

TRANSITION TIME

BALANCED LIFE -AYURVEDA & YOGA

AYURVEDIC CLEANSE

Letting go of attachments

Ayurveda is a health and healing system native to India that has been around for 2-5,000 years yet seems fairly new to the American culture and population. It is now resurfacing into our system of health and wellness care. The word Ayurveda comes from

Sanskrit, Ayu meaning "life" and *Veda* meaning "knowledge." It is literally translated as "Life

Knowledge". In this day and age, sometimes we can barely keep up on understanding the knowledge of new technology, remembering usernames and passwords let alone understand our own life. Ayurveda may sometimes be referred to as Indian Medicine or Yogic Lifestyle. Ayurveda uses anything and everything that nature, or mother earth, provides to help nourish the body, ease the mind, and cherish the soul. Ayurveda acknowledges that we all

share a connection with the world around us while nurturing each individual and their unique constitution while pacifying the fluctuating imbalances that constantly exist. Because of this constant change we create habits or hobbies that we become

"LIFE IS A BALANCE OF
HOLDING ON
AND
LETTING GO..."

attached to that eventually create activities that may become addictions

that lead to illness and disease. Sometimes this happens slowly overtime without us realizing it and then it becomes familiar which ultimately becomes a form of attachment. These attachments start to define who we think we are. These attachments can be ANYTHING from food to fear, anxiety to aversion, and self-doubt – suppression. These attachments hold us back from experiencing our true selves or our true nature.

DINACHARYA - AYURVEDIC DAILY ROUTINE

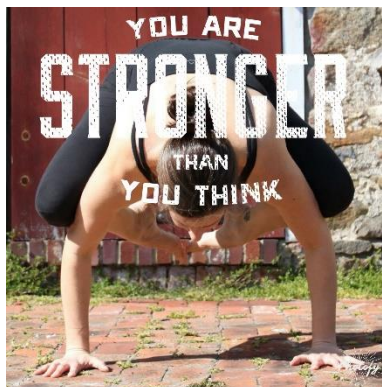
- Wake Early
- Expel bowels
- Shower
- Scrap Tongue
- Neti Pot
- Brush Teeth
- Drink Warm Lemon Water
- Exercise, Yoga, Meditation
- Mild Breakfast
- Work
- Lunch at Noon
- Light Walk
- Work
- Light Dinner
- Enjoy activities that bring you joy
- Relax
- Self Massage
- Bath
- Sleep by 10pm

Which, in Ayurvedic thought, is

“Health is not just about what you’re eating. It’s also about what you’re thinking and saying.”

peace and happiness. So how do we end this sometimes-vicious cycle? The body has an innate knowing. From this innate knowing we want to make healthy choices but, we get frustrated, give-up, and revisit what is familiar. Now we’re right back to where we started. Sound familiar?? If so, you’re not alone. This is where Ayurveda may help. In my opinion, Ayurveda DOES help. I may be the one writing this article, but I am also the one who experiences all of the fluctuations from life’s experiences that hold me back from being the person that I am meant to be. By implementing Ayurveda into our lives, we may start to

discover all of the aspects that make us the person that we are and were born to be. So how do we start applying Ayurvedic modalities into our lives? Well, you may already be doing so on some level without knowing it!



Feel free to take some time and read the checklist (above right) about typical Ayurvedic Daily Rituals to discover for yourself! Notice what you are already doing and neglecting and implement the appropriate Ayurvedic practice! Ayurveda suggests that we take part in seasonal cleanses to help reset the system of accumulated attachments.

AN AYURVEDIC CLEANSE

uses food as medicine, with Kitcheree, a rice & mung bean meal native to Ayurveda, Self-Care Regimens, and other Ayurvedic Cleanse activities to help clear the channels and tissues in the body, mind, and spirit. It may be customized for 1 day or 9 days. If you are new to Ayurveda and cleansing, it is best to consult a qualified & experienced practitioner. If you are interested in Rebecca assisting you with how to start a cleanse and/or supporting you throughout the process send an email to:

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Health and Wellness is our natural state. Pain and Suffering are not.
Live like a tree...Shed the accumulation & bounty of Spring and Summer.
Transition into a time of letting go this Fall.

More information: Ayurveda Consultations, Blog, Classes, Course, Workshops Visit:
<http://rebeccadamiayoga.wixsite.com/yoga>