



Rest & Relax

Guidance • Yoga • Reiki

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VATA BALANCE LIFESTYLE

To balance Vata... (Vata imbalance causes Insomnia, Depression, Anxiety, Arthritis, Irritable Bowel, etc.. AND Vata goes out of balance at times of stress and surgery etc)

YOGA TECHNIQUES----ASANAS---PAWANMUKHTASANA /1[ENERGY RELEASE]..

- [POSTURES]-SHASHANKASANA-[POSE OF THE MOON]
- PRANAYAMA—BRAHMARI [BUMBLE BEE]
[BREATHING]-UJJAYI [VICTORY/ AUDIBLE/OCEAN]
- SEETKARI [HISSING]---ADHYAM [ABDOMINAL BREATH]
- SHATKARMA---TRATAKA [CONCENTRATED GAZING] -[6 ACTIONS]
- YOGA NIDRA - [TENSING AND RELAXING]

INSTRUCTIONS FOR THE ABOVE PRACTICES INCLUDED BELOW.

AYUYRVEDIC TECHNIQUES-----

THE PRACTICE OF AYURVEDA BRINGS US BACK INTO BALANCE AND ALLOWS OUR TRUE NATURE TO SHINE THROUGH.

INSOMNIA OF THE CLASSIC VATA KIND; WHEN ONE HOPS INTO BED, THE MIND FINDS A DOZEN THINGS TO WORRY ABOUT AND 100 IMPRESSIONS OF THE DAY AND MAYBE MORE FROM THE PAST WHIRL IN OUR HEADS. NOTICING NOISES, DRIPPING TAPS, TICKING CLOCKS, WE TOSS RESTLESSLY ALL NIGHT WITHOUT FEELING LIKE WE HAVE SLEPT FOR MORE THAN HALF AN HOUR AT A STRETCH. THIS IS PROBABLY DUE TO A VATA IMBALANCE. EVERYTHING AFFECTS OUR BALANCE AND AGGRAVATING FORCES FOR VATA eg COLD WEATHER, DRY OR MOVING AIR, FEAR, TASTE OF SPICEY FOOD OR STAYING UP LATE ALL AFFECT THE BALANCE OF VATA IN OUR BEING.

THE EVERYDAY INFLUENCES OF LIFE, INCLUDING FOOD, EXERCISE, SLEEP AND EMOTIONS, EVERYTHING YOU SAY, DO, SEE, FEEL OR SMELL OR TASTE, AFFECTS YOUR BALANCE. HOW MANY OF US FEEL THE INNOCENT CAPACITY TO LOVE AND TRUST THAT WE WERE BORN WITH? WE NOW MAY THINK OF OURSELVES AS A BORN WORRIER, LIFELONG INSOMNIAC, PESSIMIST, OR GROUCH FORGETTING THAT IT HAS TAKEN YEARS OF EXPERIENCES, eg REJECTION AND DISSAPPOINTMENT etc TO MAKE US THIS WAY. IF WE FEEL LIKE THIS THERE IS A GOOD CHANCE THAT OUR VATA DOSHA IS SEVERELY AGGRAVATED. THIS IS NOT SURPRISING AS VATA DOSHA

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IS THE EASIEST DOSHA TO PERTURB. [AYURVEDA BELIEVES THAT THERE ARE 3 OPERATING PRINCIPLES WITHIN THE BODY AND THESE PRINCIPLES ARE CALLED DOSHAS].

VATA DISLIKES SUCH THINGS AS: loud noise, crowds, and physical discomfort. IT IS RIGHT ACTION TO GIVE VATA A PERIOD OF ABSOLUTE PEACE AND QUIET EVERYDAY; THIS ALLOWS IT TO FIND ITS BALANCE POINT. IT IS WRONG ACTION TO ABUSE VATA WITH LOUD NOISE AND OVERCROWDING, BECAUSE IT THROWS IT FURTHER OUT OF BALANCE. WE NEED TO GIVE OURSELVES A NEW ROUTINE TO FOLLOW---ONE THAT WILL SOOTHE OUR DISTURBED DOSHAS. I WILL GIVE YOU SOME GENERAL RECOMMENDATIONS FOR SOOTHING VATA, CONSIDER THE FOLLOWING ROUTINE AS WELL.

