

Pratichi's Healing Approach

Transforming Consciousness Through Ayurveda

Pratichi Mathur offers Ayurveda healing uniquely and somewhat differently than the style of practice that is common in the west in recent years; and is also getting popular in many parts of India too.

In the more commonly adhered to style of practice of Ayurveda in the west, especially at modern day clinics, spas and quick stop health shops and healing centers mushrooming all over the world - in spite of Ayurveda being a full spectrum holistic science of spirit, mind and body, it is the body alone that is mainly addressed via efforts to balance bio-forces or energy systems called Doshas. This is an overly simplified version of Ayurveda.

Pratichi's unique style of healing incorporates not just the tried and tested body healing tools from Ayurveda but also the lesser used esoteric principles and transcendental consciousness healing practices and ideas that mainly address mind and spirit. Pratichi's healing style is not only complimented by a more comprehensive use of the old and multileveled, complex and rich tradition of Ayurveda; but her healing abilities are further enhanced, informed and supported by the in depth application of sister science of mind - Yoga and the science of spirit- Vedanta.

This is why Pratichi remains focused on all three dimensions of a human being in a parallel manner at all times; and in fact, she often begins working at the level of facilitating consciousness first (spirit), next intelligence (mind) and finally matter (body) for lasting relief and true abiding health and wellbeing.

Read on to understand Pratichi's *Spirit first approach* and how it can benefit you in overcoming your physical, mental and existential challenges.

Doshas work

According to Ayurveda, the living body is regulated by subtle matter or energy systems called Doshas. Doshas are three in number – Vata (catabolic force), Pitta (metabolic force) and Kapha. (anabolic force). Doshas heal or destroy the body based upon whether they are in balance or not.

The Doshas get out of balance easily and rather quickly due to variations in diet, seasons, time of day, thoughts more frequently present in the mind, physical activities, flux of emotions, etc. Some basic tools of assessment provide the Ayurvedic healers with insights on the current state of the Doshas such as which ones are dominant over the others and which Doshas are out of balance and why.

Further, the modern day Ayurveda consultants are taught to utilize the in depth information available in Ayurvedic texts to teach the client how to gradually bring the Dosha back in balance. This may be attempted via diet and lifestyle modifications, herbs, oil massages and specific Yoga postures. As Doshas return to balance, the body and its attending challenges also demonstrate slow but steady improvement.

However, for deeper healing - fixing Doshas is not enough

While Dosha balancing is an essential and effective method to bring the body into balance (and certainly Pratichi uses this methodology also), yet, Doshas alone cannot heal the mind and least of all affect any permanent changes in consciousness represented by Spirit.

The disease is certainly manifested at the level of the body but the seeds of affliction lie in the mind and whether the mind is stuck in disease consciousness or aligned with wellness consciousness makes all the difference and represents the all important gap between physical degeneration or recovery. This points to the fact that in any physical ailment, the mind must be transformed also by facilitating a shift in consciousness. Doshas alone, are not equipped or subtle enough to work at this deep level.

Doshas are energy systems or conglomerates of subtle state of matter and naturally matter can affect the mind only in a limited manner and going still deeper, cannot touch or influence Spirit. Only spiritual wisdom of the highest and purest quality can heal a world bound Spirit trapped in suffering and existential questions; transcendental knowledge and deliberate practice of psychic stillness, or meditation breath disciplines or seed sounds can heal mind and of course rarefied matter via herbs and foods can be chosen to heal Doshas. Matter alone, replaces matter. Intelligence of a higher order heals the mind and soul wisdom and experiential learning alone supports the transformation at spirit or consciousness level.

If you have tried working the popular way in Ayurveda, and in fact been told that Ayurveda is all about balancing Doshas then you have been exposed to only the tip of the iceberg. There is no way we can cut, carve, modify, press, push, suppress, release, split, sew, detoxify, nourish, fix, cauterize, surgically remove or add matter with matter and in matter alone and hope that it will somehow translate as a reflection in intelligence which will ultimately and in turn impact a change in consciousness. This is putting the cart before the horse, in simple language. But how long has this been tried to be accomplished?

We are bound in matter and matter based thinking. Today, medicine is all about matter. True healing is all about a change in consciousness. When will the twin meet and where?

In the beginning of her work in the west, Pratichi herself began using Ayurveda to mainly affect changes in matter alone. So the Doshas (Vata, Pitta and Kapha) were her main tools to modify, release or depress and somehow retrieve health and establish wellbeing. Results were satisfactory, at times even good but never extraordinary and nowhere close to being even semi permanent.

