

AWAKENING WITH THE 5 ELEMENTS

Ancient Wisdom. Elemental Purification.
Healing, Transformation & Divine Connection.

EARTH

STABILITY
AND STRENGTH



FIRE

PURIFICATION
AND TRANSFORMATION



SKY

EXPANSION
AND AWARENESS



WATER

PURIFICATION
AND COMPASSION



AIR

VITALITY
AND MOVEMENT



TEACHINGS OF
SRI KALESHWAR

INSPIRED BY THE GRACE OF

SRI SHIRDI SAI BABA



SRI KALESHWAR UNIVERSITY

ANCIENT WISDOM. LIVING PRACTICE.
GLOBAL TRANSFORMATION.

The Sri Kaleshwar University was founded to preserve, illuminate, and share one of the most extraordinary bodies of spiritual knowledge ever brought from India to the modern world.



OUR FOUNDER: PAUL ARYEH

At its heart stands Paul Aryeh, one of Sri Kaleshwar's earliest Western students and a member of the renowned Elephant Group—the master's intimate circle of dedicated disciples entrusted with direct access to his teachings, mission, and transformative spiritual work.

A LIFELONG JOURNEY



For more than twenty-six years, Paul studied, practiced, traveled, and worked alongside Sri Kaleshwar.



Through decades of direct training, practice, and service, Paul developed a rare depth of understanding of Sri Kaleshwar's methods, processes, and spiritual vision.



Today, he stands among the foremost living custodians of this lineage, dedicated to preserving the integrity of the teachings while making them available to sincere seekers around the world.

SRI KALESHWAR UNIVERSITY — A PLACE WHERE: —



ANCIENT WISDOM BECOMES LIVING PRACTICE

Sacred teachings from India's timeless traditions, made practical for modern life.



SACRED KNOWLEDGE IS HONORED

Approached with clarity, reverence, and authenticity, faithfully preserved and powerfully transmitted.



HEALING AND TRANSFORMATION ARE REAL

Tools and processes that purify the mind, body, and soul and awaken your divine potential.



A GLOBAL COMMUNITY AWAKENS TOGETHER

Students from around the world walking a genuine path of spiritual growth, service, and connection.

A GENUINE PATH. A LIVING LINEAGE. A LIMITLESS DESTINY.

*Join us in this sacred mission to awaken the soul, serve the world,
and honor the divine legacy of Sri Kaleshwar.*



TESTIMONIAL

A JOURNEY THAT CHANGED MY LIFE

COLE L.

FIVE ELEMENTS STUDENT



I have spent years searching for authentic spiritual practice.

I've studied countless traditions, read hundreds of books, and explored meditation, yoga, mantra, psychology, and mysticism.

Yet nothing I encountered came remotely close to the Five Elements process taught by Sri Kaleshwar.



Working with Paul Aryeh over the course of three years—and completing the Five Elements journey—fundamentally changed how I understand myself, subtle energy, the guru-disciple relationship, bhakti, spiritual power, and, above all, love.



It wasn't simply informative.

It was transformative.

This was, without question, the single most profound spiritual practice I have ever undertaken.



What impressed me most wasn't only the practices themselves, but Paul's depth of understanding, patience, humility, and unwavering commitment to preserving Sri Kaleshwar's teachings exactly as they were given. Every question was met with clarity. Every challenge became an opportunity for deeper growth.

A YEAR IS A SMALL INVESTMENT FOR A LIFETIME OF TRANSFORMATION



When people hear that the Five Elements take about a year to complete, it can sound like a significant commitment. But viewed another way, it's roughly one hundred hours of focused spiritual practice.

One hundred hours.

Compared to a lifetime—or even a single year of full-time work—that is an incredibly small investment for something capable of reshaping the foundation of your spiritual life.



According to this lineage, the Five Elements are completed only once. They become a permanent foundation upon which every advanced practice is built. Rather than being another meditation technique, they are the doorway into a much deeper body of sacred knowledge.



For me, they became an investment in what I can only describe as my soul's capacity.

This goes to your soul bank account, and once the elements are completed, this is carried into all future lifetimes.