- 1ST ON THE LIST IS FAITHFUL REGULARITY TO THE SAME DAILY HABITS eg AN HOUR BEFORE BEDTIME TAKE A WARM BATH - [LITTLE COOLER IN THE SUMMER]
- LIGHTLY MASSAGE YOUR FOREHEAD, TEMPLES AND FEET WITH SESAME OIL [ADD DROPS OF LAVENDER ESSENTIAL OIL TO COLDPRESSED SESAME OIL FROM HEALTH SHOP] I LIKE TO WARM MY SESAME OIL - BUY IT IN DARK GLASS BOTTLE.
- DRINK GLASS OF WARM MILK WITH RASAYANA MIXED IN. [CHABAN PRASH IS AVAILABLE IN GOOD HEALTH SHOPS -LET ME KNOW IF YOU HAVE TROUBLE FINDING IT. -IT IS A HERBAL COMPOUND-RASAYANA IS A REJUVENATOR SUCH AS CHABAN PRASCH-OVER 40 HERBS-ADD ONE TEASPOON TO MILK OR HAVE BY THE TEASPOON. IT IS LIKE A CHILLI JAM - LOTS OF VIT.C. -[QUITE YUMMY]
- SIT QUIETLY AND READ FOR 20 MINUTES — MAYBE POETRY, OR INSPIRATIONAL LITERATURE --- MAYBE 'PERFECT HEALTH' BY DEEPAK CHOPRA-ALL ABOUT AYURVEDA.
- FINALLY TURN OFF LIGHT AND LISTEN TO SOOTHING MUSIC UNTIL YOU ARE DROWSY THEN IMMEDIATELY OFF TO BED.
- AROMATHERAPY IS WONDERFUL MEDICINE - AN OIL BURNER BY YOUR BEDSIDE. VATA IS BALANCED BY A MIXTURE OF WARM, SWEET, SOUR AROMAS LIKE BASIL, ROSE GERANIUM, CLOVE AND OTHER SPICES.

VATA- PACIFYING DIET.

FAVOR---

WARM FOOD, MODERATELY HEAVY TEXTURES.

ADDED BUTTER AND FAT.

SALT, SOUR, AND SWEET TASTES.

SOOTHING AND SATISFYING FOODS.

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#VATA IS A COLD, DRY, DOSHA AND THE WARM, NOURISHING FOODS LIKE HEARTY SOUPS AND STEWS, SLOW-COOKED CASSEROLES, FRESH BAKED BREAD AND FRUIT PIES GIVE A GOOD DIET THAT SOOTHES THIS DOSHA.

COLD SALADS, ICED DRINKS, RAW VEGETABLES AND GREENS ARE NOT CONGENIAL TO VATA.

#VATA TYPES TEND TO HAVE ERRATIC DIGESTION SO SOFT, THOROUGHLY COOKED FOODS THAT ARE EASILY DIGESTED HELPS.

#VATA DOSHA IS ALSO VERY SENSATIVE TO THE ATMOSPHERE SURROUNDING THE MEAL, SO IF TENSION IS CURDLING YOUR TUMMY, THE BEST FOOD IN THE WORLD WILL NOT BE BENEFICIAL.

#ANYTHING THAT MAKES DINNER A CALMER, MORE RESTFUL EXPERIENCE WILL PACIFY VATA eg candlelight.

#TRY THE FOLLOWING DIET FOR AT LEAST 2 WEEKS AND SEE HOW MUCH BETTER YOU FEEL.

#MILK - PREFERABLY WARM-CREAM, BUTTER, WARM SOUPS, STEWS, HOT CEREALS, FRESH BAKED BREAD.

#A NOURISHING BREAKFAST, MORE SUBSTANTIAL THE BETTER. - WILL IMPROVE VATA THROUGHOUT THE DAY. CREAM OF RICE OR WHEAT IS BEST BUT ANYTHING WARM, MILKY AND SWEET IS GREAT.

#MANY VATAS EXPERIENCE DRASTIC ENERGY SLUMPS IN THE AFTERNOON. HAVING HOT TEA AND COOKIES, OR SOME SWEET IS GOOD. HERB TEA IS MORE SOOTHING THAN REGULAR TEA. AS CAFFEINE CAN DISTURB VATA.

