

**AYURVEDIC PRINCIPLES  
FOR  
DAILY LIFE**



**Dr. K. Parvathi Kumar**

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Dr. K. Parvathi Kumar

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Dhanishta

Original Title:  
**AYURVEDIC PRINCIPLES**

1<sup>st</sup> Edition: 2005

2<sup>nd</sup> Edition: 29<sup>th</sup> May 2021, Master CVV May Call Day Celebrations

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Price in  
India Rs. 60  
Europe € 5  
USA \$ 5

Printed in India by:  
Vamsi Art Printers · 11-6-872, Red Hills, Lakdikapul, Hyderabad, Telangana.  
[www.vamsi.com](http://www.vamsi.com)



## **Dhanishta**

*Dhanishta* means Wealthy Wind.

Wealth is not measured in terms of money or business; it is measured in terms of richness of life.

Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. K. Parvathi Kumar. Such teachings are published in English, German, French, Spanish, Hebrew, Telugu, Hindi and Kannada.

*Dhanishta* is a non-profit publishing house.

## About the Composer

Dr. K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

*“Wisdom belongs to none and all belong to Wisdom.”*

The Publisher



*This book is dedicated in homage and adoration to Sister Tiziana Diaz. She was herself championing the cause of health. May she find this offering by Dhanishta as a nourishing Swiss Herb.*





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## FOREWORD

The new group of world aspirants and servers in the West, to whom teachings of the East were initiated through WTT in 1980s, sought certain fundamentals of Ayurveda for application in daily life. They were initially given in the monthly news-letter, “Vaisakh News Letter”. Sister Tiziana Diaz, Switzerland an ardent follower of the Master and the teachings, organized the newsletter and was also instrumental in publication of the first edition of this small book that contains basic principles of Ayurveda.

Today, Ayurveda is much regarded, accepted and even practiced popularly in West. With increase in people’s interest in Ayurveda, the demand for this group has also increased. As a result, the 2nd edition is brought out.

Sister Tiziana Diaz, was a person to whom health and healthy habits were of utmost importance and she followed every single health principle with great fervor. After having served the Master and having given her everything to the work for 2 decades, she left the mortal in 2008. Her pursuit for good health and the related practices was unending and ever exploring.



# I MORNING REGULATIONS

## *Part 1*

1. Wake up sufficiently early and remain in solitude for 30 – 60 minutes introspecting the present attitude to life.
2. Do not fail to:
  - a) take shower after rising from sleep
  - b) to put on fresh clothing.
3. Let there be self-imposed rhythm of work, food and rest. Ability to adhere to such rhythm helps growth.
4. Do not use chemicals upon your body for purpose of external beautification. Substitute them with natural products.
5. Let there be oil bath once in a week.

## *Part 2*

1. About 90 minutes before the Sun appears over the Eastern horizon a great surge of energy comes on the planet (that part of the planet). Less than 30 minutes before the Sun appears a second surge of energy rushes through the atmosphere – this one is still more powerful.

This is the time when the body chemistry is set for all beings. The blood at this time is thinned and

suffused with fresh chemicals, which are renewed once again the next morning.

The first and the most important step therefore is to get up at least 60 minutes before the dawn and be prepared for the reception of the morning energies, to harmonize oneself.

2. Chemical reaction takes place best in clean vessels. If one is sleeping during the hours of dawn, the gases and the wastes (centralized in the bowels during sleep) will be present during the setting of the blood chemistry.

If one is awake, the bowels and the bladder emptied, body cleansed and is receptive to the energy of the sunrise, the outcome is healthy.

Hence, get up early, clean up inside and outside the body, and be ready to receive the morning light. This is the first ayurvedic tonic for the body vitality.

3. Do not take food or drink during the pre-dawn hours. It is harmful to the system

Do not take food or drink even after the dawn until you have cleared the bowels and the bladder and washed the body.

No fresh intake is suggested in the morning until the previous day's intake is digested and the wastes are thrown out.

At best you may drink water if found essential.

4. Keep the pace slow and easy in the first 1/2 hour to 1 hour as you get up (this is possible if you get up sufficiently early, viz., 90 minutes before sunrise). As you get up do not rush into activity. Inhale a few deep breaths for a few seconds while sitting on the bed, inhaling morning fresh air and sitting quietly. If you wish you can sit up to 5 minutes and tune up to the day quietly. Step out of bed softly and move towards the morning calls with quiet pace. When you get up late you leap out of the bed and you jumble the mind and the movements and eventually you then lose the beauty of the day offered to you.
5. Look to something beautiful as you move out of bed. A pure white swan, horse, elephant, bird or lotus are recommended in the Hindu scriptures.
6. Avoid speech in the fresh hours of the dawn.
7. It is also good to take a slow walk in the freshness of the morning, breathing deeply and slowly.

