

THE SUPREME SCIENCE

# NATURAL ALCHEMY



BLUEPRINT FOR HEALING  
THE PHYSICAL BODY  
WITH SPIRITUAL SCIENCE

# Welcome to Natural Alchemy



Congratulations on beginning your journey of healing, awakening, and finding your real purpose on Earth! 🙏😊

*Natural Alchemy* is the essential first phase of transformation. This workbook is the precursor to **Supreme Alchemy**, the complete path to True Health, Enlightenment, and Discovering Your Higher Purpose.

*Natural Alchemy* is designed to reconnect you with the intelligence of your body and the rhythms of nature — the foundation for all deeper spiritual work.

The full process of attaining True Health, Enlightenment, and your True Path is waiting for you inside the **Supreme Science Masterclass**. If you're ready to continue your journey, we'll see you inside.

# The 3 Goals of The Supreme Science

Our ultimate objective is to reach our full **Human Potential** and experience success in the real-world... both spiritually *and* materially.

We reach our objective by using spiritual science to **evolve ourselves**, particularly in regards to our Health, State of Consciousness, and our chosen Life Path.

The idea is to cultivate a supreme level of Health, Consciousness & Self-Understanding. When we achieve all three, *our entire life becomes aligned to our highest purpose and we maximize our human potential.*

The 3 Goals of this science are True Health, Enlightenment, & finding our True Path.

Official Definition	Friendly Definition
<p><b>True Health</b></p> <p>Health is a state where the Elemental Energies, Digestive Fire, all the body tissues &amp; components, all the physiological processes are in perfect unison and the soul, the mind, and the sense organs are in a state of total bliss and contentment.</p>	<p><b>True Health</b></p> <p>Complete harmony and perfect functioning of Mind-Body-Soul such that a feeling of bliss and life-ecstasy is constantly experienced, and perfect health is naturally maintained by living aligned to Spiritual Law.</p>
<p><b>Enlightenment</b></p> <p>When one perceives the golden-hued Supreme Being, the creator, the Self of all, the source of Brahman, then the wise, having shed both virtue and vice, becomes purified and attains Brahman.</p>	<p><b>Enlightenment</b></p> <p>Full activation of Light-Energy in the Body-Mind-Soul, changing the perception of reality to reveal more of the underlying quantum-field source of all creation. Seeing the "Matrix".</p>
<p><b>True Path / Dharma</b></p> <p>Dharma is that which upholds and sustains creation. It is the force that maintains the order of the universe and ensures the well-being of all beings. That which is inherently connected to sustenance and balance is undoubtedly Dharma.</p>	<p><b>True Path / Dharma</b></p> <p>Dharma is the "Righteous Path". For each being the righteous path is unique. It can be felt by you as your "Soul's True Purpose"...the deep knowing from your Soul as to what you are supposed to do in life. Only you know what your Dharma truly is.</p>

## Assignment 1

# Starting the Journey...

The only way to know how far you will advance in your spiritual & material life is to **record your starting point**.

Mark the date, and for each goal write down your response. This is how we will measure your progress as we continue the journey.

### Where Am I Now

**Date:** \_\_\_\_\_

#### **True Health - What is your current state of Health right now?**

Describe your physical health, any illnesses, mental health, emotional stability / instability, dependence on substances, etc.

#### **Enlightenment - What is your relationship to Spirituality right now?**

Describe how you view spirituality and what role it plays in your life. Give your honest answer, not what you've been "taught" but how you really feel.

#### **True Path - What do you think your True Purpose is in this life?**

We are all here on Earth to fulfill our Sacred Mission, or Dharma. What is yours? Have you ever searched for your true purpose in life? If not, why not?



## Class 2

# Sacred Human Design

Human Beings are **Multi-Dimensional Beings.**

That means you are a blend of multiple elements, or “layers”. Most of these layers are “subtle” (non-physical). Together these layers comprise your full Being-ness.

The key to fully healing and becoming an evolved being is to heal each human-dimension, or **Kosha**.

When each Kosha is healed by aligning it to Spiritual Law, Light-Energy becomes activated in the body. This is known as **Enlightenment**. Enlightenment helps us discover our Life’s True Purpose or **Dharma**.

The 5 Human Dimensions	Function
Physical Body	The “Food Body”, the physical layer made up of food, the most dense layer of the human being, the first layer to heal.
Energy Body	The “Pranic Body”, a non-physical energy field with its own nature that fuels & energizes the Physical Body to operate.
Mental-Emotional Body	The “Mind Body” that includes Emotions, today known as the Ego, the layer that most people identify with in today’s age.
Intuition Body	The “Wisdom Body”, more subtle than the previous layers, aka the Higher Mind. Not turned “on” by default in most people.
Soul Body	The “Bliss Body” because its inherent nature is Bliss – the highest vibration of frequency a human can experience. We all have a Soul Body but many are disconnected to it.



# Sacred Human Design

## The 5 Human-Dimensions / Koshas

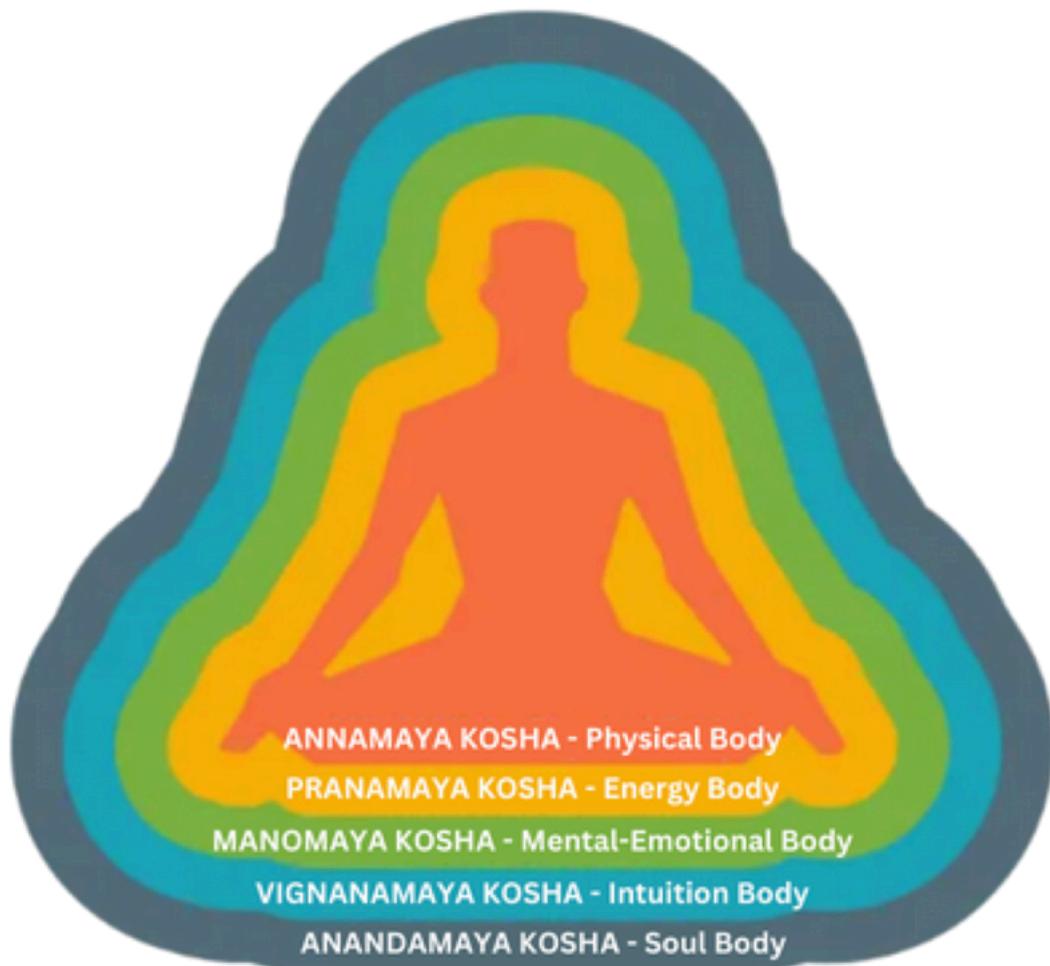
Of these, only the Physical Body is dense enough to be seen and touched. The other “bodies” or Koshas are subtle, meaning we must use subtle ways of observing them.

### Health is Harmony

Think of “Health” as “Harmony”. Health is the state of Harmony with Spiritual Law. Illness and Disease are simply states of disharmony that go against Spiritual Law.

### True Health

When all Koshas are in harmony with Spiritual Law, including the Soul Body, that creates the state of Bliss, Joy, and True Health.



# **Achieving True Health, Enlightenment, and Your True Path**

## **1. Heal the 5 Human-Dimensions / Koshas**

Only by healing all 5 Koshas will you be truly Whole. It is this Wholeness we need first in order to cultivate Enlightenment which leads us to our True Path.

## **2. Cultivate Enlightenment**

Once the 5 Koshas are healed it is time to cultivate our Light-Energy in the body. We do this using spiritual practices that develop Enlightenment.

## **3. Identify with True Self / Self-Realization**

We do not need to become Buddhas or Saints. We simply need to advance our spiritual development, and as we advance, our identification naturally changes from the Mental-Emotional Body (aka the Ego) to the Soul (aka the Higher Self).

## **4. Recognize Divine Guidance**

As we identify more with the Soul Body, the external world begins to reflect our inner world's new Light-Energy. Now the journey becomes about reading the Divine Signs in the external world and understanding your True Path.

## **5. Step into your True Path / Dharma**

After healing the Koshas, awakening your Light-Energy, and understanding Divine Signs in your life, once you have succeeded in evolving yourself, the task is now to make every aspect of your life reflect your Dharma, including careers and relationships. By aligning both the inner body (the Koshas) and the outer body (your relationship to the World) with Spiritual Law, you become a whole, congruent, and highly evolved Being.

## Sacred Human Design Assignment

**Sacred Human Design** is about understanding the true Spiritual-and-Material nature of the Human Being, including understanding the subtle non-physical dimensions that comprise the whole Being.

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**Describe your understanding of the 5 Human-Dimensions.**



## Sacred Human Design Assignment

What does “Intuition” mean to you? Have you ever experienced Intuition?  
Has your Intuition ever spoken to you?

## Sacred Human Design Assignment

Why is it better to heal the Koshas starting from the densest layer first (the Physical Body) and ending with the most subtle (the Soul Body)?

Class 2

## Sacred Human Design Assignment

Describe your own 5 Koshas (Layers of Being). For each one, describe if it's healthy or unhealthy and any insight you might have as to why.



## Sacred Human Design Assignment

What is your relationship to your own Soul Body? Do you feel connected or disconnected from it? Why?



## Class 3

# Brahman & the 5 Elements

### THE ONE SPIRITUAL LAW & THE BIRTH OF CREATION ✨

*At the heart of all existence is Brahman — the true, the infinite, the eternal intelligence that governs and pervades everything.*

This Supreme Natural Intelligence can be known by many names: God, the Creator, Nature, the One, or Cosmic Consciousness.

Brahman is not something that can be seen, touched, or measured externally.

✨ **Brahman can only be known through internal perception by attaining Self-Realization 🕉️♂**

This One Spiritual Law is the source of all other laws.  
It births, governs, and sustains all of existence.

🔥 From the One, All is Born.

From Brahman, the five elements arise:

1. Space (Akasha)
2. Air (Vayu)
3. Fire (Agni)
4. Water (Apas)
5. Earth (Prithvi)

These elements are:

- The first level of creation
- The foundation for all life
- The building blocks of all beings and phenomena

To understand life, health, and spiritual truth, one must learn to perceive these elemental energies — not just as outer matter, but as *inner forces arising from the Divine Source*.

