



# A Map of One's Own

Ancient Ayurveda reveals your life “blueprint” for personal transformation and optimal health

By Tess Ghilaga

**S**ome people crave peace and solitude, others dream of fame and fortune. And then there are the iconoclasts—those among us who alter the course of human history. If you ever wondered why you are who you are, or why you act the way you do, there's a perfectly good explanation: It's in your life blueprint.

Thousands of years ago, Vedic scholars in India looked to the planets to decode the uniqueness of each individual. Today, this sacred ancient Ayurvedic knowledge thrives through Gandharva Sauls and Sarah Tomlinson, co-directors and founders of the Ayurveda-Yoga Institute based in Manhattan. By understanding your own blueprint, you can develop deeper insights about the most important areas in your life, including health, career, and relationships.

Sauls acquired this cache of wisdom through

Edward Tarabilda, the late modern sage who studied the Vedic science of the stars. Though Sauls requires specific information about one's

birth for a consultation (the exact minute of birth, for example), Ayurveda is not associated with astrology. Rather, this 5,000-year old system of healing provides vital information that can transform and balance your physical and mental health. An Ayurvedic and yoga practitioner since 1986, Sauls learned from renowned masters, such as Dr. Vasant Lad, David Frawley, and Maya Tiwari. Several years later, he read Tarabilda's

enlightening book *Ayurveda Revolutionized*, and felt compelled to meet with him. “Ed had discovered some big, missing pieces of Ayurveda that really work in a much more accurate way,” says Sauls, who began studying with Tarabilda and received the esoteric gift of “reading the life blueprint” in 2000.