### ***Part 3***

1. Do not spend too much time in the toilet. Avoid reading in the toilet. This is a newly acquired vice of modern man. It causes conflict of forces. While the force moves downwards for clearing of the



bowels, the reading reverses the direction of the force to the head.

2. The modern toilet systems aggravate the constipation problem and other allied bowel disorders. The European water closet system (the seating posture) makes the process of discharge unnatural. It demands greater energy push, causing many allied problems. The squatting posture (the one you use while at outing) is the most natural; this one helps pushing out the gases and the stool easily. This posture helps opening up of the anus without the use of force.
3. Sanitary paper is a base substitute to cold water for cleaning the anus. Use of cold water has healthier effects on the body. While paper causes irritation and chemical reaction, cold water applied to the anus stimulates positively the entire nervous system, including the brain.
4. Remember that proper defecation helps:
  - a) eating and drinking,
  - b) physical activity,
  - c) psychic activity, and
  - d) even enables good meditation.
5. Also remember that constipation is the worst enemy to all activity, be it spiritual or material.

6. Every urination and defecation should be followed by a thorough wash of hands and feet with cold water.
7. The above steps relating to the morning regulations should be concluded with a good shower that cleanses the body, electrifies and restores equilibrium.



## II. BATH

### *The Science of Bathing*

1. Bath purifies not only the body but also the mind. “Water purifies men and gods alike”, is an occult statement.
2. Hence, daily a bath before one plunges into the life activity is a must for spiritualists.
3. No true spiritualist engages in any life activity in the morning unless he bathes well.
4. A true spiritualist always bathes before sunrise and never eats and drinks anything before he has defecated and bathed.
5. A hurried bath is like a hurried food: It does not give positive results. Understand that we gain more vitality through bath than food.
6. On the other hand, more than two times bathing daily is also not recommended.
7. Too cold water or too hot water is prohibitive, except for curative purposes. .

### *Water Temperature*

1. Luke-warm water is recommended for bath. It does not disturb the body temperature.

2. People with excessive heat in the body need to take water cooler than their body temperature for bathing.
3. People with cooler body need to take water hotter than their body temperature.
4. In hot summer months, or after exhaustion, or after games or exercise, or after sexual exhaustion, lukewarm water bath invigorates.
5. Chronic headaches, laziness, drowsiness, dullness, dandruff, can be cured by adopting to cool-water bath during the early hours of the day.
6. Bath with water which is too cold affects the body and develops cramps, kidney ailments and weakness.
7. The noble middle path relating to bathing water temperature has to be found through self-study, experience and analysis. Ayurveda does not recommend extremes in any form.

A good bathing habit is one that helps:

- a) gaining freshness,
- b) improving digestion, and
- c) cleaning bowel movement

### ***Bathing Regulations***

1. Let the approach to bath be slow, with a mind oriented for a “good and complete” bath.

2. The hands and the feet should be washed first slowly, and
  - a) if it is a cool-water bath, the approach to washing has to be from head to toe,
  - b) if it is a hot-water bath, the approach has to be from toe to head.In any case, expose the body gradually to bathing.
3. Organic cleaning products are preferable to chemical/detergent soaps, cakes and shampoos. The skin absorbs chemicals through the skin pores. Hence, disagreeable chemicals to the body should never be used for bathing purposes.
4. Modest application of mustard, sesame or olive oil before or after bath, helps developing healthy and hygienic, shining skin, besides vitalizing and lubricating the muscular and nervous system.
5. Music while bathing is strongly recommended. Bathroom singers are blessed ones!
6. A conscious and rhythmic cleaning is also recommended. Let every part of the body be cleansed with love and affection.
7. Do not bath too long. Extremes lead to disorders.

### ***Post-bath Regulations***

1. Always use pure cotton cloth to dry up the body.
2. Drying up should be soon after the bath.

3. Always put on fresh clothing after every bath. At least the garments that are in touch with the skin (inner garments) must be fresh.

### *Hair*

1. Hair carries electrical energy. Frequent combing of hair is beneficial. Never allow the hair to cover your forehead. It causes congestion in the brain. Well combed hair enables the passage of electric currents in an orderly manner.
2. Frequent combing is specially recommended for the old.
3. Do not keep the hair dry. Apply natural oil such as coconut. Dryness causes loss of electric energy, weakness of memory and encourages fantasy.
4. Combs of wood or ivory are best suited for combing.
5. . Playing with hair is avoidable.
6. Mondays and Wednesdays are best suited for haircut.
7. Nails are also required to be well-cut whenever the hair is cut.
8. Daily head bath is essential.

