



ASHRAMA

Stages of Life - 1. Brahmacharya

‘Indic Wisdom’ is the name to communicate the essence & applications of the principles & processes embedded in the ever relevant living system, **Sanatana Dharma**.

Most of us who were born between 1970s to 1990s were caught between what elders said vis-à-vis what we heard from print media, self-professed rationalists / activists & friends.

Let us dive deep into a concept which would help (me) to experience my Master’s statement, “**a teacher is not there to win popularity contest.**”

As per Indian astronomy (later astrology) , 120 years is full life; arrived at by allocating years (called dasabhukti) to each graha. Ancients also figured out that the calendar cycle is 60 years, not 100 years.

Thus when we complete a cycle of 60 years, we are supposed to step-in to the next 60 years like ‘a beacon of wisdom’ preferably not repeating mistakes. Further this **120 years are divided into 4 stages of life.**



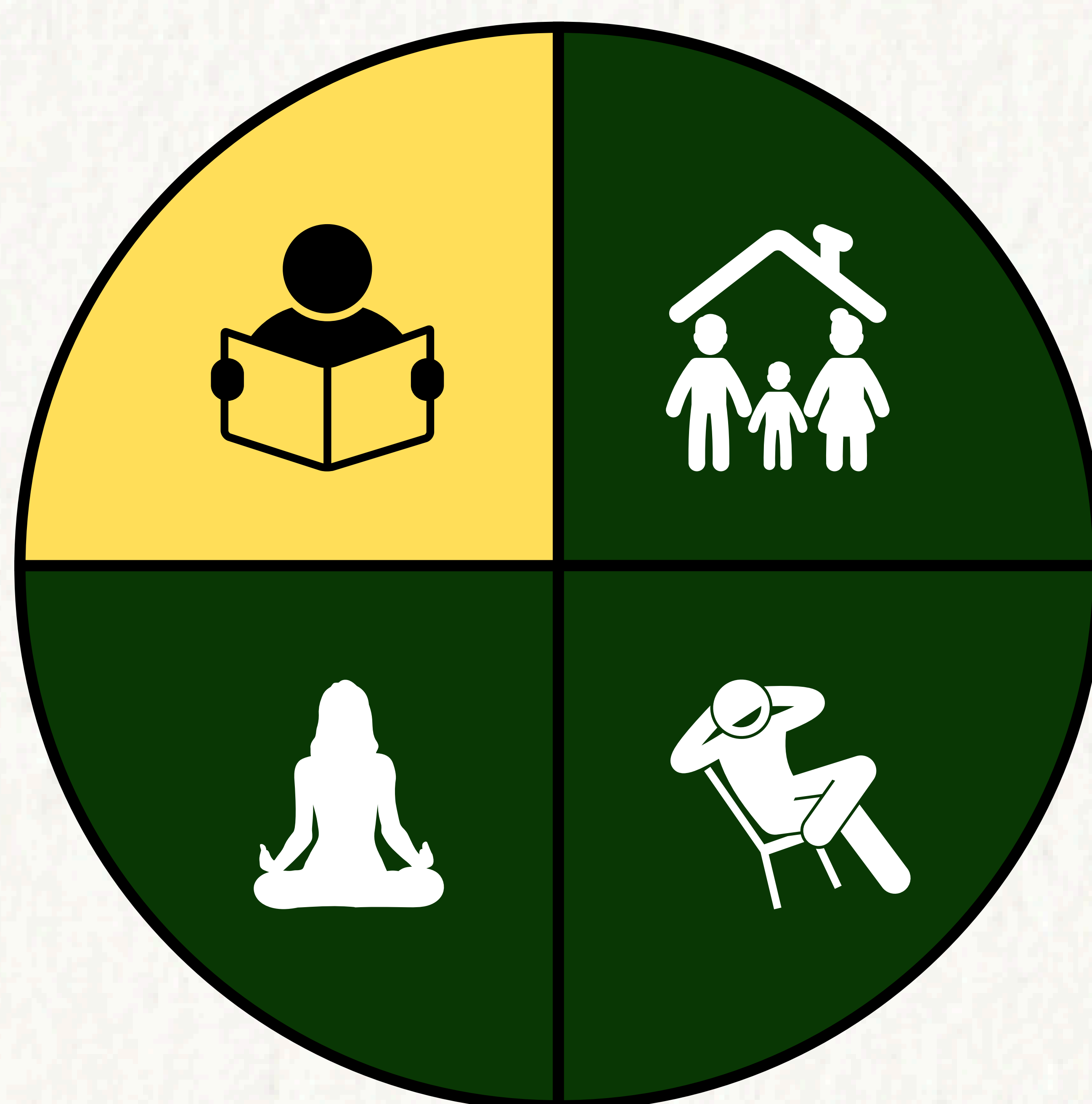
Now, the detailing gets still better; the traditional Vedic priests don't perform Aayushya homam, a fire ritual for longevity to people above 50 years.

This gives us the calculation to the scale of 100.
So each stage of life is 25 years.

Stages, Name, Main purpose is being a

- 1, Brahmacharya, Student
2. Gruhastha, Householder & being active
3. Vanaprastha, Retiree / Consultant on demand
4. Sannyasa, renunciate

Brahmacharya,
Student



Gruhastha,
Householder &
being active

Sannyasa,
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Vanaprastha,
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Stage 1: Brahmacharya (Student / Learner)



Right from childhood till the child enters the teens it is consumed with experimentation & learning through senses.

We observe that children lick, bite, swallow or chew to understand objects that it can lay hands on.

The sense of taste belongs to water element & associated with Swadishtana chakra.

