



Dr. RAJU'S
INSTITUTE OF
AYURVEDA

RESTORING THE MEMORY OF PERFECT HEALTH

AYURVEDA FOR A HEALTHY LIFE

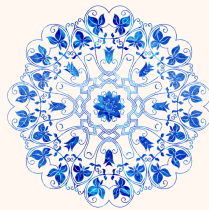
A Monthly Newsletter ~ November 12th 2020
Hyderabad, India

[Subscribe Here](#)

November Theme

RESETTING THE PHYSICAL FREQUENCIES FOR HEALTH

The Power of Chakra, Marma, Mantra and Yagya in Ayurveda



THERE IS STILL TIME TO REGISTER FOR PUJAS STARTING EARLY FRIDAY AM (IST)!!

[Dhanvantari Jayanti, Hanuman Puja and
Mahalakshmi Pujas & Yagya](#)

13th-15th October, 2020 (IST)

[REGISTRATION LINK](#)

And Introducing The First
[GLOBAL DHANVANTARI DINACHARYA PROGRAM](#)

From 13th October ~ Ongoing

[REGISTRATION LINK](#)

Followed by
Satyanaryana Full Moon Puja & Lighting of 365 “wicks”
29th November, 2020
(included in the Dhanvantari Hanuman Mahalakshmi registration)

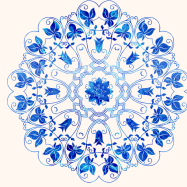
[DONATION LINK FOR ALL TO RAJU GLOBAL AYURVEDA](#)

*“Dhanvantari is for Health – Hanuman is for Strength – Mahalakshmi is for Prosperity.
All come to us with these three together.
It’s a very powerful combination.”*

Vaidya Padma Raju

[**SALUTATION TO LORD DHANVANTARI, THE FIRST VAIDYA**](#)

Chanting by Vaidya Padma Nayani Raju



EVERYTHING HAS ITS OWN FREQUENCY ~ ITS OWN VIBRATION

The pulse is the frequency of our life ~ the rhythm, the evidence of the live being, and the present, future and past. ALL the things, the complete blueprint of our life, can be seen through the pulse. That is due to the frequency. Frequency here means the state of consciousness and the vibration of the sound & vibration of our own self. We are just observing that vibration when we feel the pulse. And when we observe it, we influence the frequency (change it).

The whole world is at one frequency ~ everything and everyone vibrating all together. And all the creatures have their own frequency. The humans are at one frequency, males are at one frequency, females are at another frequency, children at another, and teen children another. So according to our status & state in life, we make everything into one frequency that is our own. Each and every word has its own frequency. Similarly, each and every being has its own frequency.



THE CHAKRAS & MARMAS ARE THE ENERGY CENTERS IN THE BODY ~ JUNCTION POINTS BETWEEN CONSCIOUSNESS & PHYSIOLOGY

So our frequency is always mind & body both

Energy is distributed throughout the body through the Chakras and Marmas. They are “vital points” that protect us, and balance all the bodily functions. When they are healthy and clear of stress, the body & mind are healthy too and negativity outside cannot harm us so easily. Our energy comes from the quality of our food, quality of our thinking & actions, influences from the environment and the collective consciousness. These things must all be positive to nourish us well.

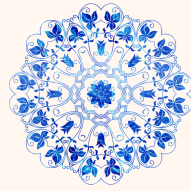
Chakras are the energy points as well as the gates to open up and distribute. So even for knowledge, and also for disease or for anything which has to cross these chakras one by one, the chakras need to be strengthened and protected well.

The chakras are the main vital points which are connected with the marmas through which all the channels, organs, and everything in the body function and flow. So that is why the proper routine and proper meditation & pranayama are very important. These are the body's vital points so we need to protect them ~ good maintenance of these things is required.