The moment the client stopped working actively with Dosha management, the ill health symptoms and conditioned mental patterns would re-emerge. So for example if Pitta dominant person with acid reflux

problem did not continue eating for the rest of his or her life a Pitta balancing diet actively, the disease had potential of resurfacing. And then, the clients often lost steam over time, got distracted by life events or other competing and contradictory diet systems, negative situations and finally the expense of depending on an external healer (with all the answers) is also no less of a real time and quite understandable deterrent.

With minimum changes in mental body and almost no support from the Spiritual Self - no sooner that the old negativity and habits and conditioned patterns returned; the work with the Dosha balancing became harder and harder. Loss of motivation, boredom, and flare ups and remissions are only too be expected.

Using Ayurveda, the way it was meant to be benefited from

In a return to age old tradition, as practiced by her first teacher - her own grandfather, Pratichi uses Ayurveda to first and foremost affect changes in consciousness. When consciousness is allowed to modify and evolve, this change is *reflected* in intelligence (mind) and *expressed* in matter (body) and thereby, health is regained at every dimension of human existence - Sattva or mind, Atman or Soul and Sharira or body.

Pratichi says, lets heal consciousness first, then intelligence (mind) and lastly matter (body) – this is the only way true healing can take place. In fact both body and mind are matter, one gross the other subtle; but both dependent upon Spirit for their consciousness content and living, growing, transformational and rejuvenation ability.

Ayurvedic authors such as the ancient sage Charaka has himself urged the Ayurveda healers to study and use the consciousness transforming principles and techniques as laid down in systems of Yoga (science of mind) and Vedanta (science of spirit). since Pratichi's traditional knowledge base is fortunately grounded in Yoga and Vedanta from childhood itself, naturally she offers Ayurveda that is fully integrated with these sister sciences.

Pratichi Mathur offers Ayurvedic healing as per the purest and oldest school of traditional Indian Sages where the Spirit is evoked by offering transcendental Vedanta based wisdom addressed to it directly. Next the mind is made still through application of Yoga and thereafter the body is instructed to heal by using the Ayurvedic concept of Doshas.

Accomplishing True Abiding Healing

As Pratichi herself evolved as a healer and teacher she began to reinterpret and deeply understand beyond the obvious interpretation--- the symbolic meaning, esoteric messages and liberating words of the ancient Ayurveda sages. Pratichi was stunned to finally get what the great Ayurvedic sage Charaka was referring to when he wrote that, “It is for the Spirit alone, that Ayurveda is revealed”. Hence, Ayurveda is directly addressing the Spirit to benefit from Ayurvedic wisdom and thereby direct its mind appropriately and as a result heal the body, next.

Pratichi understood why her grand father's deeply spiritual approach and interpretation of Vedanta Yoga based Ayurveda was so successful and why people who came to her grandfather to sit around him in Sat Sangha (communion of truth) and they actually got better as they collected around him in silence and occasionally spoke up to share and celebrate their eternally renewing undying and eternally healthy Spirit nature.

Ayurveda is god's own medicine, says Pratichi; and she points out that as per the mythology that surrounds Ayurveda, it is Lord Brahma himself, “the abode of pure consciousness” who gifted Ayurveda to mankind. Ayurveda texts clearly state that when individual consciousness knows itself to be absolute pure consciousness, the work of Ayurvedic medicine is finally completed. It cannot be dismissed so lightly either that ancient Ayurvedic texts recorded by meditative sages clearly state that Self Realization is the goal or purpose of Ayurveda.

Pratichi recognized why matter based practices, choices and decisions (food, lifestyle, herbs) should be kept as simple as possible and as close to nature as possible and lived out as mindfully as possible.....to unfold a beautiful and healthy physical body.

Since these insights from her tradition and reconnection with her own inner Guru that guides her to offer Ayurveda that at all times unites body, mind and spirit in one test tube -- Pratichi's own work with health and wellbeing seekers has transformed completely. Pratichi teaches that it is not health that is the source of wellbeing but wellbeing that is the source of health.

Today, Pratichi facilitates abiding relief to hundreds seekers of Ayurvedic medicine by igniting their inner fire – the fire of Self Knowledge and transcendental wisdom that comes forth on connection with our inner doctor or inner healer. Pratichi connects each one of us with the healing Buddha or the Guru within each one of us.

Pratichi's practice is flooded with seekers who actually get better and remain well and actually glow with inner wisdom, health and above all, joy. They transformed at the deepest level where consciousness informs the mind and expresses itself as body. When consciousness is facilitated mind and body have no choice but to transform and reflect that state of allowance and flow.