As they grow into the teens, curiosity to know more on one's sexuality & the other gender through exploration as well as the inexplicable surge of sensuousness is to be monitored without overwhelming them.

The first & foremost rule to follow at home right from the time the child is able to understand, if not talk, is to ensure delayed gratification as a home-norm.

Children should hear the word **NO** so that they understand that a **NO** is a **NO** at times & spaces when we aren't with them.



Girls from **Yoga for Girls Program** at *Shrimath*

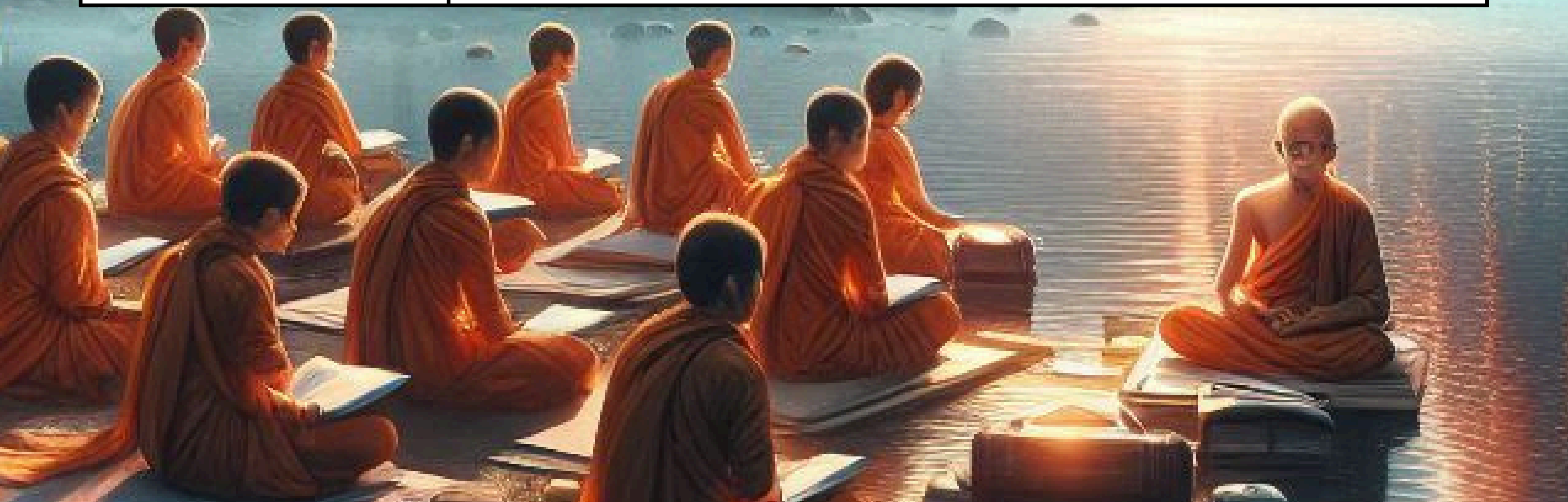
If you are someone of age ≤ 25 or have access to a child / friend in stage 1 then lovingly share with them the scientific knowledge that they need not rush into any physical relationships.

Neuroscience research indicates that faculties of rational thinking & decision-making belong to prefrontal cortex as it governs reasoning.



Please use the following summary of scientific studies as
your ready reckoner.

Ages 12–18	Prefrontal cortex is still developing. Thus impulsive behavior & risk-taking due to emotional & social influences (processed in limbic system) mostly overpowers rational decision making.
Ages 18–25	The brain's white matter increases, improving communication between different brain regions. Though cognition improves & rational thinking strengthens, the decisions would still be prone to be purely emotional or peer-driven.
Ages 25–30	Prefrontal cortex fully matures leading to better control of impulses resulting in improved logical reasoning & long-term planning.



This is the right age where they are better in: evaluating risks, delaying gratification (as they understand consequences) & making rational decisions / choices.



Yoga for Girls Participants


 Available in Google

1) A study in **Nature Neuroscience (2006)** showed that *prefrontal cortex continues to develop into the mid-20s, affecting reasoning & self-regulation / control.*

2) A research at the **National Institute of Mental Health (NIMH)** highlights that myelination (process that enhances brain connectivity that improves rational thinking) continues into the mid-to-late 20s.

Conclusions

- 1) It's with the logic, science & reason explained above our ancients fixed this stage as Brahmacharya.
- 2) The more one cultivates sense control by understanding that it's for their own 'karmic good' Indic traditions advocate strict adherence to the ashrama dharma the better one's future would be.
- 3) Don't fall for wokeism, activism but root for scientific principles.

 Read LinkedIn Post here: [Post 1](#) | [Post 2](#)



A Cultural Heritage Organization dedicated to preserving and promoting the ancient yet ever relevant Indic Knowledge Systems and its applications in daily life.

[Foundation for Indic Wisdom](#) is a formal name & initiative to efforts that are being done in this field of since 2011.

The primary objective is to facilitate the move from mere living to enlightened living.



[Shrimath Yoga](#) is the only YOGA SCHOOL listed in international travel portal TripAdvisor to be consistently ranked in the top #3 since 2013. Since 2015 we started to receive CERTIFICATE OF EXCELLENCE.

In 2019, Shrimath Yoga entered the HALL OF FAME in TripAdvisor for securing CERTIFICATE OF EXCELLENCE for 5 consecutive years since 2015.

In 2020 we were awarded the TRAVELLER'S CHOICE that's offered only to the top 10% hospitality properties of the World.

Do feel free to write directly to our students reviewers and get to know about their experience on studying at Shrimath Yoga.

Jai Ma!