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- Summer 2008. Year in Review.
- Eastern Teachings of Reincarnation and Karma, in relation to the Vedic deity Varuna.
- Dr. Frawley's Calendar.

Summer 2008

By David Frawley (Pandit Vamadeva Shastri)

Tathaastu Magazine (<http://www.tathaastumag.com/>)

Both Vamadeva and Shambhavi continue with regular articles in Tathaastu, a beautiful new magazine on the spiritual and healing traditions of India and their global relevance. They will participate in a Tathaastu retreat scheduled next July 24-26 outside of Boulder, Colorado.

[Yogini: Unfolding the Goddess Within as the cover article for Tathaastu Oct.-Nov. 2008 edition.](#)
[Invoking the Divine Within](#), Dec. 2008-Jan. 2009

[The Sacred Fire and Agni](#), Dec. 2008-Jan. 2009

[Karma, DNA of the Soul](#), June-July 2008

[Yoga and Ayurveda](#), April-May 2008

Dr. Frawley and Graham Hancock

Apart from his work on Yoga, Ayurveda and Vedic astrology, Dr. Frawley has done a number of books and articles on ancient India that have established him as one of the leading voices on India's history as well. In this regard, he was the December author of the month on Graham Hancock's famous website on lost civilizations

(<http://www.grahamhancock.com/forum/FrawleyDI.php>). Graham's books like *Fingerprints of the Gods* have sold several millions of copies and his television programs in UK have been very popular over the years. He has been called 'the Indian Jones of alternative archaeology.' Dr. Frawley participated in Graham's *Underworld: Flooded Kingdoms of the Ice Age* book and television program in 2001, which also aired on the Discovery Channel. Note Graham's comments on Dr. Frawley's month on his site.

Author: [Graham Hancock](#)

[cock](#) (90.208.180.---)
Date: 02-Jan-09 09:20

Dear Vamadeva,

It's been an honour to have you with us, and thus to end the year on such a high note. Thank you so much for the tremendous commitment and wide-ranging scholarship you have given to this board over the past month. You are a natural teacher, with great patience and a wonderful sense of calm, and we have all learned a great deal from you. I'm really grateful to you for sharing your time with us and opening our eyes to the mysteries of the Vedas and of ancient India. Please do visit here again whenever you can! We would love to

The Eastern teachings of Reincarnation and karma in relation to the Vedic deity

Varuna. By Yogi Baba Prem Tom Beal, Vedavisharada

While the concept of reincarnation has appeared in a variety of cultures and teachings, the eastern teachings appear to contain the greatest wealth of teachings on this subject. The oldest of these knowledge centers on a Vedic deity known as Va-

runa.

Varuna is a little known deity in the west, but in reality he is one of the most important Vedic deities and serves as the father to the better-known Indra from the Vedas. Varuna was often a feared

deity among the ancient people, and for one simple reason: Karma.

Varuna as the lord of karma was perceived as great punisher and often ancient people prayed to be saved from the wrath of Varuna. While it is true that the ancient

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American Institute of Vedic Studies

Summer 2008 continued.

Programs with Dr. Frawley.

2009 PROGRAMS

Feb. 20 to March 20 - India Programs, Retreat and Pilgrimage with Vamadeva and Shambhavi

March 1 - 7: [Parmarth Niketan](#) International Yoga Festival with Muniji Chidananda. Dr. Frawley will give a series of talks on Yoga, Ayurveda and Vedanta.

March 8 - 13: [Inner Tantric Yoga Experience, Ma Ganga Retreat](#) with Vamadeva, Shambhavi and Mas Vidal the Glass House above Rishikesh, India. Special program on deeper secrets of Tantra, Veda, Ayurveda and Vedic Astrology

Additional programs and private meetings with Vamadeva and Shambhavi in Delhi, Rishikesh and Ranikhet.

YOGA & AYURVEDA RETREAT

"An Integral Approach to Practice and Lifestyle"

Both spiritual disciplines (sadhana) and practical therapies (chikitsa) will be combined in a lifestyle approach weekend.

