Vol 14 March 2026 Wellness Pt.2 Edition

Dolma

Center for Dharma Practice

Monthly Publication

Namaste and Welcome!

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From The Editor's Desk

Service: A Pathway to healing



"Life's most persistent and urgent question is: What are you doing for others?" – Martin Luther King, Jr.

This month marks the final part of our wellness series. Herein we present a broad spectrum of healing modalities that include the 'urban' art of AromaTouch; the autochthonous practice of Jharay; a most intriguing discourse on self-healing by the authoritative Carlos; and a stirring appeal for inner restoration in our Spoken Word feature.

Spiritual teachings have long affirmed the inviolable relationship between service and healing. On March 4 we embarked on our first food initiative in Brooklyn, NY. It was an immensely uplifting experience for everyone. During this period I was asked to serve as Dolma's acting editor, a role I graciously accepted.

May the merits of our service be a healing to all.

Acting Editor
Konchok Rinchen Tobgyal (Glenville Ashby)

Spirituality & Art

LEARNING, UNLEARNING, RELEARNING

(AS A STUDENT AGAIN)

A Fun Experiential Session conducted by House of Happiness (New York, India) in collaboration with NIFT, Panchkula

House of Happiness conducted a 1-hour experiential fun workshop for the faculty members of NIFT around the theme ***"Learning, Unlearning, Relearning — As a Student Again."*** The session invited educators to reconnect with the mindset of a learner — encouraging openness, curiosity, and self-awareness. In today's fast-paced academic environment, educators often focus on imparting knowledge while having limited opportunities to nurture their own inner growth. This workshop created a reflective and restorative space where participants experience learning from within, fostering renewed energy and perspective. The session invited faculty members to pause, reflect, and reconnect with the joy of learning through experiential and creative engagement.

Dr. Glenville Ashby, Co-Founder of House of Happiness, addressed the faculty members through an engaging interactive message.

Workshop Approach

The session was experiential and interactive, integrating holistic practices that support mental clarity, emotional balance, and creative renewal through fun, easy-going games and activities.

Key Components:

- Guided Breathwork for relaxation and mental focus.
- Sound-based relaxation for deep rest and stress release.
- Gentle Mindful Movement to release physical tension and restore body awareness.
- Reflective role plays were aligned with learning, unlearning, and relearning. Simple well-being practices that participants can integrate into daily life.





• The Holistic Impact of the Workshop:
Revived the Inner Learner
The workshop encouraged educators to step back into the role of a student, renewing curiosity, openness, and creative engagement.

• Facilitated Learning, Unlearning & Relearning
It supported reflection on existing patterns while creating space for new perspectives and evolving ways of thinking.

• Strengthened Creative Presence
Mindfulness-based practices enhanced awareness, helping educators approach teaching with greater clarity, imagination, and authenticity.

• Built Emotional Awareness & Empathy
Through guided learning processes, participants deepened their understanding of students' challenges, fostering more compassionate learning environments.

• Enhanced Adaptability in Dynamic Academic Spaces
The workshop helped develop mental flexibility and resilience essential for navigating changing educational and creative landscapes.

• Encouraged Reflective and Sustainable Well-being
Participants were introduced to practical tools that integrate self-care into daily professional life, supporting long-term balance and effectiveness.

• Restored Energy and Focus





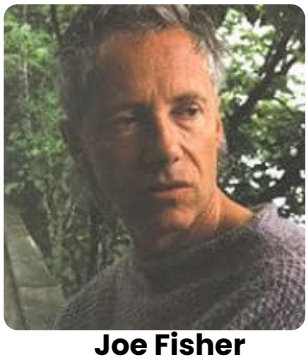


Breath, sound, and mindful movement practices helped regulate stress and renew physical and mental vitality.

Pathfinder's Series

THE RISE AND FALL OF JOE FISHER

Konchok Rinchen Tobgyal (Glenvile Ashby)



Joe Fisher

While Joe Fisher remains somewhat obscure in the fields of parapsychology and channeling, his experiential work as an author is essential for any anyone interested in the occult. His literary style captured readers and earned him the distinction of being the youngest editor at The Staffordshire Advertiser at the age of 22. He was keen on past life philosophy and the paranormal, penning Life between Life, and The Case for Reincarnation.

But it was his granular and riveting investigation of channeling in The Siren Call of Hungry Ghosts: A Riveting Investigation into Channeling and Spirit Guides, that established him as an indefatigable researcher, a critical theorist, and an authority on mediumship.