### III. EXERCISE

#### *A Way of Life*

1. Exercises are beneficial in so far as they set the respiration and heartbeat to rhythm. Such exercises improve vitality. Yoga-asanas are more natural and are conceived by understanding the human body as compared to other physical exercises.
2. Mild exercises are always beneficial, while strenuous exercises can be for specific purposes.
3. An early morning walk is one of the best forms of exercise. A long leisurely walk in the fresh morning air promotes mental clarity, vital energy, regular movement of bowels and general well-being.
4. Deep, slow, soft and uniform breathing for 30 minutes after emptying the bowels, is another excellent exercise.
5. Exercise shall have to be at the same time daily.

#### *Guidelines for Exercise*

1. Let no exercise be done within 3 hours of main meal.
2. Let no intake be done until one hour. Warm milk (boiled) may be taken 30 minutes after exercise.
3. Exercise should be dropped immediately when mouth becomes dry.

4. Do not bath immediately after exercise.
5. Light massage of oil before or after exercise is very beneficial.





## IV. MASSAGE

### *Oil Massage*

1. Regular oil massage energises the nerves, muscles & skin and enables them to vibrate better.
2. It helps the body to become light, active and energetic.
3. Regular oil massage, even once weekly, prevents development of any skin disorders.
4. Massage, done properly, helps to increase intelligence, stamina, vitality, self-confidence, beauty and wit.
5. The body should never be massaged dry. The heat and friction produced by such massage harms the body and its energy balance. Dry massage is recommended in case of certain diseases.
6. Oil massage renders greatest benefit. It lubricates the human machine and prevents ruin of costly parts. It prevents dryness, makes the body supple and durable. It prevents aging!
7. Oil massage disperses heat evenly and helps improving resistance to extreme temperatures and to sudden change in pressure.
8. Oil is pure fire. It eats friction and facilitates facile mobility.

## *Massage Principles*

1. Apply oil to the two palms. Let the palms be oiled fully. Then put forth a few more drops into the hands and apply upon the parts of the body. It makes smooth and regular movement of massage possible.
2. Follow the natural energy flow pattern of the human body and massage in tune with the energy flow. Any other method causes imbalance, disturbance and disease.
3. Do not indulge in massage when in fever or in constipation/indigestion, or when the stomach is in disorder, or when the head is aching.
4. The best time for massage is morning time after clearing the bowels.
5. For purposes of massage the body can be understood in 3 parts:
  - a) from head to spine
  - b) from spine to feet
  - c) from neck, through shoulder blades and hands, to fingertips.
6. Application of oil as well as massage should start with head and proceed gradually towards neck, chest, stomach and abdomen.  
Secondly, it should proceed from spine up to the fingertips of the feet, covering hips, thighs, knees, calves and feet.

Thirdly, from neck to shoulders, hands, and up to the fingertips of the hands.

Fourthly, from spine to neck in upward direction, on the back.

7. Application of oil and massage at the junction of the spine and the skull calms the nervous system and strengthens the memory and improves the eyesight.
8. Application of oil at the skull near the temples, and massage of the head are equally beneficial for memory, eyesight, hearing, hair growth and the wealth of the scalp.
9. Application of oil and massage at the crucial junctions such as neck, shoulders, elbows, wrists, chest, armpit, spinal column, hip joints, knees, calves, helps vitalising the whole body.

### ***Massage for Special Task***

1. General Body Massage - To 1/4 mustard oil add 1 ounce (30g) of oil (not essence) of sandalwood. If there is a dry skin condition, add 3 tablespoons of wheat germ oil. For a man's massage add a pinch of turmeric to increase virility. Heat the turmeric in a small portion of the mustard oil until it dissolves. Filter, strain and then add to the mixture.
2. Head Massage - Mix 1 pint of mustard oil (500 ml) with 1 ounce (30g) of sandalwood oil and 2 ounces

- (60g) of almond oil. This blend is excellent for the memory, wit, and intelligence.
3. For areas afflicted with numbness, cold and poor circulation - Mix 1 gram of wintergrass and eucalyptus oils with 1 ounce (30g) of olive oil and 1/4 of mustard oil (7.5g). This mixture provides heat and stimulates the flow of energy.
  4. Chest Cold Massage - Heat 1/4 of mustard oil on a medium-high burner, adding 2 garlic cloves when the oil is hot. Allow the garlic to completely char. Let it cool; then massage it onto the chest region with a pinch of salt. This mixture should be stored only in a red bottle for its later use.
  5. Young Women - Instead of the heat-producing mustard oil mixture, young women should be massaged with an oil made of 1/4 of black sesame oil, blended with 1 ounce (30g) of sandalwood oil.
  6. Women Over 40 - Use the same blend from no. 5 above, adding 1 ounce (30g) of almond oil to give protein to the skin.
  7. Women Over 50 - Mix half 1/4 of black sesame oil with an equal amount of coconut oil, adding 1 ounce (30g) each of sandalwood, wheat germ and almond oils.
  8. Newly-wed and Young People - To 1/4 of coconut oil and 1 pint (500ml) of organic jasmine oil, add

1 ounce (30g) of almond oil and 1/2 ounce (15g) of wheat sprout oil.

