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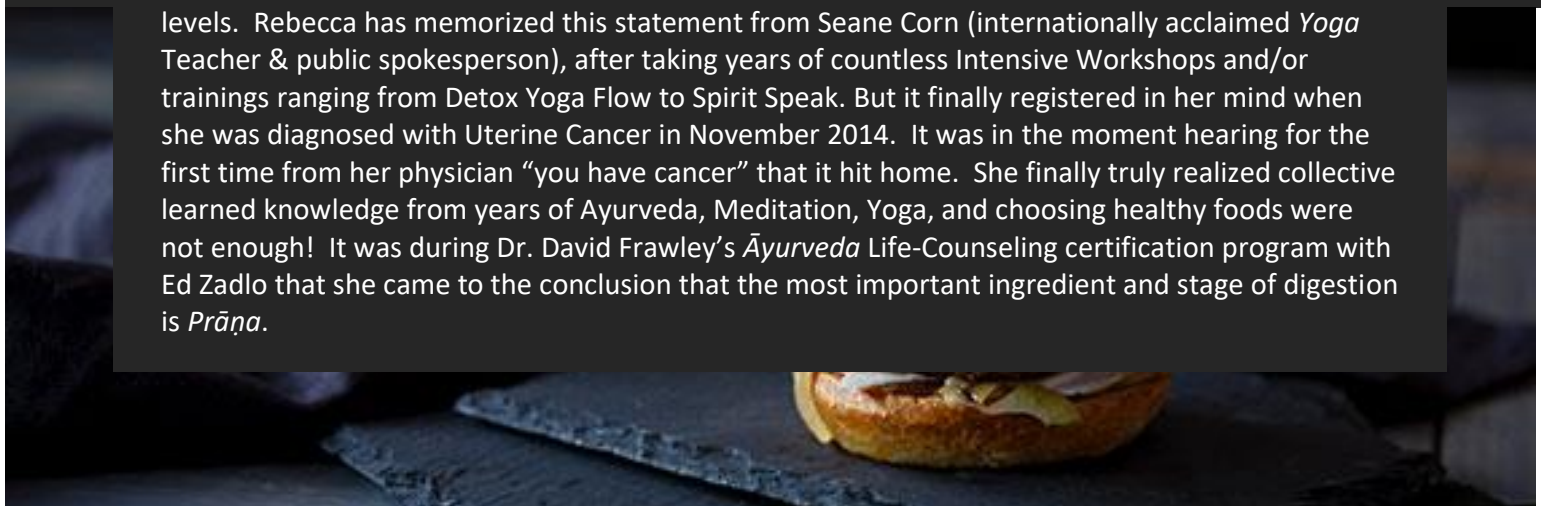
EATING WITH EASE

We may have heard of the term ‘Mindful Eating’ and at Balanced Life, Rebecca has used this term and has taught classes/workshops titled as such. She ponders replacing that term out of the vocabulary by refraining the narrative as ‘Eating with Ease’. After all, what we are trying to obtain with the timeless practices like *Āyurveda* and *Yoga* is EASE. Through *Yoga* we are practicing how to become at ease in our mind, and by applying *Āyurvedic* lifestyle regimens, we are cultivating self-care through love. I have noticed that coining the term “Mindful” may produce more angst and worry that perfection has to take place in order to be successful, and by using the word Ease, helps us feel soft and comforted.

Often *Vāta*, *Pitta*, *Kapha* (VPK) are referred to as *Doṣa* or *Doṣas*. At Balanced Life - *Yoga & Āyurveda*, we refer to VPK (the 3 Constitutions or Humors) as Bio Elements. Why? We like to offer a deeper understanding to the *Āyurvedic* & *Yogic* terms so that you may better understand them in effort to better understand yourself and how to apply *Āyurveda* in your life to create more balance. Looking at the word *Doṣa* using *Sanskrit*, it translates in English as "What spoils." The contemporary definition of the word *Doṣa* has been coined to mean your mind body type of VPK, when in fact *prakṛiti* may be the best term to use. The word *Prakṛiti* means “nature or woman” in *Sanskrit*, and may also translate as our inherent natural properties from our creation.