May 1st - 3rd

with

Dr. David Frawley
Shambhavi Chopra (Author "Yogini")
Mas Vidal (Director, Dancing Shiva center)
Dr. Suhas Kshirsagar (Ayurvedic Physician Medical Astrologer)

FOR REGISTER OR MORE INFORMATION

<http://www.dancingshiva.com/events.html>

323 934 VEDA (8332)

gabriela@dancingshiva.com

July 24 - 26: [Tathaastu Magazine Spiritual Retreat - Embrace Your Inner Shakti](#)

Yoga, Ayurveda, Vedic Astrology, Vastu, Vedas and Inner Tantra

Shambhala Mountain Center, Above Boulder, Colorado

Ayurvedic Astrology Healing Retreat

May 24-31, A Seven-Day
Healing Intensive, Kauai,
Hawaii

Invited Faculty:

Dr. David Frawley and Shambhavi Chopra, Chakrapani Ullal, Christina Collins, Dennis M. Harness, Ph.D., Ruth Hartung, Edith Hathaway, Susie Patterson, M.A. and William R. Levacy, M.A.. Beginning and Intermediate / Advanced Learning Tracks will be offered.

hear from you.

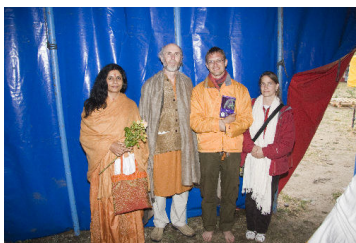
Peace and joy for 2009.

Graham

Second Half of 2008 in Review by Vamadeva

We travel extensively teaching Vedic knowledge throughout the world. Our courses and books are also available in many languages and many countries. This summer was particularly notable for its travel, so I thought I might share some of these trips with our newsletter readers. As there were many events and many wonderful people, I am sorry I could not say more but can only provide a few details.

Berlin



Shambhavi, Vamadeva, Stefan Datt and Miriam Kretschmar, Organizers of Berlin Yoga Festival

Our July program began in Berlin with the Berlin Yoga Festival (<http://www.yogafestival.de/hintergrund.en.php>) where I gave three days of keynote talks on Yoga and Ayurveda. Shambhavi also gave a class on the Goddess and the Yoga Shakti. Stefan Datt and Miriam Kretschmar were our kind hosts. We spend several wonderful dinners and time chatting with them on a wide range of topics. Stefan and Miriam bring a strong spiritual background to Yoga in Germany and have created a wonderful forum for bringing together great Yogis and spiritual masters. We must all appreciate their dedicated service and the inspiration they provide so many others. Yoga is developing rapidly

in Germany and yet maintaining a deeper focus.

The Berlin Yoga Festival occurred outdoors in a park in downtown Berlin in a series of tents over a three day period. Several thousand people joined in for the various booths, events, programs and classes featuring everything from Indian food, to asana classes, chanting and formal lectures. The main program occurred in a large tent that hosted several hundred people.

The conference was followed by two days of classes that we gave at Yoga Meineike (<http://www.meineke7.de/>), the Yoga studio of Maxim Kuschpel, curiously located across the street from the Hard Rock Café in Berlin, and one of Berlin's best new Yoga centers. There we had two programs. The first was on Yoga and Ayurveda and the relevance of Ayurveda for Yoga therapy. The second was on "Healing the Healer", on how healers can use Yoga, Ayurveda and Tantra to heal and protect themselves and develop a higher energy for their work. Maxim and his father Sergej run the Vedic Center (http://vediccenter.de/index_en.php) which represents our work in Germany and Russia. They are developing a retreat center on the island of Ruegen, north of Berlin on the Baltic Sea. We also do occasional articles for the Yoga Magazine, Yoga Aktuell and have many books of mind in German, particularly through Windpferd (<http://www.windpferd.de/>).



Shambhavi at the Peterhoff

St. Petersburg

After Berlin we flew to St. Petersburg, one of the most beautiful cities in the world. Patterned after Amsterdam, St. Petersburg is much larger, with extensive stone buildings along the river and many canals. Our main program was with Yoga Flow (<http://www.yogaflow.ru>) for three days of classes on Yoga and Ayurveda, for which there was a dedicated group of students. Yoga Flow is one of the premier Yoga organizations in Russia, particularly in St. Petersburg, and has a large following of dedicated students, as well as their own Yoga magazine. They are also allied with the Vedic Center and are part of our long term projects in Russia.

