

# Lesson 1

## Rasayana

Rasayana is a science of rejuvenation and longevity.

“Rasa” translates as taste or essence.

“Ayana” translates path to rejuvenation and longevity.

Rasayana is part of Ayurveda. Ayurveda is the medicine of Vedic Culture.

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## Rasayana

Rasayana is the science of:

- Happiness
- Wisdom
- Harmony
- Tranquility

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## Rasayana

Rasayana includes detox and purification of your body, mind and emotions following knowledge and techniques of rejuvenation.

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## Rasayana

You will start Rasayana by meditation-visualization.

Our Goddess Lakshmi, she is the Goddess of Rejuvenation or Rasayana.

Devi Lakshmi brings:

- Kindness
- Love
- Beauty
- Health
- Abundance

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## Rasayana

Meditation-Visualization:

Close your eyes and imagine beautiful Goddess Lakshmi, she irradiates love, kindness, beauty and health.

Her Mantra is OM MAHA LAKSHMI NAMAH.

Chant this mantra at least 3 times after you can increase to 9-18-27-36-45-54 and with time you can reach 108 times.

Please visualize the Pink Lotus Flower.

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## Questions

1. What does the word “Rasayana” mean?
2. What brings Rasayana to your life?
3. Who is the Goddess of Rasayana?
4. What mantra do you need to chant to start working with Rasayana Therapy?
5. How many times can you chant Mantra?