On Siren Call, Christopher Loudon of Quille & Quire wrote, "...a riveting detective story full of blind alleys, misplaced trust, deceit, and duplicity, all made doubly inspiring by the fact that none of these 'suspects' are of this world."

And Russ Bravo of Derby Evening Telegraph added, "...a discerning book in a field tragically short of objective investigation. Read it, and don't get fooled again."

Fisher's life was cut short by a tragic plunge over a limestone cliff in Fergus, Ontario in 2001; his misfortune blamed on vengeful spirits - his erstwhile friends - that viciously turned on him. Be it at the hands of spirits or his own, we will never know. What is certain is that his literary accomplishments will endure.

Quote by Joe Fisher:

"When all is said and done, there is no shortcut to Nirvana. But in this narcissistic age of instant gratification and swift solution, the great deception of channeling is that we may glide effortlessly back to the Godhead. All we have is pay our money, take our seats and dream on as loving discarnates lead us to enlightenment. Why, the Big E. is just around the corner and anyway - didn't you know? - we are God."

The Spoken Word

Healthy
River Rose



River Rose

How does one keep good health in these days?
When the pressure of life returns in waves
It's not as hard as you think it may seem
Weather alone or with spouse there should be no fee
Greatness in health is always free

Walking in nature
Observing a bee
Being so grateful
For all you can see
Reading a book
Setting your imagination free
Writing your thoughts is good practice you'll see
Talking to a friend or stranger
Knowing there's no danger
Learning something new
This is just to name a few
There's so many ways
To brighten your days

The best of all time
Yoga, meditation,
Having love for all nations,
Music and rhyme,
Singing aloud,
Faith in the clouds
Laughing out loud
Helping some one
Feeling proud
Standing out from the crowd
It doesn't take much

Just follow your heart
You can feel it in your gut
Humming like a song
Does it feel right?
Or does it feel wrong?
Listen to it
The answer doesn't take long.
If your smiling through
You know what to do
Keep on that track
An always give back

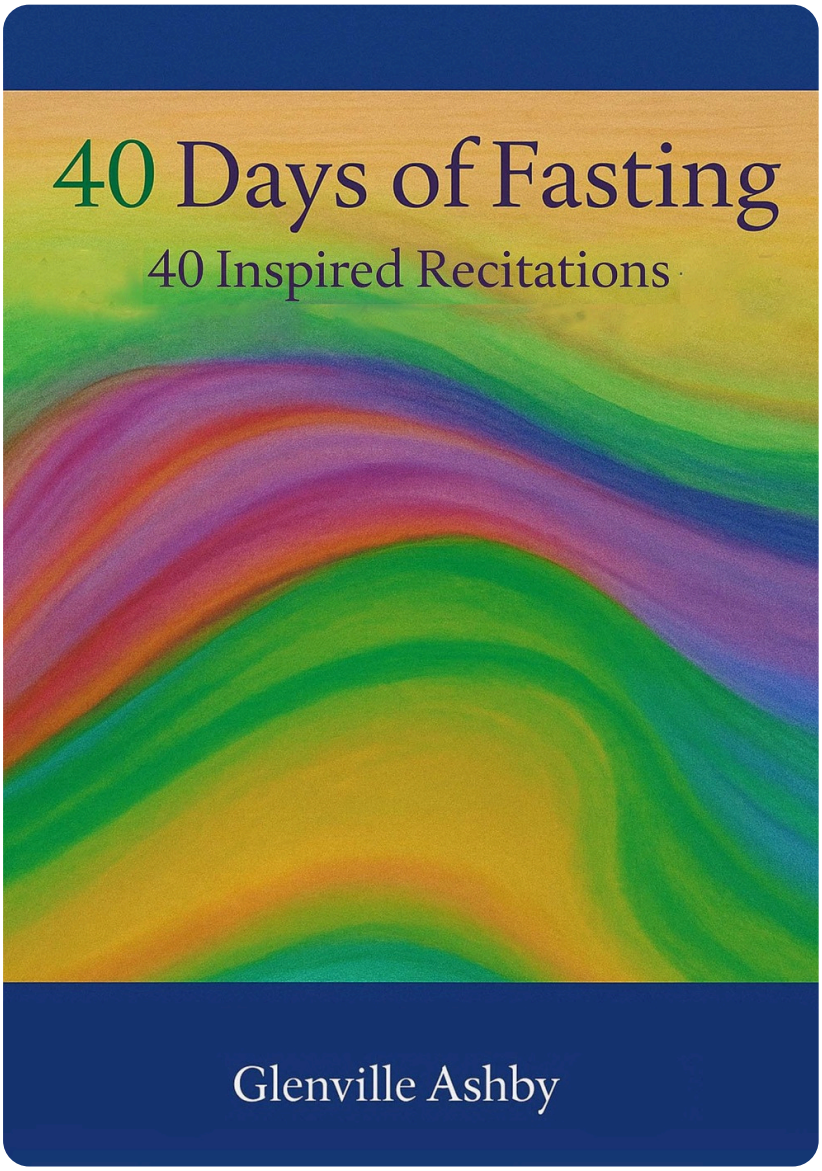
Make this daily practice
An you'll hit the hattrick
Good Health
Love and laughter
Peace and harmony
What more can there be?
Happiness and joy
Make you feel free
So here's to good health
Blessed be, blessed be.
Have love for you
An have love for me.