We stayed at the flat of Aleksander Tseyko of Ayurveda Plus (<http://www.ayurvedaplus.ru/ayurveda/>), the largest Ayurvedic company in Russia, overlooking the vast Neva River with a great view of the old city. Aleksandar, who had joined us for our Mt. Kailas pilgrimage last year, was a very gracious host for many activities and dinners.

We took several tours of parts of St. Petersburg including the Peterhof, Katerina's palace (including the Amber room) and an evening of ballet at the Marinski theater (former Kirov Ballet). Most notable was a boatride through the city in the late evening. It was the time of the White Nights in St. Petersburg, when the Sun never entirely sets and the day never entirely ends. One found the Sun shining up to midnight with the streets crowded with people and various festivities.

Sevastopol

After St. Petersburg, along with Maxim and Sergej Kuschpel, I took

Summer 2008 continued.

a flight to Sevastopol in the Crimea, now a part of Ukraine, to attend one of the main Russian Yoga conferences (<http://www.conference.yogamagazine.ru/5th-conference.html>), which had a week of classes with leading Russian Yoga teachers.



Vamadeva and Andre Lappa in Sevastopol

The conference was organized by the Russian Yoga magazine, Yoga (<http://www.yogamagazine.ru/>), which has published a number of my articles in recent editions. It is one of the best Yoga magazines not only in Russia, but in the world, looking at Yoga from many sides. I gave two morning programs and was happy to see the depth of interest not only in Ayurveda but in the deeper aspects of Yoga.

Most notable was a meeting with Andre Lappa, one of Russia's foremost Yogis. Andre took us on a memorable tour throughout the Sevastopol area from ancient Greek ruins to modern Soviet war memorials, including a boat ride on the Black Sea with a traditional Russian sauna at the end. Andre does travel to the West also and we encourage everyone to attend his wonderful classes.

Moscow

Then we flew to Moscow for several days of programs with Vedalife (<http://www.vedalife.ru/frawley>), an important Russian organization promoting Ayurveda, Vedic astrology, Vastu, Yoga and other Vedic

sciences. While last year (Nov. 2007) we visited their St. Petersburg center, this year we focused on their Moscow center. Vedalife is affiliated to the Sri Chaitanya Sarasvat Math (<http://scsmath.com/>), which has centers worldwide, including in the United States.

Swami Avadhut, the director of Vedalife, hosted our stay. Goswami Sripad Maharaj came from the United States to deliver classes and lectures on Vaishnava philosophy, on which he was extremely articulate. Dr. Jayakumar organized our programs and joined me for Ayurvedic consultations. Curiously we saw over twenty people for consultations but could not find a real Vata type among them. Russians are mainly Kapha but with some Pitta, and hardly any Vata in their constitutions. This is very different from Western Europe and USA where Vata types predominate.



Vamadeva, Shambhavi and Vedalife Class in Moscow

Shambhavi and I gave several days of classes on Yoga, Ayurveda and Shakti. The students showed a deep level of interest, particularly on the use of mantras and devotional practices. Along with the program, Vedalife released Russian editions of my talks with them from last November on Ayurveda, Yoga and Vedic astrology, which they had printed and provided a CD for as well. Vedalife in St. Petersburg recorded Shambhavi's chants also.

Their temple and ashram is located not far from Red Square, only a short walking distance from the Russian police headquarters and former KGB headquarters, where we would walk in the evening and visit the many monuments, including the Kremlin itself. It was interesting to see Red Square and Lenin's tomb surrounded by posh designer clothing shops from all over Europe.

We were amazed at how much Russia has become a religious country since the end of the Soviet era, unlike western Europe where religion has all but disappeared. The Russian churches have been renovated and have many visitors and pilgrims. The churches are particularly beautiful, with powerful icons of the Madonna, and a history of saints and mystics. We found the Russians overall to be spiritual and devotional people, a bit more like the Indians, than the western Europeans.

