



EMBARK UPON A HERO'S JOURNEY

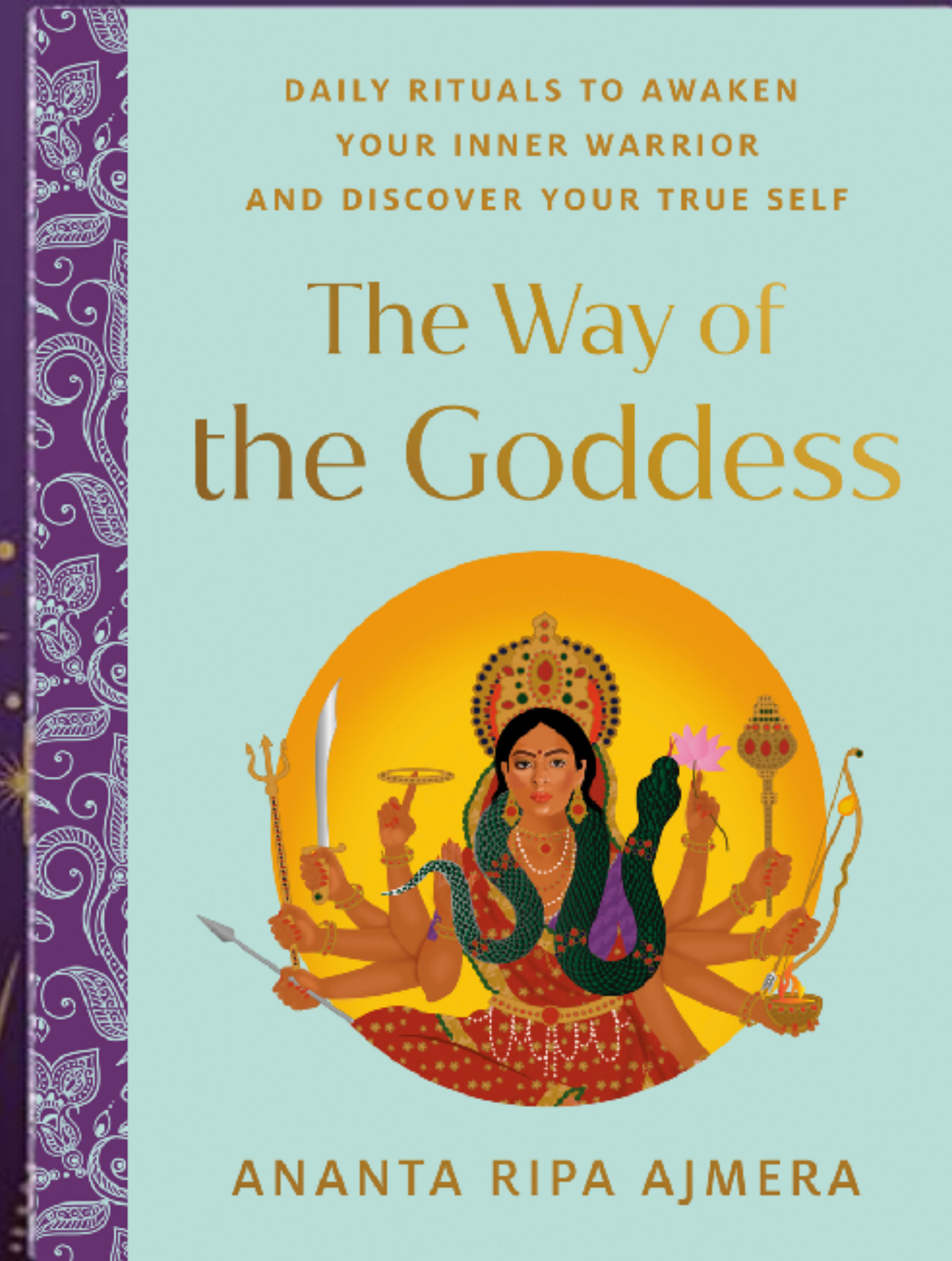
Awaken Your Inner Warrior and Discover
Your True Self with **The Way of the Goddess**

FEATURING:

A Special Navratri 9-Goddess Festival
Livestream Event with award-winning
author and spiritual teacher

ANANTA RIPA AJMERA

Sunday, October 2, 2022



tp



Welcome to the 9-Night Festival of Navratri

Navratri means nine nights of worship of the Divine Mother. It is symbolic of the nine battles of the warrior mother Goddess Durga for restoration of the greatest good of all (dharma). Navratri is a festival that is celebrated at the transition of seasons, to help you ceremoniously start adopting what you need to protect your health for the season ahead.