Literary corner

All things dharma

Watch full Video

LITERARY CORNER 40 Days of Fasting
40 Inspired Recitations



CONSCIOUS LIVING

THE HEALING TOUCH

By Anastasia Suchkova-Heyman

AromaTouch is a complimentary hand technique that uses essential oils especially created by Dr. David Hill. It employs gentle and firm touches along the back - from the sacral to the crown, a the feet. There are energy meridians and visceral points in these two areas that are awakened to balance the nervous system. This It is unlike a massage that works on the muscles. The power of this work comes from the touch - after all, though is the first session we feel at birth.

Each of the eight oils used creates its own desired effect - from grounding to relaxing, to creating an uplifting mood, to strengthening the immune system. These oils are not synthetic; they are certified pure grade oils. We ensure this by working directly with farmers."

I practiced on my son when I was first certified and what remarkable results he experienced. As a young man with overflowing energy at times he responded well to the calming effects of my practice. It helped him deal with stress and relaxation; you know how kids can be super active.

In many ways, AromaTouch is very much a preventative modality.
Many have asked of my keen interest in this healing art. My background, my formative years moved in this direction. I was born in the very remote region of Nyrob in Perm Krai, Russia. My mom treated us with herbs, making much use of the Mother Nature. I saw a connection between my mother's natural approach to healing and that of Dr. Hill who introduced special oils and as integral to the discipline.

Aroma Touch does not replace other modalities. It complements them. In our meetings we hear of people who have benefited from this treatment. We hear of the stillness of Parkinson's patients during our treatment. Clients with back injuries improve and assured that our method will not aggravate their injuries. Theres a case of a stutterer who benefited. A lot of these results are explainable, Aroma Touch balances the hormonal levels and strengthens the immune system, and ultimately restores homeostasis to the body.

The frequency of use depends on the need of the client. Generally, I recommend once a week as a preventative measure against random illnesses. If there is pressing health-related issue then twice is advisable.

I am one of the ambassadors of doTerra, the company that created the training program and that produced the essential oils. These online courses are self-paced and gives one the foundational knowledge of the system. After graduation one is skilled enough to conduct workshops. One of the aims of these educational programs is to ensure uniformity of treatment. Moreover, there is a tier structure so one can opt to advance one's training directly under the expertise of our founder and other experienced supervisors, thereby getting more involved in the business side of the company.
My goal is to bring AromaTouch to health and beauty parlors, massage centers , and frankly, in a lot more homes in New York. I want everyone to have an easier access to this incredible healing art.



Anastasiya Suchkova -Heyman

Anastasiya Suchkova-Heyman is a doTERRA Wellness Advocate, AromaTouch® Certified Ambassador, and NASM-certified Nutrition Coach who specializes in holistic, integrative wellness. She teaches the AromaTouch® Technique—a gentle yet powerful approach that supports the body's natural healing processes through essential oils, touch, and intentional care.

By combining evidence-based nutrition, food-as-medicine principles, essential oils, and lifestyle practices, Anastasiya helps clients reduce stress, strengthen immunity, and restore balance on physical, mental, and emotional levels. Her work empowers people to feel truly well—from the outside out.