They need to be done once, and this opens you to the rich and intricate more advanced paths within the lineage.

“

I will remain forever grateful to Sri Kaleshwar, to Shirdi Sai Baba, and to Paul Aryeh for their compassion, guidance, and dedication throughout this journey.

Looking back, I don't simply feel that I learned something. I feel that I became someone different. If you are sincerely searching for an authentic spiritual path rooted in living tradition rather than theory,

I cannot recommend the Five Elements highly enough.

***It has been one of the greatest blessings of my life.*”**

— COLE L.



ANCIENT WISDOM. LIVING PRACTICE. GLOBAL TRANSFORMATION.
AWAKEN. PURIFY. TRANSFORM. LIVE DIVINELY.



SECTION 1

MY MESSAGE TO THE WORLD

*The Story, Vision, and Mission
of Sri Kaleshwar*

A Divine Encounter

When Sri Kaleshwar was around fourteen years old, he had little interest in spirituality. One day, while studying in an old temple near his village, he met a mysterious elderly man.

The stranger knew things about him that no one could know. He offered him food from his begging bowl—food that was spoiled, yet became fresh and delicious at his touch. Before disappearing, the old man revealed himself as Shirdi Sai Baba.

From that moment, Sri Kaleshwar's life was transformed. He later traveled to Shirdi and felt an inner calling to dedicate his life to healing, teaching, and serving others.

His Mission

Sri Kaleshwar shares ancient spiritual formulas preserved by realized masters. His wish is not to create followers, but to awaken healers—ordinary people who can become instruments of divine compassion in the world.

Cosmic Energy

The universe is filled with divine vibrations. Through mantra and focused intention, we can connect with this cosmic energy and draw healing, guidance, and strength. This energy flows through all beings and can be used selflessly for the well-being of others.

The Purpose of Miracles

Miracles—such as materializations or extraordinary phenomena—are not the goal of spiritual life. They are signs that attract attention and open hearts toward the Divine. Their true purpose is to lead people to faith and to the path of transformation.

The Path Begins With You

Like a seed planted in the soil, spiritual knowledge needs your sincerity, effort, and watering of practice. With faith and determination, the seed will grow. One day, you too can become a source of healing and light for others.

*The master gives the seed.
You give the effort. God gives the growth.*

REMEMBER

*You cannot force
a thirsty cow to
drink water.
You can only lead
her to the water
and let her
drink by her
own will.*

SPIRITUAL GROWTH
BEGINS WHEN
WE CHOOSE IT
FOR OURSELVES.



Key Themes



Divine guidance comes in unexpected ways.



Cosmic energy is always available to us.



Faith and determination awaken transformation.



Healing is the highest expression of spirituality.



Our purpose is to serve and uplift the world.

What This Section Teaches Us

- How Sri Kaleshwar's life was transformed by Baba's grace
- The purpose behind the teachings he shares
- The role of cosmic energy and mantra in healing
- Why miracles are a means, not the goal
- The importance of faith, effort, and surrender



THE 5 ELEMENTS

— The Foundation of Life, Healing, and Realization —

Sri Kaleshwar teaches that all of creation is woven from the Five Elements.

When we understand them, we understand ourselves.

When we purify them, we awaken to our divine nature.

“
When the 5 Elements
are in harmony,
the body becomes
a temple, the mind
becomes still,
and the soul remembers
its true nature.

— Sri Kaleshwar



KALESHWAR'S TEACHING



The Elements are not
just outside of us—
they are inside of us.



Balance the Elements
through mantra,
breath, meditation,
and devotion.



When balanced,
they bring health,
clarity, strength,
and peace.



When imbalanced,
they create disease,
confusion, weakness,
and suffering.



Master them within,
and the outside world
will reflect balance,
beauty, and
divine order.



EARTH
PRITHVI

Steadiness. Endurance.
The body. Structure.
The ability to manifest.
When balanced, we
feel grounded, stable,
and secure.



WATER
APAS

Fluidity. Purification.
Emotions. Nourishment.
The ability to adapt
and heal. When
balanced, we feel love,
compassion, and flow.