9. For Excess Body Heat - Mix black sesame oil and the essence or oil of the rose.
10. For Women's Hair - Bhringraj oil (imported from India) strengthens, lengthens and improves the colour tone.

### ***How to Store Oils for Massage***

As oils have the ability to absorb and store the effects of light frequencies when stored in bottles of different colours, mixtures may be stored in tinted bottles in direct sunlight for 40 days to produce special effects. Briefly, an oil kept in a red bottle becomes hotter in nature, while the same oil stored in a blue bottle becomes cooler. Where extra heat is required, keep the mixtures 1, 3 and 4 in a red bottle (or mix it from the oil which has been kept in a red bottle). The cooling effect of the blue light suits itself to mixtures 2 and 9. One should make a practice especially of keeping mustard oil in a blue bottle in the house pharmacy, for this oil (kept refrigerated) is the best first-aid treatment for burns. Hail water, kept frozen, is also a good burn remedy.

### ***Head Massage***

Oil applied to the head is absorbed into the roots of the hair, which are in turn connected with the nerve's fibres, leading directly to the brain. Oil strengthens the hair and reduces dryness – which is responsible for brittle hair and many scalp disorders. Third, by relaxing the muscles and the nerves, fatigue is eliminated from the system.

Massage of the forehead also calms the system and creates good feelings in the brain, making one feel light and “high”. Massage of the temples improves the eyesight and creates a centred state of awareness.

### ***Foot Massage***

A simple mustard oil massage of the feet right before retiring, cures numbing of the feet, prevents cold weather cracking and peeling of the skin, reduces or eliminates infections caused by fungi and bacteria, reduces agitation and promotes sound sleep.

According to the ancient Indian Shastras (Scriptures), “Disease does not go near one who massages his feet before sleep, just as snakes do not approach the eagles”. Simply follow the natural contours of the foot.

### *The Cleansing Massage*

Indian folk healers evolved a practice which combines the best elements of cleansing the body with all the benefits of daily massage. This is the process known as Ubtan.

One begins by making a paste of one cup of chickpea or whole wheat flour, 1/2 cup of mustard oil and a teaspoon of turmeric. After thoroughly blending, add enough water to make a paste the consistency of light cake butter. The paste of Ubtan should be applied over the whole body, including the hair. When the mixture begins to dry and crack, it should be removed by rubbing, following the same principle of movement outlined earlier.

According to the Indian folk medicine, application of Ubtan cures disorders caused by imbalance of mucous, increases the semen, enhances strength and stamina, stimulates blood circulation and cures diseases and infection of the skin. Use of Ubtan on the face relaxes the jaw and cheek muscles and provides a healthy and clear complexion.

As soap is the greatest enemy of the skin as it strips the much-needed natural oils and chemicals and desiccates the pores, so Ubtan is the greatest cleanser and friend.

The turmeric added to the mixture, provides iodine in a form which can be directly absorbed through the skin, stimulating the nerves throughout the system. The oil and the flour, both cleanses and lubricates – and the oil creates smoothness and glow.

The initial application of the paste draws the excess heat out of the system, due in large part to the presence of iodine in the turmeric. The rubbing which starts after the paste begins to dry, restores normal temperature and draws fresh energy to the surface of the entire organism.

The semen is carried by the bloodstream throughout the body; then it is drawn into and expelled by the prostate and testicles only as triggered by the pituitary gland in the brain. According to the Indian folk medicine, this Bindu (Ojas) appears on the faces of young children and healthy adults. By applying Ubtan, the semen is strengthened and the diseases of the skin and all the three elements of the body chemistry are cured in due course of time.



## V. SLEEP

### *Importance (Part 1)*

1. Excessive sleep is not as harmful as excessive loss of semen and excessive food intake.
2. In sleeping posture the heart gains a respite from normal workload.
- 3.
4. Circulation of blood to the brain also increases, and more oxygen is supplied to the brain.
5. One has to find a sleeping rhythm of his own. Excessive sleep and insufficient sleep disturb the economy of the body force.