Tempering Through Self Connection

By Anna Ellis



Anna Ellis

While interaction with others provides amazing opportunities for expression and wellness support, we also must maintain another connection – the one we have with ourselves. Though simple in its' idea, this task is often much more involved. How do we connect with our true selves? Perhaps the initial inquiry should be regarding how we meet our true self and maintain communication throughout our lives. This experience likely looks and feels different for each living being. Each will have something in common – establishing how to begin. Included below are self-prompt and action options that may be helpful during our reflective, present and transcendence journeys.

Communicate with yourself and describe your perception of how life has changed since the journey began. This can be done in a variety of ways, such as through meditation or communing with nature.

Assess your current comfort levels with your inner dialogue and what may help you achieve a better overall path through this journey.

Using oration and/or visualization, present a memory that inspires happiness and comfort. Let yourself focus on all aspects of the memory and focus on the serenity of the moment.

Try something new or different. It does not need to be extreme, just slightly out of the normal routine and within the realm of healthy and productive behavior. Decide whether the experience has been completed or bears repeating.

Jharay: An Indigenous Healing Art

By Primawattee Teeluck-Dharry and Konchok Rinchen Tobgyal





An artist's rendition of a shamanic healing ceremony

Instruments of exorcism

As we live and experience life we can become entangled in the unseen world.
In days of yore, till now, we may have experienced unexplainable feelings and illnesses, to which our elders admonished: someone gave you a "bad eye" or "maljo."
Some of these very elders were spiritually adept at resolving troubling cases by the use healing methods called jharay and onchay.
In onchay, a brown bag wherein are placed onions, garlic peels, pepper and salt is used by the healer. The person receiving the treatment stands in front of the healer who holds the brown paper with the right hand. He proceeds to touch this hand with his left as both (hands) swirl in a clockwise direction along the full body of the patient. This is done five times then the bag is discarded, burned in fire.
In respect to jharay, pundits (learned Hindu priests) use a peacock feather or a broom, executing similar motions over the body of the infirm.
Many people who had not believed in this spiritual healing witnessed and also experienced inexplicably wondrous results.
Growing up in this environment has given us the knowledge and understanding of mantras (sacred words) that are also recited as the healer's hands or specially made brooms are passed over the body. Insufflation (ritualistic blowing) is also employed in the healing process. (In Trinidad and Tobago cocoyea brooms from the branches of coconut trees are used as healing instruments. These brooms are not only used to sweep but to exorcise negative spirits.)
This healing practice goes much further. Diagnoses and prognoses are formulated during rituals with stark accuracy.

This paranormal subject stirs debate and controversy. As a result, many healers prefer to remain incognito fearing derision from disbelievers.

Notably, spiritual healing requires morality of body, speech, and mind. The antithesis of this principle causes the transference of negativity and the further degradation of the patient. Conversely, the patient must relinquish anger, resentment, envy and other like emotions that serve as barriers to healing. They must also exercise tranquility and inner quietude. Like healers, they too must prepare for the rite.

We can vouch for the efficacy of jharay and similar practices. We have seen pathologies successfully addressed; in some cases ailing babies restored to good health, and excitable, troubled minds, pacified.

Such are the incredulous gifts bestowed to healers by Spirit, gifts readily sought by the indigent, and in the myriad of cases, when allopathic medicine fails.

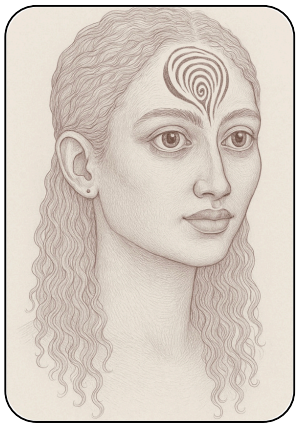
Bat Kol
Teachings by Carlos

Intuitively conveyed by Guru Konchok (Glenville Ashby)

VOICE FROM THE INNER REALMS

The Selfless Act of Self-Healing

A word on self-healing: It's ironic that you refer to this mode of healing in terms related to yourself. Self, you say, when the correct terminology should be selfless healing. All healing should be selfless. Although you may direct color energy and other light rays to restore your cells, to generate healing within, it all comes to naught if your focus is entirely on yourself. Self-focus short-circuits energy flow. This explains why healers balk or fail at healing themselves. The 'I' and 'me' act as the most insurmountable barrier to good health.



