

Flow for the Day

Introduction

- Self
- Wise Earth Tradition of Ayurveda
- Ayurveda

What is your dosha?

5 elements: space and earth are very static energies, the others are fluid

Space

- Space: the field from which everything is manifested and into which everything returns.
- We have a lot of space in our body its just usually filled with something: stomach, LI, bones, ears, skin is touched by space.

Air

- Air: existence without form, gaseous state of matter
- Anywhere there is movement, there is air. There was time, space and then movement.
- Respiration, gas, belching, cracking joints. Eat without mindfulness, gassy.

Fire

- Fire: form without substance, transformation
- In the body think stomach and small intestines: acid and enzymes, blood, metabolism and hormones. Eyes.

Water

- Water: liquid state of matter, flux; cohesion = helps bind things together
- We are filled with liquids: mucous membranes, eyes, sinuses, blood contains water, lymphatic system, digestive juices require water, synovial fluid in the joints, saliva (digestions starts in the mouth)

Earth

- Earth: solid state of matter, stability and rigidity; this is the structure and form that we see (the body)
- Everything solid: adipose tissue, muscle fiber, stable part of your bone (not the inside)

5 elements: draw hands

{thumb- space, forefinger - air, middle finger - fire, ring finger - water, little finger earth}

Using your hands as measuring tools

- Amount in your cupped hands = equivalent to 1 cup
- Size of two finger pinch = equivalent to 1/4 teaspoon
- Size of three finger pinch = equivalent to 1/2 teaspoon
- Size of five finger pinch = equivalent to 1 teaspoon
- Size of your palm = equivalent to 1 Tablespoon

5 elements are foundational: everything in the world is made of up of elements

QUESTION: what is your favorite element and what element are you needing in this moment

3 doshas:

Vata (air/space): light, cold, dry, rough, subtle, mobile, hard

- moving force, governs bodily movement, nervous system and life force
- seasons: early fall and autumn
- Qualities: cold, light, dry, rough, mobile, erratic, clear
- Healthy vata
 - Consistent elimination
 - Free breathing
 - Good circulation
 - Keen senses
- Too many vata qualities

- Gas and constipation
- Constricted breathing
- Cold hands and feet
- anxiety/feeling overwhelms

Pitta (fire/water): hot, sharp, oily, light, spreading nature

- force of assimilation, governs enzymatic and hormonal activities, responsible for digestion, pigmentation, body temperature, hunger, thirst and sight,
- seasons: spring and summer
- Qualities: liquid, hot, sharp, penetrating, light, mobile, oily, smelly
- Healthy pitta
 - Good appetite and metabolism
 - Steady hormones
 - Sharp eyesight
 - Comprehension
 - Good complexion (rosy, blood flow)
- Too many Pitta qualities
 - Acid indigestion, reflux
 - Dysmenorrhea
 - Red, dry eyes; the need for glasses
 - Tendency to overwork
 - Acne, rosacea

Kapha (water/earth): heavy, cool, dense, soft, dull, slow

- force of stability, governs body's structure and stability, lubricates joints and provides moisture to the skin
- seasons: early and late winter
- Qualities: cool, liquid, slimy, heavy, slow, dull, dense, stable
- Healthy Kapha
 - Strong bodily tissues
 - Hearty immune systems
 - Well lubricated joints and mucous membranes
- Too many kapha qualities
 - Weight gain
 - Water retention
 - Sinus or lung congestions
 - Lethargy, sadness, depression

5 Prana Vayus = 5 movements of functions of prana (winds)

1. **Prana (air):** in and up - area: chest + head - function: governs intake, inspiration, propulsion, forward momentum
2. **Apana (earth):** down and out - area: pelvis - governs elimination, downward and outward movement
3. **Samana (fire):** periphery to center - area: navel - governs assimilation, discernment, inner absorption, consolidation
4. **Udana:** up - area: throat - functions: governs growth, speech, expression, ascension, upward movement
5. **Vyana (water):** circulate outward - area: whole body - governs circulation on all levels, expansiveness and pervasiveness

6 seasons

spring - Mar 15 - May 15 - astringent - rebirth: regenerate and transform

summer - May 15 - Jul 15 - pungent - play: celebrate and rejoice

rainy season (early fall) - Jul 15 - Sept 15 - sour - celebration: reorganize and revitalize

autumn - Sept 15 - Nov 15 - salty - surrender: harvest and simplify

early winter - Nov 15 - Jan 15 - sweet - gathering: gather and contain

late winter - Jan 15 - Mar 15 - bitter - reprieve: rest and reflect

Yama damstra: November 22 - December 9 - crucial of all seasonal transitions. Yama is the Lord who receives the deceased. This time holds within it an innate structure of fear and mental disturbance for a human being. To restore equilibrium in the mind and body, it is advised to observe the sadhanas of fasting, meditation and prayers. All cleansing and depleting practices are not advised during this period.

