OF SANCTITY: AYURVEDIC ALCHEMY AND FRAGRANT VEILS OF PROTECTION**

**By Tomaz Mueller**

“The celestial symphony of scents can become a transformative journey of spiritual awakening and protection, where we emerge as alchemists of our own protection, bridging the realms of myth and reality.”

Embarking on a journey through Ayurveda's intricate wisdom, where the choreography of routines, nourishment, and harmonious living claims the spotlight, I have found myself delving deep into the mesmerising realm of ancient biblical oils. This voyage is profoundly intimate, a voyage that reveals the undeniable verity that our day-to-day rituals and sustenance are merely a fragment in the mosaic of holistic well-being. Among the threads woven into this intricate tapestry, our energy levels and spiritual equilibrium often remain concealed gems, awaiting equal attention.

Within this article, I aim to share my personal revelations—an insight born from intimate encounters with these rare essential oils of biblical lineage, which undeniably reshaped the course of my life during moments of adversity.

Over 35 years ago, my inaugural encounter with Ayurveda and essential oils unfolded. This pivotal juncture coincided with my training as an Ayurvedic Panchakarma therapist, set amidst the picturesque landscapes of Germany's Black Forest. Recalling those days, a vivid memory resurfaces—the very instant I embarked on the Fragrant Path. Guided by the embrace of sesame oil and a tapestry of precious essences, I took my first step into a realm where the true healing and protective energy of essential oils was unveiled to me and led to a personal journey of profound transformation.

# WHISPERS OF SANCTITY: AYURVEDIC ALCHEMY AND FRAGRANT VEILS OF PROTECTION

By Tomaz Mueller



As I traverse the intricate tapestry of Ayurveda, where the interplay of body, mind and spirit is a dance, I've become intrigued by the mystique of essential oils such as frankincense, myrrh, galbanum, cistus, hyssop, and myrtle. They are like messengers, forging connections between doshas and ethereal energies. In this exploration, I've uncovered the once overlooked remarkable potential of these oils and they have emerged as protectors—warding off the shadows that might be known to us as "Bhutas."

Much like sentinels of light, these oils possess the power to cleanse and fortify, creating an aromatic fortress that shields against negative energies. Their fragrant whispers, entwined with ancient wisdom, offer a potent means to repel "Bhutas", ensuring a harmonious equilibrium between body, mind, and spirit.

Within the fragrant notes, this divine connection thrives, crafting a symphony of healing and protection that may very well have been inscribed in the ancient scrolls of Ayurvedic wisdom. Imagine them as guardians of light, working quietly to cleanse and strengthen.

As I reflect on my journey, I found myself stepping into the grand tapestry of time, where fragrances weave stories of ancient mysteries. At the heart of this journey are the ethereal essences—Frankincense and Myrrh. These gifts from distant realms have become companions of mine, intricately woven with stories that echo through history's corridors. These two are known to all, but, there are unsung heroes that deserve our attention –Galbanum, Hyssop,

Cistus, and Myrtle. Each carries profound significance, offering protection and strength in the realms of spirituality. These oils act as shields, guarding us from negative forces that linger unseen. In my own journey, they've revealed a path to solace and inner resilience.

Drawing us with their potent scents, these aromas extend an inviting hand, guiding us to plumb the depths of our existence through their transformative might. Within this article, I aim to delve into these essential oils that have resonated so profoundly with me. Embarking on this aromatic journey, you will be invited to explore new dimensions of your being.

Come along with me as we delve into the intriguing world of aromatic alchemy.

1. FRANKINCENSE: *Boswellia sacra* or *Boswellia serrata* (there are many different species)

Elixir of Tranquillity (Sattvic Guna) Behold frankincense, the aromatic nectar whispered by ancient winds. Its tender touch resonates with Vata's airy essence, while enfolding Kapha's grounded serenity. Pitta, too, is kissed by its flame, a symbiotic dance of warmth. As its fragrant tendrils weave through the air, they weave a tapestry of calm—a sanctuary for the senses. Here, in the sacred chambers of the mind, frankincense cradles meditation's gentle bloom, enshrouding the spirit in protective embrace.

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By Tomaz Mueller



bound melody finds harmony, Vata's winds stilled, albeit with a hint of flutter. Pitta's embers, fanned by its touch, flicker with newfound luminance. An elixir of astringent grace, cistus paints the spirit's canvas with the hues of revival—a fragrant tapestry where past sorrows are cleansed, leaving a sanctum of serenity in their wake.

## 1. MYRTLE: *Myrtus communis*

Song of Serenity (Sattvic Guna) Myrtle, the gentle psalm of tranquillity, emerges as a melody of equilibrium. Kapha's embrace finds balance, Vata's winds caressed, and Pitta's flames kissed by its sweet essence. An elixir of earth's tender offerings, myrtle's whisper harmonizes the body's rhythm and spirit's cadence. Within its embrace, the soul finds solace—an untouched garden of serenity, sheltered from the tempest's grasp.

## 1. HYSSOP: *Hyssopus officinalis*

Elixir of clarity (Sattvic Guna) Now, let's turn our focus to hyssop—a unique essence that stands out amidst the aromatic symphony. It possesses a remarkable ability to ground Vata's airy tendencies while gently rejuvenating Kapha's serenity. Pitta's flames find respite in hyssop's harmonious blend of bitterness and pungency. This essence carries the gift of purification, cleansing the spirit's palette and bestowing a renewed sense of clarity. As its aromatic notes intertwine, hyssop creates a haven where intentions are purified and the soul's sanctuary is cleansed, offering a path towards serenity and transformation.