We had a special evening discussion with the leaders of the Russian Yoga Journal, an offshoot of the American Yoga Journal, which has now become a large publication in the country. They expressed a strong interest in Ayurveda and we found they had many profound questions.

We had a very nice meeting with Prabhat Shukla, the Indian Ambassador in Moscow for over an hour. The Ambassador was quite interested not only in Ayurveda, but in Vedic philosophy. Next year will be the year of India and Russia in Russia and the ambassador asked us to help him with ideas and projects for possible events.

Along with the Vedic Center, http://vediccenter.de/index_en.php (Sergej Kuschpel, Maxim Kuschpel,

“We took several tours of parts of St. Petersburg including the Peterhof, Katerina's palace (including the Amber room) and an evening of ballet at the Marinski theater (former Kirov Ballet). “

American Institute of Vedic Studies

Summer 2008 Continued.

Dr. Sergej Agapkin) and several important Russian Yoga organizations like Yoga Flow, we made an agreement to offer our Yoga and Ayurveda courses in Russia as part of larger training programs. Our Vedic astrology course will soon be available in Russian as well. Since last summer we have already gained a number of students in Russia. To date there are more than a dozen of my books available in the Russian language mainly through Sattva Publications. So after the United States and India, our work appears to be most active in Russia.

Prague

From Moscow we returned to Berlin to take a train to Prague. There we stayed with Pavan Kanwar of the Association of Vedic Sciences (<http://www.geocities.com/vedic.sciences/>). Pavan is one of my senior students trained in Ayurveda, Yoga and Vedic astrology and represents our work there. He organized a special talk for me on Yoga and Ayurveda in the center of Prague, overlooking the main town square. He has now introduced our English courses to Czech students. Prague is a beautiful city often called the Paris of the East. It was historically a center for artists and free thinkers going back to astrologers and alchemists in the middle Ages, including Johann Kepler and Tycho Brahe, who were both astrologers as well as famous astronomers. It is bound to become an important center for Vedic studies in Europe as well.

Brazil

After a month of travels in Europe, in mid-August we proceeded to Sao Paulo, Brazil, in the southern hemisphere, quite another world from St. Petersburg in the far north of Europe. I had previously visited Brazil in fall of 2006 working with the same groups.



First we attended the International Conference on Yoga and Ayurveda (http://www.worldyogayurveda.net/Congress_Brazil.htm) from August 12 – 14. It featured over a dozen international speakers including Dr. Subhash and Sunanda Ranade from Pune, who I have known and worked with for more than twenty years. Other speakers including Amadio Bianchi and Emiliana Blesio of the World Movement for Yoga and Ayurveda (http://www.worldyogayurveda.net/Sito_Ayurveda/index.htm), Dr. Jose Rugue, Marcia De Luca and Joseph and Lillian Le Page, just to mention a few. Around four hundred people attended the conference and its various events, classes and demonstrations on a wide variety of related subjects.

Vamadeva and Shambhavi with Krishnadas at Yoga Pela Paz in Sao Paulo

The conference was followed by Yoga for Peace (Yoga Pela Paz, <http://www.yogapelapaz.org/2008>), a wonderful event organized by Marcia De Luca, now into its third year. Marcia is the director of CIYAM, an important center in Brazil for Yoga, Ayurveda, meditation and Vedic astrology and arranged our activities in Sao Paulo overall. Her center provides a wonderful facility for bringing all the Vedic and yogic disciplines together with regular classes, treatments and therapies, including Pancha Karma.

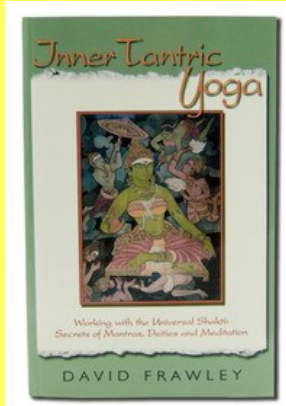
Yoga for Peace included the launching of the Portuguese edition of Shambhavi's book *Yogini: Unfolding the Goddess Within* (<http://logon.vendapontocom.com.br/detalhes.asp?produto=88873>), to which over three hundred people came for her talk and the book release. I also gave a special talk before a select group of members of Banco Real, one of Brazil's largest businesses and banks. It was heartening to see a deep level of interest in Vedic wisdom going into mainstream Brazil. The highlight of Yoga for Peace was a free concert of kirtan in the park with Krishna Das, to which around ten thousand people came to hear his inspiring renditions. Shambhavi performed the opening chant for the program invoking the Devi, the Divine Mother.