### *Guidelines (Part 1)*

1. To sleep more than 6 hours at a stretch leads to inertia, and to sleep more than 7 hours a day (24 hours) leads to disease.
2. If one wakes up with a feeling of tiredness, it means he slept more. One should gradually reduce the sleep hours by 15 minutes to find the right sleep dosage. The keynote of right duration of sleep is 'freshness as you wake up'.
3. Sleep during daytime is unnatural, and hence has to be avoided. But a 'nap' during the hottest part

- of the day in warm climate preserves or recuperates energy. A nap does not extend beyond 30 minutes.
4. Going to bed with full stomach causes inertia and deceases – as also late dinners.
  5. Best hours of sleep are from 3 hours after sunset to 90 minutes before sunrise.
  6. Ventilation and fresh air are essential at sleeping place.
  7. Wash before retiring to sleep – or at least wash your feet before sleep.
  8. Observe breathing and heart pulsation as you slip into sleep.
  9. Wear light clothing during sleep hours.
  10. The level of the head in sleep hours should be higher than the body.
  11. Never sleep hungry.
  12. Never sleep directly under the sun. It is counterproductive.

### *Upon Sleep*

1. Sleep only on the left side.
2. Wash the feet before retiring, massaging with oil afterwards.
3. Practice breathing exercises and meditation for a few minutes before retiring.
4. Wear the fewest possible clothes during sleep, especially avoid stockings.

5. Never sleep with the feet pointing towards the south.
6. Never sleep in the kitchen, nor keep food materials in the sleeping room.
7. Don't cover your face during sleep. This habit of covering the face is very harmful, as it forces one to breath his own carbon dioxide.
8. Sleeping in the open during summer is very healthy, but if there is mist, fog, rain or excessive dampness, one should not sleep without proper shelter.
9. The level of the bed from the ground should be at least 12 inches (30cms).
10. Sleeping on a damp or wet surface is very bad; sleeping on a comfortable surface is very good.
11. The level of the head should always be higher than that of the feet.
12. Sleeping on the back is injurious to brain.
13. Sleeping when hungry is very injurious to health.
14. Sleeping under the sun is injurious, while sleeping under the moon is beneficial.
15. Lack of sleep and night-out is very injurious to health. It makes the system dry and weakens the fire of the stomach and thus impairs digestion. Staying awake all the night under proper guidance and in the right atmosphere builds up energy, but done alone and without good reason proves very harmful.

### ***Importance (Part 2)***

1. Sleep is more beneficial than food. If choice is to be made, choose sleep.
2. In sleep the vertebra is parallel to the earth's surface; this gives a good exposure of the surface area to the direct pull of gravity.
3. In sleep the heart gains respite from the normal workload.
4. In sleep the lymphatic system also need not fight the pull of gravity in its effort to nourish, and cleanses the system.
5. In sleep the nervous system also gains relief and respite, as it need not work for the commands of the conscious activity.
6. In sleep the body is brought back to inertia, to meet the activity of the next day.
7. Blood circulation to the brain increases in sleep. The whole head is provided with oxygen and vital force.
8. In sleep do not cover the head, while you may cover the rest of the body.
9. Sleep is beneficial when not taken in excess.

### ***Guidelines (Part 2)***

1. Persons who do hard manual labour need more sleep than those whose work requires less consumption of physical stamina.

2. Persons involved in administrative work need more sleep than those who have retired or withdrawn from worldly affairs.
3. Sleep needs also vary with age. A child in his first 7 years requires 10 to 12 hours nightly sleep. A child in his second 7 years cycle needs 8 to 10 hours. A youth in his third 7 years cycle requires 6 to 8 hours. A young man in his 47th year needs 5 to 6 hours. One who has crossed his 47th year and entered his 50th requires 4 to 5 hours. A man in his 60th cycle must have 3 to 4 hours. A man in his 70th cycle requires very little sleep.

It must be stressed that these figures are for normal human systems, not average ones – for normal is superhuman by average standards.

4. Regardless of age, one who has passed his 21st year should take no more than 8 hours sleep at night. Sleep in excess of 8 hrs creates excess of Tamas in the system and causes one to feel tired and restless throughout the day.
5. If sleep is longer than required, you do not feel fresh as you wake up.
6. If you wish to reduce sleep, do it gradually, reducing 15 minutes by 15 minutes. Make haste slowly. Thereby find the duration of sleep that gives freshness and vitality.

