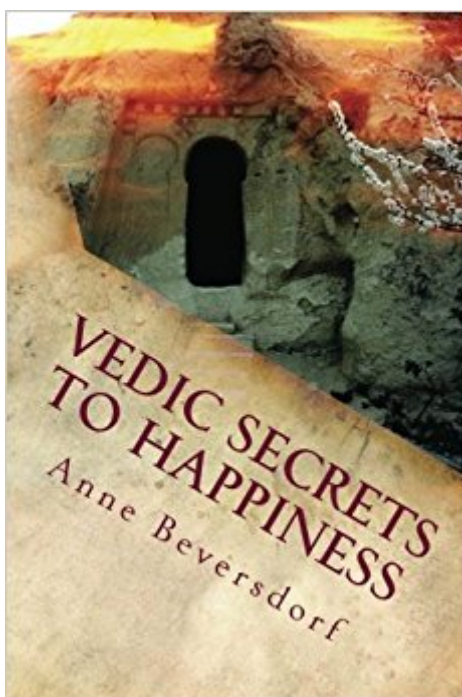


The book was found

# Vedic Secrets To Happiness: Life's Handbook : To Help You Improve Life's Good Stuff And Reduce The Messes



## Synopsis

"Stunningly brilliant book.... a treasure trove of eminently useful...lore.... You don't even have to be [an astrologer] to experiment with these techniques.... One of the most exciting astrology books I've seen in years." Review, The Mountain Astrologer, Linda Johnsen, reviewer. The Vedic tradition of knowledge is actually a spiritual technology. Over millennia the sages of India have understood how to tweak the energy systems we live in so our lives can function better. Most visits to Indian astrologers will include costly recommendations for life "remedies." This book offers prescriptive recommendations for free. Having off-balance energy systems in your life is like grocery shopping using a cart with a wobbly wheel. You spend so much effort avoiding crashes that you forget half your list. When our lives are off-balance, we forget our goals. VEDIC SECRETS TO HAPPINESS allows each of us to assess the specific energy systems that need balancing in our own lives and offers many free and inexpensive practical activities that enhance the good stuff and fix problems. From improving moods to saving the life of a micro-preemie baby, these remedies apply to every arena of life. VEDIC SECRETS TO HAPPINESS is the product of Anne's two decades of experience using the remedial techniques of Jyotish (Vedic Astrology). The result is a unique and cross-cultural compendium of time-tested life-improvement activities which can be used by anyone, with or without knowledge of astrology. 292 pages of text, including examples, self-assessment tools, detailed activity sheets, appendices and index to help you get started immediately.

## Book Information

Paperback: 294 pages

Publisher: Stariel Press (May 4, 2012)

Language: English

ISBN-10: 0983393001

ISBN-13: 978-0983393009

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 12 customer reviews

Best Sellers Rank: #775,646 in Books (See Top 100 in Books) #21 in Books > Religion &

Spirituality > Hinduism > Sacred Writings > Vedas #3458 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

Anne Beversdorf is a practitioner of Vedic and western astrology. Since 1993 her internationally

published articles and workshops have brought her a worldwide clientele. Her award-winning e-newsletter and website ([www.stariel.com](http://www.stariel.com)) contain additional educational material. Anne has owned an educational software company, taught at Indiana University and at San Diego State University, consulted with Fortune 100 companies, and set up several specialized libraries prior to beginning her astrological practice. Anne received her B.A., magna cum laude, from the University of Texas at Austin, and an M.L.S. from Indiana University, Bloomington. She has been honored in Marquisâ™ Whoâ™s Who in America, and Whoâ™s Who in the World for her business and astrological practices. Additionally, Anne is a respected fiber artist, creating detailed miniature tapestries of silk and jewels. The art can be viewed at [www.sacred-threads.com](http://www.sacred-threads.com) and appears in this book, as well as in numerous galleries. Anne lives in the Texas Hill Country with her two beloved pups. She can be reached by email at [anne@stariel.com](mailto:anne@stariel.com).

I thought this was an interesting book. Mantras were among the remedies offered up in this book and I'm no stranger to Sanskrit mantras and recognized them all. I've used mantras in the past and they take a lot of hard work and dedication to see results, but I would recommend this book to anyone who is going through trials and has the wherewithal to try the techniques here out.

Interested in how the planets affect you? This is a fascinating book. The author is very knowledgeable and has effectively written a very concise and usable book to help become a more balanced individual.

Wonderful book full of useful information and specifics for remedying afflictions to the horoscope. A great contribution to us all, even for those without knowledge of vedic astrology.

Yet to try the remedies, but this is a new and interesting perspective on Vedic astrology.

The practices are life changing.

Great insights and solutions to difficult issues.

Wonderful book and easy to use. This book helps you understand your challenges without being a Vedic Astrology expert. Well done!

