



**Varanasi Cosmic Energy Centre**  
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## Satyalesari Ashram Regulation

### **Everyone is welcome**

Namaste and welcome to Satyalesari Ashram, home to cosmic healing and holistic yoga courses. Life in the Ashram does not follow any dogma nor any specific religion; rather, it draws inspiration from both human and spiritual beliefs that are rooted in every credence and spiritual path.

All those who wish to study their Self and re-discover their spiritual heritage are more than welcome at any given time. Here you can find the best conditions to achieve your purpose: peace, stillness, silence, the slow flowing of the river Ganga and the possibility of learning and practising both yoga and meditation.

### **The Teaching**

Peoples' energy bodies are usually blocked, which obstructs the flow of kundalini energy. I teach how to feel your energy body, channel your energy and clean your dust to reestablish an energetic balance that is the first step towards raising your kundalini energy. By the practice of Cosmic healing, meditation, dancing, chanting and living in a group of good souls, you will increase your sensitivity to energy and begin exploring your Self. When the energy body is ready, Kundalini energy will flow towards your crown and open you the door to a higher state of mind.

### **Don't think, feel**

There are countless spiritual books, texts and scriptures telling you what you need to do, what you need to believe, but these are only words. What is important is that you feel what is good for you, that you feel what is right. Grow your trust in your Self. When you reach this state, everything will be easy. Your energy will attract what you need, no conscious effort will be needed.

### **Surrender**

I will teach you how to feel, help you find what you truly are and show you how to change your life. I will be your spiritual teacher, but even more importantly, your friend. I will take time for your problems, help you clean them and grow trust in your Self.

But you have to walk your path. You will have to go beyond your ego, face your fears and go beyond them. You will have to be patient, open your heart and mind and surrender. Only then will your progress fasten, only then will you start to understand.

# Join a Course

Umesh gives his main teaching to students in the form of the Cosmic Healing and Holistic Yoga course. While other specialised courses are occasionally available, this course is the foundation and the best way to start for any level of student. It already combines multiple fields and you can rest assured that you will learn what you need in order to progress.

## Course Preparation

Before taking a healing course there are a few basic things you should do in preparation.

These guidelines will enable you to get the most from the course.

1. **Avoid taking alcohol** or any other form of drug for at least forty-eight hours before the course starts and for the duration. These substances slow and hinder the flow of Cosmic Energy throughout the body.
2. **Avoid eating meat, fish, spicy, oily and processed foods** for at least twenty-four hours before starting the course and for its duration. The digestion of food takes more energy than any other bodily function. Proteins and highly processed foods take more time to digest and will steal vital energy from the body. Eat plenty of fresh fruit, salad and vegetables, a Satvik diet, to nourish your body and maintain stability.
3. It will be very beneficial to **meditate each day for a week** before attending the class. This will start clearing your energy channels and help to focus your thoughts, expectations and mind.

## Ashram Guidelines

- **Abstain from alcohol, tobacco and drugs** (including cannabis) for the duration of the course and preferably for at least a couple of days prior to starting. The course works to grow your energy body and taking these products into your physical body during the course counteracts any beneficial progress being made.
- Be aware that **physical and psychic reactions are normal** and common during the first few days of the course. When starting the course an energetic cleansing process will begin. As part of the process, physical cleansing and detoxification symptoms are likely. This may include a running nose, headache or, most likely, diarrhoea. The most common psychic reactions tend to be that the mind wants to leave this place or feels anger or irritation towards the teacher. Please don't be alarmed, have **patience** and discuss any issues that arise with your teacher at anytime.
- It is not a good idea to use the course as a mingling opportunity. **You are not coming to find a girlfriend or boyfriend within the ashram, all students are your brothers and sisters.** The course aims to give students the space to find them-self. If students are focused on other students and mixing energies, they miss the opportunity to first find the voice within and ground it. Entangling other students into your cleaning process only causes more pain and suffering for both parties, counteracts the cleaning process and makes the work of both teacher and student much harder. For the course duration **have patience and focus on the self only.**

- Don't take advice from or get confused by any outside people (in particular local guides & hotel staff). One can find relevant information from the Ashram and its current & past students. However, it may be very confusing or even misleading to consult the local tour guides as everyone has a vested interest in recommending the businesses that are most rewarding to them, not to **help you in your spiritual development**.

## Course & Appointment Bookings

Everyone is welcome, and free, to meet Umesh and visit the ashram before starting any classes. Please contact Umesh directly via phone, email or WhatsApp message to arrange a time to visit before arriving at the ashram.

The Cosmic Healing course is 7 days, with classes running 9-11am from Monday to Sunday, each week. Classes sometimes continue into the afternoon or further meditations, activities and outings are discussed and arranged. For this reason, it is better not to make other touristic plans during this week. Students are welcome to continue studying after this first week.

## Appointments & Services

In addition to the services outlined in our brochure (which you can find on our website), Umesh takes appointments for spiritual counselling and life coaching. These can be taken either in person or over phone/video call. To discuss any of these services and book an appointment please contact Umesh on the details provided.

## Location & Accommodation

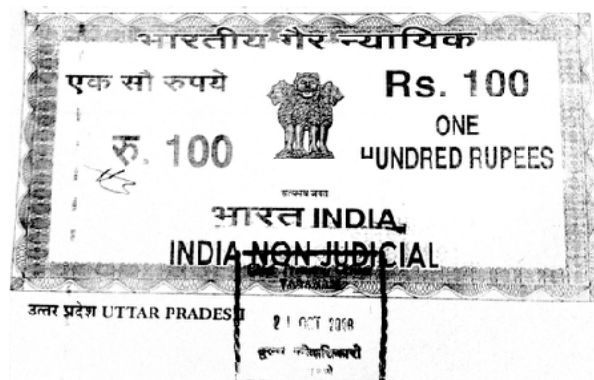
The ashram is located near the Ganges river on Shivala Ghat, but sometimes we leave the ashram to meditate on the river, in the city or in holy places. Accommodation in the ashram is not available. Students are recommended to find suitable accommodation in Shivala or Assi Ghat since these are the nearest areas to the ashram. Both Ghats have plenty of hotels, hostels and guesthouses to choose from. You are welcome to ask Umesh for help finding somewhere suited to your needs.

## Payments & Donations

The 7 day Cosmic Healing course is \$200 per person.

To confirm either your place on a course or your appointment booking it is preferred that you pay a 50% deposit made through our website via PayPal. Indian residents can pay using PayTM: they should send payments to +919415269605.

Please contact Umesh to confirm dates before paying your deposit. Fees are per person per session or course and deposits are non-refundable.



(last update 04-2023)