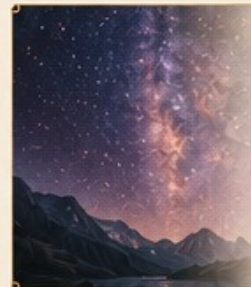
FIRE
TEJAS

Transformation.
Digestion. Energy.
Intelligence. Willpower.
The ability to change.
When balanced, we
feel clarity and purpose.



AIR
VAYU

Movement. Breath.
Thoughts. Inspiration.
The ability to
communicate.
When balanced, we
feel light and free.



SPACE
AKASHA

Expansion. Silence.
Consciousness.
The ability to
hold all that is.
When balanced, we
feel peace and oneness.

THE 5 ELEMENTS WITHIN US

Everything in the universe is made of these 5 Elements, and so are we.
Body, mind, prana, and emotions all arise from their interplay.
Spiritual practice is the art of bringing them into harmony.

“Master the Elements within,
and you master your life.”

— Sri Kaleshwar —



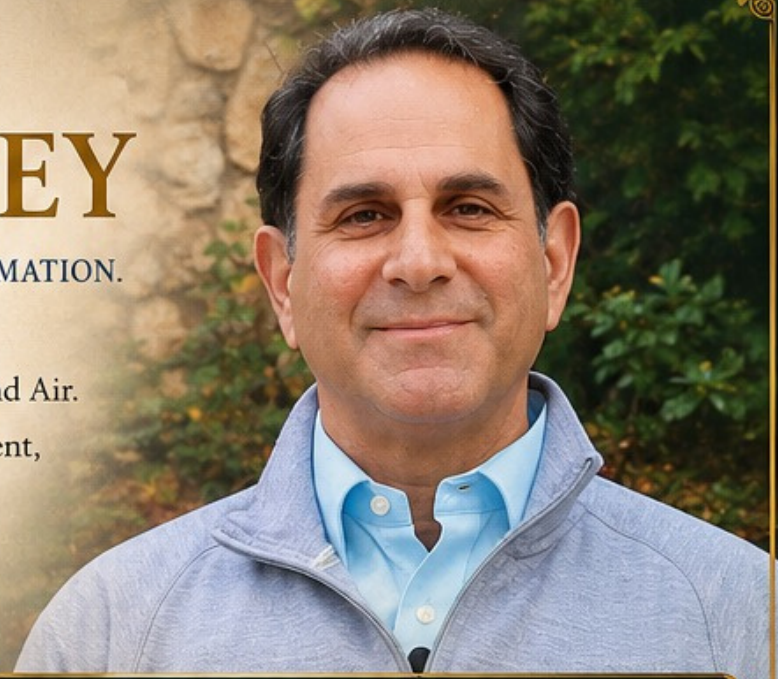
THE FIVE ELEMENTS MANTRA JOURNEY

ANCIENT WISDOM. DIVINE TECHNOLOGY. REAL TRANSFORMATION.

All of creation is made of five elements—Earth, Fire, Sky, Water and Air.

Sri Kaleshwar reveals that through sacred mantras for each element,
we awaken the creation energy within us,
purify our body, mind and soul,
and open the channels to Divine Grace.

THIS IS NOT JUST A PRACTICE.
IT IS A REBIRTH OF YOUR SOUL.



LEARN WITH PAUL ARYEH
DIRECT DISCIPLE OF SRI KALESHWAR

- Earliest student of Sri Kaleshwar
- 14 years living in India in the ashram
- Founder of the Sri Kaleshwar Temple in Tarzana, CA
- Dedicated to sharing this sacred technology with the world



41 DAYS TO TRANSFORM YOUR LIFE



Each element has sacred mantras.
Commit to 41 days for each element and experience lasting transformation.



EARTH

Builds stability, strength and a deep foundation.
Removes fear, insecurity and instability.
Connects you to physical well-being and grounded living.



FIRE

Purifies negativity and burns past karma.
Ignites willpower, inner transformation and spiritual power.
Brings courage, passion and clarity.