7. Sleep during the daytime disturbs gases, the bile, the lymph, the blood flow, and the breathing.
8. Sleep during the day is allowed to:
  - a) those who work in the night,
  - b) patients,
  - c) those who do hard physical labour.
9. Naps do good during the hottest part of the day in extremely warm climates.
10. The best hours for sleep are from 3 hours after sunset to 90 minutes before sunrise.
11. Going to bed with full stomach is forbidden for health reasons.
12. Fresh floating air in the room is recommended.
13. Sleeping with the light of a candle or a small lamp in the room wards off evil dreams.
14. Sleeping in the open under a shelter surcharges the system very effectively. One may cover himself according to the need in all such cases.

### ***Sunset Hours***

1. Sleeping during the sunset:
  - a) brings poverty,
  - b) is harmful to the system.
2. Eating during the sunset also disturbs the system and affects the digestive system.
3. Having sex during the sunset time is prohibited as it leads to the birth of defective children.

4. Reading during the sunset hours spoils the eyes and shortens life.
5. Meditating during the sunset hour is beneficial,

### ***Sunrise Hours***

1. Waking up from sleep before the sunrise hours is congenial to health.
2. Brushing the teeth, cleaning the bowels and bathing is recommended to be done before sunrise.
3. Meditation from 24 minutes before sunrise to 24 after sunrise is very propitious.
4. The mystery of dawn is little explored by man. It holds the key to life, to health, and to experience. Wise are those who use the dawn to advantage.

## VI. DIET

### *An Understanding of Diet*

1. Concern with the possibility of living a harmonious life, free from anxiety and tension, inevitably leads one to a consideration of diet, specifically the issue of vegetarianism.

The virtues of flesh consumption are continually extolled by spokesman for public schools and state, and federal agricultural departments. From childhood one is instilled with the belief that meat is essential, one of the 'four pillars' of the balanced diet, necessary for good health and well-being. And yet there are millions who apparently live full and vigorous lives without ever tasting a morsel of it.

One who is considering this basic dietary question, soon encounters a welter of conflicting claims and counterclaims. When condensed to essential form, the arguments in favour of meat consumption rest on the issue of 'dietary necessity', while the counterarguments are based on the harmfulness of toxins found in meat and the emotional resistance to killing another animate being for food.

2. The first question which must be raised in any consideration of diet is: "Why to eat?" The answer appears obvious at first: One eats in order to live.



But witness the well documented cases of yogis who have not touched any food or drink for years. In fairness one must add that these rare individuals spend all of their time immobile, sitting in state of deep meditation.

Eating provides fuel for the active system. As long as one has to perform physical actions in the world, food is necessary to replenish the energy consumed in the process of enacting the karmic role. Movements expend energy, and food is energy. Specifically, food is chemical energy taken into the system to provide cell-nurturing glucose and to provide the specific chemicals needed for building and sustaining the vital tissues. And because no single food is available throughout the year which provides all the nutrients required by the system, one must select from a variety of foods those which meet the needs of one's own unique system.

3. Flesh is a dead food, often days old by the time it reaches the supermarket meat counter. In most cases, preservatives, (a euphemism for chemicals which kill the micro organism which would otherwise develop on the surface of the dead flesh) and dyes (to mask the brown colour meat assumes with the onset of decay) are added.

Additionally, vital energy leaves the organism at death, leaving in its wake only inert chemicals.

Dead food from whatever source is of tamasic nature – and this includes all canned fruits and vegetables. Conversely, fresh fruits and vegetables contain living energy. The seeds from such foods will germinate and grow.

Food remains in the human system for about one day before being eliminated. Thus, with the consumption of meat and canned food, inert energy already days old, is added to the system, where it must remain an additional day.

The implication of this simple fact can be readily comprehended by performing an easily-arranged experiment. Fill two glasses with room-temperature tap water. To the one, add a slice of fresh vegetable, to the other, a bit of steak of the same size. Keep both at room-temperature and observe the condition of their contents at the end of the third day.

4. Carnivorous animals possess powerful stomachs and short, simple intestines, allowing foods to be processed and expelled within a 24 hours cycle. This short digestive cycle minimizes both decay and the absorption of toxic chemicals. Even so, most carnivores sleep from 10 to 24 hours following a full meal, so that all energy may be concentrated on the food processing. For the most part, carnivores eat only fresh-killed meat.

Western medical science has long known that meat-eating causes a drastic increase of toxic chemicals in the human bloodstream. Patients of severe kidney disorders are routinely placed on meatless diets. (The kidneys are the blood purifying mechanism which filter poisons present in the blood.) This step is taken because the increase in uric acid in the blood soars after meat intake (from cow, pig, fish or fowl) and may trigger severe coma and death. This same chemical has been indicated as a casual factor and major irritant in arteriosclerosis and other circulatory ailments. But uric acid is not the only chemical detrimental to physical and mental well-being.