# Brahman & the 5 Elements

## The Five Great Elements & Their Qualities

Each of the Five Elements (Pancha Mahabhutas) arises from Brahman and carries unique physical, energetic, and spiritual qualities (gunas) that shape all of nature—including your Body, Mind, and Spirit. *Learning to perceive these elemental qualities within yourself is key to restoring balance, health, and harmony.*

### 1. Space (Akasha)

- Qualities: Subtle, light, clear, expansive, sound-carrying
- Functions: Creates space within and between structures; facilitates sound and communication

### 2. Air (Vayu)

- Qualities: Dry, light, mobile, cold, rough
- Functions: Movement, breath, circulation, nervous impulses, creativity

### 3. Fire (Agni)

- Qualities: Hot, sharp, light, dry, radiant
- Functions: Digestion, transformation, perception, metabolism, illumination

### 4. Water (Apas)

- Qualities: Cool, heavy, soft, fluid, cohesive
- Functions: Nourishment, lubrication, connection, emotional flow

### 5. Earth (Prithvi)

- Qualities: Heavy, dense, stable, rough, solid
- Functions: Structure, grounding, endurance, support, fertility

## Brahman & the 5 Elements

### How the 5 Elements Combine to Create Living Beings

#### ◆ 1. Space – The Principle of Expansion & Communication

- Creates room for existence.
- In the body: seen as cavities, ears, channels (nāḍīs), and empty spaces that allow things to move.
- In plants: seen in hollow stems or internal air pockets.
- In animals: spaces within organs or vocal chambers.
- In people: mental space, imagination, spiritual awareness.

#### ◆ 2. Air – The Principle of Movement & Vital Force

- Initiates and governs all motion.
- In the body: breath, nerve impulses, circulation.
- In plants: movement of sap and leaf fluttering.
- In animals: nervous system, instinctual movement.
- In people: creativity, speech, motivation, and thoughts.

#### ◆ 3. Fire – The Principle of Transformation

- Brings light, heat, metabolism, and intelligence.
- In the body: digestion (agni), sight, cellular metabolism.
- In plants: photosynthesis, color, and transformation of sunlight.
- In animals: digestion, perception, and intensity.
- In people: clarity, willpower, intellect, charisma.

#### ◆ 4. Water – The Principle of Cohesion & Flow

- Connects and binds matter; provides fluidity.
- In the body: blood, lymph, saliva, mucus, plasma.
- In plants: sap, moisture in leaves and roots.
- In animals: tears, bodily fluids, emotional depth.
- In people: compassion, emotional expression, adaptability.

#### ◆ 5. Earth – The Principle of Structure & Stability

- Provides shape, form, and stability.
- In the body: bones, muscles, tissues, nails.
- In plants: trunk, roots, seeds.
- In animals: bones, fur, hooves, muscle mass.
- In people: endurance, memory, groundedness, calm presence.



## Effects of the 5 Great Elements on the 5 Layers of Being (Koshas)

### Space

Level	▲ Too Much	▼ Too Little	● Balanced
 <b>Physical Body</b>	Loss of tissue, excessive lightness, spaciness, weight loss	Heaviness, blocked ears/sinuses, stiffness, stagnation, tightness, constriction	Flexibility, lightness, healthy elimination
 <b>Energy Body</b>	Scattered prana, instability, ungrounded	Energy blockages, channels feel stuck or compressed	Free, open flow of prana
 <b>Mental/Emotional Body</b>	Spaciness, detachment, disconnection	Rigidity, lack of imagination, Mental congestion, lack of perspective	Mental spaciousness, clarity, open-mindedness
 <b>Intuitive Body</b>	Over-abstract thinking, ungrounded visions, Dissociation, fantasy	Difficulty accessing inner guidance, Closed intuition,	Openness to subtle insight, spiritual receptivity
 <b>Bliss Body</b>	Unstable joy, delusion, over-expansion, loss of individual boundaries	Disconnected from Source, Limited access to unity and bliss	Blissful presence, Feeling connected to the infinite





## Effects of the 5 Great Elements on the 5 Layers of Being (Koshas)



Level	▲ Too Much	▼ Too Little	● Balanced
 <b>Physical Body</b>	Tremors, gas, twitching, dryness, dry skin, restlessness, instability	Sluggish movement, lethargy, constipation, poor circulation, stiffness, reduced motion	Graceful motion, regular function, flexibility, healthy movement
 <b>Energy Body</b>	Hyperactivity, anxiety, erratic energy movement, overactive prana	Sluggishness, fatigue, energy stagnation	Dynamic prana movement
 <b>Mental/Emotional Body</b>	Anxiety, worry, overwhelm, restlessness, fear, scattered thoughts	Lack of initiative, boredom, inertia, confusion, Lack of motivation, dullness	Creativity, alertness, inspired thoughts
 <b>Intuitive Body</b>	Distracted intuition, unstable insights, restlessness, overthinking, mental overstimulation, hyperanalysis	Stuck in logic, lack of intuitive flexibility, lack of insight, unclear inner guidance	Receptivity to subtle truth, adaptability
 <b>Bliss Body</b>	Overstimulated bliss, too flighty to feel sustained bliss, restless longing, spiritual fidgeting	Disconnected from joy, apathy, bliss inaccessible due to heaviness, dullness	Lighthearted joy, flow, joy in freedom





## Effects of the 5 Great Elements on the 5 Layers of Being (Koshas)



Level	▲ Too Much	▼ Too Little	● Balanced
 <b>Physical Body</b>	Inflammation, acidity, overheating, ulcers	Coldness, poor digestion, fatigue	Strong metabolism, warmth
 <b>Energy Body</b>	Burnout, excessive intensity, overly sharp energy	Lack of drive, weak aura, low motivation, weak vitality, low metabolism	Passion and direction
 <b>Mental/Emotional Body</b>	Anger, impatience, irritability, aggression, jealousy	Lack of clarity, dullness, apathy	Insight, motivation, courage, sharp mind
 <b>Intuitive Body</b>	Overanalyzing, pride, critical insights, over-critical, hyper-discernment	Lacks spiritual insight or sharp awareness, lack of discernment	Clear vision, willpower
 <b>Bliss Body</b>	Ego-driven intensity, overpowering intensity of ego, ego-driven willpower, forcefulness	Loss of purpose, dimmed inner fire, dimmed sense of divine joy, Emptiness	Devotion, radiance, radiant joy





## Effects of the 5 Great Elements on the 5 Layers of Being (Koshas)



Level	▲ Too Much	▼ Too Little	● Balanced
 <b>Physical Body</b>	Edema, heaviness, congestion, excess mucus, swelling, water retention	Dryness, dehydration, loss of flexibility	Juiciness, flexibility, flow, fluidity
 <b>Energy Body</b>	Stagnation, fatigue, sluggish energy, emotional clinginess, slow energy, heaviness	Dry emotions, lack of flow, cracking or erratic flow, irritability, dryness	Smooth energy flow
 <b>Mental/Emotional Body</b>	Over-sentimentality, moodiness, attachment, depression	Emotional dryness, detachment, emotional numbness, lack of empathy, loneliness, fear	Compassion, fluid emotions
 <b>Intuitive Body</b>	Clinginess to known, over-emotional interpretations, sentimental, over-empathetic, loss of boundaries	Dull perception, difficulty sensing emotional truths, difficulty connecting emotionally	Empathy, flow with inner knowing, emotional depth, nurturance
 <b>Bliss Body</b>	Addictive pleasure, overwhelm from emotions masking bliss, over-identification with pleasure	Disconnected from heart-centered joy, blocked feeling of inner love, withholding joy	Nourished inner fulfillment, love





## Effects of the 5 Great Elements on the 5 Layers of Being (Koshas)

### Earth

Level	▲ Too Much	▼ Too Little	● Balanced
<b>Physical Body</b> 	Obesity, sluggishness, heaviness, stagnation	Weak bones, low endurance, frailty, weakness, instability	Strength, grounding, stamina, stability
<b>Energy Body</b> 	Lack of movement, inertia, lethargy, stuck prana	Scattered energy, inconsistent energy, fragility	Stable and steady prana
<b>Mental/Emotional Body</b> 	Stubbornness, dullness, attachment, depression, mental inertia	Instability, indecisiveness, insecurity, lack of confidence, fear	Stability, patience, contentment, loyalty
<b>Intuitive Body</b> 	Over-grounded, difficulty accessing subtle realms, over-reliance on material perception	Inability to ground subtle insights, unstable or vague intuitive connection, disorientation	Calm inner knowing, groundedness
<b>Bliss Body</b> 	Bliss veiled by density and attachment, comfort addiction, stagnation, complacency	Emptiness, disconnected from embodiment of bliss, scattered bliss awareness	Deep contentment and peace



# Brahman & the 5 Elements Assignment

## **Review the Effects of the Five Great Elements on your Five Layers of Being.**

Take note of any symptoms you may currently be experiencing across your 5 Layers of Being (Physical Energy Mental-Emotional Intuitive Soul).

For each symptom you're experiencing, record the following: the specific symptom, the corresponding element that may be influencing it, and whether that element is in excess or deficient within you.

Symptom Experienced	Related Element (Space Air Fire Water Earth)	Element High or Low?

# Brahman & the 5 Elements Assignment

Symptom Experienced	Related Element (Space Air Fire Water Earth)	Element Balance High or Low?

## Class 4

# Elements & Archetypes



In this class, we explored the **Five Great Elements—Space, Air, Fire, Water, and Earth**—and how they naturally converge into the Three Archetypes, also known in Ayurveda as the **Doshas: Vata, Pitta, and Kapha**.

Remember from the previous class that the first level of Creation by Brahman is the 5 Elements. All other levels of creation are built upon that first level. This is why the elements appear everywhere in creation – in environments, animals, food, and people. It is because they are the underlying first level.

By understanding these elemental archetypes, we gain **Spiritual Sight**, or the ability to see beyond the superficial levels of Creation into the first levels of Creation, perceiving the Elements themselves.

Class 4  
**Elements & Archetypes**

**The Three Archetypes (Doshas)**

VATA	PITTA	KAPHA
		
👤 Archetype	🌀 Elements	✿ Traits
Mystic / Visionary	🔥 Warrior / Reformer	▢ Nurturer/ Preserver
Inspiring, mobile, spontaneous	🌿 Bold, disciplined, analytical	🌿 Stable, generous, serene

Archetype	Elements	Primary Traits
⌚ Vata	Space and Air	Light, dry, mobile, creative, erratic
🔥 Pitta	Fire and Water	Hot, sharp, intense, focused
🌿 Kapha	Earth and Water	Heavy, stable, nurturing, calm

# Elements & Archetypes



## Where the Archetypes Show Up in Nature

### Environment

- **Vata**: Deserts, dry plains, windy cities, fast-paced urban settings
- **Pitta**: Volcanoes, fiery climates, courtrooms, debate halls
- **Kapha**: Marshlands, forests, cozy homes, lakes, countryside

### Animals

- **Vata**: Monkey, hummingbird, deer – quick, restless, curious
- **Pitta**: Lion, eagle, tiger – intense, focused, driven
- **Kapha**: Cow, elephant, turtle – calm, strong, nurturing

### Foods

- **Vata**: Dry crackers, popcorn, raw veggies
- **Pitta**: Spicy foods, tomatoes, fermented items
- **Kapha**: Dairy, sweets, heavy grains like oats and rice

# Elements & Archetypes



## Where the Archetypes Show Up in People

### 🌀 Vata Individuals

- **Body Type:** Thin frame, dry skin, cold hands/feet
- **Emotions:** Anxious, excited, scattered, imaginative
- **Energy:** Bursts of creativity, fatigue comes quickly
- **Careers:** Artist, dancer, musician, writer, entrepreneur, traveler

### 🔥 Pitta Individuals

- **Body Type:** Medium build, warm body temperature, sharp features
- **Emotions:** Anger, ambition, courage, determination
- **Energy:** Steady and intense, can burn out from overwork
- **Careers:** Lawyer, police, surgeon, manager, strategist, engineer

### 🌿 Kapha Individuals

- **Body Type:** Sturdy build, soft skin, slow digestion
- **Emotions:** Calm, loyal, loving, but prone to lethargy or sadness
- **Energy:** Consistent, slow to start but long-lasting
- **Careers:** Counselor, caregiver, teacher, chef, social worker

Class 4

## Elements & Archetypes Assignment

This self-reflection exercise will help you uncover your true nature by understanding your **elemental essence**.



For each question, choose the one option that feels most familiar or true to you. Go with your **natural tendencies**, what you have felt naturally since **childhood**.