Pratichi invites true seekers to come forward and embrace Ayurveda as the ultimate art and science dealing with different aspects (body-mind-spirit) of our existence. She teaches aspirants how to establish in Spirit, reclaim a poised, calm and pure mind at all times and quietly but deftly heal body inside out with aid of simple choices pertaining to herbs, food and lifestyle. Pratichi says that everything you think, say, or do – think, say or do mindfully; like picking the best and choicest flowers to offer at the altar of Spirit or inner healer within.

In your sessions with Pratichi, you will be guided by wisdom recorded in the ancient Ayurvedic texts to seek and know and be established in your own Self that is pure consciousness. Pratichi will invite you to rest in the knowledge of your Self, heal your own mind through this Self; and reclaim your healthy body via permission and allowance from a mind established in Self.

This is why Pratichi says say spirit first, and then mind, and lastly body for true healing to take place at the deepest level where consciousness is the product that is being transformed. When the spirit is recognized and allowed to be the foundation of all our experience, a full spectrum healing is activated from inside us. When we make our inner Self our partner in health, our wellbeing transforms our entire life and also activates our own self healing, regenerative and rejuvenating healing potential.

If you ready Spirit to benefit from Ayurveda in this deep way – then Pratichi is your healer.

Participate in Sage Tradition of Ayurveda

Pratichi offers you the classic practice of pure Ayurveda, the way of the sages.

Pratichi's practice of Ayurveda remains in essence as pure as it was conceived by the Indian sages who perfected it thousands of years ago. This is why in your every interaction with her, you will feel that your fragmented body, mind and spirit are being addressed together, at the same time.....no matter what your complaint may be. Sage knowledge the truth of never forgets unity in consciousness in spite of the the obvious fragmentation.

In your sessions with Pratichi you will feel whole, experience recognition, acceptance and facilitation at every dimension of your existence. Expect to delight at the sage secrets and esoteric wisdom that Pratichi will freely share with you from the grand old tradition of Ayurveda, god's own medicine.

Through a dedicated and responsible, personalized and daily practice of Ayurveda, we can regain our optimum health naturally, simply, and efficiently. Pratichi brings to her sessions the the ages old, entirely traditional practice and teaching of Ayurveda with promise of quality that you are getting the best that Ayurvedic tradition can offer.

Pratichi says that science and spirituality have many things in common – they are both discovering the same truth. It is time we paid our attention to what that truth is? Let sage wisdom show you the way. The sages never saw a conflict between science and spirituality – they are but different approaches to the same truth of consciousness.

Pratichi's sage practice of Ayurveda leads Ayurvedic medicine to its furthest more frontier, one where science and spirituality meet in one vessel called the human being. It is a myth to think that we need to separate the two to usher in wellbeing. In fact when both are recognized – and both are allowed – the disease of ignorance is over, finally; and true, abiding, permanent health is regained. In your work with Pratichi learn to blend the two for optimum health at every level of your existence – physical, mental, emotional, and existential.

Activate Self Healing Potential

Perfect health is possible. Self Healing is not a myth.

Pratichi has worked with all types of people seeking a variety of healing and attention. But what she found common in all beings was the decision to get better or stay stuck in disease. Pratichi's ability to ignite within all those she works with an ability to recognize the power of self healing lodged within is Pratichi's mark and distinction as a healer and a teacher.

Pratichi believes that what has to become possible in the area of health is that we will take our health squarely in our own hands and no longer have to rely upon external technology, no matter how advanced it is. This is so because we have forgotten that we are self healing entities. If we can heal our cuts and emotional wounds, then we are perfectly capable of healing our cancers and schizophrenias. Why do we accept defeat so quickly?

This is why Pratichi will take you back to your own Self through the application of Vedic sciences like Ayurveda, Vedanta and Yoga that celebrate the Self and begin with and end with the Self.

Ayurveda reminds us that at all times, no matter how sick we are, we remain powerful Self healing beings, and we are capable of turning the tide of health and wellbeing in our direction, at any point of time, if we so decide to do so. It is never too late; yes even if we are suffering from so called terminal, chronic, or unidentifiable disorders.

Thanks to Ayurveda, we discover to our unending surprise and of course joy and pleasure that due to the presence of our eternally healthy Self, our ailing and suffering body possesses an amazing regenerative quality (no matter what it has gone through previously); and that our minds have a keen ability to reawaken to cosmic rhythm and truth at any time; once we are exposed to Ayurveda's gently illuminating and thought clarifying, light shining, knowledge infusing wisdom.

