



### Short Term Plan:

To Open the Temple and Teaching Center in a rented space offering:

- Regular Prayer Services
- Spiritual Teachings
- Regular Meditations and Yoga Classes
- Classes and Services in Yoga and Ayurveda



### Long Term Plan:

To Open a Spiritual Center for Learning and Healing on 26 acres of wooded land including:

- A Traditional Agamic Temple for Goddess Shakambhari Devi
- An Ayurvedic Academy, Hospital, and Pancha Karma Center
- An Ayurvedic Botanical Garden
- And a traditional Yoga Gurukulam and Retreat Center



Ayurveda class for Yoga teachers.



### Sponsor:

We are seeking sponsorship to fund the grand opening of the Soma Matha Spiritual Center in a rented space in Richmond by July, 2013. We are planning a Three-Day opening event with traditional Vedic Ceremonies, inter-faith prayers for world peace, Free Yoga and Ayurveda Classes, Special Lectures and Presentations, Free Food, Fun, and More. We are asking for people to pledge their financial support to help make the vision of the Soma Matha Spiritual Center Grand Opening Celebration a great success. Checks made out to "Soma Matha" can be mailed to 9301 Golden Way Ct. Apt C, Richmond VA 23294, or credit card donations can be made online through our website.



### Volunteer:

The success of this project will be possible only with the participation of many dedicated volunteers. A planning committee has been formed to organize the efforts of volunteers. Please contact us to learn how you can help.

Om Lokah Samasthah Sukhino Bhavantu



**Shri Shuklabhadra  
Soma Peetham**

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Support the grand opening of the



**Soma Matha  
Spiritual Center**

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Offering teachings and services in the traditional Vedic sciences of prayer, mantra, meditation, Yoga, Ayurveda and Vedic astrology.

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## Shakambhari Devi Temple



It will take time to achieve our long term vision to open a Traditional Agamic Temple for Goddess Shakambhari Devi on 26 acres of wooded land. To work toward this goal we are establishing Murtis (Icons) of Lord Ganesha, Murugan, Shiva, Dhanvantari, and the Devi in a rented space as we continue to raise funds for the project of constructing a traditional Temple complex. Agamic Temples, consecrated through the prescribed rituals, are endowed with a palpable presence of Divine Shakti (energy). In an Agama Temple, a window is open to the inner realms, and visiting the Temple leads the mind of seekers deep into a meditative consciousness of mental peace. For many, this facilitates the realization of answers to questions and spontaneous healing. Such a Temple stabilizes the consciousness of the whole region where it is located by sending healing energies to the community, helping to avert poverty and disease, and reducing crime and conflict between people. The devotees of such Temples find that their spiritual practices are sustained and energized by frequent visits to the Temple which helps them to work through the troubles they encounter in life. Though it may not be possible for the spiritual energies to build to their full potential within a rented space, establishing a dedicated space will be a major step toward our ultimate goal. We are confident that all who visit this space (or work on the project) will be touched by the grace of the Benevolent Divine Mother.

**Shakambhari Devi** is a form of Goddess Durga. Her mantras and meditations protect the devotees, driving away negative forces, increasing spiritual consciousness, and bestowing nourishment and prosperity. She relates to forests, plants, and nourishment through fruits and vegetables.



## Ayurveda

Ayurvedic Medicine is gaining popularity as a natural system of healing which is holistic and affordable. Ayurveda addresses many common conditions more completely than traditional Western medicine and offers treatment for many conditions considered otherwise incurable.



### Ayurveda Classes and Services

The Soma Matha is offering one of the most comprehensive courses in Ayurveda for training Ayurvedic practitioners available outside India. In addition, Ayurveda classes are offered for the public, along with Ayurvedic consultations, and therapies for a full range of health concerns. It is our goal to help raise awareness about traditional Ayurveda with the hope that our humble efforts may help raise the standards for educating Ayurvedic practitioners in the US.

### Devi Herbs

The Soma Matha manages a company, Shakambhari Devi Herbs, which produces high-quality, traditional Ayurvedic herbal products.

### Botanical Garden

The long term goal for the finished Center includes an Ayurvedic Botanical Garden and Arboretum with a massive tropical greenhouse for displaying the largest collection of Indian Ayurvedic species in the US.



## Yoga and Meditation

Yoga is the spiritual science of self-mastery and self-realization. Yoga is much more than a simple exercise routine, and its practice leads naturally to the practice of meditation. Yoga is often being taught in the West out of its original spiritual context in the form of many modern variations of the ancient practice. The Soma Matha is working to help revive the traditional practice of Yoga for its application toward healing and God-realization by offering authentic teachings in Yoga.



Working with a team of about a dozen gifted teachers of Yoga and Meditation the Soma Matha plans to offer:

- Daily classes in Yoga and Meditation
- A Weekly Free Yoga Class and Meditation for those underprivileged
- Yoga and Meditation Retreats and Pilgrimages
- Teachings on the traditional practice of Yoga, placing emphasis on the often overlooked requisite practices of Yama and Niyama
- Training and Spiritual Initiation for Students into the practice of Yoga higher purpose of Realization
- Certification Courses for Yoga Teachers and Ayurvedic Yoga Therapists
- Mantra Classes and Group Practice
- Puja (Prayer Ceremonies) Classes
- Teachings About Hindu Dharma and Spiritual Practice in general
- Teachings about the 16 Samskaras (Sacraments)