Do not choose the answer you think is “right”- choose the authentic answer for you! Only then can we find true insight about your original nature.

Take 7 deep breaths now, bring your awareness back into your Self, feel centered in the present moment, and begin.



Class 4

## Elements & Archetypes Assignment

### 1. Physical Constitution (Body Layer – Annamaya Kosha)

**Which description best fits how your body has naturally been most of your life?**

⌚ **Vata** – I've always been on the thinner or lighter side, with colder hands and feet, and I tend to get dry skin easily.

🔥 **Pitta** – I usually have a medium build, feel warm most of the time, and have strong digestion and a sharp or defined look.

🌿 **Kapha** – I tend to have a solid, soft, or heavier build, with smooth or moist skin, and I gain weight pretty easily.

### 2. Energy & Movement (Energy Layer – Pranamaya Kosha)

**What best describes the way energy flows through you day to day?**

⌚ **Vata** – I'm full of bursts and movement, always shifting gears, but I can burn out or feel scattered quickly.

🔥 **Pitta** – I'm focused and driven. Once I start something, I usually go full force until it's done.

🌿 **Kapha** – I move slowly and steadily, and once I'm going, I can sustain things for a long time.

## Elements & Archetypes Assignment

### 3. Mind & Thought Patterns (Mental Layer - Manomaya Kosha)

**How does your mind usually work when you're left to your natural pace?**

⌚ **Vata** – My mind jumps around a lot—creative, dreamy, and full of ideas, though sometimes it feels hard to focus.

🔥 **Pitta** – My thoughts are sharp and organized. I like clarity and tend to think critically or strategically.

🌿 **Kapha** – My mind is calm and steady. I don't rush decisions, and I like thinking things through with care.

### 4. Emotional Tendencies (Emotional Layer - Manomaya Kosha)

**Which emotional tendencies do you relate to most often?**

⌚ **Vata** – I feel things deeply and quickly—excitement, inspiration, or worry can come and go like the wind.

🔥 **Pitta** – I experience strong emotions like determination or frustration, and I care a lot about doing things right.

🌿 **Kapha** – I'm deeply loving and loyal, but I can get stuck in sadness or hold onto feelings longer than I want to.

# Elements & Archetypes Assignment

## 5. Expression & Communication (Wisdom Layer - Vijnanamaya Kosha)

**What describes the way you usually express your truth or share ideas?**

🌀 **Vata** – I express myself with passion and creativity, often inspired in the moment.

🔥 **Pitta** – I like to be clear and convincing when I speak—making sure I get my point across.

🌿 **Kapha** – I'm more gentle and thoughtful in how I share, often speaking from the heart.

## 6. Inner Guidance & Decisions (Wisdom Layer - Vijnanamaya Kosha)

**How do you tend to make important decisions or sense your inner truth?**

🌀 **Vata** – I often go with my gut or a flash of intuition, even if I can't always explain why.

🔥 **Pitta** – I think it through carefully, weigh my options, and trust my logic to guide me.

🌿 **Kapha** – I take my time, feel things out emotionally, and wait until something just feels right.

# Elements & Archetypes Assignment

## 7. Connection to Bliss (Bliss Layer – Anandamaya Kosha)

**Where do you feel most at home—most peaceful, joyful, and connected?**

🌀 **Vata** – In nature, in movement, or when I'm surrounded by music, art, or silence.

🔥 **Pitta** – When I'm working toward a goal, learning something new, or transforming myself or others.

🌿 **Kapha** – When I'm in a loving space, resting, nurturing others, or enjoying simple comforts.

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### 🌟 Final Reflection

Now that you've answered all 7 questions, take a moment to look back at your choices.

✓ Count how many times you chose each archetype (Vata, Pitta, or Kapha). Write down your total for each one:

🌀 Vata – \_\_\_\_\_

🔥 Pitta – \_\_\_\_\_

🌿 Kapha – \_\_\_\_\_

The archetype with the highest number is your dominant elemental-essence, according to your original elemental blueprint—the natural balance of energies you were born with. Understanding this will help you align more deeply with who you truly are.

Hold on to your results as we explore how to live in harmony with your unique nature. ✨

## Class 5

# Ayurveda vs Modern Medicine



This class describes why the world today is sicker than ever before due to the obliteration of ancient natural-healing-science and the mass adoption of petroleum-based pharmaceutical drugs, which began in the early 20th Century.

The American oligarch class of the 1900s, namely John D Rockefeller and Andrew Carnegie, systematically destroyed the ancient healing arts as they were being practiced in America from the country's inception to around 1900.

From 1901 onwards, these business titans used the media, government, and mass manipulation campaigns to discredit and destroy natural healing in America, and instead they replaced it with petroleum-based pharmaceuticals.

The reason they did this was for profits and power. They wanted to sell their petroleum to pharmaceutical companies that create drugs in laboratories. This meant that Rockefeller, Carnegie & others could reap unlimited profits as long as Americans remained sick and as long as their only choice available was pharmaceutical drugs.

## Ayurveda vs Modern Medicine

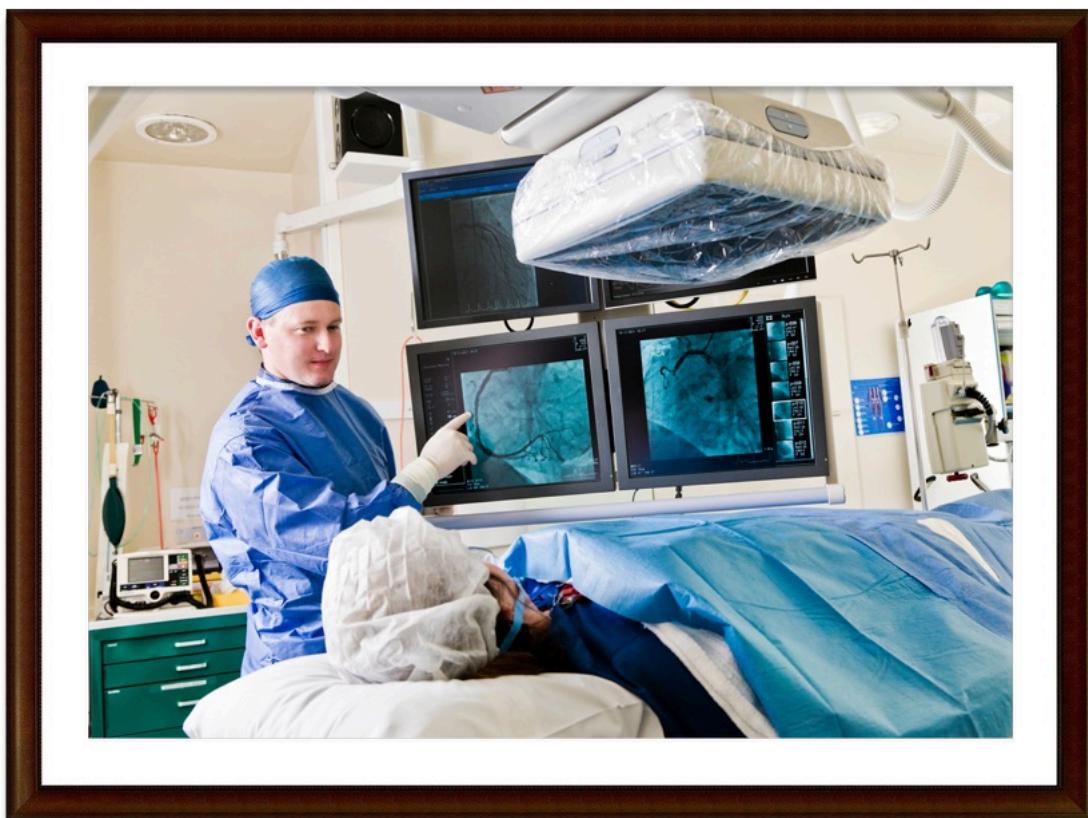


Oil-Tycoons such as Rockefeller & Carnegie destroyed the idea of natural healing by using propaganda to scare people away from natural healers and using financial power to lobby the US government to change the laws surrounding natural healing. They criminalized natural healing practices and changed the laws to force petroleum-based drugs as America's only choice for healthcare.

In reality this is not healthcare but “sickcare”. Because of this inhumane act, just one century later, in America, malpractice is the #3 cause of death, and the pharmaceutical industry regularly commits crimes against humanity as was shown in 2020.

Essentially the healing arts were destroyed in America in the early 1900's by Rockefeller's efforts of lobbying, media propaganda campaigns, and using his immense wealth to destroy an ancient and humble artform.

## Ayurveda vs Modern Medicine



It is important to realize that modern medicine has given us many advances and breakthroughs in health, and as a healing science it should be protected and cultivated. We are **not** against modern medicine as a science and healing system. We **are** against the petro-pharma-government cartel's destruction of the ancient healing arts. We **are** against the forced consumption of petroleum-based pharmaceutical medicines as America's only option for healthcare.

The philosophy we follow in this community is to rely on **Ayurveda** for chronic issues **as much as possible**, and rely on **Allopathy** (modern medicine) **as minimal as possible**, only when absolutely necessary, as for an acute illness such as an accident or sudden contagion.

This is because Ayurveda produces no side-effects, only side-benefits, and because it is the more effective healing system. In this way we maintain our health as close to optimal as possible, without pumping the body full of lab-chemicals and petroleum-based drugs.

# Ayurveda vs Modern Medicine



## Ayurveda Original Medicine

5,000 - 8,000 years old

Human health, longevity, and spiritual evolution

Scientific definition that describes exact criteria to attain True Health

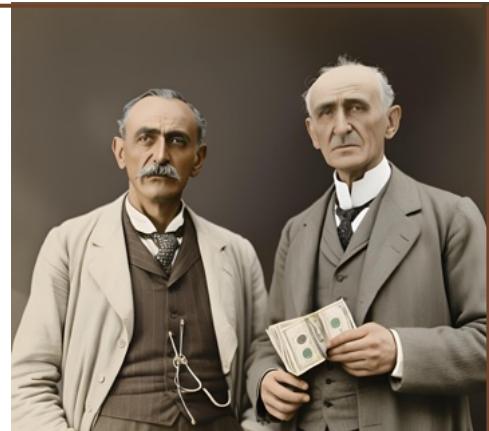
The human is a multi-layered divine microcosm of the Universe.

Sages, Saints & Yogis united with the Supreme Being for the upliftment of mankind

2-4 weeks is enough time to learn enough to heal yourself

Inexpensive and low-cost to both learn and implement

Side Benefits, eg more energy, more joy, greater awareness



## Allopathy Modern Medicine

200 - 300 years old

Profit for Medical Industry

Circular-definition designed to be vague to escape accountability

The human is a collection of "parts" like a car from a factory

Oil-Tycoon Billionaires in the early 20th Century looking to monopolize America

8 years of medical school and residency

Thousands of dollars to study and for treatments

Side-effects, eg suicide, depression, anxiety, death

### Age

### Motive

### Def. of Health

### View of Human Being

### Creators

### Time to Learn

### Cost

### Secondary Effects

Class 5

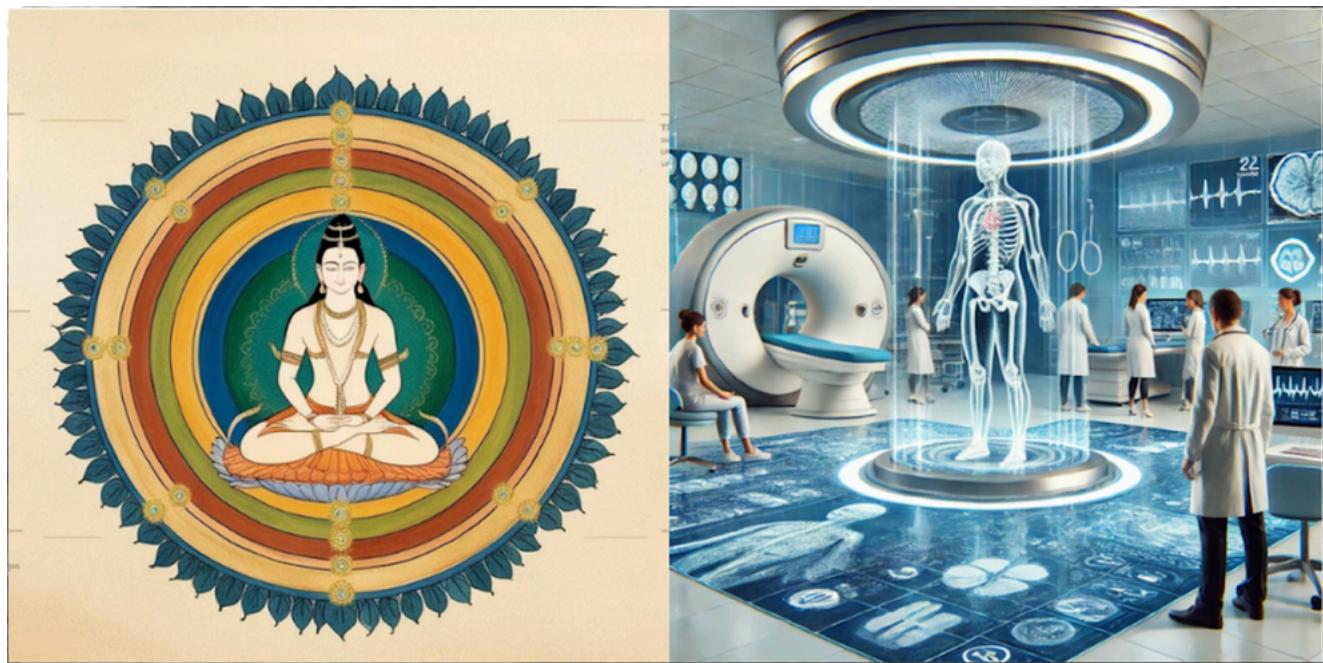
## Ayurveda vs Modern Medicine Assignment

