



SELF CARE

Sadhana + Dinacharya

The purpose of this course is for you to light up your own path of inner knowledge. As human beings, we have all been gifted with the birthright of higher consciousness. Ayurveda is simply a tool on your path to feeling vibrant, happy and whole. Try out the suggestions, toss what doesn't work and explore what does. Ayurveda is meant to be tailored to the individual. Be sure to share your experiences with the group so that we can all support each other on this path of inner wisdom!

Ayur: Life

Veda: Knowledge or Wisdom

Ayurveda is an ancient system of health that takes into account your unique body, mind and circumstances.

The ancient texts describe the human experience as four parts:

Mind * Body * Senses * Soul

Your life is impacted by your choices.

The Four Pillars of Health in Ayurveda

AHAR: DIET

VIHAR: LIFESTYLE

QUALITY OF SLEEP

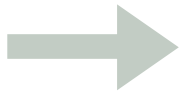
MANAGEMENT OF SEXUAL ENERGY

VIHAR/LIFESTYLE

Vihar: your daily rhythm, habits, self-care practices, boundaries, attitude, exercise, meditation, home life, relationship to yourself and others

Take a moment to examine your own self care practices.

This month's focus:



Your morning routine
Your evening routine
Your spiritual practices



Self Inquiry: What's working now from each of these categories?
What do you want to keep?



Intuitively, where do you feel the need for a shift?

Sadhana + Dinacharya

Generally, dinacharya refers to daily self care practices while sadhana is your spiritual practice. Of course how we take care of our body is not separate from how we take care of our Higher Self. We are holistic beings. You could say that sadhana is the acknowledgement and/or devotion to the divine or Higher Power that you personally connect with.



Self Inquiry: What is your relationship like with the divine?



**How do you feel about the following?
What do these practices look like in your life now?**

Pranayama (breathwork)

Meditation

Journaling

Time in Nature

Physical Movement

Ayurveda teaches that there is a basic harmony within a 24 hour time cycle.

Ayurveda's self care recommendations are meant to synchronize our bodies to the natural rhythms that are already occurring in nature.

Dinacharya

din: the day acharya: to follow

Suggested Morning Routine Practices

- Wake up before the sunrise.
- Say a prayer of gratitude before getting out of bed.
- Scrape your tongue.
- Brush teeth, gargle or swish with oil.
- Drink a glass of warm or room temperature water to wash the GI tract.
- Eliminate.



Which suggestions do you already do? What are you willing to try?

Additional Recommendations

- Jala neti: nasal wash. Jala means water. Neti is nose. Jala neti is said to help prevent head colds and sinus infections.
- Nasya: oil drops massaged into the nasal passages. Nasya is recommended especially for vata imbalance. Nasya adds moisture to the nasal passages, lubricates and cleans the sinuses.
- Karna Purana: oil drops in the ears. Lubricating the ear canals with warm oil is said to pacify conditions such as TMJ, ringing in the ears, excess ear wax, lockjaw & poor hearing which are all due to vata imbalance in the ears.



Would any of these practices benefit you now?



What would your ideal morning routine look like?

Get inspired. What words spark happiness?



What will you do now to start your day the way you want to feel?

How we feel is a result of what we choose to believe think and do.

- Myra Lewin

SIMPLE AYURVEDA (5)

Ayurveda teaches that we should all aim to be asleep by the start of pitta time at 10 PM.

Suggested Evening Routine Practices

- Wind down with the sunset.
- Turn off all electronics at least one hour before bed.
- Optional: scrape; gargle or swish with oil.
- Avoid intense topics or activities before bed.



Which evening suggestions do you already do? What are you willing to try?



What would your ideal evening look like?

Abhyanga self application of oil to the body

Straight from the ancient text:

“The body of one who uses oil massage regularly does not become affected much even if subjected to accidental injuries, or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age.”

Charaka Samhita Vol. 1, V: 88-89

Ayurveda recommends giving yourself an oil massage every day.



Once a week is a great place to start!

The type of oil depends on your vikriti.

Vata: warm sesame oil

Pitta: warm sunflower or coconut oil

Kapha: warm sunflower or mustard oil

Essential Oils for the Doshas

A few drops of essential oil can be added into your carrier oil for self massage. This is one way you can nourish yourself and use your senses to cultivate balance and ease.

Vata balancing: basil, orange, geranium, clove, rose, amber, lavender

Pitta balancing: sandalwood, peppermint, rose, jasmine

Kapha balancing: juniper, ginger, eucalyptus, clove, saffron



What's your favorite natural scent? What scent balances you?

The Daily Wellness Journal

We can't heal what we don't reveal. The daily wellness journal is a tool to help you cultivate deeper layers of awareness around your own diet and lifestyle habits and behaviors.

There are two versions: blank and with a checklist. Try them both out and see what feels better for you.

Use the following guidelines to guide your awareness, or write down what you find helpful:

FOOD + DRINK

What, when, where, pace

Breakfast, lunch, dinner, snacks/drinks

HERBS

Include supplements and medications

SADHANA

Spiritual practices: Yoga asana, chanting, pranayama, meditation, journaling

DINACHARYA

Daily routine: tongue scraping, oil swishing, neti, nasya, abhyanga

SLEEP

Wake up/bed times, hours, quality

PHYSICAL

Overall comfort, elimination, body temperature, skin condition, joints, muscles, breath, tongue

MENTAL CLARITY

Clear or foggy

MOOD + EMOTIONS

Able to flow easily, stuckness