#TRY BREWING GOTU-KOLA TEA, THIS INDIAN HERB, WONDERFUL FOR CALMING THE NERVES IS IN HEALTH FOOD STORES.

#TRY VATA TEA FROM THE HEALTH SHOPS.

#GINGER IS THE BEST PUNGENT SPICE FOR VATA, AND AIDS DIGESTION, SWEET SPICES RECOMMENDED FOR VATA ARE CINNAMON, FENNEL AND CARDAMOM,.

#WARM MOIST FOOD IS VERY SETTLING FOR VATA. COOKED GRAINS AND CEREALS ESPECIALLY WHEN FEELING NERVOUS OR WORRIED OR UNDER PRESSURE, A BOWL OF HOT OATMEAL OR CREAMED VEGE SOUP WILL MAKE YOU FEEL SO MUCH BETTER THAN A CHOC BAR OR DRINK..

#ALTHOUGH SWEET IS GOOD FOR VATA SUGAR EATEN BY ITSELF MAKES VATA RESTLESS, WARM MILK IS SWEET IN ITSELF AND A LITTLE SUGAR OR HONEY MAY BE ADDED. SUGARY SWEETS SHOULD BE EATEN IN COMBINATION WITH NOURISHING ONES LIKE MILK.

#DRY, SALTY SNACKS ARE NOT AS GOOD AS SALTY NUTS WHICH ARE HEAVIER AND OILY - 2 QUALITIES THAT SOOTHE VATA.

#ALMONDS ARE BEST CHOICE, BEST TO BE SKINNED, - CAN BE SOAKED IN WATER OVERNIGHT THEN PEELED AND EATEN IN MORNING TO BALANCE VATA.

#NUTS AND SEEDS ARE HARD TO DIGEST- SO EAT IN SMALL QUANTITIES,

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PREFERABLY GROUND INTO BUTTERS - TAHINI-SESAME PASTE, ONE OF THE BEST FOODS FOR WARMING UP AND BALANCING VATA.

#ALL SWEET FRUITS ARE GOOD FOR VATA-GREEN GRAPES AND MANGOES ARE BEST. ASTRINGENT FRUITS SUCH AS APPLES AND PEARS NEED TO BE COOKED BEFORE EATING. UNRIPE FRUIT, ESPECIALLY UNRIPE BANANAS ARE TO BE AVOIDED.

#ANY COLD, LOW CALORIE FOOD INCREASES VATA AND MAKES YOU DISSATISFIED. IF NEED BE, HAVE SALADS IN SUMMER AT ROOM TEMPERATURE AND ADD OILY DRESSING. SAME FOR RAW VEGES.

#COOK YOUR VEGES WITH A LITTLE SESAME OIL RATHER THAN STEAMING.

#WHEN OUT TO DINNER REQUEST WARM WATER TO SIP INSTEAD OF ICE WATER. TAKE SOUP INSTEAD OF SALAD, AND FEEL FREE TO EAT BREAD AND BUTTER AS WELL AS DESSERT. — PREFERABLY WARM DESSERT LIKE APPLE PIE. ICE-CREAMS COLDNESS HAMPERS VATA.

#HOT BREAKFAST CEREAL FOR DINNER THOUGH UNUSUAL FOR US TASTES EXTREMELY GOOD TO ANYONE SUFFERING A VATA IMBALANCE.

#RICE SERVED WITH BUTTERED LENTILS. HEAVY MINESTRONE SOUP, PASTA IN ALL FORMS IS SOOTHING.

#EATING LATE AT NIGHT WILL MAKE YOU FEEL BAD IN THE MORNING.

#LASSI - A TRADITIONAL INDIAN DRINK IS VERY GOOD. FOR RIDDING THE BODY OF EXCESS VATA. — WHISK TOGETHER HALF CUP OF PLAIN YOGHURT AND HALF CUP OF WATER, FLAVOUR WITH PINCH OF POWDERED GINGER, SALT, OR CUMIN. SWEET MANGO LASSI MADE FROM EQUAL PARTS OF YOGHURT AND MANGO PULP [FRESH OR CANNED] IS PERFECT! LASSI CAN BE DILUTED WITH WATER IF YOU PREFER.