## SPIRITUAL ALCHEMY: THE DOSHAS AND BEYOND

These biblical oils, potent guardians of doshic harmony, transcend the material world to the ethereal. Frankincense, myrrh, galbanum, cistus,

## 1. MYRRH: *Commiphora myrrha*

Resin of Rejuvenation (Rajasic Guna) Myrrh, the resinous hymn of ancient echoes, emerges as the chalice of equilibrium. Vata's ethereal dance finds grounding in its embrace, while Kapha's rivers find channel in its astringent stream. Pitta, ignited by its bitter spark, witnesses the alchemy of transformation. Myrrh's essence, a balm for the body's vessel, resonates through spirit's tapestry—a cleansing wave that carries away the shadow's weight, leaving the soul's sanctuary luminous and unburdened.

## 1. GALBANUM: *Ferula galbaniflua*

Aromatic Enigma (Rajasic Guna) Galbanum, the enigmatic muse of scents, spirals through Ayurvedic corridors. Kapha's embrace is tempered, Vata's winds stilled by its presence. Pitta, fanned by its pungent breeze, finds its edges sharpened. A scent that awakens dormant fires and unearths hidden springs, galbanum's tendrils evoke a dance of transmutation, casting off veils of stagnation. As it shrouds the spirit in aromatic armor, galbanum becomes an incantation, fending off unseen shadows.

## 1. CISTUS: *Cistus ladanifer*

Reverie of Renewal (Sattvic Guna) Cistus, the whisperer of renewal, emerges as a balm for the doshic symphony. Kapha's earth-

# WHISPERS OF SANCTITY: AYURVEDIC ALCHEMY AND FRAGRANT VEILS OF PROTECTION

By Tomaz Mueller



hyssop and myrtle—an aromatic hexagon—cast spells of protection, a woven shield against spiritual shadows. Inhaled, they traverse dimensions, igniting chakras, cleansing auras, and safeguarding sanctuaries. As their essences merge with the fabric of being, the dance of doshas and the symphony of spirit become one—a harmony etched in the celestial tapestry of existence.

## CONCLUSION: UNVEILING THE ELIXIR OF SPIRITUAL SANCTITY

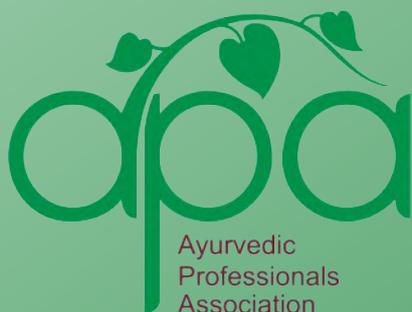
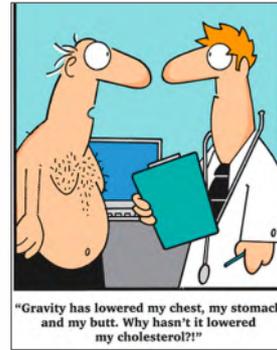
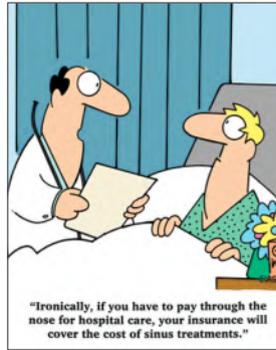
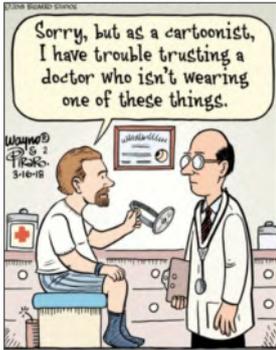
In the sacred crucible of Ayurveda's wisdom filled with these aromatic ancient oils, we unearth a realm where the tender embrace of the body meets the soaring flight of the spirit. Here, in the enchanting embrace of doshic alchemy and spiritual sanctification, these oils entwine their fragrant notes to compose a symphony of equilibrium—an invitation to commune intimately with oneself, to dance in harmony with the ether, and to cradle the soul in a fragrant sanctuary that provides both protection and nurtures growth. Their whispered secrets etch a timeless testament to the sublime union of healing, harmony, and transcendence, inviting us to partake in the transformative journey they unveil.

This fragrant symphony, a tender cocoon of protection and emotional healing, envelops us in its timeless embrace. It empowers us to stand

tall against malevolent forces while intertwining with the essence of love's enduring grace. As we embrace the essence of Galbanum, Myrtle, Hyssop, Cistus, Frankincense, and Myrrh, we embark on a journey of transformation—a path of spiritual connection and protection.

To you, noble wanderers of this ethereal odyssey, I invite you to weave these aromatic emissaries into the very fabric of your souls. In the embrace of celestial essences, chart your course and safeguard your spirits. Within this tapestry of scents lies the transformative power to illuminate the path towards your true nature. As you unveil the secrets held by these ancient guardians, you will emerge as an alchemist of your own destiny, reclaiming your celestial heritage. In this dance of protection and connection, you can uncover the essence of your journey—the radiant light of love's eternal grace.

Find out more about my quest to create the perfect blend of these oils here: <https://bit.ly/divine-defence>.



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