Describe your experience with doctors and the modern healthcare system. Has modern medicine helped you recover from your health problems? Do you still use it for anything today?



# Class 6

# Health



This class explores the differences between Allopathy and Ayurveda's definitions of health.

Ayurveda (Ancient Medicine), provides a clear, scientific definition with a list of criteria that must be met to fulfill the definition of **True Health**.

Allopathy (Modern Medicine), provides a vague and circular definition of health that is designed to hide accountability for a profit-driven industry.

It is important we understand the true definition of health in order to achieve it as one of our 3 goals (True Health, Enlightenment, True Path).

## AYURVEDA DEFINITION OF HEALTH

Health is a state where the Elemental Energies, Digestive Fire, all the body tissues & components, all the physiological processes are in perfect unison and the soul, the mind, and the sense organs are in a state of total bliss and contentment.

# Class 6

# Health

## What is True Health in Ayurveda?

In Ayurveda, health is not just the absence of disease. It is a state of balance and harmony in all layers of your being—body, mind, senses, and soul. Here's the full breakdown:

### 1. Balanced Body Energies (Doshas)

- **What it means:** Your body's three energies—Vata (movement), Pitta (transformation), and Kapha (structure)—are in their natural, individual balance.
- **Example:** You're not feeling anxious (Vata out of balance), overheated or irritated (Pitta), or sluggish and heavy (Kapha). You feel alert, calm, and energetic in a steady way.

### 2. Strong Digestive Fire (Agni)

- **What it means:** Your digestive system can break down food properly, absorb nutrients, and eliminate waste without creating toxins.
- **Example:** You eat a meal and feel satisfied—not bloated, constipated, or overly tired afterward. You feel light, nourished, and energized.

# Class 6

# Health



## 3. Balanced Tissues (Dhatus)

- **What it means:** Your bodily tissues (like blood, muscles, fat, bones, etc.) are well-nourished and functioning properly.
- **Example:** Your skin glows, your hair is strong, you have endurance, and your body feels resilient and supported.

## 4. Proper Elimination of Waste (Malas)

- **What it means:** Your body eliminates stool, urine, and sweat regularly and comfortably, without disturbance.
- **Example:** You have a smooth bowel movement every morning, don't feel bloated, and your urine and sweat are clear and not foul-smelling.

# Class 6

# Health



## 5. Clarity of Mind and Senses

- **What it means:** Your mind is calm and focused, and your senses (like sight, hearing, and taste) work well and are not overstimulated or dulled.
- **Example:** You wake up clear-headed, can concentrate on tasks, and you enjoy the beauty of nature without feeling overwhelmed or distracted.

## 6. Joyful Soul / Inner Peace

- **What it means:** You feel aligned with your deeper self, at peace, and connected to something greater than just your body and mind.
- **Example:** Even on busy days, you feel centered. You make choices that reflect your true values. You experience moments of joy, love, or spiritual connection.

### In Simple Terms:

🌿 **True health in Ayurveda** is a state where the body is clean, the mind is calm, the senses are balanced, energy flows naturally, and all aspects of being are aligned with the soul.

# Class 6

## Health

### Modern Medicine's Circular Definition of Health

The World Health Organization (WHO) is a United Nations agency that sets global health policies, monitors health trends, and coordinates international responses to health crises.

As we have seen, the official definition of health according to the WHO is a circular definition, designed to be vague. Health is defined as "wellbeing". And wellbeing is defined as "health". This is a circular argument designed to escape accountability.

#### Modern Medicine definition of Health

Complete physical, mental, and social **well-being**, and not merely the absence of disease or infirmity.

#### Modern Medicine definition of Wellbeing

Wellbeing is the optimal state of **health** in which individuals can realize their potential, cope with normal stresses, work productively, and contribute to their community.

A circular definition is when a term is defined using the same term or a closely related concept, making the definition essentially meaningless because it doesn't provide new information.

Since "health" is vaguely defined, it cannot be appropriately measured. This allows the modern medical industry to operate while avoiding accountability.

This vague definition is truly the heart of the massive global petroleum-pharmaceutical-government cartel that has monopolized the ancient art of healing in America since the early 1900s.

# Health Assignment

## MULTIPLE CHOICE

### 1. Why is the official definition of health according to modern medicine a circular argument?

- A. Health is defined as wellbeing, and wellbeing is defined as health, making the definition essentially meaningless
- B. Because it does not include mental and social well-being as part of health
- C. Because it focuses only on the absence of disease
- D. Because it defines health as an absence of health problems

### 2. What is the correct definition of true health according to Ayurveda?

- A. Health is a state where the Elemental Energies, Digestive Fire, all the body tissues & components, all the physiological processes are in perfect unison and the soul, the mind, and the sense organs are in a state of total bliss and contentment.
- B. The absence of all physical discomfort or disease.
- C. A state where digestion is not necessary for sustaining the body
- D. Health is an absence of health problems.

## Health Assignment

### MULTIPLE CHOICE

**3. Allopathy requires you to rely on \_\_\_\_\_ to know about your own health, while Ayurveda teaches you how to \_\_\_\_\_ to maintain your own state of health.**

- A. Guesswork; take prescription drugs
- B. Random treatments; avoid medical knowledge
- C. An “expert opinion”; cultivate self-awareness with spiritual science
- D. Meditation; ignore symptoms

**4. The Ayurvedic way of maintaining your True Health is like:**

- A. Steering a ship constantly to keep it on course
- B. Taking medicines only when symptoms appear
- C. Following a one-size-fits-all diet and lifestyle
- D. Using only herbs without changing lifestyle or diet

## Health Assignment

### MULTIPLE CHOICE

**5. Which of the following best describes True Health according to Ayurveda?**

- A. Having no symptoms of illness
- B. Being physically fit and eating a clean diet
- C. Having balanced body systems, strong digestion, proper elimination, and a peaceful mind and soul
- D. Being free of all emotional ups and downs

**6. Which of the following goals reflects the Ayurvedic purpose of health?**

- A. To avoid disease and live a quiet life
- B. To live long, enjoy life, and fulfill one's personal and spiritual purpose
- C. To be as productive and busy as possible
- D. To never feel any pain or stress



**MULTIPLE CHOICE**

**7. True health in Ayurveda includes which of the following?**

- A. Perfect lab results and physical strength
- B. Complete freedom from any negative thoughts
- C. Harmony between body, mind, senses, and spirit
- D. Mastery of advanced yoga poses

# Health Assignment

## MULTIPLE CHOICE

**Great job completing the assignment!**

Now, compare each of your answers with the correct answer key below.

### ANSWERS

- 1.A
- 2.A
- 3.C
- 4.A
- 5.C
- 6.B
- 7.C

Count the total number of questions you got right, and the total number you got wrong. Write those numbers down so you know how you did.

Right \_\_\_\_

Wrong \_\_\_\_

# Class 7

# Disease

## AYURVEDA DEFINITION OF DISEASE

Disease (Roga) is a state of imbalance or disharmony in the body's tissues, energy-system, digestive fire, and physiological processes, leading to abnormal bodily functions and symptoms.

This class explores the differences between Allopathy and Ayurveda's definitions of disease.

Allopathy (Modern Medicine) does not have a single universal explanation for the formation of disease. It can only explain disease in the context of specific illnesses.

This inability to provide a universal, single explanation for all diseases is due to the fact that modern medicine is not based on true Spiritual Law. It is biased towards the proliferation of petroleum-based medical solutions, and this business-incentive-bias limits the understanding of modern medicine.

Ayurveda (Ancient Medicine), provides a universal, scientific definition of disease and the disease process. This universal disease process system is based on the laws of Nature, and therefore it can be applied to all diseases because it is a fully complete and scientific system.

Understanding the Ayurvedic framework of disease will give you the ability to *avert the danger before it comes*. Spot the disease before it fully evolves into a dangerous illness. This ancient system is the key.

The Ayurvedic understanding of disease will make you better equipped than doctors today, for the reasons mentioned above. They are operating on a limited model of understanding, while you are operating with the true model designed by Nature.

## Class 7 Disease

# Ayurveda vs Allopathy Understanding of Disease



*Ayurveda (Ancient Medicine) is the timeless science of life, beyond industries and borders.*

*Allopathy (Modern Medicine) is a business first before it is a healing science.*

Ayurveda	Allopathy
<ul style="list-style-type: none"><li>◆ Provides a <b>single universal</b> definition of disease</li><li>◆ Identifies <b>all 6 Steps</b> of the <b>Disease Formation Process</b></li><li>◆ Based on the <b>Laws of Nature</b></li><li>◆ Allows you to <b>see a disease forming in early stages</b> so you can avert the danger</li></ul>	<ul style="list-style-type: none"><li>◆ Only able to define disease in <b>narrow-contexts</b></li><li>◆ Identifies only <b>last 2 steps</b> of the Disease Formation Process</li><li>◆ Based on what is profitable for the <b>Petroleum-Pharmaceutical Monopoly</b></li><li>◆ Allows doctors to call patients "healthy" even if in early disease stages</li></ul>

*Ayurveda is the superior system of Human Health & Disease since it is based on Spiritual Law, not profit & monopoly.*



# Ayurveda's System of Disease Formation



*This system applies to all diseases.  
Use this ancient system of understanding disease to avert the danger that has not yet come.*



## Accumulation of Bio-Energies causing Early-Warning Symptoms

Accumulation (Sañchaya) is the first stage of imbalance, when the bio-energies (space air fire water earth) begin to accumulate in their natural sites of the body, due to certain triggers such as improper use of the senses, or an imbalanced lifestyle. This accumulation of the bio-energies causes **early-warning-symptoms**.

*Vata (space air) gathers in the colon, leading to gas, bloating, and distention; Pitta (fire water) accumulates in the small intestines, causing acid buildup and burning sensations; and Kapha (earth water) builds up in the upper stomach, resulting in phlegm, heaviness, lethargy, and sluggish digestion.*



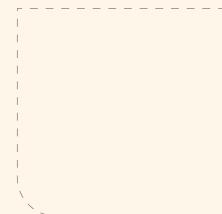
## Aggravation of Bio-Energies causing more Intense Symptoms

Aggravation (Prakop) is the second stage, occurring when disease-causing factors persist. The bio-energies fill their natural "containers" (original sites) and begin to overflow into nearby organs and tissues, intensifying symptoms.

