



## **How can Ayur-Vedic Life Coaching / Counselling Help Me?**

Dealing with life, stress, anxiety, sleep problem and depression, as also with diseases and traumas can affect our lives on so many levels. We ask ourselves questions such as:

- **What is the meaning of life?**
- **Where am I in life?**
- **Why am I feeling like this?**
- **Is there a way to move on beyond this?**

Ayur-Vedic Life-Coaching and Counselling helps by bringing in a natural approach. It looks at various factors in our lives that can be underlying causes that are often ignored in modern medicine, such as:

- **Holistic Diet and Nutrition** - Proper Mental and Physical Digestion
- **Effects of our lifestyle on our mind-body complex**
- **Positive Intake of our impressions and how we get affected**
- **Positive Affirmations**

- **Yoga Techniques / Meditations**

- **Herbal (Drugless) Remedies and Detoxification methods (only where required)**

- **Counselling and Regular Support**

Things around us, such as even the clothes that we wear to the activities that we do – even exercises and daily regimes can sometimes not be right for us. They may be causing some aggravating mental and physical factors.

Even simple things such as **Food items** can affect our Psychology in adverse manners, causing our already affected mind to become more aggressive, anxious, fearful or depressed!

**Who is an Ayur-Vedic Life-Coach / Counsellor?**

**Naveen Kumar Gupta**, B.A.M.S., Bachelor of Ayurvedic Medicine and Surgery, Delhi University, India trained in all of the ancient Hindu systems of Siddha, Yoga, Hindu Medicine (Ayurveda) also in its Clinical aspects, including Panchakarma, Astrology, Counselling, Diseases Management, Pharmacy and also holds the title of **Vaidya Raja & Acharya**, meaning a traditional Healer and Teacher that has mastered all of these sciences, including the ability to teach them.

Many life-coaches and counsellors today however have no medical background and philosophy on which to base their practise. They have also not had the foundation experience required to help others overcome certain situations.

In addition to this **Vaidya Raja & Acharya** also derived much inspiration, and adapted along Vedic lines, using it's platform for deeper Physical and Spiritual growth. **Vaidya Raja & Acharya** also hence understands the importance of Physical and Mental Health and how the two must go together - starting with adjustments in our lifestyles and diets, which most affect our mental consciousness and us.

He brings in the teachings and techniques of many enlightened Masters, including several others, which he has himself used for several years after studying them, and brings out the best in these, along with several other Yoga practices, and an in-depth knowledge

of Yoga's Vedic-Medical science of Ayurveda, itself having a special branch of Psychology under it's vast science!

As a **Vaidya Raja & Acharya**, he is also proficient in the knowledge of the ancient texts, and can translate and extract their deeper wisdoms, which he incorporates into **Ayur-Vedic Life-Coaching, Cooking and Counselling**, bringing in deeper wisdoms of Yoga and Ayurveda, of the *Healing system of Yoga and the Mind*.

**Vaidya Raja & Acharya can be engaged for a week by an individual or a family at their location which can be home, holiday home, hotel suite, private serviced apartment, cruise, chalet and resort etc.**