5. From a ranch farm, the cow, the sheep or the pig is trucked off to a slaughterhouse to be killed and butchered. The animal is suddenly yanked out of the familiar environment where its whole life has been spent, shoved into the dark, cramped quarters, where it must remain for hours on end – continually exposed to jarring vibrations, sudden starts and stops, radical temperature changes and disturbing sounds as it travels by truck or train. Then, destination reached, men armed with electric prods unload the animal and move it through a bewildering maze of ramps, chutes and chemical baths. Finally, the animal arrives at the

slaughterhouse itself, full of smell of blood and the sounds of hundreds of terrified animals.

6. Animals have emotions, as any pet owner can verify, and can experience the state of fear and panic, which are produced by the process of shipping and slaughter. What physiological states accompany these emotions?

Fear is the psycho-physiological response of the organism to threatening situations. Panic is fear carried to the extreme. Physiologically presentation of a strong fear stimulus, triggers a complex chain of events beginning in the brain and reaching finally every cell and fibre of the organism. Once the threat is recognized, the hypothalamus of the brain transmits a series of commands through the spinal column to the nerve centres throughout the body. In the throat, large quantities of thyrotropic hormone are released into the system, while the kidneys pour out a flood of adrenocorticotrophic hormones. These, in turn, trigger a programmed series of responses throughout the body.

Facial and limb muscles gorge with blood drawn from the now constricted vessels of skin and digestive system. The spleen contracts, pouring out a flood of white corpuscles and platelets into the bloodstream. Heartbeat, blood pressure and breath-rate soar, and every muscle stands tensed.

The liver forces out a stream of blood sugar to feed the extreme demands made by the aroused system. Nostrils expand to take in the widest possible range of visual stimuli. The abdominal gasses move downward, forcing stool and urine from the system and lightening the organism.

7. The chemicals which produce these reactions in animals, produce the same reactions in the human beings. The adrenalin from horses is used medicinally to produce the same results in man as does the human adrenalin.

In the state of hyper-arousal, every cell of the body is filled with these chemicals, which remain after the rendering process. Regular consumption of the flesh of animals increases the presence of these same chemicals in the human system, where they produce exactly the same results – though on a modified scale. The body of a meat-eating individual is continually in tension, anxiety and feelings of insecurity and confusion.

With the chemicals of arousal already present in excess in the system, natural arousal is masked. One is no longer capable of responding naturally to different situations. The excess energy present in the system demands release – whether through sex, drugs or the sublimated violence of television, films and print. One simply becomes perplexed,

confounded and out of touch with his true inner feelings and urges. The ever-present subtle sensation of fear created by the chemicals, creates fear of self and psychological repression.

8. In no other era has meat been so plentifully available. With the increased abundance brought on with the age of electricity and refrigeration, has come a corresponding increase in heart disorders, cancer, untimely deaths, and a host of other ailments. Meat was consumed previously, but never in such quantity. Also, whatever flesh was eaten before refrigeration, was generally locally grown and fresh, except in major urban areas. When animals are slaughtered on the farm, the level of fear-related chemicals is considerably reduced because there is no prolonged disruption of lifestyle before death.
9. Even the most casual observation of the fundamental differences between meat-eating and herbivorous animals provides valuable insight into the effects of the two dietary patterns. First, consider the smell produced by carnivores. Compare the difference in breath smells of a cow and a cat. An attentive visit to a local zoo yields a broader sample – with the same results. The breath of meat-eating animals smells bad, far worse than that of any herbivore.

10. The smell of the breath is produced not only by residual particles in the mouth, but also by waste products discharged into the lungs by the incoming flow from the veins. The breath reveals the inner workings of body chemistry. The bad breath of the alcoholic emanates not from alcohol in the mouth but from the alcohol in gaseous form expelled by the lungs, indicating that the system is saturated with the drug. Similarly, the breath of the carnivorous animals exude that odours of the chemicals present in the system. The sense of smell can readily detect another difference as well – there is a marked difference between the smells of the faeces of the two groups. Cat stool is probably the most unpleasant, and cats are the stinkiest carnivores of all. Cow dung, on the other hand, has been burned for millennia by members of many cultures in holy rites – and forms the basic binding material in most of the forms of incense.

In the same vein, one can detect a major difference in the natural body odours given off by meat-eating and vegetarian humans. Provided a daily bath is taken, a vegetarian (meaning no eggs or fish) need not use deodorants or mouthwashes.

The breath rate of carnivores is fast and shallow, while herbivores breath is deep and slow. Fast, shallow breath in humans is associated with anxiety,

tension and pain; deep, slow breath, with peace, tranquillity and relaxation. Adrenalin stimulates breath and has been prescribed by physicians for decades to stimulate heart and breath cycles – and, as noted above, adrenalin permeates the meat of animals which have been killed. In the normal individual, adrenalin overexcites and leads to chronic tension, accelerated heartbeat and rapid breath. None of these conditions is conducive to good physical and mental health.