Carlos - An artist's impression

Not that you cannot focus on yourself during an act of healing, but you must learn to shift your awareness away from yourself at the right moment and share the hope you hold for yourself with others; in other words, the redirection of healing energy to others equally in need, with multiply your chances of restoration and notably, those of others.

For too long you have wallowed in your own pain and despair. The quicker you learn the reality of dependent origination- that you are part of a whole (including all of nature) and inextricably so, your life will improve by leaps and bounds. Practically speaking, whenever you fall ill again, in addition to seeking out the doctor (smile), try attending to a plant, a garden, and so forth. Go and help another less fortunate. Make a phone call, be cheerful in so doing. Check up on others. Be extremely kind to animals. Make a donation to charities that are noble. Do I need to say more?

Yes, allow me. I should add the importance of dedicating our self-healing prayers to benefit others. The famous Buddhist prayer speaks to this truth. Here, I have abbreviated and added my emphasis that you might better understand:

By this merit (your prayer) may others also attain the omniscience that will end all suffering.

Is there a benison any greater?

ZHABS TOG
(SERVICE)

CENTER FOR DHARMA PRACTICE
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Dharma Meal Initiative 2026
4th February

Dear Prospective Donor,
The Center for Dharma Practice is pleased to announce the *Dharma Meals Initiative* aimed at serving 100 hot meals, prasadam (sweets), and beverages to individuals and families in the TriState area. The first of our four 2026 outreach programs is scheduled for March 4 at the Atlantic Avenue Men's Shelter, 1322 Belford Avenue, Brooklyn, NY 11216. (Tel: 718-636 3908.)

Meals are prepared by Mother Barbara's Kitchen situated on 571 Milford Street, NY 11208. (Tel: 347- 907 2026.)
The total projected cost is $800 for this quarter. Any proceeds beyond this figure will be used for the next quarter.

To keep administrative costs low we ask that you make your check payable to Center for Dharma Practice; memo: Dharma Meal Initiative.

Your donation is immensely appreciated.

May All Sentient Beings Have Happiness.
Sincerely,
Glenville Ashby.

Director

The power of Sharing: *"If sentient beings only know, as I do, the fruit of giving and sharing, they would not eat without first giving...They would not eat without sharing their last mouthful, their last morsel, so long as there was someone to receive it."*
- The Buddha

The Center for Dharma Practice is a 501(3)C organization. All contributions are tax deductible.

The Center for Dharma Practice performed Seva at the Atlantic Avenue Men's Shelter in Brooklyn. It was a heartfelt exchange of warmth and gratitude. Members took the opportunity to share the fundamentals of dharma and invited residents to contact our office for additional information.

Sarva Mangalam
(May All Be Well)



