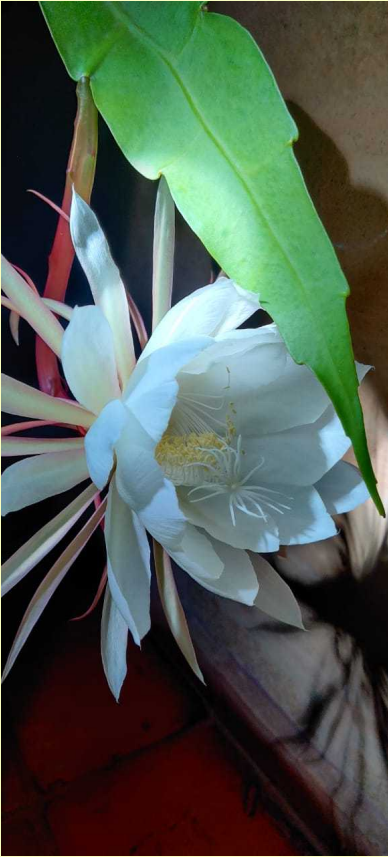


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Ritambhara



Brahmakalam, Photo courtesy Anita Balasubramanian

Dear Friends and Well-wishers,

We are happy to present to you, this month's special vAstu edition. A collection of thoughts and reflections from the vAstu team, workshop announcement and a profound rumination from Sashikala Anant, vAstu space holder at Ritambhara:

"I juggle a few hundred actions, thoughts and memory tweaks every day. From repetitive mundane tasks to deeply self aware moments. I straddle all this, sometimes with ease and joy, at others, with frustration, boredom and irritation. The interconnections are fragile; unfinished threads hang around and cause conflict within me and in my interpersonal relationships. And then suddenly its clear how to hold all these parts and the whole. I learn to breathe deeply with my eyes closed when I start an activity, plan a schedule or execute an idea. I breathe deeply once again when I finish it and move on to a different activity or thought. In that moment I take

leave of the first one and embrace the next. Its a momentary shift (or a leisurely one sometimes) and I am in the new moment. How simple and liberating! The magical 'living in the moment.'"

Warmly,
Ritambhara Acharya Sangha (RASA)

Introducing the Ritambhara vAstu sangha

Sashikala Ananth, Space Holder

"Many years ago (37 to be exact) when I started my journey with Ganapati Sthapati in the field of vAstu shilpa shAstra, I never imagined how this step was going to transform my life. In my ignorance I assumed that it was another subject that I would learn and after a period of time I would get back to my safe world and 'add' this knowledge to my existing design methodology. Little did I know that this step would take me into the labyrinth of our ancient wisdom and therefore utterly confound, amaze and turn my life around.

I spent many decades delving into the intricacies of the vAstu universe; I wrote books, made a film, spoke at conferences, guided thesis presentations and attempted to dialogue with the practitioners of vAstu in the mainstream. In the 80's I was dismissed as a dreamer, in the early parts of this century the subject of vAstu came under the lens of the cynics and all of the traditions were dubbed as nonsense. I decided to quit from my relentless mission and turned inward to study and to experiment.



Suddenly, a few years ago, to my complete surprise, I had quietly become a celebrity! And voila, the Council of Architecture was inviting me to teach the schools and interviews and discussions were happening one after

the other. vAstu was suddenly the flavour of the season. I am still riding on this wave.

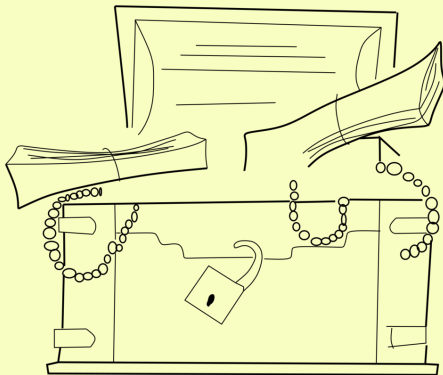
This is the point where one needs a Sangha to anchor the knowledge and to transmit it in an authentic as well as practical way. Once again, almost magically a group of enthusiastic architects have come together and we are ready to learn, teach, experiment and grow with the blessings of the ancestors. Ritambhara vAstu sangha has been born."

We share below some reflections from the vAstu team. To read more, please visit [Ritambhara vAstu Sangha](#)

Chandana

There is a need for safe spaces where we can connect to our own history and culture and nurture our connection with our roots to develop a stronger, clear sense of self and foundation to act from and stand on.

With Sashikala Ananth's guidance as an elder, we are laying this foundation for ourselves and as a sangha. We hope to carry the teachings of vAstu and our ancestors forward into the larger collective and explore new possibilities that come with it. I am certain that vAstu will guide us through our current contexts and crisis in many meaningful ways."



Innisai

Life lessons from thousands of years of human experience can point a society only in one direction, that is 'forward'. There will be no wars or violence if we see the world as one family or as 'Vasudhaiva Kutumbakam'. We can live in a healthy environment if we respect Mother Earth or 'Bhoomidevi'. The depth of traditional wisdom and practices, such as vAstu, are all resources of immense value to the

world. We, as a Sangha, are eager to harness and share this light."

Amar

The gates of Ritambhara Ashram led me on to the path of understanding our deep-rooted traditional wisdom. Now, as part of

the Sangha, I look forward to this journey of learning, interpreting, applying and propagating this knowledge in its true essence.

Shivangi

Journey of vAstu is of self-search and self-analysis, a constructive inner possibility of self-perfection. This is a

systematic and ordered experimentation reconciling spirit and reason and the whole psychological nature with its deepest needs. This great ancient and persistent research and triumph of Indian culture gives a direction to a balanced space and mind. With this Sangha, we would be building this confidence in ourselves and in others to take this path with courage, generosity and gratitude to nature and the universal energies, connect with them with a deeper insight.