Vedic Secrets to Happiness (2012) is the first book on astrology by Anne Beversdorf, aka "The Austin Alchemist." Based in central Texas, she has practiced Vedic and Western astrology since 1993. Vedic remedies have a long and revered tradition in Vedic astrology, though they are relatively unknown to most Westerners. Beversdorf aims to change all that, and she has a good chance of doing so with this book. While Vedic remedies can sometimes appear arcane, expensive, and/or elusive for Westerners, she shows how astrologically-based remedies work - even if many times we may not understand exactly why they work. The sub-title (Life's Handbook to Help You Improve Life's Good Stuff and Reduce the Messes) is a big clue to her more colloquial and personalized style, along with her stated purpose to make these remedies more accessible to Westerners. Her dual Vedic/Western approach to astrology, though not apparent in the main title, is shown throughout the book. Next to mantras (Vedic chants), pujas and yagyas (Vedic ritual ceremonies), all normally conducted in Sanskrit, she provides more typically Western approaches and prayers, including the Lord's Prayer and the Christian "Doxology." She focuses especially on upayas (actions taken for a certain ritualistic purpose), in part because she prefers to introduce the reader to remedies that cost nothing but require some intentionality and effort for a positive outcome. These are actions within almost anyone's reach and comfort zone and the author gives a clear presentation. Beversdorf began her extensive research as a skeptic, and found many positive results cropping up - much to her surprise - turning her into a convert for astrologically-based remedies. She presents remedies based on astrological imbalances, providing information that can be accessed by the layperson through key words associated with each planet. In the process, she sidesteps the necessity to know astrological principles in order to use the information in the book. After some anecdotal evidence from family, friends, and clients, she proceeds to a series of "Assessment" tests the reader can take to determine which remedy or remedies should be taken. Towards this end, the information is generic, though it refers to each of the nine classical Vedic planets, plus the three outer planets commonly used in Western tropical astrology - Uranus, Neptune, and Pluto. Along with the anecdotal evidence, the "Assessment" tests plus the next section on "Balancing the Energy Systems" form the crux of the book. With her unique and practical approach and her more folksy use of language, Beversdorf accomplishes several goals: She brings what she calls the Vedic "energy technology" more directly to the reader, especially to the reluctant participant - who wants to fix things in their life, has perhaps tried other avenues and found them wanting. To those who had no idea that each planet represents specific parts of the body, along with specific plants, foods, places, gems, minerals, grains, and colors - this will be a revelation. To astrologers, astrology aficionados and others having prior knowledge of these correspondences,

Beverdors provides several useful services, such as a catalog of remedies organized around what she calls "Energy systems." These in turn are based on the nine classical Vedic planets plus Uranus, Neptune and Pluto. While not exhaustive, it is comprehensive enough to serve most practitioners, whether Vedic or Western. In twelve brief example studies, including her own personal story of how the Vedic remedies helped her overcome debilitating depression, she also provides the important service of documenting the outcome after remedies were performed. She gives the prior condition or set of conditions, and what changed - at times within breathtaking immediacy of the ritual or remedy being performed. The major orientation of this book, however, is to give access to a system of remedies based on her "Energy systems." Guidance for their use, a brief list of sources for some of the remedies, along with a selected bibliography, index and Appendix "matching problems to remedies" completes this new and fresh approach. A handy reference guide to the novice and professional alike, it should serve to encourage both the layperson and practitioner to further explore the mysterious world of Vedic remedies. (from my review in CVA Journal [Council of Vedic Astrology], Sept. 2013)

[Download to continue reading...](#)

Vedic Secrets to Happiness: Life's Handbook : To Help You Improve Life's Good Stuff and Reduce the Messes VEDIC MATH: VEDIC MULTIPLICATION MATHEMATICS ( SPEED TIPS YOU NEED TO KNOW) (Get Vedic Math by the Tail! Book 2) VEDIC MATH TIPS: EASY VEDIC MATHEMATICS (Quick, Fast, Rapid, Multiplication Speed Tricks, Applied Mental Maths and Arithmetic Guide for Algebra and Math ... (Get Vedic Math by the Tail! Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) APPLIED MATHEMATICS: MENTAL MATH MADE EASY (Fast, Quick, Rapid, Speed Vedic Arithmetic Simplified and Demystified) (Get Vedic Math by the Tail! Book 4) Vedic Magick: Using Ancient Vedic Spells To Attain Wealth What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series) Healthy Knees Cycling: The Fun No-Impact Way to Reduce Joint Pain, Improve Strength, and Help You Live an Active Lifestyle The De-Textbook: The Stuff You Didn't Know About the Stuff You Thought You Knew Discipline That Connects With Your Child's Heart: Building Faith, Wisdom, and Character in the Messes of Daily Life Lives of the Artists: Masterpieces, Messes (and What the Neighbors Thought) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ...

Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) The Ultimate Secrets Handbook: Top 100 Minecraft Secrets (Unofficial Minecraft Guide with Tips, Tricks, Hints and Secrets, Guide for Kids, Master Handbook, Book for Kids, Updated Edition) Secrets Handbook: Top 100 Ultimate Minecraft Secrets: (Unofficial Minecraft Guide with Tips, Tricks, Hints and Secrets, Guide for Kids, Master Handbook, Book for Kids, Updated Edition) Stuff Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)