End-of-life Reflections

PURPOSEFUL LIVING , PURPOSEFUL DYING

THE SUDDEN PASSING

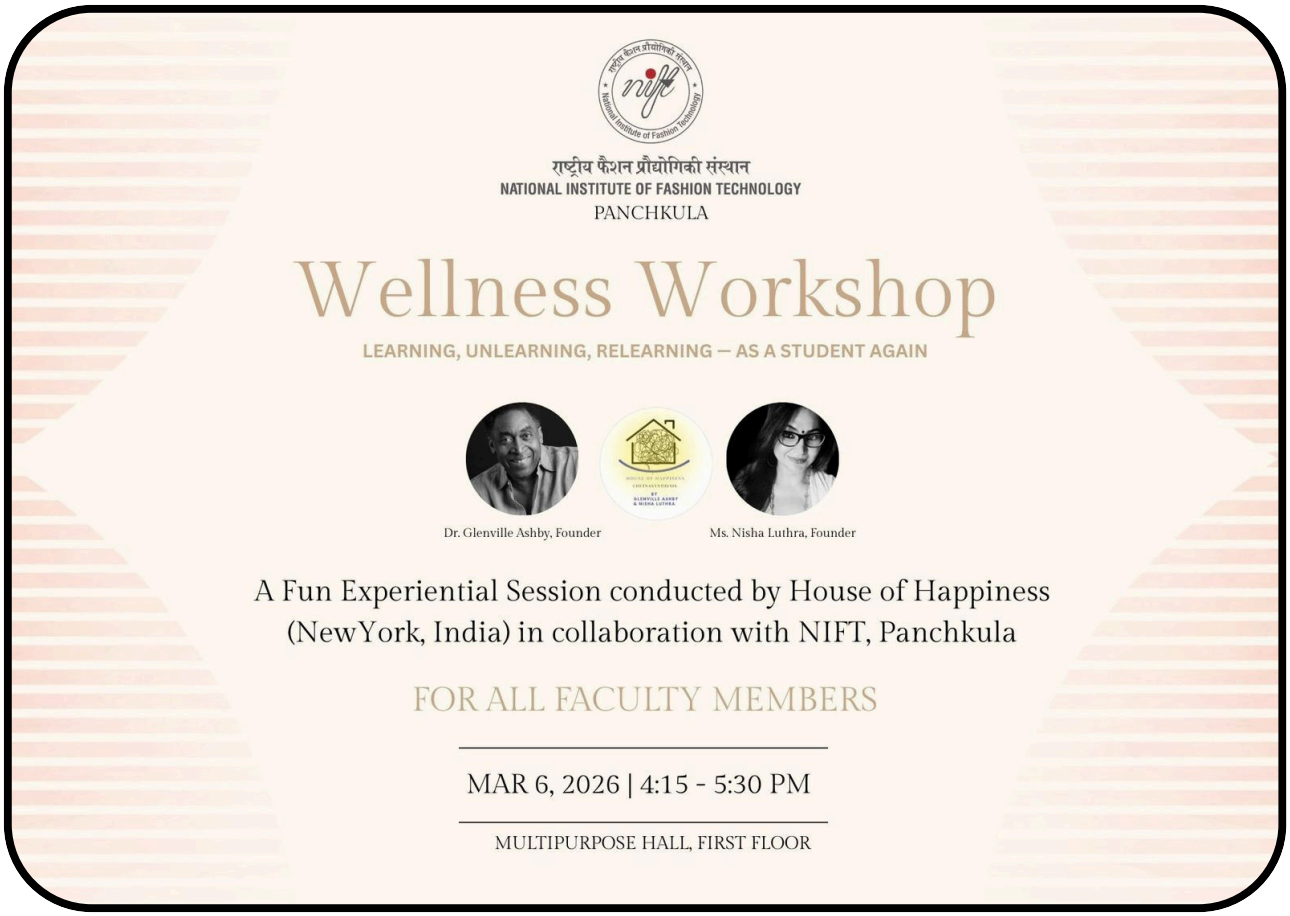
Konchok Rinchen Tobgyal (Glenville Ashby)



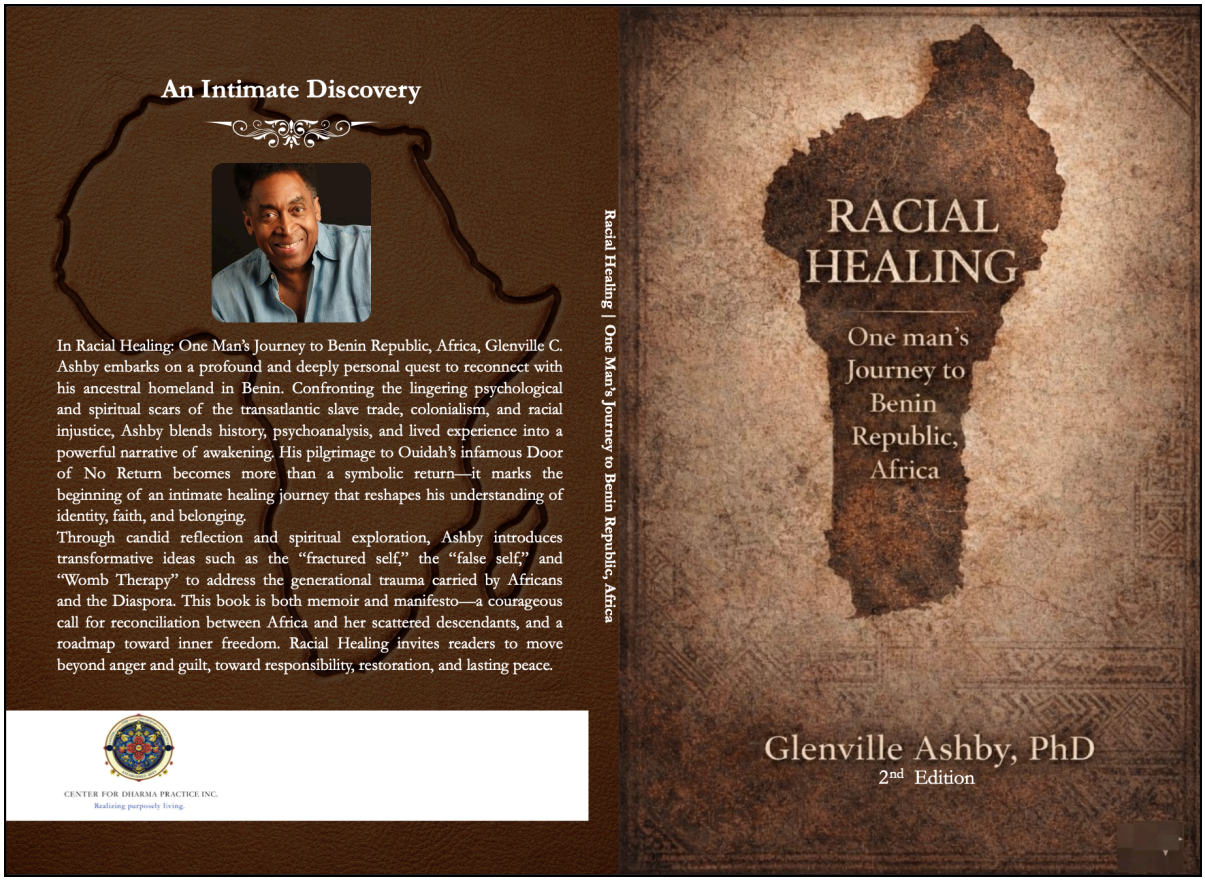
In the last edition we identified ways of finding meaning and purpose during the dying process. The opportunity to make amends, counsel, and be gracious and accepting of death, can be therapeutic and inspirational to loved ones. But there is the suddenly shocking and untimely death that brings unspeakable grief. Can we here find purpose; can we find peace and acceptance in such tragic circumstances? Here, the experience of pastoral and grief counselor is sought.