Radhika

"Aspiring to conserve and restore built heritage, and to understand its relevance in present-future context, led me to study the core philosophies that drive the Indian ways of life. Looking for guidance, there was no other guru apt to bridge past and present than Sashikala Ananth. The Divine had its plan to connect us and fellow seekers as a diverse and unified Sangha. I strongly believe, with

our sincere and dedicated energy we will renew vAstu in its authentic spirit."

Announcements

You and Your Space - A Vastu Perspective



Join us for a two-day self-reflective & interactive workshop on

'YOU & YOUR SPACE - A VASTU PERSPECTIVE'

Over the past few months, our lives have been centered around one space - our home

How can we achieve a healthy work/life balance and adapt our space to support it?

What are the different factors influencing our spaces?

How can we enliven our spaces and improve our sense of well-being?

vAstu is a 3000 year old tradition that can equip us with the tools and knowledge to navigate our current times. This workshop will be facilitated by-

Sashikala Ananth

The July program is fully booked. Please look out for the August program announcement.

To read more about this course, other vAstu offerings, and register your interest, please visit <https://ritambhara.org.in/vertical/vastu/>

Exploring Indic Heritage & Its Current Reality

A dialogue through the lens of Dharma, July 5, 2020

Exploring Indic Heritage & Its Current Reality

A dialogue through the lens of Dharma

Anchored by

Preeti
D'mello

Raghu
Ananthanarayanan



July 5, 2020, 8pm to 10pm IST

#TRW2020
#Fromtheinsideout

REGISTER HERE



- How can we discover a dharmic lens to discover Indian reality?
- How do we anchor ourselves to the gifts the heritage has

to
offer
to
us
and
at
the
the
same
time
deal
with
the
dysfunctionalities
that
we
encounter
every
day?

■ Is
there
a
way
to
see
and
go
beyond
our
colonized
minds,
explore
with
honesty
and
balance?

This is the first of a series of conversations. The panel discussion will be anchored by Raghu Ananathanarayanan and Preeti D'Mello. Other panel members include Rajani Bhakshi, Sukhwinder Sircar, and Naveen Vasudevan.

5 July 2020, 8 PM to 10 PM IST

Register at <https://bit.ly/indicheritage>

Understanding the Sacred Quest

2nd edition, 25-26 July 2020



Understanding the Sacred Quest

A Two Days Online Exploration

25-26 July
9.30 am - 4.30 pm IST



-  **Medium**
Online Video Call
-  **Donation**
Indian Residents: Rs. 7,500
Non-Indian Residents: USD 121
-  **Email**
ashram@ritambhara.org.in
-  **Contact**
+91 9966900337

The Sacred Quest as a personal journey. This is meant for all seekers and students alike.
A 'here and now' encounter with oneself
A contemplative context for self-reflection
A framework for developing an enduring personal practice

A unique offering that brings together principles of Kriya Yoga and vAstu Shilpa Shastra in an experiential and self-reflective manner.


A participant shares: "The program allowed me to slow down and critically examine my current state (that I was presumably avoiding). The triad sharing brought in such relevant insights - it was almost like my Sakhis could hear what I wasn't speaking, and it was beautiful how they mirrored it to me, in an unfiltered manner. The space (as always created by team Ritambhara) felt safe and sacred to share without inhibition...."

Fee: INR 7400 (Indian residents), USD 121 (Non-Indian residents)

To register, fill in the form at <http://www.bit.ly/sacredquest1>

For details, email ashram@ritambhara.org.in or WhatsApp: +919966900337

Mahabharata Exploration: A 10 week online program



Ritambhara
contemplative conversations ॐ

Mahabharata Exploration

A 10 week online program using stories from the Mahabharata

Learn to use the Mahabharata as a mirror to understand your self and your inner reality.

Starting July 14, 2020,
Every Tuesday 8pm - 9:30pm IST

Details at <https://bit.ly/ME-Online>
Register: <http://bit.ly/puranam>
Email: puranam@ritambhara.org.in

We just finished the first edition of the 10 week long Mahabharata Exploration and are gearing up for the next one. It has been a very enlivening journey for both the participants and us facilitators. One of the participants shares: *It was an interesting experience. A new way of looking at the Mahabharata opened up for me. The intrigue factor with each passing week was quite high. Every character had something new to offer and I liked the entire journey very much.*

We are happy to announce the next batch of the exploration starting July 14th, 2020.

For more details visit - <https://bit.ly/ME-Online>
Register at <http://bit.ly/puranam>

Peace and Sustainability Through Yoga



As a part of the International Yoga Day celebrations, Ritambhara in collaboration with India Foundation and Center for Soft Power held a festival on Peace and Sustainability Through Yoga. This festival brought together over 35 yoga trainers from 17 countries across US, Latin America, Europe, and Asia to facilitate online Antaranga Yoga (Inner Work Through Yoga) sessions for their students.

The festival also included 3 days of enriching and insightful dialogues and inner work through yoga explorations by the Ritambhara team from 18th to 20th June, 2020. We also had 'Yoga Samvād - Dialogues on Yoga' every night from 17th to 21st June, 2020 which was live-streamed on Facebook. We had a range of wonderful speakers who explored the meaning of Yoga in their life through different ways - dharmic action, nature, gender activism, spirituality, science and technology, and sufism. You can catch up on these talks at <https://www.facebook.com/pg/pstyglobal/videos/>

Do watch, share and spread this to your community.

Ritambhara is a registered Trust founded by a group of dedicated members exploring the teachings and praxis of yoga, Indic texts and traditions and offering a reflective space for people to work with themselves and move towards a meaningful life.

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