Getting Grounded

(when you're feeling anxious)



with Goddess Shailputri, an embodiment of Mother Nature

The 1st Chakra:
Your Root Chakra



Channeling Your Energy

(when you're feeling excited)



with Goddess Brahmacharini, the one who follows the path of self-control

The 2nd Chakra:
Your Sacral Chakra



Igniting the Fire of Transformation



with Goddess Chandraghanta, the one who burns away fear, sorrow and resistance

The 3rd Chakra:
Your Solar Plexus



The Healing Power of Love



with Goddess Kushmanda, who created the world through heartfelt laughter

The 4th Chakra:
Your Heart Chakra



Expressing Yourself with Sound and Silence



with Goddess Skandmata, mother of the powerful warrior god Skanda

The 5th Chakra:
Your Throat Chakra



Defining and Maintaining Healthy Boundaries



with Goddess Katyayani, the granter of blessings

The 6th Chakra:
Your Third Eye



Transcending Trauma with Wisdom



with Goddess Kalaratri, the destroyer of illusions

The 7th Chakra:
Your Crown Chakra



Rejuvenating Your Spirit

(when you need a fresh start)



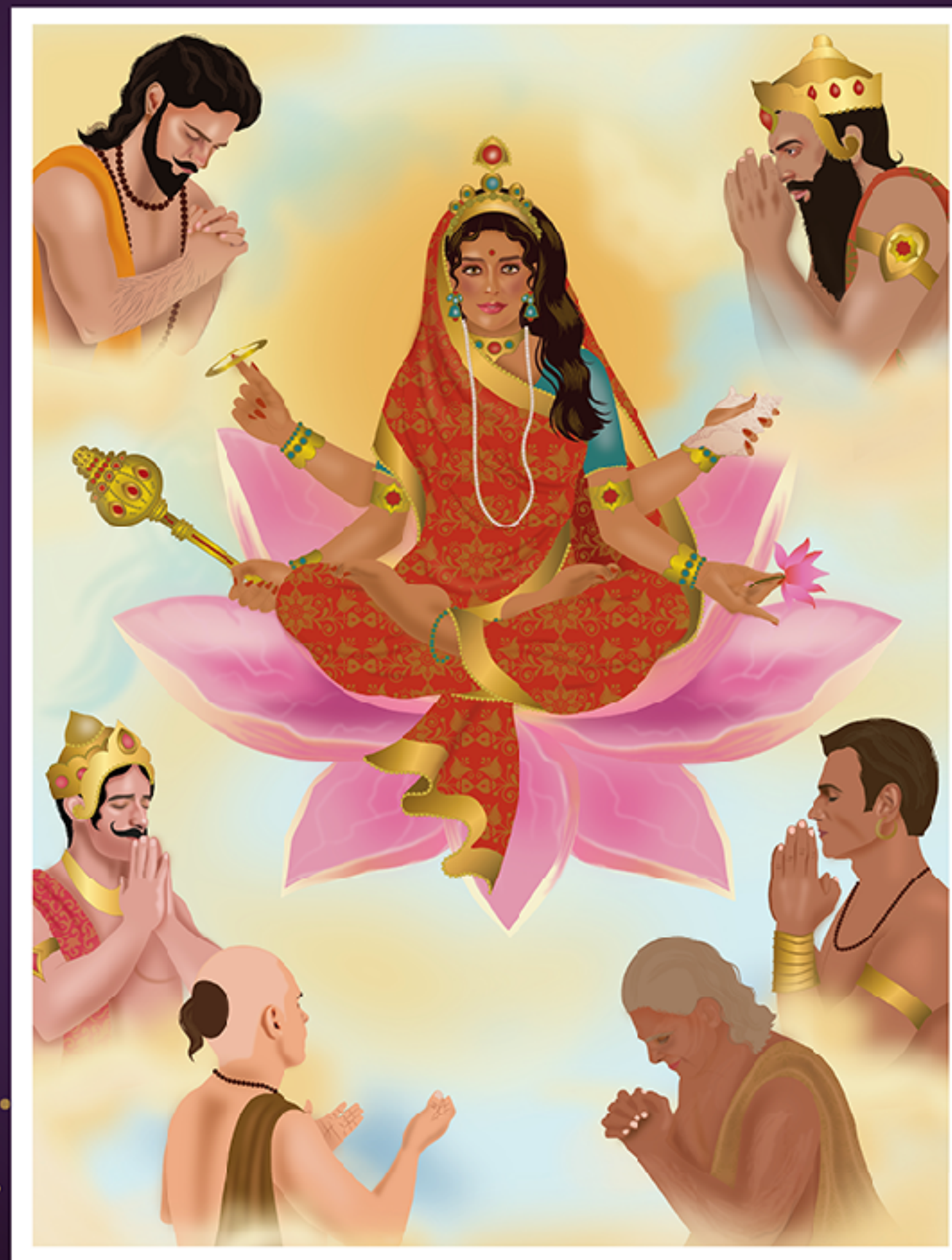
with Goddess Maha Gauri, the bestower of eternal youth