SKY (AKASH)

Opens the mind to vast awareness.
Brings intuition, inner vision and connection to higher wisdom and truth.
Expands consciousness.



WATER

Cleanses emotional wounds and past pain.
Brings forgiveness, compassion and emotional balance.
Heals the heart and restores inner peace.



AIR

Purifies the breath and life force (prana).
Removes anxiety and mental blocks.
Brings freedom, lightness and vital energy.



COMPLETE PURIFICATION

Clear stress, negativity and karma at every level—body, mind, emotion and soul.



DIVINE HEALING AWAKENS

Open the channels to Divine energy and naturally awaken your healing abilities.



TRANSFORM YOUR LIFE

Experience deep inner peace, clarity, vitality and spiritual strength.



ANCIENT AND TIMELESS

These mantras come from the palm leaf wisdom of the ancients and work powerfully today.



SERVE THE WORLD

As you purify yourself, you become an instrument of healing, love and compassion for others.



REAL RESULTS YOU CAN FEEL

More peace.
More clarity.
Better health.
Stronger intuition.
A life filled with meaning.



41 DAYS.
1 ELEMENT.
A NEW YOU.
FOREVER.

ONE YEAR.
FIVE ELEMENTS.
A TOTAL TRANSFORMATION.
BEGIN YOUR SACRED JOURNEY TODAY.

*"Through mantra,
we call the Divine.
Through purification,
we become worthy
of the call."*

— Gifts of Shirdi Sai Baba



Daily Practice • Sacred Mantras • Purification • Healing • Transformation • Service

Join Paul Aryeh in this life-changing journey and awaken the Divine within you.



SRI KALESHWAR UNIVERSITY

ANCIENT WISDOM. LIVING PRACTICE.
GLOBAL TRANSFORMATION.

The Sri Kaleshwar University was founded to preserve, illuminate, and share one of the most extraordinary bodies of spiritual knowledge ever brought from India to the modern world.

AWAKEN. PURIFY. TRANSFORM.
LIVE DIVINELY.



FOUNDER & DIRECT DISCIPLE OF SRI KALESHWAR



PAUL ARYEH

One of Sri Kaleshwar's earliest Western students and a member of the renowned Elephant Group—the master's intimate circle of dedicated disciples entrusted with direct access to his teachings, mission, and transformative work.



26+ YEARS OF DIRECT TRAINING

For more than twenty-six years, Paul studied, practiced, traveled, and worked alongside Sri Kaleshwar.



RARE DEPTH OF UNDERSTANDING

Through decades of practice and service, Paul developed profound insight into Sri Kaleshwar's methods, processes, and spiritual vision.



LIVING CUSTODIAN OF THE LINEAGE

Today, Paul stands among the foremost living custodians of this lineage, preserving the integrity of the teachings.



SHARING WITH THE WORLD

His mission is to make this sacred knowledge accessible to sincere seekers around the world—authentic, powerful, life-changing.



A LEGACY OF TRANSFORMATION

Sri Kaleshwar University represents the culmination of a lifelong journey of devotion, service, and divine purpose.



SRI KALESHWAR UNIVERSITY IS THE CULMINATION OF A LIFELONG JOURNEY—

*a place where ancient wisdom becomes living practice,
where sacred knowledge is approached with clarity and authenticity,
and where students are invited to walk a genuine path
of healing, transformation, and spiritual awakening.*



START YOUR JOURNEY TODAY



YOUR TRANSFORMATION IS WAITING.
THE WORLD IS WAITING FOR YOU.



SIGN UP AT

www.SriKaleshwarUniversity.Org



EMAIL US

INFO@SRIKALESHWARUNIVERSITY.ORG



VISIT OUR FACEBOOK PAGE

<https://www.facebook.com/srikaleshwaruniversity/>

THROUGH MANTRA, WE CALL THE DIVINE. THROUGH PURIFICATION, WE BECOME WORTHY OF THE CALL.

YOU ARE NOT JUST LEARNING. YOU ARE BECOMING.

A NEW YOU. A HIGHER YOU. A DIVINE YOU.