- *Vata (space air) overflows from the colon into the lower back, hips, and nervous system, causing pain (primary symptom), constipation, bloating, dry skin, anxiety, cold extremities, insomnia, tinnitus, forgetfulness, and irregular appetite.*
- *Pitta (fire water) exceeds its bounds in the small intestine, moving into the stomach, liver, skin, and eyes, leading to burning (main symptom), fever, acid reflux, loose stools, irritability, rashes, inflammation, thirst, anger, jealousy, and burnout.*
- *Kapha (earth water) builds up in the stomach and spills into the lungs, sinuses, and lymph, bringing itchiness (key symptom), heaviness, allergies, edema, mucus, lethargy, weight gain, excess sleep, and depression.*



## Ayurveda's System of Disease Formation



3

### Spreading of Bio-Energies causing Systemic Symptoms

Spreading (Prasara) is the third stage, when aggravated bio-energies begin to move beyond their original sites and enter general circulation, sometimes carrying toxins (ama) with them. As they spread, local symptoms may lessen, but systemic symptoms emerge.

- *Vata (space air) spreads through the body, causing widespread aches, pains, stiffness, and restlessness.*
- *Pitta (fire water) disperses as heat, leading to body-wide warmth, excess sweating, irritation, and feeling hot-blooded.*
- *Kapha (earth water) diffuses slowly, bringing increased lethargy, mental dullness, heaviness, and overall sluggishness.*

4

### Localization of Bio-Energies marking shift from Energy-Imbalance to Disease

Localization (Sthānasamśraya) is the fourth stage, when spreading bio-energies settle into weak or vulnerable areas of the body (khavaigunya), often targeting compromised tissues (dhatus). This marks the shift from bio-energy imbalance to early disease

- *Vata (space air) localizes as pain, dryness, cracking in joints, flaky skin, dandruff, irregular behavior, and nervousness.*
- *Pitta (fire water) settles as local inflammation, rashes, hives, and burning sensations.*
- *Kapha (earth water) lodges as edema, watery retention, itchiness, swelling, and heaviness in the affected area.*





## Ayurveda's System of Disease Formation

5

### Manifestation of Bio-Energy intensifying Disease Symptoms

Manifestation (Vyakti) is the fifth stage, when the bio-energies fully express in weak tissues (dhatus), causing functional damage and clear disease symptoms in new areas of the body. The disease gains strength and begins to act with its own intelligence. Symptoms arise wherever the body's weak point (khavaigunya) is located—here are a few examples:

- *Vata* (space air), for example, may manifest in a weak bone tissue (asthi dhatu), causing pain, joint weakness, and cracking.
- *Pitta* (fire water), for example, may appear in a weakened colon, leading to blood in the stools.
- *Kapha* (earth water), for example, may settle in a weak lymph/plasma system (rasa dhatu), causing blockages of the arteries.

6

### Complication of Bio-Energies causing Severe Disease Symptoms

Complication (Bheda) is the sixth stage, when disease deepens, symptoms evolve, and structural damage occurs in the tissues (dhatus). Other tissues may become involved, and the condition grows more chronic, severe, and harder to treat. The disease now takes on a distinct and more complex identity. The specific outcome depends on where the weakness (khavaigunya) is in the body—here are a few examples:

- *Vata* (space air), for example, after previously manifesting in weak bone tissue as joint pain and cracking, now leads to osteoporosis at this stage.
- *Pitta* (fire water), for example, after previously manifesting in the colon as inflammation and blood in the stool, now results in hemorrhoids.
- *Kapha* (earth water), for example, after previously affecting the lymph/plasma system with sluggishness and blockages, now culminates in diabetes.



# Summary of Ayurveda Disease System



## **Accumulation (Sanchaya)**

The bio-energies (doshas) begin to build up in their original sites. *This stage often feels mild—like gas (Vata), heat (Pitta), or heaviness (Kapha)—and can be reversed easily with simple lifestyle shifts.*

## **Aggravation (Prakopa)**

If disease-causing factors continue, the doshas fill their “container” and start to spill beyond their original sites. *Vata may cause pain, stiffness, dryness, or anxiety. Pitta may show as acid reflux, skin irritation, or irritability. Kapha may cause phlegm, sluggishness, or foggy thinking.*

## **Spreading (Prasara)**

The aggravated bio-energies now leave their sites and spread through circulation, sometimes carrying toxins (ama). *Vata may spread as aches and wandering pain. Pitta may show as heat, rashes, or sweating. Kapha may lead to full-body lethargy, dullness, or swelling.*

## **Localization (Sthanasmshraya)**

The spreading doshas settle into weak areas of the body (khavaigunya), irritating local tissues. *Vata may localize as flaky skin, cracking joints, or irregular nerve activity. Pitta may trigger local inflammation, redness, or hives. Kapha may cause edema, water retention, or itching in the affected site.*

## **Manifestation (Vyakti)**

The disease gains a stronger presence and begins to take on its own intelligence. *Vata may manifest in weak bones (ashti dhatus), for example, as joint pain and cracking. Pitta may appear in the colon, for example, as blood in the stool. Kapha may show up in the lymph (rasa dhatus), for example, as blockages and swelling.*

## **Complication (Bheda)**

The disease deepens. Symptoms evolve, structural damage occurs, and other tissues may become involved. *Vata, previously in the bones, may lead to osteoporosis. Pitta, previously in the colon, may result in hemorrhoids. Kapha, previously in the lymph, may contribute to diabetes.*

## Six Reflective Questions to Understand Your Current State of Health Through the 6 Stages of Disease

### **1. Are you noticing early signs like gas, mild heat, heaviness, or sluggish digestion—especially after eating, scrolling, or skipping rest?**

→ These subtle clues may indicate the first stage: Accumulation (Sanchaya), when the body's energies begin to build up in their home sites before causing real disturbance. Early awareness and lifestyle correction can reverse this stage entirely.

### **2. Do your symptoms feel more intense—like stronger bloating, acid reflux, irritability, or excess mucus—and harder to ignore?**

→ This may be the second stage: Aggravation (Prakopa), where the energies fill their container and begin to overflow. Physical and emotional symptoms intensify. You may still feel "like yourself," but imbalance is gaining momentum.

### **3. Are you experiencing general symptoms throughout the body—such as widespread aches, heat, fatigue, or mental fog?**

→ These signs point to the third stage: Spreading (Prasara). The energy imbalance has moved into general circulation, weakening your system's overall strength. Symptoms become more unpredictable or system-wide.

### **4. Is there a specific weak spot in your body—like joints, skin, or gut—that repeatedly acts up under stress, fatigue, or certain foods?**

→ This could indicate the fourth stage: Localization (Sthanasamshraya). The energy imbalance finds a vulnerable area and begins to settle there. Local symptoms emerge (e.g., dry joints, skin irritation, gut issues).

### **5. Do you notice more defined and recurring symptoms—like joint cracking, blood in stool, rashes, or congestion—that now have a clear pattern?**

→ You may be in the fifth stage: Manifestation (Vyakti). The energy imbalance has fully evolved itself into a disease. The condition now has a "name" and distinct behavior. Healing requires deeper effort, but is still possible.

### **6. Have your symptoms progressed into chronic or degenerative conditions—such as arthritis, ulcers, diabetes, or depression?**

→ This points to the sixth and final stage: Complication (Bheda). The disease has deepened, affecting multiple systems or tissues. The condition may be more complex and rooted, requiring comprehensive healing strategies over time.

# Disease Assignment

Based on the previous questions, write a **self-analysis of your current state of health**. Describe every symptom you're currently feeling, including where you feel it in your body.

Then, using the six stages of disease we just explored, **identify which stage you believe you're in and why**—and write it here.



# Disease Assignment



## Class 8

# Balancing Elemental Energies



**This class focuses on two key steps in Ayurvedic healing**

- 1. Identifying Bio-Energy Imbalances**
- 2. Correcting Bio-Energy Imbalances**

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

We explore how to detect imbalance across five levels of our Being, using the lens of the three Elemental Archetypes (Doshas): Vata, Pitta, and Kapha.



Each of the **5 Elements** expresses itself through all **5 Layers of Being**—what the ancient sages called the Koshas. These Koshas form the subtle anatomy of who we are, from the densest to the most refined.

In the  **Physical Layer** (Annamaya Kosha), the Elements shape our bones, tissues, fluids, breath, and digestion. An excess of Fire may appear as inflammation; too much Air may feel like restlessness or dryness in the joints.

In the  **Energetic Layer** (Pranamaya Kosha), the Elements flow as life-force—prana. Here, Fire gives vitality and drive, while Water brings cooling and flow. Imbalances at this level may disturb the flow of breath or cause fatigue and tension.

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

We explore how to detect imbalance across five levels of our Being, using the lens of the three Elemental Archetypes (Doshas): Vata, Pitta, and Kapha.



In the **Mental-Emotional Layer** (Manomaya Kosha), the Elements influence our thoughts and emotions. Too much Fire may manifest as anger or impatience; too much Space may feel like disconnection or apathy.

In the **Wisdom Layer**, aka Intuition Layer (Vijnanamaya Kosha), the Elements shape our discernment and inner clarity. Balanced Earth gives grounded wisdom. Unbalanced Air may scatter our thoughts, making it hard to access deeper insight.

In the **Bliss Layer**, aka Soul Body (Anandamaya Kosha), the Elements resonate in their most subtle form, creating either harmony or disharmony in our connection to the Divine. When the Elements are in balance here, we feel peace, unity, and joy without reason.

**Our aim is to understand how the Elements manifest in each Kosha.**

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances



### Physical Body (Annamaya Kosha)



#### Vata:

- dry skin, bloating, constipation, cold extremities, joint pain, irregular appetite, cracking joints, weight loss, twitching, dizziness, dry hair, variable menstrual cycles, irregular heartbeat, sensitivity to wind or cold, low endurance



#### Pitta:

- acidity, inflammation, rashes, overheating, strong hunger, sensitivity to heat, skin sensitivity, burning sensations, premature graying, excessive sweating, redness in eyes or skin, sharp body odor, hot flashes, loose stools



#### Kapha:

- sluggishness, weight gain, congestion, water retention, excessive sleep, heaviness in limbs, mucus build-up, slow digestion, persistent dull aches, swelling, difficulty waking up, lethargy after meals, pale or oily skin

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

### ⚡ Energy Body (Pranamaya Kosha)

#### 🌀 Vata:

- unstable energy, bursts of activity followed by crashes, insomnia, nervous jitters, anxiety, shallow breath, lightheadedness, erratic sleep, hyperactive or restless limbs, frequent yawning, fear-based exhaustion

#### 🔥 Pitta:

- high drive with risk of burnout, overheated breath, intensity, breath-holding, agitation, rapid but shallow breathing, frequent overexertion, headaches after activity, excessive use of willpower, irritability when tired

#### 🌿 Kapha:

- low pranic flow, fatigue, stagnation, inertia despite rest, labored breath, breathlessness on exertion, slow movements, lack of vitality, sleepy in the morning, resistance to movement, aversion to change

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

### Mental-Emotional Body (Manomaya Kosha)

#### **Vata:**

- overthinking, fear, worry, indecision, racing thoughts, easily distracted, mental restlessness, hypervigilance, catastrophizing, difficulty concentrating, overwhelm in noisy or busy environments

#### **Pitta:**

- irritability, criticism, anger, perfectionism, impatience, mental sharpness with low tolerance, judgmental tendencies, argumentative, control-oriented, intolerance for mistakes, competitive mindset

#### **Kapha:**

- sadness, emotional dullness, melancholy, attachment, emotional heaviness, depression, lack of motivation, stubbornness, emotional clinging, passive resistance, nostalgia, emotional withdrawal, avoidance of emotional confrontation, resistance to change

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

### Intuitive Body (Vijnanamaya Kosha)

#### **Vata:**

- scattered focus, inconsistent insight, confusion, fantasy-prone, difficulty integrating teachings, erratic spiritual enthusiasm, blind belief, mimicking spiritual trends, lack of discernment

#### **Pitta:**

- overly rigid logic, difficulty trusting intuition, obsession with outcomes, excessive analysis, rigid thinking, intellectual pride, dogmatic views, impatience with process, obsession with being “right,” spiritual competitiveness, needing to prove spiritual understanding

#### **Kapha:**

- over-reliance on the familiar, resistance to inner growth, lack of clarity in vision, mental inertia, difficulty letting go of beliefs, spiritual apathy, resistance to change, blind loyalty to traditions, clinging to past ideas, avoidance of questioning, comfort-driven spirituality

# Balancing Elemental Energies

## Part 1: Identifying Bio-Energy Imbalances

### Soul / Bliss Body (Anandamaya Kosha)

#### **Vata:**

- inability to feel settled in one's being, existential anxiety, sense of spiritual isolation, sense of disconnection, lack of belonging, existential fear, spiritual escapism, erratic spiritual practices, inability to ground mystical experiences, difficulty receiving love or support

#### **Pitta:**

- pride in spiritual knowledge, forceful pursuit of enlightenment, lack of surrender, spiritual ambition, striving to master or control the path, ego-identification with knowledge, harsh self-discipline, loss of humility, judging others' paths, burnout in spiritual pursuit

#### **Kapha:**

- spiritual laziness, clinging to comfort or tradition, difficulty accessing joy or wonder, spiritual stagnation, clinging to comfort over transformation, resistance to surrender, devotion without depth, mechanical ritualism, fear of letting go, over-identification with spiritual identity

Class 8

## Balancing Elemental Energies

### Part 2: Correcting Bio-Energy Imbalances



Once we have detected how our elemental energies manifest within us, the next step is to  **Pacify the Unbalanced Bio-Energy**.