The 8th Chakra:
Your Higher
Heart Chakra



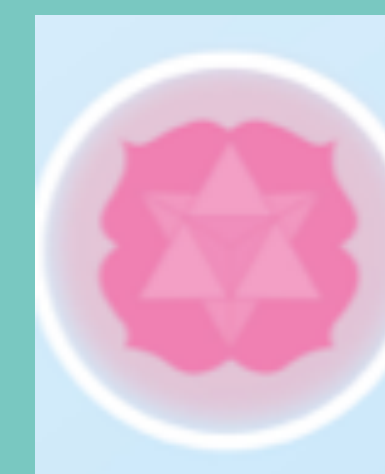
Leading with Integrity

(to fulfill your soul's purpose)



with Goddess Siddhidhatri, the granter of supernatural healing powers

The 9th Chakra:
Your Astral Chakra





Starting Your Hero's Journey with The Way of the Goddess

Say you struggle with Anxiety...

Step 1: Root your feet into Mother Earth

Step 2: Practice buzzing-bee breathing exercise

Step 3: Light a lamp with the intention to burn away your anxiety

Step 4: Listen to soothing music

Step 5: Write a letter to your anxiety

Step 6: Spend less time with people who make you feel anxious

Step 7: Repeat the mantra "I am a soul" to strengthen your spiritual power

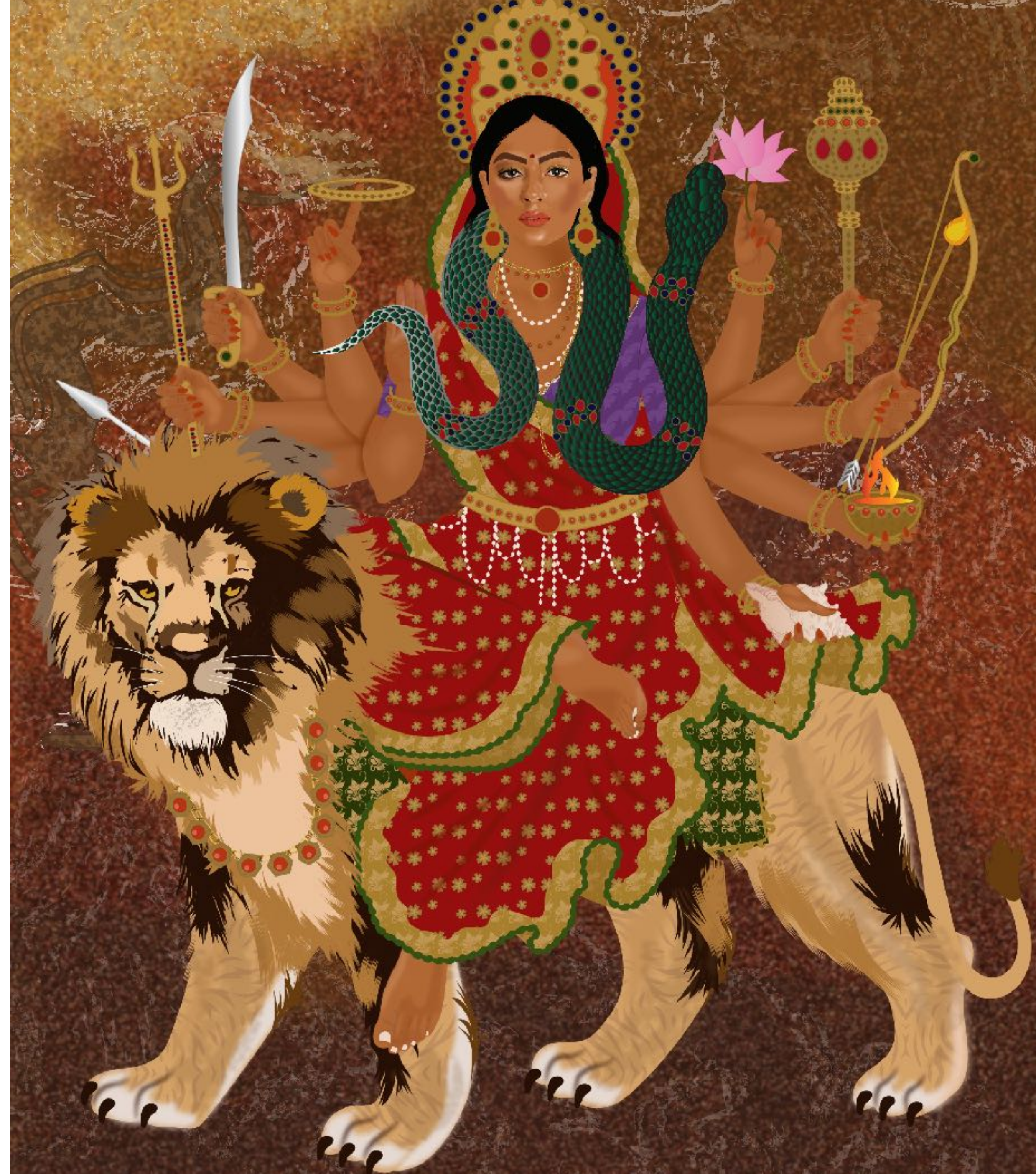
Step 8: Dance away your anxiety

Step 9: Write down your intention to further your spiritual growth



The Power of Practice Process

1. Set an intention. Write it down.
2. Create a sacred plan for implementation.
3. Reflect on what changes need to be made (i.e. time allocation - wake up or go to bed earlier)? Consider impact on others and who you can alert about this.
4. Create a tracking system for your progress: note changes in your body, energy, emotions, digestion, etc. related to your practice.
5. Write a few loving statements of forgiveness and compassion towards yourself for the times you may not always be able to stick to your practice 100% that also motivate you to come back to it without guilt.
6. Create a ritual around your practice to celebrate and give it love (e.g. light a candle, offer a flower, chant a mantra to tie back to your intention).





Stuffed Buckwheat Pancakes

DOUGH INGREDIENTS ::

- 1.5 cups kuttu flour
- 1 tbsp ghee
- pink rock salt to taste

FILLING INGREDIENTS ::

- 1 potato, cauliflower or sweet potato 🥔 boiled + mashed
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1 tbsp coriander or mint leaves finely chopped
- pink rock salt to taste
- ghee

METHOD ::

1. Mix the flour, ghee and salt together to form a dough consistency. Then set the parathas aside so that they are not exposed (you can place them in a cloth or plastic bag).
2. Filling: warm up ghee in a skillet. Add cumin seeds to the skillet and roll the skillet around until the scent of them gently wafts into your kitchen and they begin crackling.
3. Add the potatoes and/or cauliflower to the skillet and stir together. Cook until the vegetables are soft enough to cut through with a spoon. Turn the heat to low or off once finished.
4. Roll the dough into individual balls. Then press down on the middle of each ball to create space to add the vegetables inside it.