[Article #1, speaks of this in greater detail.](#)

“You can have the cleanest diet known to man. You can exercise every single day, and still essentially be miserable in experiencing the fullness of life. It's not enough to change our habits; it's not what you're eating, but what's eating you.” This statement speaks volumes on so many levels. Rebecca has memorized this statement from Seane Corn (internationally acclaimed *Yoga* Teacher & public spokesperson), after taking years of countless Intensive Workshops and/or trainings ranging from Detox *Yoga* Flow to Spirit Speak. But it finally registered in her mind when she was diagnosed with Uterine Cancer in November 2014. It was in the moment hearing for the first time from her physician “you have cancer” that it hit home. She finally truly realized collective learned knowledge from years of *Ayurveda*, Meditation, *Yoga*, and choosing healthy foods were not enough! It was during Dr. David Frawley's *Āyurveda* Life-Counseling certification program with Ed Zadlo that she came to the conclusion that the most important ingredient and stage of digestion is *Prāṇa*.





PRĀṆA + ĀYURVEDA

Prāṇa is a Sanskrit word that translates as “breath, inhalation, upward breath”.¹ *Āyurveda* defines *prāṇa* as “forward, primary air” and relates to absorption, which governs the 5 senses, heart, mind, and connects us with our inner self (pure consciousness). Contemporary *Yoga* has defined the word *prāṇa* as life force². Another Sanskrit word, *Prāṇabhṛt*, is translated as “filled with *prāṇa* (i.e. a living being).” * *Prāṇa* is the energetic quality of how an individual manifests actions into one’s life and beyond. *Prāṇa* is vital for us to live, and without it we could not survive. *Prāṇa* is all around the universe and in everything, including our food. Food is energy and *prāṇa* gives energy to food.

¹Zoe Slatoff ²Dr. David Frawley



“LET FOOD BE THY
MEDICINE AND
MEDICINE BE THY
FOOD”

-HIPPOCRATES





IMPORTANT INGREDIENTS

At Balanced Life – Yoga & Āyurveda, we believe that THE most important ingredient is *Prāṇa*, which is the very first stage of digestion. Some people state that chewing is the first stage of digestion, however on a deeper spiritual level, chewing is the second stage of the digestion process. Chewing is essential in aiding in absorption and assimilation, but *prāṇa* is the main ingredient, perhaps equal to love. Have you ever experienced food that tastes so good and have heard it was made with love? I hope so! But, YES, it is the time & the energy that is put into it that creates a balanced meal. Speaking of, preparing our food is as important as eating is. *Āyurvedically* speaking, we may enhance the *prāṇa* in our food by chanting or reciting the *Sanskrit Bija Mantra: Kreem* (ironic and auspiciously pronounced: cream).

Prāṇa may be applied to many things other than food or breathing. For instance, *Prāṇa* may perhaps be the most important ingredient in our *Yogāsana* (Yoga Posture) practice. *Prāṇa* (breath) has a direct link into the lung capacity and the brain (simultaneously) and through the lung capacity *Prāṇa* is channeled into the circulatory, lymphatic & nervous system. As Eddie Stern writes in his book 'One Simple Thing', Āsana may be broken down into two words: *As* to sit and *ana* the breath (Essentially translating as: sitting in a state of awareness with your body and breath). Science has researched and proven that our breathing has a direct link to controlling the nervous system, the thoughts, and emotions we have. Having a feeling of ease first in our breath (*prāṇa*) will assist in creating that same affect in the thoughts.

The *Āyurvedic* thought on *prāṇa* and how it relates to food is simple, but not simplistic, as food is filled with prana and "Dietary Therapy is done mainly according to an individual's constitution (*Prakṛti*) and/or seasonally according to which *VPK/Vikṛti* (after creation) is out of balance, and that diet is an important element in overall health but it is not the only part of health and that following a list of foods does not provide an individual with appropriate *Āyurvedics* (-Frawley). Living *Āyurvedically* while emphasizing its purest principles may guide us to developing a deeper connection with the energy, quality, quantity, preparation, and combinations of food. Connecting with the *prāṇa* of our food provides a cosmic consciousness that develops a deeper relationship within ourselves and the environment. Enjoying and experimenting with the phrase 'Eating with Ease' our meals become a sacred ritual rather than regretful. By taking a breath and acknowledging *prāṇa*, we create a calm and cheerful mindset that brings us on the path of health and well-being truly in our body, mind, and spirit.

Prāṇa is vital energy (or life force) and may be one of the key ingredients in all activities that we perform. During a mediation, it came to Rebecca that if you look at the word DIET, you can't spell with word without Die (without *prāṇa*) and T represents the cross to bear. Are you focusing on pain or peace while you're eating? In short, take a deep breath and say or recite an acknowledgment of gratitude while planning, prepping, and partaking in your meals to increase *prāṇa*.

Disclaimer: Please practice Ahimsa, non-harming, and consult your physician prior to undertaking this and any cleansing program. All of the information and material provided in the program is educational and for personal use, and is not intended as medical or nutritional advice. Not to be used for any other purpose.

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