For example, if we have too much Fire, we need to balance it by decreasing Fire and increasing Water.

Remember that we are not just talking about literal fire and water, but about the *elemental-energies of Fire and Water as they manifest across our physical, mental, and spiritual planes*. 

The elemental energies of Space, Air, Fire, Water, and Earth are the first level of Creation, arising from Brahman. This means they exist within everything else in Creation, for they are the fundamental building blocks of all.

Therefore, the 5 Elements exist within us, manifesting through our body, mind, and soul.

Class 8

## Balancing Elemental Energies

### Part 2: Correcting Bio-Energy Imbalances



By learning to see with **Spiritual Sight** across each of our 5 Layers of Being, we learn to always perceive the state of the 5 Elements within our own bio-energy system.

Remember that our 5 Layers of Being are the Physical Body, Energy Body, Mental-Emotional Body, Intuition Body, and Soul Body.

Our goal is to achieve True Health, and to achieve this we must have our bio-energies (Space Air Fire Water Earth) in harmony with each other. Without harmony of the bio-energies we cannot attain True Health.

The path to harmonize the bio-energies is simple. We simply correct each elemental imbalance within us, layer by layer, for each of our 5 Koshas (Layers of Being).

When all five Elements are in harmony with each other at every Layer of Being, that is when we enter a deep state of Harmony with Spiritual Law.

**★ Harmony with Spiritual Law is what literally creates the state of Health. To be Healthy is to be in Harmony with Spiritual Law ★**

# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances

We apply the classical Ayurvedic principle:

👉 “Like increases like. Opposites bring balance.”

This principle helps us balance the excess qualities of each bio-energy using their opposite qualities, customized for each kosha (layer of our being).



### **Physical Body (Annamaya Kosha)**

*Correct with food, lifestyle, herbs, daily routine, and body therapies.*

#### 🌀 **Vata**

- Warm, oily, spiced, nourishing meals (khichari, ghee, root veggies)
- Daily oil massage (abhyanga) with sesame oil
- Herbal support: Ashwagandha, Vidari, Bala
- Regular sleep, meals, and rest; avoid fasting and overexertion

#### 🔥 **Pitta**

- Cooling, slightly sweet and bitter foods (coconut, amalaki, cucumber)
- Herbal ghee, Brahmi, Guduchi, Shatavari
- Cooling oils (brahmi oil, sandalwood oil) for massage
- Stay out of midday sun; avoid spicy, sour, fried foods

#### 🌿 **Kapha**

- Light, dry, spicy, and bitter foods (millets, leafy greens, ginger tea)
- Dry powder massage (udvartana) and dry brushing
- Herbal support: Trikatu, Punarnava, Tulsi
- Wake early; avoid heavy meals, daytime napping, and excess dairy

# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances

### ⚡ Energy Body (Pranamaya Kosha)

Correct through breath regulation, movement, and cleansing of subtle channels (nadis).

#### 🌀 Vata

- Nadi Shodhana and Ujjayi pranayama (slow, steady breath)
- Gentle yoga with longer holds (focus on hips, legs, and spine)
- Avoid pranayama that is fast or forceful
- Use grounding mudras like Prithvi or Chinmaya mudra

#### 🔥 Pitta

- Sheetali and Sheetkari pranayama (cooling breath)
- Moon salutation, heart-opening postures, and shaded environments
- Avoid solar pranayama, hot yoga, and overexertion
- Support with sandalwood paste or sacred ash on the heart center

#### 🌿 Kapha

- Kapalabhati and Bhastrika pranayama to stimulate energy
- Sun salutation, fast-paced movement, twists, and backbends
- Avoid long, sedentary stillness without purpose
- Practice dynamic yogic kriyas early in the morning (brahma muhurta)

# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances

### Mental-Emotional Body (Manomaya Kosha)

*Correct through behavior, emotional digestion, sensory therapy, and Vedic self-regulation.*

#### **Vata**

- Restorative yoga and quiet, meditative environments
- Scent therapy with calming oils (jatamansi, vetiver, frankincense)
- Avoid overstimulation: limit travel, screens, erratic conversations
- Use ghee in the diet to support ojas (mental stability)

#### **Pitta**

- Evening walks under the moon; stay in cool, natural settings
- Shirodhara (cool oil stream on forehead) with Brahmi or Chandana taila
- Vedic practices like mauna (intentional silence) and dama (control of senses)
- Practice inner reflection with cooling herbs like Brahmi or Rose

#### **Kapha**

- Engage in brisk morning walks or cleansing kriyas like neti
- Burn camphor, eucalyptus, or tulsi leaves to lighten mood
- Purify the senses through dynamic activities or devotional singing (kirtan)
- Reduce attachment and tamas through active sadhana and tapas

# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances



### Intuitive Body (Vijnanamaya Kosha)

*Correct through wisdom practices, scriptural study (*śravaṇa*), and cultivation of inner discernment (*viveka*).*

#### 🌀 Vata

- Meditate with mantra repetition (japa) using grounding mantras (e.g., Om Lam, Om Namah Shivaya)
- Avoid spiritual overstimulation
- Study one teaching at a time; avoid intellectual overload
- Establish daily ritual (puja or sandhya vandanam) for mental clarity
- Support with rituals that honor earth element and ancestors

#### 🔥 Pitta

- Meditate on the heart center (hridaya) or the moon
- Use cooling and devotional mantras (e.g., Om Chandraya Namaha, Shri Ram Jai Ram)
- Surrender the “need to know” through bhakti (loving devotion)
- Read scriptures or stories that emphasize surrender and compassion

#### 🌿 Kapha

- Meditate while walking or standing to stay alert
- Chant uplifting Vedic verses with rhythm and drum or bell
- Read teachings that challenge comfort zones and promote detachment
- Practice svadhyaya (self-study) in short, active sessions

# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances

### Soul / Bliss Body (Anandamaya Kosha)

*Correct through spiritual alignment, devotion, joy, and union with Source (Brahman).*

#### Vata

- Simple, daily rituals to connect to earth and ancestry
- Touch the Earth at sunrise in silence, recite a grounding verse, and sit in stillness to root the soul
- Use grounding mantras and devotional bhajans (low, slow rhythm)
- Spend time in forests, gardens, or sacred still places

#### Pitta

- Cultivate surrender through bhakti yoga—singing, seva, prayer
- Engage in lunar observances (Purnima fasting, moon bathing)
- Invoke deities of compassion: Vishnu, Lakshmi, or Soma
- Reflect on the beauty of nature and the intelligence of not knowing

#### Kapha

- Invoke Saraswati or Agni through creative expression or mantra
- Dance, chant, and participate in Vedic rituals with rhythm and movement
- Offer flowers, light, or sacred fire to awaken inner delight
- Explore joy without clinging—let each moment be full and free

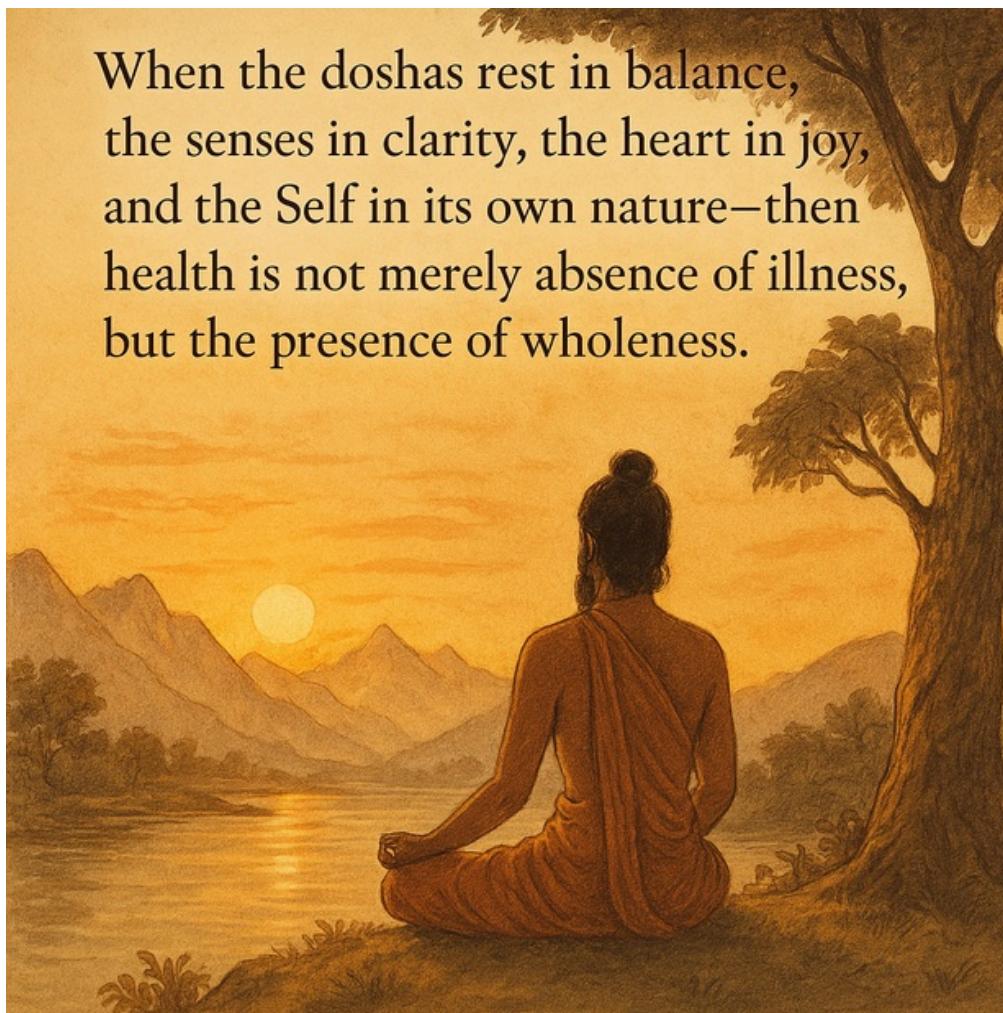
# Balancing Elemental Energies

## Part 2: Correcting Bio-Energy Imbalances

### ★ Final Reflection

Healing the doshas is not simply about pacifying symptoms—it's about restoring harmony with your essential Self across every kosha. True balance happens when the body, mind, energy, intuition, and soul return to their natural rhythm in Harmony with Spiritual Law.

When the doshas rest in balance,  
the senses in clarity, the heart in joy,  
and the Self in its own nature—then  
health is not merely absence of illness,  
but the presence of wholeness.



# Balancing Elemental Energies

## Assignment Part 1

Examine the signs of elemental imbalance in each Kosha from Part 1. For each elemental archetype (Vata Pitta Kapha), write down any **symptoms** you personally experience.

For each symptom, also write down the **Kosha** it relates to, and the **element-imbalance** you experience (Vata Pitta or Kapha).

