



Product Offerings

Prasadam

Every single item is an offering of love, devotion & service to my Gurujii, God & all his creation. All ingredients are ethically sourced & organic whenever possible. From creation to sales, is a spiritual practice with every mindful step ensuring quality & purity. Our mission is to spread the ancient wisdom of Ayurveda & holistic healing with a unique, modern day twist. There are delicious sweet treats, herbal teas & wellness products for EVERYONE to enjoy.

Divine Inspiration

As an artist, I've always loved creating, especially in the kitchen. Even while living in a cave in the Himalayas with my Gurujii, I found unique ways to create gourmet delicacies. We did a great deal of pooja (daily worship) so every single step was sacred as I was cooking for God, which is the same care I put into the creations today. All are created and offered to the Divine so we can all enjoy this blessed 'prasadam.' Normally sweets are the traditional offering in pooja, however, I didn't want to serve loads of processed sugar and unhealthy sweets. This is when I began making superfood healing sweets with mental, physical and spiritual well being in mind. The ingredients were always organic and wholesome, and for an extra boost I would add different combinations of healing herbs (specifically for the mind/ meditation/ etc.). Swamiji and all others really enjoyed, and this is where the inspiration began 😊 Hope you enjoy these 'Holy, Healing Sweets!'

Wishing Divine Blessings to All!

Namaste!

Ayurvedic Chocolates

Revolutionizing the world of chocolates! These healing, gourmet chocolates are created with traditional Ayurvedic flavor inspirations. The herbs & spices are for specific doshas, cleansing, digestion and overall wellness. Most are considered digestives, so they are the perfect dessert to have after a meal, not only to satisfy that sweet tooth, but to aid in digestion of your meal. They are created while chanting healing mantras and in the shapes of flowers, emulating the sacred geometric flower of life. Vegan, ethically sourced, organic ingredients make these chocolates like nothing you've ever experienced!

72% Dark Herbal Rasayan: Rasayan has many meanings such as 'path of essence,' or 'lengthening of lifespan,' and in Ayurveda it usually refers to a 'rejuvenative,' of some sort. This rich, organic dark chocolate Rasayan with a proprietary Ayurvedic herbal blend is specifically for the mind. Ashwaghandha is known for its adaptogen properties and used to treat anxiety, Shatavari is also used for soothing emotions and balancing hormones, brahmi is one of the most popular herbs used for memory/concentration and shakapushpi is another popular flower used for overall brain function. I have been using this blend in the prasad I've created in the cave to calm the mind, reduce stress and enhance meditation practice. For an extra boost of health, it also has a blend of organic red, white and black Maca powder.



72% Dark Shanti Shrooms: Luscious dark chocolate with a blend of organic adaptogen mushroom extract. Minimum 30% beta-d-glucan, only fruiting bodies, no fillers, starch or mycelium. Lion's Mane, Turkey Tail, Reishi, Cordyceps, Maitake and Chaga are excellent adaptogens which support the immune system, mind/ brain power and support sustained energy levels.



Suavarana Golden Silk (Tridoshic): Based on the ancient recipe of Golden Milk, Golden Silk is a unique way to enjoy this healing beverage, in the form of a chocolate bar! An organic, VEGAN white chocolate base with turmeric, cardamom and saffron. Although saffron is warming, it's considered to be tridoshic in Ayurveda because of its immense healing properties. Saffron is excellent for the mind and is actually used to treat depression, cardamom aids in digestion and turmeric is anti-inflammatory along with a plethora of other health benefits!

Pacaka (Digestive Enhancing) Tridoshic CCF: CCF stands for Cumin, Coriander and Fennel. This is an ancient, traditional Ayurvedic combination used for digestion, detoxification and balancing all doshas. Available in both organic, vegan white and dark chocolate.

Zitakriya (Cooling) Pitta Cardamom Rose: This is the perfect Pitta piece! Although Rose is considered tridoshic in Ayurveda, it has particular soothing properties for Pitta as it is cooling for the body, calming for the mind and centering for energy, which pitta tends to spread outward. (These particular rose petals were grown organically in my garden, used in pooja as an offering, then dried for the ultimate healing energy)! Cardamom is also another healthy digestive spice used to treat pitta imbalances. These are combined in an organic, vegan white chocolate based, as dark chocolate can aggravate pitta.



Chinmaya (full of consciousness) Chai: Instead of having a cup of chai, enjoy in the form of chocolate. Available in both dark and white, let the aroma of cinnamon, ginger, cardamom, clove and nutmeg take you around the fireplace with a cup of hot masala chai! Great for warming the body, soothing the mind and aiding in digestion.

Prahara (Warming) Vata Spiced Cinnamon: This warming blend of spices is the perfect remedy for the cold nature of Vata. One of the main problems caused by a vata imbalance is poor digestion. These herbs and spices are excellent for enhancing agni (digestive fire) without being too stimulating. Toasted cumin seeds are one of the best tridoshic spices for digestion and add a playful crunch, cinnamon soothes the mind, nutmeg and ginger warm the body and aid in digestion. A unique sweet & spicy spin on chocolate.



Dhavana (Cleansing) Serene Greens: Go GREEN! Dark chocolate with organic moringa, a powerhouse plant used in India for thousands of years and spirulina help detoxify the body while adding tons of nutrients. Topped with white chocolate infused with organic wheatgrass grown on our gaushala (cow shelter) in India. It was grown using panchgavya based agriculture so the Divine energy of Mother Cow gives them extra healing energy!