But what we can all commit to is assuaging the pain of those we leave behind by being practically, philosophically and spiritually prepared for any eventuality.
Preparing for the inevitable is healthy. Burying our loved ones is already difficult so why compound it by leaving straitened, unresolved matters? Seeking legal counseling in estate planning is dharmic and dutiful for it can ameliorate a personal loss. On a philosophical-spiritual level, we must accept life's vicissitudes, its vagaries, its unpredictability, its transience. The truth of life, once embraced through contemplative prayer, will help cushion us against the trauma of a sudden passing.

Announcements



The Center for Dharma Practice successfully collaborated with its affiliate House of Happiness on March 6, 2026 for the wellness workshop: Learning, Unlearning, Relearning - Students Again, at the National Institute of Fashion Technology, Panchluka, India.



The Center for Dharma Practice has partnered with Ananta Press, India for its third publication in 11 months. Racial Healing by our founder, Guru Konchok, is now available on Amazon (kindle and hardcover).

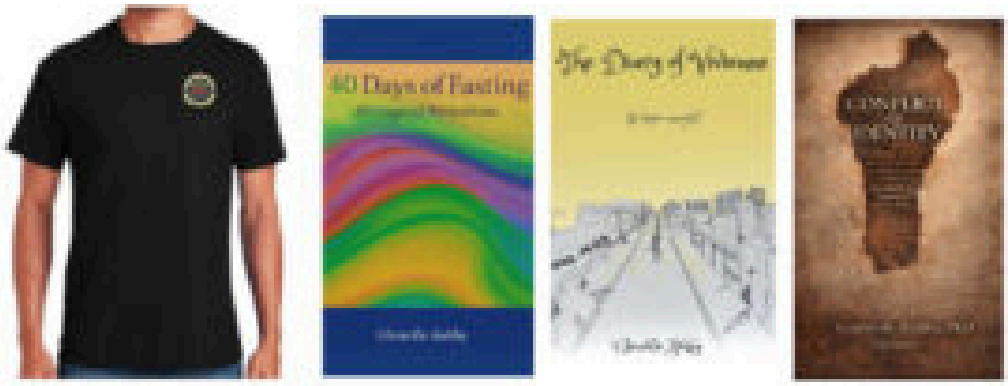


The Center of Dharma Practice congratulates our founder Glenville Ashby on another literary achievement.

Center for Dharma Practice

Merchandise
Store

T-Shirts and coffee cups are now available.
Enquiries: + 1 347 601-8004



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