### Example:

- **Symptom:** I often feel restless and have trouble focusing.
- **Kosha:** Mental-Emotional Body (mind/emotions)
- **Elemental Imbalance:** Vata (space/air – excess movement, anxiety, lack of grounding)



Class 8

# Balancing Elemental Energies

## Assignment Part 1



# Balancing Elemental Energies

## Assignment Part 2

Look back at each symptom you listed in Part 1.

Now, for each one, find the correcting action suggested in Part 2.

Write down:

- The **correcting action**
- The **Kosha** it supports or targets
- The **elemental archetype** it helps to balance (Vata, Pitta, or Kapha)

Example:

- **Symptom:** Restlessness and trouble focusing
- **Correcting Action:** Grounding breathwork, spending time in nature
- **Kosha:** Pranamaya Kosha (energy body)
- **Elemental Archetype:** Vata (air/ether – too much movement)

Class 8

# Balancing Elemental Energies

## Assignment Part 2



# Balancing Elemental Energies

## Assignment Part 3

Look over your list of correcting actions from Part 2.

For each one, write down 1 or 2 small steps you can take today to begin bringing that action into your daily life.

**Example:**

- **Correcting Action:** Grounding breathwork, spending time in nature
- **Steps I Can Take Today:**
  - a. Take a 10-minute barefoot walk outside after lunch
  - b. Do 5 minutes of deep belly breathing before bed



Class 8

# Balancing Elemental Energies

## Assignment Part 3



## Class 9

# Balancing 🔥Agni



### What is Agni?

**Agni** is identified as the **Universal Principle of Transformation**, present in the Sun, the fire on Earth, and the Digestive Fire within Humans.

Agni is the 🔥 **Sacred Flame** responsible for all transformation in the body and mind — from digesting food to processing thoughts.

According to Ayurveda, balanced agni is the **foundation of health**, clarity, immunity, and spiritual vitality



*"The wise always worship Agni, the inner fire, as the Lord of the House."*

- Rig Veda (10.88.11)



## ⚖️ Why Balance Agni?

- ✓ **Balanced Agni = Balanced Bio-Energies = Health & Radiance**
- ✗ **Unbalanced Agni = Toxins = Disease & Dullness**

## ⚠️ What Happens When Agni is Unbalanced?

Level	Signs of Imbalanced Agni
<b>Physical</b>	Bloating, gas, constipation, diarrhea, heaviness, fatigue, weight gain/loss, skin eruptions, weak immunity
<b>Mental</b>	Brain fog, anxiety, depression, indecision, irritability, emotional dullness or instability
<b>Spiritual</b>	Loss of clarity, lack of discipline, reduced enthusiasm for dharma or purpose

 **4 States of Agni**

Only Samagni (balanced agni) is healthy. The other three reflect bio-energy imbalances:

State	Bio-Energy Involved	Signs
<b>Balanced Agni</b> (Samagni)	Balance between all Elements	Good digestion, clarity, energy, glow
<b>Irregular Agni</b> (Vishamagni)	 <b>Vata</b>	Gas, bloating, variable appetite, anxiety
<b>Intense Agni</b> (Tikshnagni)	 <b>Pitta</b>	Burning sensation, acidity, loose stools, anger
<b>Slow Agni</b> (Mandagni)	 <b>Kapha</b>	Sluggishness, heaviness, weight gain, lethargy

Class 9  
**Balancing 🔥Agni**



🧪 **How to Spot Unhealthy Agni?**

- Tongue coating (white = ama)
- Undigested food in stools
- Low appetite or excessive hunger
- Bad breath or body odor
- Mental fog or mood swings after meals

## Balancing Agni According to the Bio-Energy (Dosha)

### 1. For Irregular Agni - 🌐 Vata (Vishamagni)

Focus	Balancing Actions
Diet	Warm, oily, moist, grounding foods; avoid raw or dry foods.
Herbs	Ginger, asafetida, triphala, ajwain
Lifestyle	Regular routine, calming rituals, oil massage (abhyanga), early bedtime
Yoga Asanas	Forward folds, seated postures, gentle grounding flows (e.g., Paschimottanasana, Balasana)
Pranayama	Nadi Shodhana, Ujjayi, Bhramari (for calming)

## 🌿 Balancing Agni According to the Bio-Energy (Dosha)

### 2. For Intense Agni - 🔥 Pitta (Tikshnagni)

Focus	Balancing Actions
<b>Diet</b>	Cooling, mildly spiced, non-acidic, hydrating foods; avoid fried and spicy foods
<b>Herbs</b>	Amalaki, Guduchi, Shatavari, coriander
<b>Lifestyle</b>	Avoid overheating, reduce competitive activities, spend time in nature, cool baths
<b>Yoga Asanas</b>	Twists, cooling backbends, moon salutations (e.g., Ardha Matsyendrasana, Setu Bandhasana)
<b>Pranayama</b>	Sheetali, Sheetkari, Chandra Bhedana (for cooling)

## Balancing Agni According to the Bio-Energy (Dosha)

### 3. For Slow Agni - 🌱 Kapha (Mandagni)

Focus	Balancing Actions
Diet	Light, dry, warm, mildly spicy; avoid dairy, heavy grains, and sweets
Herbs	Trikatu (ginger, black pepper, long pepper), turmeric, cinnamon
Lifestyle	Stimulating activities, vigorous morning exercise, minimal naps
Yoga Asanas	Sun Salutations, standing postures, dynamic flow (e.g., Utkatasana, Surya Namaskar)
Pranayama	Kapalabhati, Bhastrika (for energizing and clearing mucus)

## Discovering and Balancing Your Agni

### Objective:

To help you observe, identify, and understand the state of your agni—your digestive fire—and learn what practices can support its balance in your life.

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### Part 1: Self-Inquiry – What is My Agni Telling Me?

Answer the following questions honestly. Check off all answers that are true for you. There are no right or wrong answers—this is about understanding the state of your  **Sacred Fire**.

#### 1. Describe your appetite most days:

- Always hungry, even after meals
- Sometimes I forget to eat or feel full easily
- My appetite is predictable and steady
- My hunger comes and goes unpredictably

#### 2. After meals, I usually feel:

- Light, energized, clear
- Heavy, sleepy, dull
- Gassy, bloated, or uncomfortable
- Overheated or irritable

#### 3. My stools are usually:

- Regular, formed, easy to pass
- Loose, frequent, urgent
- Dry, hard, or irregular
- Sticky, heavy, mucousy

**4. Tongue check (look in the mirror):**

- Do you notice a thick white or yellow coating?
  - Yes
  - No
- If yes, is it more in the back or front?

**5. Do you experience any of the following?**

- .  Bad breath or body odor
- Skin eruptions or rashes
- Mental fog or fatigue after meals
- Cravings for salty, spicy, or sweet foods

### Part 2: What Type of Agni Do You Have?

Match your experiences with the following patterns. Choose the one that best reflects your current state:

Agni Type	Primary Bio-Energy	Description
<b>Intense Agni</b> (Tikshnagni)	 <b>Pitta</b>	Strong appetite, feels irritated if meals are missed, loose stools, acid reflux
<b>Irregular Agni</b> (Vishamagni)	 <b>Vata</b>	Erratic appetite, gas/bloating, constipation, unpredictable digestion
<b>Slow Agni</b> (Mandagni)	 <b>Kapha</b>	Slow digestion, heaviness after meals, low appetite, weight gain
<b>Balanced Agni</b> (Samagni)	 <b>Balanced</b>	Steady digestion, good energy, regular elimination, clear mind

 **Part 3: Your Agni Reflection Questions**

**1. Reflect on your answers from the previous two questions. What might be imbalancing your Agni right now?**

(Examples: eating late, skipping meals, overworking, emotional stress, eating too fast)

# Balancing 🔥 Agni

## Assignment

**2. What are three small changes you could make this week to support your Agni?**

*(Like drinking warm water, eating slower, or trying a spice like ginger)*



### ♂ Question 3

Which one **Yoga Asana** and one **Pranayama** practice from class do you feel most drawn to?

Choose one from each list below that felt good in your body or mind.



### Asana Options

- **Trikonasana** – Triangle Pose (for balance and digestion)
- **Pavanamuktasana** – Wind-Relieving Pose (to release gas and support digestion)
- **Siddhasana** – Accomplished Pose (for meditation and inner stillness)

My favorite asana: \_\_\_\_\_

### 呼和 Pranayama Options

- **Kapalabhati** – Shining Skull Breath (clears energy and stimulates digestion)
- **Ujjayi** – Ocean Breath (calming and grounding)
- **Bhastrika** – Bellows Breath (energizing and heats agni)
- **Anuloma Viloma** – Alternate Nostril Breathing (balances both sides of the body and mind)
- **Suryabhedana** – Right Nostril Breathing (stimulates the solar energy and agni)

My favorite pranayama: \_\_\_\_\_

## Class 10

# The 7 Tissues



### Vedic Definition of the Dhatus (Tissue Elements)

In the science of Ayurveda, the Dhatus are the **seven fundamental tissue principles** that uphold, nourish, and support both the physical and subtle body.

*"That which upholds or sustains is called a Dhatus."*

— Charaka Samhita, Sutrasthana 15.14 (circa 1st millennium BCE)

### ॐ Philosophical Understanding

Dhatus are not just physical matter; they are **living, intelligent substances** that carry **Prana** (life force energy), **Agni** (digestive/metabolic fire), and **Manas** (mind-consciousness) into every part of the body.

Their strength and quality reflect the health of both body and mind.

# The 7 Tissues

## 1. Plasma (Rasa) - The Lymphatic System

*Rasa is the plasma and lymph that distributes nutrients, hormones, and fluids throughout the body, maintaining hydration, immunity, and vitality. It corresponds to the lymphatic and interstitial fluid systems in modern medicine. Subtly, Rasa governs emotional sensitivity, contentment, and creative flow, helping us feel nurtured and connected. When strong, it brings radiance, joy, and resilience; when weak, it causes dryness, fatigue, emotional fragility, and disconnection.*

### ✓ When Strong

- **Physical:** Hydration, nourishment, vibrant energy, well-hydrated skin and tissues, steady energy throughout the day, proper absorption and distribution of nutrients, healthy menstrual flow (for women), smooth digestion, balanced appetite and thirst, glowing and vibrant physical presence.
- **Mental/Emotional:** Emotional contentment, joy, sense of inner peace, flow of creativity, ability to receive love and care, feeling nourished and supported, open-heartedness, ease in relationships.

### ✗ When Weak

- **Physical:** Dehydration, fatigue, lack of nourishment in tissues, dry skin and lips, dizziness or light-headedness, poor nutrient absorption, irregular menstruation (for women), sluggish digestion and low immunity.
- **Mental/Emotional:** Emotional instability, lack of joy or enthusiasm, feelings of emptiness, hypersensitivity to stress, difficulty feeling loved or connected, low creative flow, emotional burnout.

# The 7 Tissues

## 2. Blood (Rakta) - The Circulatory System

*Rakta is the life-carrying force that flows through the veins, infused with Agni—the transformative energy that governs metabolism, cellular activity, and body temperature. It is the circulating blood that delivers oxygen, nutrients, and heat, sustaining vitality, complexion, and function. Rakta also governs passion, courage, and emotional intensity, giving us purpose and vibrancy. When strong, it brings energy and enthusiasm; when weak, it causes fatigue, irritability, and loss of zest for life.*

### ✓ When Strong

- **Physical:** Vitality, radiant complexion, strong and steady circulation, warm hands and feet, high stamina and endurance, fast wound healing, bright red tongue and healthy gums, vibrant energy and immunity.
- **Mental/Emotional:** Zest for life, courage and assertiveness, mental alertness, passion and drive, clear emotional boundaries, confidence in action, motivation and creative fire.

### ✗ When Weak

- **Physical:** Reduced vitality, pale or dull complexion, cold hands and feet, poor circulation, low stamina and fatigue, slow wound healing, tendency toward anemia, low immunity and frequent illness.
- **Mental/Emotional:** Irritability, anger, low enthusiasm, lack of courage, mental dullness, apathy or disinterest in life, difficulty taking initiative, emotional flatness or suppressed anger.