WHATEVER WE NEED WE SHOULD “GO INTO THAT FREQUENCY” TO GET IT

This is a very important rule in life. If you want to be friends with the animal you will go to that animal and go into his frequency. If you want to join with the children you have to be like a child & entertain them. Similarly, when you need help you need to be into that frequency. And when you need the higher consciousness you go into that frequency.

So you have to surrender to the thing that you need. If you want to be friendly with the child you surrender to him. If you want to swim in a river, if you are going with the flow it is easy. If you go against the flow it is hard. So whatever you require, you have to adapt to that frequency, that rhythm, and go with the flow of that. This is the secret for changing your own frequency. And taking it to a higher level.



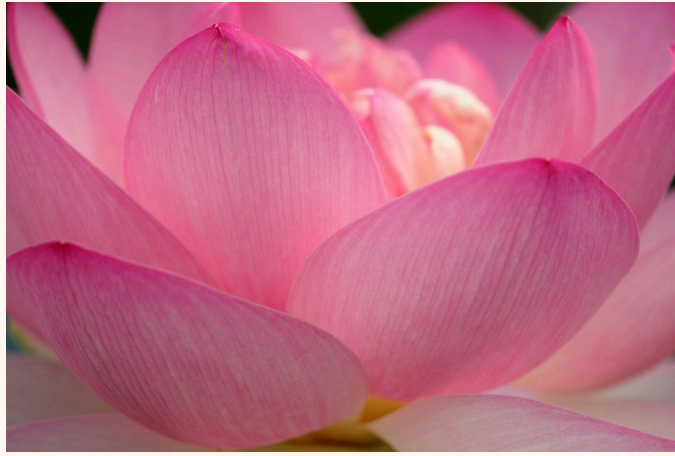
THE POWER OF MANTRA & YAGYA

Aligning ourselves with the frequencies of the Divine



When you want to see somebody, if you have a strong desire to see them then definitely you will see. With the mantras and yagyas you are making your frequency align with the most powerful frequencies in Nature and accepting, surrendering to that. It is the surrender that allows the blessings to come to you.

Mantra & yagya are the direct impulses of Natural Law. They are connected to the 5 elements which are present everywhere and also inside us. So when you recite the mantras and participate in the yagyas, there will be a tuning and coherence between you and the Nature. You will automatically connect to this (resonate) and that power will help you achieve enlightenment, health, wealth & Nature support.



EVERYBODY IS A DHANVANTARI

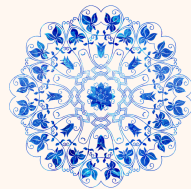
And has Dhanvantari inside them

Like Aham Brahmasmi ~ I am the Brahma. I am the Creator. I am the God. All the Gods and Devi Devatas are there in human physiology. Awakening the Lord Dhanvantari in us is creating the disease-free body. And also the healing energy will increase ~ to heal ourselves and others more and more.

The primordial sounds have their own vibration which comes from the absolute silence. So from there the evolution happens. They are making the Unified Field grow in us. The more we repeat these sounds of Nature, the more their vibration grows and the more we take on their qualities.

God has created the Vaidyas and everyone, to balance this world. Western Science is more outer. Vedic science is more inner. God/Nature is balancing these opposites. The proper Vaidyas are doing God's job to help the world find balance. Ayurveda is very important for the health of the planet.

Everybody is a Dhanvantari if they have that strength. He is the strength behind us. The world needs more & more true Dhanvantaris now. The kind of people who can help others and have the positive energy. That positive energy will protect our surroundings. This is what we are generating with the Vedic performances ~ positive energy & increasing the life-force. This is the frequency that grows when we connect to Dhanvantari more & more.





**Wishing you long, healthy happy life and
ALL BLESSINGS**

JAI GURU DEV ~ THE RAJU FAMILY



Meet with the Vaidyas Online: [Dr. Krishna Raju](http://Dr.KrishnaRaju.com) or [Dr. Padma Raju](http://Dr.PadmaRaju.com)
Drraju.com - Rajuglobalayurveda.com

