



June 2009

Sweet Friends,

I am back home playing in my yummy garden. This is my first year that I'm growing veggies from seeds. It's so exciting to see basil, beets, arugala, tomatoes, cilantro and kale growing abundantly.

Gardening is such a wonderful metaphor for life. As I clean up the weeds (negativity & things that hold me back from growth), I make room for nourishing, vitamin-rich foods (my true self) to flourish and feed my life.

This month, Aparna (Mistress of Spice) and I are co-leading a one-day retreat together: "Calling All Goddesses." Check it out [here!](#)

This month's [YATC](#) is about dealing with my stolen car, and read Enayet's [enlightening answer](#) to negative energy-sucking people and how to deal with them.

Love,

"May love lead you to the joyous dance of life"

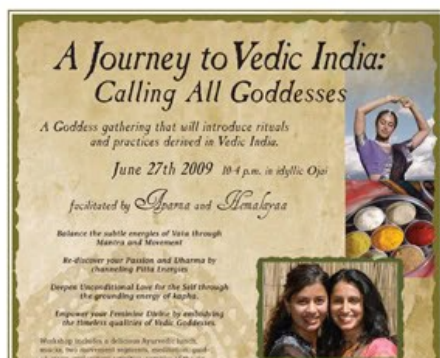


Hemalayaa

Professional Indian Dance & Yoga Teacher
www.hemalayaa.com

"May Love fill your Heart and help you be your True Self "

Upcoming Events



THIS MONTH!

**A Journey to Vedic India:
Calling All Goddesses**

Saturday, June 27th
10 am - 4 pm

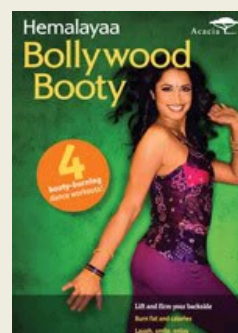
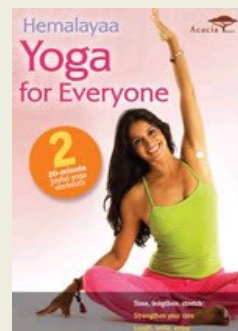
[Click for more information.](#)

UPCOMING!

[Omega Institute](#)
"Retreat to Bollywood"
August 16 - 18, 2009
Rhinebeck, NY

Learn more about [Yoga](#) or
contact yoga@hemalayaa.com

DVDs





(Click to enlarge)

Learn more about Yoga or contact yoga@hemalayaa.com

Get your copy before they're gone!



These are a few of my favorite things...

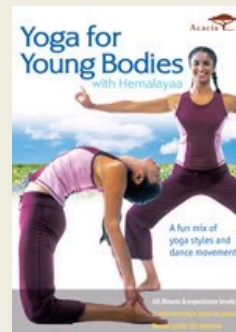
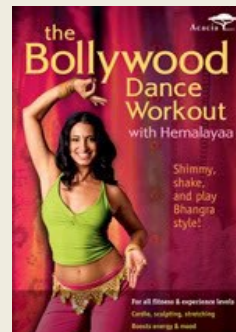
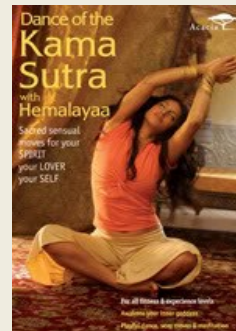
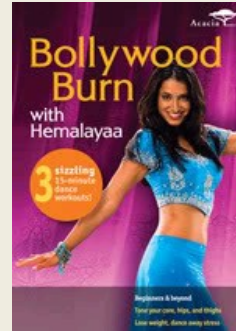


Artist	Album(s)
Bombay Dub Orchestra	Bombay Dub Orchestra
DJ Cheb I Sabbah	Krishna Lila
	Six Degrees 100
Jai Uttal & Ben Leinbach	Music for Yoga and Other Joys
Karsh Kale	Liberation
MIDival PunditZ	Midival Times
	Midival PunditZ
Rasa	Devotion
Sheetal	Love of Ages
Various Artists	Bend it Like Beckham
	Dev Das
	Namesake
	Monsoon Wedding
Wade Imre Morrisette	Maha Moha: The Great Delusion
	Strong as Diamonds

YOGA AND THE CITY



I am back at home, after two weeks of traveling, safe and sound. I can't say the same for my car. While I was out East in



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[Hema's Picks](#)

Bhangra Music Artists:



the Berkshires of Mass (at Kripalu) teaching, I received a call from my friends who were watching my car while I was gone. To avoid parking it at the airport, the car was parked across the street from their house. They were hesitant to call to ask where I left the car, since they do remember seeing it the day before. It was 30 min before I began teaching, and it couldn't have been better timing.

This is what my brain/mind would have normally thought: "who can I blame?"

1. My friend who drove and parked the car in that spot?
2. My friends who were watching it?
3. The street for not having enough street lights?
4. The neighbors for not noticing a break in?
5. Or maybe the City for not having enough police to catch this in the act?

It seems they have plenty of parking-ticket cops to issue requests for large sums of money after 1 or 2 minutes over the meter. With the amount of money I have paid for parking tickets, I could have hired a private security guard to watch my car. [READ MORE](#)

Joy AND THE CITY

This column focuses on answering any questions about life, relationships, work/corporate environment, and health. We welcome you to send us an email at h@hemalayaa.com with your questions to be answered.

How do we deal with people who are energy suckers? What if we are energy suckers?

Over time we have come to believe in the scarcity mentality. Energy is one of those dimensions that we think we only have so much of. Yet science has proven that we can transform mass into energy. We now have atomic generators that convert an atom into energy. Our body is one of the most elegant machines that can convert mass into energy all the time (food, water, air, prana, chi). We create energy in our body through various mechanisms. Of course the one that we leverage most often is food. Beside food, we leverage breath all the time, yet we are not fully aware of the full power of breath. Exercise is a form of not only creating energy but increasing our capacity to create a larger reservoir of energy. A person learning to exercise can only go for so long before becoming exhausted. Over time, with practice, we can run marathons and ultra marathons, hence increasing our capacity and efficiency of energy use. [READ MORE](#)

Punjabi MC
Jassi Sidhu
DJ Sanj

Bhangra Music Compilations:

Pao Bhangra
Friction
Vibes

Bhangra - Original Punjabi Pop
A Rough Guide to Bhangra
Dance Ultimate Bhangra 3

HEMA'S FRIENDS

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www.maitinepal.com

Ojai Malas

<http://ojaimalas.com/>

Read "Celebrating Our Raw Nature" By Dorit

www.SerenitySpaces.org

Aromatherapy Potions and Sprays for your spirit:

www.MossBotanicals.com

Jeff Fasano Photography

www.JeffFasano.com

Amazing Herbs for Health:

www.Hema.AmazonHerb.net

Spiritual Guidance in Vedic Traditions:

www.JeffreyArmstrong.com

Vedic Astrology:

www.JeffHarman.com

www.JeffreyArmstrong.com

Odissi Dance Teacher:

www.SaraLaDance.com

Yoga Fashion Apparel:

www.ILoveYoga.com

www.YogaTribeandCulture.com

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