



Brahm Atma Singh's ayurvedic blends of tea

Ayurveda does not mean copying Indian recipes, but taking the essence from the ayurvedic teachings for the appropriate use in the different cultures, well-adjusted to people's needs. Of course the three Doshas have to be considered. People's energy and way of life in the western civilization are very different from those in India. Recipes for ayurvedic teas have to take this into consideration. The recipes of my teacher Sri Sri Yandaranat consisted of up to 72 different plant products. At least 50 percent of them are unknown in Europe. By changing composition and combination he was able to stimulate every person with an incredible accuracy. A small roll of leaves filled with a tablespoon full of extracts could sate you for a day, another mixture could give you erotic pleasures and still another one gave you the heat to survive a cold winter night in the mountains without a blanket. That was his plant magic.

The aim of the ayurvedic teachings is to encourage the virtues within a person in order to let him rise a bit higher but still keeping the connection to the earth. That's the way our stimulation should be. In our translations and delineations Ayurveda shouldn't be orientated towards the western understanding of illness and health, otherwise its essence gets lost. It should open your mind for new impulses, in order to enforce your personal development. During my voyages I could establish a strong friendship to master Yogi Bhajan. His teachings of the classical Kundalini Yoga and Tantra were the basis to acquire further knowledge of healing from the indian medicine man Philip Deere and from the travelling ascetic Sri Sri Yandaranat (photo below). "You have to learn to see the essence of the plants, the essence of nature. A master is not who has everything the earth offers but a master is who can create everything which is needed at the moment out of the available resources. Healing is so easy, if you have onceived the essence of life. Sat nam."



Ayurvedic blends of tea (Prakriti)

Ayurveda means "knowledge of life". It should keep you healthy, make you conscient and enhance your personal development. Ayurveda influences your relationship to the spiritual world. The Indian saints speak of, a mystique vibration containing everything. This vibration provides all information we need (Rigveda). At first the Ayurveda student will learn a lot of details about health, illness and curatives. If he also practices his Yoga conscientiously, he will be aware of his patient's aura and he will be able to select plant drugs intuitively. The vibrations of these drugs will fit to the defective vibration patterns of his patient and cure him most efficiently. In everyday life we can use Ayurveda to provide us a well-balanced nutrition and to prevent diseases. Perceived in the right way, ayurvedic teas are comestibles and no curatives. They should stimulate us in the right way so that we don't even lose our balance. Every person has a certain constitution which results of the relation of the three Doshas within him. The following three forces determine a person's nature:

Dosha Vata: active mind, creativity, happiness, generosity, nerve energy

Dosha Pitta: learning, ambition, concentration, motivation, enthusiasm, energy consumption

Dosha Kapha: stability, confidence, satisfaction, tenderness, metabolism, energy input

Every person has a different balance of these three forces. The aim of the ayurvedic way of life is to ensure the inner harmony. Our blends of tea are created under ayurvedic points of view, their contents are well-balanced and they cause an energy regulation without biasedness. Every blend of tea stimulates one of the basic Doshas. You can read about the use and the effects for health of the herbal contents in several books about medicinal plants and aromatherapy.

Mata Mahani Tea (Prakriti) (finely ground) **Ingredients:** clove, ginger, cardamom, coriander, black pepper, cinnamon. It connects body and soul and it has a stimulating effect on our spirit and it balances and harmonizes the three Doshas. So we can say that our classic blend stimulates the , your natural constitution. You can drink it pure, not too hot, if you like with lemon and honey, cooled for hot days or with milk and honey. In winter the blend is an ideal basic ingredient for mulled wine. 1 teaspoon suffices for 6 cups of excellent tea!

Gurdjahari Tea It stimulates the energy balance of body, soul and spirit, it gives you a fresh day, it supports meditation. Recommended for the morning and before and after meditation.

Ingredients: peppermint, coriander, lemongrass, sage, willowherb blossoms, anise, cardamom, clove, mace, vanilla **Dosha:** it stimulates Vata, active mind, creativity, happiness

Mahendranat Tea It builds up new energy, blockades are released. It gives you new power. Recommended during the day, during work. **Ingredients:** verbena, hibiscus blossoms, licorice, anise, rose blossoms, elecampane root, juniper berries, star anise **Dosha:** stimulates Pitta, learning, ambition, concentration, motivation

Vishvamati Tea It opens and frees your mind, it regulates, it eliminates physical and mental stress, it relaxes the apparatus of digestion. Recommended for the evening, because there are cleaning processes for body and soul which are active at night. **Ingredients:** mugwort, savory, turmeric, ginger, fennel, marigold blossoms, lemon peel, laurel **Dosha:** stimulates Kapha, stability, confidence, satisfaction, tenderness

For fine shredded teas take 2 full teaspoons per can! fine shredded

Brahm Atma Singh (D. Harald Alke) biological technician (photo on top) is working for about 30 years now as a natural healer and spiritual master of Kundalini Yoga. The photo on top shown him in the field of his farm in south of France with natural growing Oreganum.