Muniji Chidananda of Parmarth Ashram in Rishikesh attended both the Yoga and Ayurveda Conference and the Yoga for Peace, to which he gave his blessings and offered his spiritual instruction. He also blessed Dr. Rugue's center in Uberlandia.

Then we flew to Dr. Rugue's ashram (Suddha Mandala) and Ayurveda center about an hour north of Uberlandia, a Brazilian city about an hour by flight north of Sao Paulo. There we had several days of classes, meetings and relaxation in the beautiful tropical environment, surrounded by vast coffee plantations. Rugue's ashram features two beautiful waterfalls and a garden of Ayurvedic plants and trees. He has probably the largest and most extensive Ayurvedic classes in Brazil. Yet his students are well trained in the Vedic philosophy and higher Yoga practices. Dr. Rugue is also known as Swami Narayananda, and carries on a special South Indian tradition of the worship of Vishnu as the Supreme Light of consciousness that is Advaitic in nature.

Overall, we found the Brazilians to be very warm and devotional people with much sincerity and a deep interest in Vedic subjects. The Brazilian landscape and climate is also much like South India and is ideal for Ayurvedic plants, not to mention its many powerful native plants and amazing tropical fruit trees. We will visit again next August and do some retreats there as well!

A New book from Dr. Frawley.



Inner Tantric Yoga

By David Frawley

“With Inner Tantric Yoga, David Frawley reminds us that we have, hidden within our own deeper awareness, wonderful Gods and Goddesses in embryo who have but one intention: to bring the sacred back into our lives.”

— Deepak Chopra and David Simon, the Chopra Center for Wellbeing

“Vamadeva (Dr. Frawley) is a living rishi who guides his students to the fullest scope of yogic insight and realization. His book weaves Tantra, Veda and Yoga, Shakti and Shiva, into a magnificent tapestry of wisdom, beauty and delight.”

— Shambhavi Chopra, author of Yogini, Unfolding the Goddess Within

“David Frawley continues to bring new understandings of the esoteric aspects of Tantra and Yoga. This work is invaluable for all seekers of yoga who would know it in its fullest context as a spiritual art and practice.”

—Mukunda Stiles, author of Ayurvedic Yoga Therapy

“David, Frawley, Vamadeva Shastri, is the preeminent American-born authority on Hindu philosophy and scripture. Inner Tantric Yoga is a new jewel from Vamadeva’s store of precious treasures, and a “must have” for serious students of Eastern mystical teachings and dedicated practitioners. It receives my highest recommendation.

—Thomas Ashley-Farrand, author of Healing Mantras and Shakti Mantras

Inner Tantric Yoga presents the deeper tradition of Tantra, its multidimensional vision of the Divine and its transformative practices of mantra and meditation that take us far beyond the outer models of how Tantra is usually presented today. The book can expand your horizons about masculine and feminine energies, Self and world, universe and the Absolute into a living experience of the infinite and Eternal both within and around you.

ISBN: 9780940676503

Paperback 272 pages/\$19.95

American Institute of Vedic Studies

Eastern Teachings continued

people prayed to avoid the wrath of Varuna, in reality they were praying for an alteration of their karma. But a closer examination will reveal that Varuna is the greatest friend of humanity, and is the force responsible for the manifestation of the human experience.

While Varuna is the world ruler that oversees the manifestation of karma, without the grace of Varuna, there would be no force to trigger incarnation. Without incarnation there can be no relief or resolution of karma. A perfect example is given in the *Krishna Yajur Veda's Taittiriya Samhita* (4.2.10.3 *vaatasya dhraajim varunasya nabhim*) which states that “[he is] born of the motion of wind from the navel of Varuna.” Indicating that it is the movement of prana and power from Varuna that results with incarnation. From this standpoint, Varuna comes into illumination as to his importance. Mantra to Varuna is for the purpose of balancing or harmonizing karma. The wrathful form of the deity is not experienced unless we refuse to grow. Then the wrathful form of the deities’ energy is required to facilitate growth within the individual or society. Varuna is also a deity of dharma, required that it represent truth and the spiritual path. Varuna’s association with the path of the fathers (pitriyana) indicates his association with the downward flow of energy into manifestation.