# The 7 Tissues

## 3. Muscle (Mamsa) - The Muscular System

*Provides physical strength and body structure. Provides stability, stamina, and emotional confidence. Forming the flesh, ligaments, and coverings of organs, giving shape, movement, and protection. Subtly, Mamsa reflects willpower, courage, and emotional endurance, helping us stand strong in life. When healthy, it brings stamina and confidence; when weak, it leads to fatigue, insecurity, and instability.*

### ✓ When Strong

- **Physical:** Strong physical endurance, stability, well-built body, well-developed and toned musculature, stable posture and body structure, good protection for bones and organs, healthy body weight, quick muscle recovery, and firm, resilient skin.
- **Mental/Emotional:** Confidence in one's physical presence, determination and perseverance, strong willpower, groundedness, sense of protection and safety, stability under pressure, healthy self-image, confidence, determination, mental resilience.

### ✗ When Weak

- **Physical:** Muscle atrophy, loss of strength, poor body structure, Loss of muscle mass or tone, weak physical structure, fatigue from light activity, joint instability, sagging skin or poor body definition, poor wound healing, reduced physical stamina.
- **Mental/Emotional:** Low self-confidence, insecurity, lethargy, insecurity in appearance or strength, mental lethargy, emotional fragility, feeling unsupported, lack of discipline, fear of confrontation.

# The 7 Tissues

## 4. Fat (Meda) - The Adipose and Lubrication System

*Meda is the body's fat tissue, including adipose layers, organ padding, and subcutaneous fat, providing lubrication, insulation, and energy storage. It corresponds to the adipose system and lipid metabolism in modern medicine. Subtly, Meda offers emotional cushioning, stability, and contentment, helping us feel safe, nourished, and supported. When strong, it brings softness and calm; when weak, it leads to dryness, anxiety, and depletion.*

### ✓ When Strong

- **Physical:** Lubrication, resilience, sustained energy, properly lubricated joints, supple and smooth skin, healthy body weight and curves, stable energy throughout the day, insulation against cold, resilient digestion, deep reserves of strength.
- **Mental/Emotional:** Sense of security, emotional stability, calmness under pressure, feeling grounded and safe, generous and nurturing attitude, steady mood, resilience to stress, sense of inner abundance.

### ✗ When Weak

- **Physical:** Dryness, lack of lubrication, low energy reserves, dryness in skin and joints, cracking or stiffness in movement, low body fat and lack of insulation, easily depleted energy, poor lubrication in tissues, sensitivity to cold, weak endurance.
- **Mental/Emotional:** Feelings of instability, anxiety or nervousness, low emotional resilience, difficulty letting go of stress, tendency toward insecurity, scattered attention, lack of emotional cushioning.

# The 7 Tissues

## 5. Bone (Asthi) - The Skeletal and Structural System

*Asthi is the tissue that forms bones, cartilage, teeth, and nails, giving the body structure, posture, and protection. It supports physical movement, stores minerals, and provides the firm foundation—both physically and mentally—upon which strength and stability are built. On a subtle level, Ashti reflects inner stability, groundedness, and the strength to stand firm in life, both physically and emotionally.*

### ✓ When Strong

- **Physical:** Sturdy bones, joint health, structural stability, strong and dense bones, stable joints, proper posture and alignment, healthy teeth and nails, flexibility with strength, steady movement, low risk of injury or fracture.
- **Mental/Emotional:** Groundedness, steadfastness, Inner strength and resilience, grounded presence, reliability and steadiness, strong sense of identity, ability to stand firm in decisions, consistency in thought and action, deep patience.

### ✗ When Weak

- **Physical:** Brittle bones, joint pain or cracking, poor posture, weak or broken nails and teeth, skeletal instability, slow recovery from injury, tendency toward osteoporosis or structural degeneration.
- **Mental/Emotional:** Emotional rigidity, fear, feeling unsupported, emotional rigidity, lack of inner foundation, indecisiveness, difficulty holding boundaries, sense of fragility under pressure.

**6. Nervous Tissue & Marrow (Majja) - The Nervous System**

*Majja is the tissue of communication and deep awareness, made up of the brain, spinal cord, nerves, and bone marrow. It governs neural coordination, immunity, reflexes, and sensory input, and corresponds to the nervous system and blood-forming marrow. Subtly, it is the seat of clarity, memory, intuition, and emotional intelligence, helping us process life and respond with insight. When strong, it brings mental sharpness and inner calm; when weak, it causes confusion, fear, and fragility.*

### **When Strong**

- **Physical:** Enhanced immunity, nerve function, mental clarity, sharp senses, strong reflexes, healthy nerve transmission, stable spinal function, resilient immunity, balanced coordination, consistent energy and vitality.
- **Mental/Emotional:** Focus, wisdom, sharp memory, clarity of thought, strong memory, deep insight, calm and centered mind, healthy emotional processing, intuitive awareness, capacity for stillness and presence.

### **When Weak**

- **Physical:** Poor nerve function, reduced immunity, cognitive issues, poor nerve communication, weak reflexes, numbness or tingling, low immunity, sensory dullness, cognitive fatigue, neurological imbalances.
- **Mental/Emotional:** Confusion, indecision, poor memory, mental confusion, forgetfulness, anxiety or fear, lack of concentration, indecisiveness, emotional fragility, difficulty handling stress.

## 7. Male Reproductive Tissue (Sukra) - The Reproductive and Creative System

*Sukra is the reproductive essence that includes sperm, and also governs hormonal balance, vitality, creative energy, and longevity. In modern terms, it corresponds to the reproductive system, sex hormones, and endocrine glands such as the testes, prostate, and adrenal and pituitary functions that regulate reproduction and vitality. It is also the reservoir of creative energy, purpose, and the potential for higher consciousness.*

### ✓ When Strong

- **Physical:** Fertility, healthy libido, stable hormones, glowing skin and eyes, strong regenerative power, balanced endocrine function, lasting vitality.
- **Mental/Emotional:** Creativity, mental brilliance, deep sense of purpose, emotional depth, devotion, inspiration, inner joy and fulfillment.

### ✗ When Weak

- **Physical:** Infertility, low vitality, hormonal imbalances, low libido, premature aging, dryness in tissues, chronic fatigue, poor regeneration.
- **Mental/Emotional:** Diminished sense of purpose, lack of creativity, depression, emotional numbness, low motivation, confusion about life direction, disconnection from joy and love.

## The 7 Tissues

### 7. Female Reproductive Tissue (Artava) - The Reproductive and Creative System

Artava is the feminine reproductive tissue that includes the uterus, menstrual blood, and ovulatory cycle, responsible for fertility, hormonal balance, and monthly purification. It is a manifestation of the shakti (creative power) within the female body, influenced by lunar rhythms. Artava reflects a woman's connection to natural rhythms and the energetic flow that governs creation and renewal.

#### ✓ When Strong

- **Physical:** Regular and healthy menstrual cycle, balanced hormones, fertility, proper ovulation, clear skin, physical radiance, strong reproductive vitality.
- **Mental/Emotional:** Emotional harmony, confidence, creativity, intuitive rhythm with nature, ability to release and renew, deep feminine wisdom, sense of inner balance.

#### ✗ When Weak

- **Physical:** Irregular or painful periods, hormonal imbalances, low fertility, bloating or cramps, fatigue during menstruation, dull complexion, reproductive disorders.
- **Mental/Emotional:** Mood swings, emotional fragility, disconnection from one's cycle, anxiety or depression around menstruation, creative blockages, lack of rhythm or flow in life.

# The 7 Tissues Assignment

## **Dhatu Self-Check Worksheet**

### **How to Complete This Dhatu Self-Assessment**

For each row in the tables, read the statement carefully and ask yourself: “Does this feel true for me right now?”

Each row has two columns:

- **Strong** – qualities that reflect balance and strength in that dhatu.
- **Needs Support** – qualities that reflect possible imbalance or weakness.

 Go row by row, and highlight or check the column (either “Strong” or “Needs Support”) that best matches how you feel.

At the end of each table, review your responses:

- If most of your checks are in the Strong column, that dhatu is likely healthy and balanced.
- If more checks fall under Needs Support, that dhatu may benefit from attention, nourishment, or balancing practices.

Take your time and answer honestly—this is about understanding your unique state of health. There’s no “right” answer here, only what’s true for you.

# The 7 Tissues

## Assignment

### 1. Plasma & Lymph (Rasa)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel emotionally supported and nourished	I feel emotionally drained or fragile
My skin is soft, hydrated, and glowing	I experience dryness in skin, lips, or body
I have good energy and flow throughout the day	I often feel tired or sluggish
I rarely get sick	I catch colds or feel rundown easily

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 2. Blood (Rakta)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel energized and passionate about life	I often feel cold, dull, or low in enthusiasm
My skin has a healthy glow	My complexion is pale or uneven
I recover quickly from exertion	I tire easily or feel weak after activity
I feel emotionally courageous and driven	I feel irritable, uninspired, or indifferent

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 3. Muscle (Mamsa)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel physically strong and stable	I feel physically weak or unstable
My body has healthy muscle tone	My muscles feel soft, weak, or atrophied
I feel confident and emotionally resilient	I often feel insecure or emotionally shaky
I maintain posture and strength with ease	I struggle with physical endurance or slouching

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 4. Fat (Meda)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel emotionally secure and grounded	I feel anxious or easily unsettled
My joints and skin feel well-lubricated	I have dry joints or cracking skin
I have steady energy throughout the day	My energy feels depleted or inconsistent
I feel emotionally cushioned and calm	I often feel raw or overly sensitive emotionally

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 5. Bone (Ashti)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
My joints and bones feel strong and stable	I experience joint pain or cracking sounds
I feel grounded and supported in life	I feel unstable, fearful, or unsupported
My nails and teeth are strong	My nails are brittle or my teeth feel weak
I maintain good posture and structure	I feel physically or emotionally misaligned

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 6. Nerve Tissue (Majja)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel mentally clear and focused	I feel foggy, confused, or forgetful
My immune system is strong	I get sick easily or take long to recover
I feel emotionally steady and calm	I experience anxiety or emotional overwhelm
I respond well under stress	I feel mentally or emotionally scattered

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues

## Assignment

### 7. Reproductive Tissue (Sukra/Artava)

Go through each row, pick either the “Strong” or “Needs Support” option, then count how many you chose for each and write the totals below.

<input checked="" type="checkbox"/> Strong	<input type="checkbox"/> Needs Support
I feel creative, inspired, and vital	I feel uninspired or emotionally flat
My hormones and cycles feel balanced	I experience irregular cycles or hormonal imbalances
I have healthy libido and vitality	I feel low in sexual energy or motivation
I feel in tune with my deeper purpose	I feel disconnected or lost in direction

**Strong:** \_\_\_\_\_ checks

**Needs Support:** \_\_\_\_\_ checks

# The 7 Tissues Assignment

## Final Reflection

Now that you've completed your Dhatu Self-Assessment, take a moment to note which dhatus showed up as needing support. These are powerful clues from your body and mind telling you what you need to heal physically and spiritually.



## 🌟 You Did It – Natural Alchemy Complete

Congratulations on completing this introductory course and *Natural Alchemy* workbook!

This phase is the foundation – the beginning of a lifelong journey back to your True Self.

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Join the **Supreme Science Masterclass**, where we dive fully into the spiritual teachings that lead to True Health, Enlightenment, and Discovering Your Higher Purpose.

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Healing the Physical Body with  
Spiritual Science



Your journey has just begun. The full version of the **Supreme Science MasterClass** will guide you every step of the way to achieve **True Health, Enlightenment**, and finding your **True Path**.

In the MasterClass, you will attain **True Health** by healing every aspect of your Being, including all 7 Tissues and your 5 Layers of Being: Physical Body, Energy Body, Mental/Emotional Body, Intuitive Body, Soul Body.

You will learn what **Enlightenment** truly is – as an activation of the human **Light Body** – and how to achieve it safely together, alongside our global spiritual community.

The grand journey of attaining your **True Path**, aka your Dharma, is the third goal of The Supreme Science. In the MasterClass, you will learn how to find your own unique **True Path**, and how to never get lost from your true path ever again.