US:

Spring: Cool and damp

Summer: Hot and humid

Fall: cooling and increasingly dry

Winter: Cold and dry

6 tastes

sweet (water & earth): ↑K ↓P,V: heavy, oily, sticky, cool

- nourishes body and mind and relieves hunger and thirst, promotes increase in all tissues
- foods include: grains, root vegetables, fruits, carrots, potatoes

sour (earth & fire): ↑K,P ↓V: hot, moist

- refreshes the being, encourages elimination of wastes, encourages spasms and improves appetite and digestion
- foods include: fermented foods: miso, kimchi, yogurt, soy sauce, pickles = stimulates agni

salty (water & fire): ↑K, P ↓V: hot, heavy, sharp

- eliminates wastes, cleanses the body and increases digestive capacity and appetite, softens and loosens tissue,
- foods include: salt, sea vegetables/seaweeds, watery vegetables: tomatoes, zucchini and cucumber, seafood

bitter (air & space): ↑V ↓P,K: cooling light and dry

- purifies and dries all secretions, tones the organism by returning all tastes to normal balance,
- foods include: aloe vera, arugula, radicchio, dandelion greens, coffee, dark leafy greens (kale and collards) and turmeric

pungent (air & fire): ↑P,V ↓K: dry, light, hot sharp

- flushes all types of secretions from the body and diminishes all Kapha-like tissues such as semen, milk and fat, improves appetite, foods include: garlic, ginger, hot peppers, mustard, onion

astringent (earth & air): ↑V ↓P,K: dry and cool

- heals, purifies and constricts all parts of the body and reduces secretions
- foods include: dried legumes (black bean, soybeans, chickpeas) and bark teas, cranberries, pomegranate seeds, red wine, black tea

When I was in India, I was in satsang and Dr. Ramkumar was leading the session. Satsangs are these sessions with spiritual teachers. You can ask ANY question. Like ... should I eat more carbs? I think one dear soul was like why am I single. Someone asked some question about food. He was like if you like it, it's not good for you! I clutched my imaginary pearls like noooooooooo.

Doshas and their natural tastes

Vata

bitter
astringent
pungent

Pitta

sour
salty
pungent

Kapha

sweet
sour
salty

Beneficial Tastes for Each Dosh

Vata

salty
sweet
Sour

Pitta

bitter
sweet
astringent

Kapha

pungent
bitter
astringent

Living In Harmony with the cycles of the day

- 2am-6am: Vata = ether + air = Light, mobile, cold
- 6am-10am: Kapha = water and earth = heaviness, slow, stable, dull
- 10am-2pm: Pitta = fire + water = hot, sharp, spreading
- 2pm-6pm: Vata
- 6pm-10pm: Kapha
- 10pm-2am: Pitta

Body treatments

- Yoga and/or Ayurveda, thai massage are ways to get around needing a license to touch
- Pichu - sesame oil on third eye
- Dry brushing - usually with silk gloves (nice friction), garshana abhyanga
- Self massage - circulatory, nervous system, lymphatic system - circulation of blood draining excess liquid from blood
- Ginger compress - cold and damp, increase heat and blood flow to a particular area

Digestion

- Give thanks
- Eat in a calm environment
- Walk after you eat
- Freshly cooked or prepared meals
- Be ready so you don't have to get ready
- Do not drink ice cold food or drink
- Eat when you are hungry - Don't eat when you are not hungry
- Focus JUST on eating

Shout out to Wise Woman Ayurveda - Belinda Baer - Takoma Park, MD

Digestive tea - so simple

½ teaspoon each: cumin, coriander, fennel, add ginger if you like

Boil in 6 cups of water for 15 minutes

Great before, during or after a meal.

Herbs

Family

Scientific name

Common name

Part used

Actions

Uses

Triphala - 3 fruits - tridoshic

Amalaki - supports intestinal skin

haritaki - strengthens intestinal muscles to contract more efficiently when the bowels need to move

Bibhitaki - pulls old mucous off the wall

Trikatu (3 pungents - pippali, ginger, black pepper) - 3 peppers

Ashwagandha - root - Withania somnifera (solanaceae)

Shatavari (Asparagus racemosus- root

Ginger (Zingiber officinale) Zingiberaceae - rhizome

Turmeric (*Curcuma longa*) Zingiberaceae- rhizome

Tulsi/Holy Basil (*Ocimum sanctum*) - Lamiaceae - leaf

Gotu kola/Brahmi (*Centella asiatica*) - Apiaceae

Suppliers

- Banyan Botanicals
- Organic India

References

- Ayurveda Secrets of Healing by Maya Tiwari
- Prakriti: Your Ayurvedic Constitution by Dr. Robert E. Svoboda
- Women's power to Heal through Inner Medicine, The Path of Practice by Sri Swamini Mayatitananda
- A Path of Practice: A Woman's Book of Ayurvedic Healing by Maya Tiwari
- The Everyday Ayurveda Cookbook by Kate O'Donnell
- Body treatment instructor - Hilary Garivaltis

Give thanks for your time and energy