Pratichi will offer soothing rejuvenation to your distressed body and clarity to over whelmed minds, and reminds you of your highest potential -- namely that of claiming the hitherto latent self healing capacities lodged inside your own consciousness.

Pratichi asserts that absolute and unconditional health is the true nature and birthright of our pure Self. Disease nevertheless manifests deep within the recesses of our body and mind due to faulty thinking that identifies with disease, mortality and separateness; selfish, self-centered, and irresponsible lifestyles that ignore natural laws, flout cosmic rhythms, destroy environment, and abuse the body's natural reserves and immunity; addictive eating that is indicative of our entire planet feeling unloved and in battle mode with ourselves and each other; mindless killing of others who do not look, think and pray like us along with stifling interpersonal relationships that fester violence and discord in each and every cell of our being.

Pratichi creates in her sessions the space that makes possible transformations from disease to health at the deepest level, where we hold on to our ignorance about our true Self; and where we nurture our negative thoughts, poor expectations of outcome; and sense of powerlessness that comes prepackaged

with the human condition. Pratichi ushers in wellbeing at two levels, one at the level of the body, and two at the level of the mind – healing via the lofty Vedic sciences that flood body and mind with wisdom and nurturance and above all memory of the eternally healthy, forever abundant and immortal Self. True healing takes place naturally, easily, and spontaneously.

In the Vedic world all parts of the whole are wholes in themselves. In Vedic healing, only that which is truly peaceful, is healthy. In the heart of Vedic medicine lies allowance of all, wellbeing to all and loves for all. In the Vedic wisdom lies the true health – one that abides forever – it is the knowledge of the Self.

Pratichi will take you on a journey from inner to outer, from consciousness to matter, and from intelligence to process; and not the other way around. Pratichi will soothe your distressed body, guide your overwhelmed mind, and point the highest direction to your journeying spirit as you burn and change and glow through the altar of this human existence.

Are you ready?

Discard Disease Consciousness

Pratichi will facilitate a healing and learning journey for you, like none other. In your work with her, you will discover that your body is exactly what your mind allows it to be and your mind is what your highest Self intentions it to be, at any given moment of time.

Allow your Self to transform and truly heal through the reception of Ayurvedic wisdom. The Self will in turn facilitate healing for body and mind, by totally shedding its alignment and identification with disease, hate, and lack consciousness; and choosing to be established in wellness, love, and abundance consciousness, once and for all.

Pratichi, does not want to medicate your symptoms and give you superficial relief (albeit the natural way). With aid of Vedic medicine Ayurveda, and through the eyes of sister sciences Yoga, Jyotish, Vastu and the profound consciousness transforming philosophy of Vedanta - Pratichi wishes to get to the roots of your physical, mental and spiritual pain – and then address it appropriately.

Our consciousness is aligned with disease when we hold on to our ignorance about our true Self; and when we nurture without break our negative thoughts, poor expectations of outcome; and sense of powerlessness that comes prepackaged with the human condition.

Absolute and unconditional health is the true nature and birthright of our pure Self. Disease nevertheless manifests deep within the recesses of our body and mind due to faulty thinking that identifies with disease, mortality and separateness; selfish, self-centered, and irresponsible lifestyles that ignore natural laws, flout cosmic rhythms, destroy environment, and abuse the body's natural reserves and immunity; addictive eating that is indicative of our entire planet feeling unloved and in battle mode with ourselves and each other; mindless killing of others who do not look, think and pray like us along with stifling interpersonal relationships that fester violence and discord in each and every cell of our being.

Your sessions with Pratchi offer the space in which transformations of consciousness from being stuck in disease based thinking to health and wellbeing thinking at the deepest level is entirely possible. After all, in the Vedic world-view all parts of the whole are wholes in themselves. In Vedic healing, only that which is truly peaceful, is healthy. In the heart of Vedic medicine lies allowance of all, wellbeing to all and loves for all. In the Vedic wisdom lies the true health – one that abides forever – it is the knowledge of the Self.

Pratchi will take you on a journey from inner to outer, from consciousness to matter, and from intelligence to process; and not the other way around. Pratchi wants to hold your hand and soothe your distressed body, guide your overwhelmed mind, and point the highest direction to your journeying spirit as you change and transform and glow through the altar of this human existence called life. All of this may appear overwhelming but it is accomplished one step at a time with an able guide showing you the way.

