

## Excerpt from Your Body's Journey: The Sacred Path of Birth and Being

The third volume in The Journey series, Your Body's Journey turns our attention to the most tangible layer of being — the body, where soul and mind find their home.

### INTRODUCTION

In the first book of this series, Your Soul's Journey, we traced the descent of the soul into this lifetime, exploring how karma, time, and planetary influences shape the trajectory of a life. In the second, Your Mind's Journey, we followed the Moon across the Nakṣatras, witnessing how perception, memory, and emotion move through the mind.

Now, we arrive at the body — the final and most tangible layer of incarnation, the place where soul and mind are housed. The body is the ground where karmic lessons take shape.

Your Body's Journey explores the sacred process of embodiment through the Vedic sciences of Āyurveda and Jyotiṣa. These two traditions offer distinct but complementary insights. Āyurveda reveals how the body forms, functions, and transforms through elemental and energetic laws — how the forces of vāta, pitta, and kapha shape our constitution (prakṛti), how imbalances arise (vikṛti), and how we can restore rhythm and harmony. Jyotiṣa illuminates the deeper architecture of time, karma, and soul intention — revealing the blueprint of our incarnation and the timing of our physical, emotional, and spiritual unfolding.

These are not separate systems, but a mirror and a map. Jyotiṣa shows the reflection of our constitution through the birth chart, while Āyurveda offers the tools to navigate that landscape through food, lifestyle, and awareness. Together, they allow us to see the body not as a biological mechanism, but as a sacred companion in the soul's journey.

This book traces embodiment from multiple angles — how the body takes form, how its tendencies emerge before birth, and how the sacred processes of fertility, conception, pregnancy, and birth unfold. It also explores how

karmic timing intersects with these experiences and how we can approach each stage of the body's evolution with reverence and understanding.

Though the path follows the feminine body as a map of creation, the wisdom within is for all who wish to understand the intelligence of form — whether you are a seeker, a practitioner, or a student of Vedic science.

Each section builds upon the last, yet the teachings can be entered from many points. The material is layered — drawn from Sanskrit sūtras, classical Āyurveda, Jyotiṣa frameworks, and lived experience — always with the intention of offering wisdom that is both sacred and practical.

May these pages remind you that the body is not merely where life happens, but where consciousness remembers itself.

Excerpt from *Your Body's Journey: The Sacred Path of Birth and Being* — coming soon, the final book in the Divine Journey Trilogy.

Divine Journey