As a group, carnivores are largely nocturnal, while vegetarians are generally diurnal – the list of possible comparisons would fill volumes. But all of these differences culminate in one fundamental understanding. The harmonious, even-paced lifestyle sought by man coincides far more closely with the nature of the herbivorous animals than with that of the flesh-eaters.

11. Carnivorous animals evolved specifically to fill a niche in the ecological chain. As a general practice, they prey almost exclusively on herbivores due to the operation of two primary forces: the ability of other carnivores to defend themselves and the low level of energy available from the flesh of other meat-eaters. Ecologists realised long ago that carnivores hold direct responsibility for maintaining the good health and well-being of the



herbivores, as the animals killed by predators are almost invariably young, weak, sick of old. Only the healthiest adults survive. Hunting animals ensure the process of natural selection, by which only the fittest and best adapted members survive, thus preserving the best genetic line.

Very few people have tasted the flesh of a predatory animal. The meat proves tough, stingy and difficult to digest, as well as producing unpleasant odours and tastes.

12. Carnivorous animals, because of their specialisation, have no choice with regard to their diet. They must either eat flesh or perish – such is their lot. Man, however, can survive quite well without consuming flesh. The fact that millions do, should be an ample evidence. And if man can survive without meat, why then should he have to kill his fellow creatures for food?

By eating flesh, one directly participates in the killing of a living being which, if given the choice, would certainly resist and run. In the case of plant food, one consumes a fruit designed for consumption by animals.

Plants become suitable food for man in two basic circumstances: at the end of the reproductive cycle or at the end of the life cycle. Plants rely on the consumption of their fruits for perpetuation of

the species. For instance, when a tomato is eaten, the seeds are not broken down by the digestive system, but pass out intact with the stool – which then becomes the source of nutrition for the seeds during the most crucial phase of growth. Most fruits and seed pods are accordingly brightly coloured and give off pleasing smells, both of which serve to attract the attention of herbivores. This is the perfect symbiosis, a biological relationship in which both sides “win”. And as for most other vegetable foods, these are taken usually only when “ripe” – that is, at the end of the life cycle. Many self-styled “vegetarians” eat eggs to provide more protein for their diet. Eggs, like all forms of flesh, are considerably less efficient energy forms than plant food – and they are embryonic life forms as well. Most eggs available in the supermarkets are infertile, lacking in vital energy. These products have been created by chemical stimulations of the hens and will not produce a life animal. Eggs also produce foul smells and in the lower tract, gases.

### *Ayurvedic Principles for Eating*

1. Always wash face, hands, and if possible the feet, before meals

2. Never eat before sunrise or after sunset. If you must eat after sunset then avoid sour and acidic foods.
3. Meditate briefly just before eating (or offer grace) to raise energy and increase the appreciation for food.
4. Always eat only when the right nostril is operating, drink only when the left is operating.
5. Eat or drink only when sitting down.
6. Never talk or laugh during meals – instead give full attention to tastes, textures and aromas of the food.
7. Always take water with a meal, beforehand if weight loss is desired, during meal if weight is to be maintained, and after meals if weight gain is desired.
8. Never drink items too hot or too cold. Water and other liquids should be served lukewarm.
9. Never mix temperatures in the same meal. Don't eat hot and cold items at the same sitting.
10. Eat only when hungry and after previous meals have been digested. Generally, don't eat within six hours of another meal.
11. Avoid all in-between snacks, including, if possible, all liquids but lukewarm water.
12. Never eat facing south – this drains energy and fosters anger. (East is the best).

13. Never eat unpalatable food. This creates resistance in the system.
14. Eat only in a pleasing setting and from clean utensils.
15. Only take food while hot and fresh (organic and regional). Reheated and canned food creates gas.
16. Eat neither too fast nor too slow. Don't rush and don't linger.
17. Avoid over-greasy and over-dry food.
18. Whenever possible, laugh after meals. This helps digestion.
19. Never sleep within two hours after meals as this disturbs the mind and the digestive system.
20. Wash hands, face, mouth and eyes after meals.
21. Avoid all actions requiring physical or mental concentration for two to three hours after a full meal. Ayurveda recommends taking the main meal at noon.
22. Urinate after eating – but do not defecate for three hours if possible. (Thus, one should not eat before his normal bowel movement).
23. Never take hot milk before retiring.
24. Never take tea within a half-hour of meals, before or after.
25. Eat once or twice daily – a light morning meal, and the main meal should be at noon.



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