



Rasayana Course

Lesson 1

Rasayana the science of rejuvenation and longevity.

Rasayana is a science of rejuvenation and longevity, is part of Ayurveda, which is the science of life. “Rasa” translates as “taste” or “essence” and “Ayana” is the path to rejuvenation and longevity.

Rasayana and Ayurveda are ancient sciences which have brought wisdom and healing for more than 40,000 years. There are different techniques to approach Rasayana. During our lessons, you will purify your body, mind and emotions from ama or toxins, and then you will bring balance. After, you will get knowledge and techniques on how to rejuvenate yourself.

Rasayana is our Science of happiness, harmony, wisdom and tranquility.

You will start your Rasayana from meditation-visualization. Our Goddess of Rasayana is Devi Lakshmi. She brings kindness, understanding, everlasting rejuvenations, beauty, love and health.

Close your eyes and imagine Maha Lakshmi. She is beautiful and she irradiates love and kindness. Start chanting mantra OM MAHA LAKSHMI NAMAH 3 or 9 times(or more). The sequence is 3-9-18-27-36-45-54-63-72-81-90-99-108.

The flower of Pink Lotus personifies Rasayana.

AUM.