General points for balancing vata -----

REGULAR HABITS.

QUIET.

ATTENTION TO FLUIDS.

DECREASED SENSITIVITY TO STRESS.

AMPLE REST.

WARMTH.

STEADT SUPPLY OF NOURISHMENT.

SESAME OIL MASSAGE

-ABHYANGA..***** (for baby too)

BECAUSE VATA IS KING OF THE DOSHAS , BALANCING IT IS A PRIME REQUIREMENT FOR EVERYBODY. WHEN VATA IS BROUGHT INTO LINE IT WILL BRING THE OTHER 2 DOSHAS IN WITH IT. THE KEY TO BALANCING VATA IS REGULARITY. IT IS SO

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SENSITIVE TO CHANGE THAT IT EASILY FALLS PREY TO OVERSTIMULATION. VATA PEOPLE THRIVE ON VARIETY, BUT WHEN THINGS CHANGE TOO MUCH THEIR EXCITEMENT TURNS TO EXHAUSTION. THEY THEN FEEL FRAZZLED AND NERVOUS. THE SOURCE OF THEIR RESTLESSNESS IS THAT VATA DOSHA IS NO LONGER SETTING THE PROPER RYTHMS IN THEIR BODIES. INSTEAD OF EATING SLEEPING AND EXERCISING REGUARLY, OUT OF BALANCE VATAS GRAB FOOD WHEN THEY CAN, SKIP MEALS, EXERCISE BY FITS AND STARTS AND GO TO BED AT ODD HOURS. SUCK A ALIFE IS BAD FOR ALL DOSHAS – THE REMEDY IS TO BEGIN CULTIVATED BALANCED HABITS, PAYING A LITTLE MORE ATTENTION TO REGULARITY EVERY DAY.

GET PLENTY OF REST. WHEN YOU FEEL LIKE YOU ARE PUSHING YOURSELF TOO HARD - STOP AND REST EVEN FOR 5 MINS. GETTING ADEQUQTE SLEEP IS ESSENTIAL—DON'T RESIGN YOURSELF TO INSOMNIA, EVEN THOUGH YOU MAY HAVE HAD IT FOR MANY YEARS. THE BEST REST, BESIDES SLEEP, IS THE DEEP RELAXATION PROVIDED BY MEDITATION.. VATA DOSHA EMERGES THOROUGHLY SETTLED AND REFRESHED AFTER ONLY A FEW MOMENTS OF MEDITATION.

STAY WARM—VATA IS A COLD DOSHA SO BENEFITS FROM HEAT. IT IS ALSO DRY SO MAKE SURE THE AIR IN YOUR ROOM HAS ENOUGH HUMIDITY. IT IS ALSO WISE TO AVOID DRAFTS AS VATA IS EXTREMELY SENSATIVE TO MOVING AIR.

EAT REGUARLY, VATA IS AGGRAVATED BY AN EMPTY TUMMY-VATA TYPES WASTE AWAY WHEN SICK OR NOT EATING PROPERLY. THEY NEED TO BE NOURISHED THROUGHOUT THE DAY-SIT FOR 3 MEALS A DAY..... DRINK LOTS OF WARM FLUIDS THROUGHOUT YOUR DAY IN ORDER TO PREVENT DEHYDRATION. 4 CUPS OF VATA TEA A DAY WOULD BE A GREAT START.

MASSAGE YOUR BODY WITH WARM SESAME OIL IN THE MORNING. -LONG STROKES ON THE LONG BONES , ROUND STROKES AROUND THE JOINTS - LITTLE VERTICAL PATS ACROSS THE CHEST AND LARGE CLOCKWISE CIRCLES OVER THE ABDOMEN. FOLLOW WITH WARM BATH OR SHOWER IN THE MORNING BEFORE YOU MEDITATE.

MOIST HEAT IS GOOD FOR VATA ACHES AND PAINS. AVOID MENTAL STRAIN AND OVERSTIMULATION. LOUD MUSIC, VIOLENT MOVIES AND LONG HOURS OF TV, PARTICUARLY IN THE EVENING ARE ALL POTENT AGGRAVATORS OF VATA.