Align with Healing Consciousness

Ayurveda has long been known as the healing system of ancient Indian sages that heals all three dimensions of human existence – body, mind, spirit. That is the way it was when ancient sages of India first composed it and taught it and practiced it in India thousands of years ago. However, now a days, as with all things, the matter or material dimension has come to rule. Now, mostly it is the body alone that is addressed at all times and mind is given only lip service and spirit is often completely forgotten or addressed barely or incorrectly or not at all, in the absence of knowledge to connect with the invisible truth of existence.

Pratchi has explored Ayurveda's spiritual dimension in depth and is comfortable in working with its consciousness transforming, spirit power enhancing self-healing potential and putting it to good use for the purpose of healing the body and mind. After all, spirit or consciousness is the source of both mind and body and not the other way around.

True healing is all about healing and evolving and allowing and facilitating changes and movement towards more and more wellbeing in consciousness. Ayurveda teaches establishment in Self or consciousness (Purusha) as true health for mind and body. In Ayurveda, the realization by individual separate consciousness (Atman) that it is really an intrinsic aspect of the collective or one or whole consciousness (Brahman) is the goal of Ayurveda (Moksha); and when this Self Realization is accomplished, all diseases of a physical and mental or existential nature end.

Pratchi offers profound healing of body and mind via the route of the Self. When the Spirit is evoked, the mind is automatically purified and body rendered healthy cell by cell. After all body is the vessel of the Spirit and mind, the beautiful agent of union or interaction between the spiritual self (Spirit) and the material self (body).

With Pratichi as your healer and teacher, you will explore reclaiming your health in a variety of ways. Be it via Ayurveda herbs, or healthy Ayurveda based diets, or a customized practice of Yoga and meditation, or even timely intervention of destructive beliefs and stuck thoughts - as long as the Self (consciousness) that is your deepest truth is not forgotten or ignored but positively allowed, and connected with throughout the healing process – disease is reversed and health is restored, easily, spontaneously and efficiently.

Transform beliefs

Ayurveda emphasizes right thinking (sadvichara) leading to right action (sadhkarma) and right behavior (sadachara) to inherit a transformed life, a healthy body and an amazingly grounded but alert and bright mind. The idea behind right thinking is that when it is practiced mindfully you can no longer stay occupied with fighting disease and anxiety and instead spend creative and joyful time in building up positive health and a super mind.

The belief that health is possible is more important than any thing you will ever do to achieve that health. In modern times the conditioned helplessness, hopelessness, and paralyzing fear of chronic and fatal disease such as Cancer, HIV and AIDS is a bigger culprit than all the pathogens out there.

Learn from Pratichi how to trust you inner intelligence (sattva) and work with natural forces to restore balance and transcend your fears at all times. Your basic beliefs about yourself and your place in the scheme of things will shift and you will begin to recognize that you live in a holographic, dynamically alive, interconnected web like universe and inside supremely intelligent bodies that shape shift as per information that it constantly receives from the mind; and transforms from disease to health at your inner decision (taken at the level of consciousness or Spirit).

The body listens to the mind (thoughts) and thoughts or beliefs can become harbingers of positive changes provided the mind is established in your pure self. Pratichi will help you transform your own beliefs from one that is stuck in disease, lack, and separateness into health, abundance and oneness.

Pratichi advocates first recognizing and then consciously discarding old beliefs and thought patterns that no longer serve us (have spawned physical or mental distress) and instead cultivate a whole new set of beliefs that serve us better and take us closer to our goal of total health.

Through the right set of beliefs or thoughts transformation takes place of ill-health into abiding health; of an ignorant confused mind into a knowledgeable and clear mind; and of the fragmented alone self trapped in it's difficult existence of worldly pains and losses – into an adventuring spirit enjoying it's self chosen experiences and manifesting its next set of preferred experiences, at will. So Beliefs matter and must be addressed if you want to truly heal; fortunately Pratichi addresses them at all times and will guide you step by step in the process of belief level health transformation, the Ayurveda way.

Pratichi possesses the remarkable ability to interpret, the amazing yet ancient and esoteric and often pretty subtle mind-body-spirit balancing techniques from Ayurveda and allied Vedic sciences with modern / contemporary sensibility for you to practice and benefit from in the privacy of your home.

Pratichi will aid and support you in applying these customized and highly personalized solutions to your modern day, stressed filled and often fast paced lives to access immediate wellbeing, better bodily health, more energy, mental clarity and acuity, peaceful and calm state of consciousness and an overall naturally rejuvenated, positive and joyful state of being.

**Peace, Prosperity, Abundance, Love. Health, Oneness, Equanimity, Support, flow to you all.
Once again, welcome to the sage practice of Pratichi Mathur.**