5. Make sure the the covering of the dough fully envelopes the vegetable filling. You can gently secure the paratha with your fingers to make sure none of the filling spills out.
6. Sprinkle some of the kuttu flour you used to make the dough over the filled paratha dough balls and then roll them so that they became a beautiful circle shape, or any other creative shape you may envision them to become!
7. Place the paratha onto an empty skillet. Pour some ghee onto the paratha. After it roasts on the skillet, gently flip it over and then add some ghee to the other side of it until it is fully roasted on the other side too.





Tapioca Pudding

Ingredients:

- 1-1.5 tbsp tapioca pearls (aka sabudana) that have been rinsed, covered just above the pearls and soaked overnight or for at least 4 hours till there is no more water
- 4 cups almond milk, coconut milk, oat milk or milk from well-treated cows
- 1/4 tsp cardamom powder
- 3/4 cup jaggery, coconut sugar or your favorite sugar substitute
- 1 cup water
- saffron threads (optional)
- pistachios for garnish

Process:

1. Boil the water and then mix the tapioca pearls with it. Stir the mixture continuously for a few minutes.
2. Stir in milk, jaggery and cardamom powder. Make sure to mix everything as much as you can.
3. Pinch the saffron threads with your fingers and mix into the pudding mixture.
4. Cook the pudding until it feels very soft and has the consistency you would like to eat it with.



Amazon #1
New Release
in Hinduism,
Chakras, &
Ayurveda



Go Deeper with *The Way of the Goddess*

Available wherever books are sold

Visit:

theancientway.co/wayofthegoddess

for a list of online retailers.

Read the Book

to deepen your hero's journey, step by step

DAILY RITUALS TO AWAKEN
YOUR INNER WARRIOR
AND DISCOVER YOUR TRUE SELF

The Way of
the Goddess



ANANTA RIPA AJMERA

Hungry for Delicious, Digestion-Promoting Ayurvedic Recipes?



This special collection of Ayurvedic recipes by Ananta supports you to digest your food, information, emotions and life experiences: an essential aspect of transformation, symbolized by Goddess Chandraghanta in The Way of the Goddess.



[DOWNLOAD RECIPES](#)



Keep In Touch

Visit The Ancient Way to download recipes:
theancientway.co

Visit The Ancient Way Online School:
theancientway.thinkific.com

Email Us:
info@theancientway.co

Follow Ananta on Instagram and Facebook:
[@ananta.one](#)

Listen to Ananta's True to Yourself Podcast on:
[Apple](#), [Spotify](#), [iHeart Radio](#), [Stitcher](#), [YouTube](#), [Google](#)