This powerful relationship that Varuna has with manifestation of karma is balanced with numerous mantras being to Mitra and Varuna or Indra and Varuna. In the former, Mitra becomes the force that manages the forces of karma and their manifestation in a more manageable way. Indra as the son of Varuna shapes and molds the manifestation of karma for the individual.

Varuna appears in the Atharvaveda (5.24.4) as a protective power, to obtain knowledge. In other words, one cannot obtain knowledge without the help of karmas. Also in the same text (7. 83.2-3) refers to Varuna loosening the bonds (karma). The *Atharva Veda* provides clear evidence of Varuna’s connection with karma. For working with karma, mantra to Varuna is an important tool, especially when karma is becoming a difficult task to bare, mantra to Mitra and Varuna can provide much needed relief.

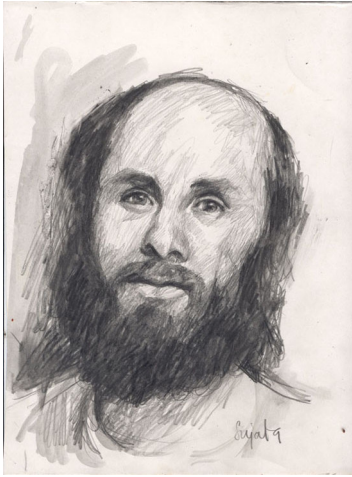
Bibilography:

Frawley, David *Gods, Sages and Kings*. Salt Lake City, Utah: Passage Press 1991

Sanskrit Text:

Krishna Yajur Veda, Taittiriya Samhita





Dr. David Frawley (Pandit Vamadeva Shastri)

Dr. David Frawley is one of the most important scholars of Ayurveda and Vedic Science today. I have great respect and admiration for his knowledge and the way he has expounded the ancient wisdom of the Vedas. **Deepak Chopra**

Frawley is an Indian in an American body. The ease with which he enters into the spiritual of the Indian tradition and renders its deeper concepts in terms of modern thought shows an unusual familiarity with this ancient wisdom.

M.P. Pandit, Secretary of Sri Aurobindo Ashram

Dr. David Frawley is one of the few westerners recognized in India as a *Vedacharya* or teacher of Vedic wisdom. In 1991 under the auspices of the Indian teacher, Avadhuta Shastri, he was named *Vamadeva Shastri*, after the Vedic Rishi Vamadeva. In 1995 he was given the title of Pandit along with the Brahmachari Vishwanathji award in Mumbai for his knowledge of the Vedic teaching. Over the years Vamadeva has received additional awards and honors for his work from throughout India.

Vamadeva (Dr. Frawley) is a unusual western born knowledge-holder in the Vedic tradition. He carries many special Vedic ways of knowledge (vidyas), which he passes on to students in India and in the West. In India, Vamadeva is recognized not only as a Vedacharya (Vedic teacher), but also as a Vaidya (Ayurvedic doctor), Jyotishi (Vedic astrologer), Puranic (Vedic historian) and Yogi. He is a visiting professor for the Vivekananda Yoga Kendra in Bangalore, India, a government approved deemed university for yogic and Vedic studies and also a teacher with the Sringeri Shankaracharya Math, the most central of the traditional Vedantic centers in India.

In India, his translations and interpretations of the ancient Vedic teachings have been given great acclaim in both spiritual and scholarly circles. In America he is more known as a teacher and practitioner of Ayurvedic medicine and of Vedic astrology (Jyotish) and has done pioneering work on both these sub-

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Though Vamadeva has worked in several different fields, he has endeavored to approach each of these with a great deal of specificity and precision. For a good overview of his work and background, it is best to examine his recent book *Yoga and the Sacred Fire: Self-Healing and Planetary Transformation* (2005).

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