

Mataji's Charitable Activities

One Consultation Will Change Your Life Forever!

Embrace Authentic Ayurveda One Visit Is All You Need

Mataji has practiced in the USA for over 35 years with a Holistic approach. After ten years of intense tapas in Tirumala and Himalayas, she took Poorna Sanyas and has decided to dedicate her life for the propagation and revival of Vedic knowledge and technologies. With these objectives, she has founded **Brahmananda Enlightenment Trust**.

She has introduced Vedic Life Schools in nearly 200 villages in Telangana, Odisha and Assam with a novel After-School Enrichment program. The Trust has built a Training Center in Odisha to train the farmers in Vedic Organic Agriculture. Brahmananda center with a Desi Cow Gaushala is being built in Odisha. Women Satsang groups are created where they learn TM, Gita recitation and the skills needed for self-sufficiency.

Her focus is on removing illiteracy, poverty, ignorance, and to bring holistic health and organic agriculture and products and services in all the villages in Bharat.

Mataji and her team have the experience to properly diagnose, spirit to care and love, skill to treat and heal, and mission to empower one and all.

All these Consciousness based programs help in bringing abundance, prosperity, health, evolution and enlightenment for all.

Request for a consultation by
'WhatsApp' message or email.



70139 52889 (WhatsApp only)



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Donate Now



All the proceeds go toward 'Vedic Bharat' programs.

Axis Bank Account # 92302006906467

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Ma Brahmanandamayee (formerly Dr. Kumuda Reddy), Author, Speaker and with her experience in Allopathy and expertise in Ayurveda, has helped thousands of people who simply want to feel better and live happier and longer lives.

www.brahmanandaenlightenment.org
 www.allvedicorganic.com

Help us in Creating a Disease-Free Society

Experience the essence of Ayurveda with Mataji for Total Health & Enlightenment

Powerful Purification and Rejuvenation Programs for Health and Longevity

Safe, Simple, Effective, Natural Solutions

Q. What is Maharishi Ayurveda (MA)?

A. Ayurveda is the ageless wisdom of natural, Holistic medicine, Life science of eternal healing, handed down by the enlightened Rishis. Ayurveda restored to its full practical value is Maharishi Ayurveda. The term is coined by Maharishi Mahesh Yogi, founder of Transcendental meditation (TM) working with eminent physicians. By enlivening body's inner intelligence (consciousness), MA balances one's physiology so that self, body, mind and senses are full of bliss and wellbeing.

Q. How is Ayurveda different from Allopathic Medicine?

A. Allopathic medicine looked at the body as a machine-sum of parts, ignored mind-body connection. It recognizes the diversity among diseases but not in the individuals, targets the pathogens (bacteria, viruses etc.) and diseased tissues / organs. Modern medicine is crisis oriented, and prescribes the same 'magic bullet' for everyone, cultivates dependence on drugs, doctors and machines. It creates unwanted, harmful side effects, new diseases, and treats mostly the symptoms. MA appreciates unique qualities of individuals, its care is individualized, eliminates the root cause of illness, restores balance, treats physical, emotional, spiritual, behavioral and environmental aspects. Herbs are safer, gentler and effective, purification and rejuvenation modalities are relaxing, refreshing and blissful. MA plays a pivotal role not only in curing disease but also in prevention, slows down aging, degeneration, and enables even personal evolution.

Q. What are Ayurveda's basic principles?

A. There are five basic building blocks of Nature. Everything in Nature including Human physiology has these elements – "Space, Air, Fire, Water and Earth". Veda Says "As is the individual, so is the Universe". There is an underlying field or energy at the source. It is called unified field in physics, MA calls this consciousness or inner intelligence. Three doshas (Vata, Pitta, Kapha), fundamental operators of every function in the body and mind have these five elements in different proportions making us unique right from birth (our nature, prakriti, constitution or blue print). This explains the diversity among us – how we look and feel, act and react, how we are prone to certain imbalances, how we respond to food and medicines, and how we evolve.

Q. What are doshas?

A. Vata, mostly space and air, governs motion like circulation, communication and respiration etc. Pitta, mostly fire and water, governs metabolism like conversion of food, air, water into energy, hormonal actions, digestion etc. Kapha, mostly earth and water, governs mass (structure, cohesiveness) like formation of fluids, tissues, organs etc. It is easy to observe these elements in Nature. "In the gentle breeze (AIR) doing your Surya (FIRE) namaskar by the lake (Water) on the lush green lawn (Earth). When you are doing your asanas, you are moving through infinite SPACE."

Mataji and her team have combined Maharishi Ayurveda with conventional modern medicine. They have helped thousands of people who simply want to feel better, live healthier, happier and longer lives.

Common conditions which can be helped include:

Addictions to smoking, drinking

Allergies
Anxiety
Arthritis
Asthma
Back Pain

Benign prostatic hyperplasia

Bowel disorders
Constipation

Coronary artery disease

Depression
Diabetes

Digestive disorders

Fatigue - chronic
Fibromyalgia

Headache, migraine

Hyperacidity
Hypertension

Insomnia

Irritable bowel

Liver disorders

Menstrual and menopausal disorders

Skin disorders

Stress

Weight problems etc.



Reconnect with your "SELF", rekindle your passion, refresh your mind & senses, rejuvenate your body and be forever healthy and blissful



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