Preraka (Stimulating) Kapha Ginger Beet: Kapha is cool, slow and heavy. This chocolate is a warming and stimulating sweet treat to get kapha moving! A piece of candied ginger embedded in dark chocolate with organic beet root and turmeric, topped with white chocolate infused with beet root, Himalayan salt and a dash of cayenne. This blend of spices enhances circulation, digestion and warms the body.



Saatvic Delights

These are a selection of cruelty free (vegan), wholesome snacks that are nutrient dense, contain NO processed or refined ingredients and organic whenever possible. Each healthy treat incorporates Ayurvedic healing principles and flavor combinations. The perfect balance of healing ingredients and sweet tooth satisfaction!

Zen Berry: A sweet burst of super berries! Acai, blueberry, goji berry and cranberry with maca, nuts, seeds and our proprietary Ayurvedic herbal blend. Good for Pitta.

Cacao Karma: Chocolate lovers can indulge with these deep cacao bites! Organic cacao with maca, turmeric, Ayurvedic herbs and adaptogen mushrooms extract powder.

Ananda (Bliss) Chai: All the warming, healing herbs found in traditional Indian chai like ginger, cinnamon, cardamom, clove and nutmeg, along with maca, turmeric and Ayurvedic herbs for the mind. A truly 'blissful' cup of chai in a tasty snack. Great for Vata & Kapha.

Herbal Teas

Each blend is created with the utmost care, from our organic garden located in Hendersonville, TN. From blessing the seeds during sowing, to expressing gratitude while harvesting and continuously chanting healing mantras while blending and packaging, these high vibrational teas are an offering of love.

Tulsi

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*)

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: Ease stress, uplift mood, enhance immunity, aid in digestion, provide antioxidants, adaptogen.

Chandrika (Moonlight) Pitta

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*), Organic rose petals (*Rosaceae*).

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: Cooling & pitta soothing, ease stress, uplift mood, enhance immunity, aid in digestion, provide antioxidants, adaptogen.

Surya (Sun) Kapha

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*), Organic ginger (*Zingiber officinale*), organic clove, organic black pepper (*Piper nigrum*).

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: Warming & stimulating. Enhances digestion/ metabolism, sooth stomach discomfort, anti-inflammatory, ease stress, uplift mood, enhance immunity, provide antioxidants, adaptogen.

Zanta (Serene) Vata

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*), organic chamomile, organic cinnamon (*Cinnamomum verum*), organic cardamom.

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: Warming & calming. Enhances digestion/ metabolism, reduce gas/ bloating/ constipation, ease stress, sooth emotions, uplift mood, enhance immunity, provide antioxidants, adaptogen.

Tulsi Tridoshic CCF

Ingredients: Organic Tulsi, Organic Coriander Seed, Organic Cumin Seed, Organic Fennel Seed.

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: This is an ancient Ayurvedic preparation for enhancing digestion, cleansing and detoxifying, and balancing all 3 doshas.

Tulsi Masala

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*), Organic ginger, Organic cinnamon (*Cinnamomum verum* & Cassia), organic cardamom (*Elettaria cardamomum*), organic clove, organic nutmeg.

Directions: 2g in 8oz freshly boiled water. Steep covered 5-10 mins and strain. Enjoy plain or add sweetener of choice. Best without milk.

Uses: Warming & stimulating. Enhances digestion/ metabolism, reduce gas/ bloating/ constipation, ease stress, uplift mood, enhance immunity, provide antioxidants, adaptogen.

Karwa

Ingredients: Organically grown tulsi or Holy Basil (*Ocimum tenuiflorum*), Organic cinnamon (*Cinnamomum verum* & Cassia), organic cardamom (*Elettaria cardamomum*).

Directions: Soak 3g herbs for 1-5 hours. Boil in 16oz water and let reduce to 8oz over a low simmer to enhance the medicinal properties. Strain and enjoy plain or with sweetener/ milk.

Uses: Warming & stimulating. Enhances digestion/ metabolism, reduce gas/ bloating/ constipation, ease stress, uplift mood, enhance immunity, provide antioxidants, adaptogen.

Golden Masala

Ingredients: Organic turmeric, Organic cinnamon (Cinnamomum verum & Cassia), organic ginger, organic cardamom (Elettaria cardamomum), Saffron.

Directions: Boil 2g in 2oz water for 2-3 mins. Add 6oz milk of organic milk/ plant based milk of choice. Turn off heat but let steep on burner covered 5-10 mins and strain. Enjoy plain or add sweetener of choice.

Uses: Warming & stimulating. Enhances digestion/ metabolism, reduce gas/ bloating/ constipation, anti-inflammatory, ease stress, uplift mood, enhance immunity, provide antioxidants.

Disclaimer: The statements above are not regulated by the FDA. This product is not meant to cure, treat or prevent illness.

Natural Beauty

Facial Serum

Ingredients: Frankincense, Myrhh, Lavender, Manuka, Coffee pure essential oils in olive oil base. Diluted to 3% for everyday use.

Directions: After shower or washing face with warm water, apply a dimes worth and massage into face/ neck for 2-4 minutes.

Uses: Non-pore clogging blend helps reduce wrinkles fine lines, lighten age spots, balance PH, moisturize, firm & tighten skin, prevent blemishes, sooth inflammation, leave glowing complexion,

Face Pack

Ingredients: Multani mitti, oats, activated charcoal, neem, rose.

Directions: Mix with water and/or rose water, aloe vera juice, honey, etc. until a thick paste forms. Using fingers to massage in a circular motion, apply the mixture onto face and under chin/ upper neck. Leave 15-20 mins until dry and gently wash with warm water. Use 1 or 2 times per week depending on your skin type.