MAKE YOUR SURROUNDINGS LIGHT AND BRIGHT. VATA RESPONDS WELL TO SUNLIGHT AND CHEERFUL COLOURS. IF YOU ARE SICK, SITTING BEFORE A CLOSED WINDOW IN THE SUN IS A GOOD IDEA. RESIST THE URGE TO GO OUTDOORS UNTIL YOU ARE WELL.SEE PEOPLE WHO ARE CHEERFUL, READ FUNNY BOOKS. ENJOY

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LIGHT HUMEROUS ENTERTAINMENT. ANYTHING THAT BRINGS OUT YOUR NATURAL ENTHUSIASM AND STOPS YOU WORRYING WILL BE USEFUL.

AVOID ALCOHOL WHILE YOU ARE TRYING TO BALANCE VATA, WHICH RESENTS STIMULANTS OF ANY KIND, INCLUDING TEA AND COFFEE AND NICOTINE. VATAS OFTEN HAVE DRY NASAL PASSAGES IN WINTER. THIS CONTRIBUTES TO CATCHING COLDS. PLACE A DROP OF SESAME OIL ON THE TIP OF YOUR FINGER AND RUB GENTLY INSIDE EACH NOSTRIL. NOW PINCH YOUR NOSE AND START TO INHALE, THEN RAPIDLY RELEASE AND PINCH AGAIN TO DRAW THE SESAME OIL INTO THE NASAL CAVITIES. DON'T STRAIN..THIS TONES THE SINUSES, HELPS RESIST COLD AND FLU AND CAN BE REPEATED UP TO 12 TIMES A DAY. ---IF YOUR SINUSES ARE BLOCKED, DON'T OVERDO THIS TREATMENT AS OIL AGGRAVATES KAPHA DOSHA RESPONSIBLE FOR CHRONIC SINUSITIS..

YOGA-----

PRANAYAMA---PRACTICE ALL BREATHS AT LEAST 5 TIMES.

- #1.ABDOMINAL BREATHING. LIE DOWN WITH YOUR ARMS ALONGSIDE YOUR BODY, EYES CLOSED, PALMS FACING THE SKY - HEART OPEN, AND JUST WATCH YOUR BREATH. LET IT BE NATURALPLACE BOTH HANDS ON YOUR LOWER ABDOMEN, FINGERS TOUCHING, INHALE INTO TUMMY AND TRY AND SEPERARE FINGERS.INHALE VISUALIZING BREATHING IN PEACE, EXHALE VISUALIZING ALL TENSION AND WORRY LEAVING YOUR BODY AND MIND. GREAT TO PRACTISE AS YOU ARE GOING TO SLEEP.
- #2.BRAHMARI BREATH. [NOT DONE LYING DOWN OR WITH SEVERE EAR INFECTION]
 1. SIT COMFORTABLY, PREFERABLY CROSS-LEGGED.
 2. PLUG YOUR EARS WITH YOUR INDEX OR THIOR D FINGERS OR ALTERNATIVELY THE FLAPS OF THE EARS MAY BE PRESSED WITHOUT INSERTING THE FINGERS.3.INHALE THROUGH NOSTRILS, RETAIN BREATH FOR A FEW SECONDS. EXHALE MAKING A SLOW, DEEP, STEADY HUMMING SOUND LIKE A BEE FOR THE DURATION OF THE EXHALATION. -THE SOUND SHOULD BE SOFT AND MELLOW, MAKING THE FRONT OF THE SKULL REVERBERATE.
- #3 SEETKARI- HISSING BREATH. [PEOPLE WITH SENSATIVE TEETH, MISSING TEETH OR DENTURES MAY PREFER 'SHEETALI BREATH 'INSTEAD. STILL SITTING, HOLD TEETH LIGHTLY TOGETHER, SAEPERATE LIPS EXPOSING THE TEETH. BREATHE IN SLOWLY AND DEEPLY THROUGH THE TEETH.HOLD BREATH IN[UNLESS HEART DISEASE SUFFERER]. EXHALE THROUGH NOSE IN CONTROLLED FASHION.
- #4SHEETALI – COOLING BREATH STILL SITTING, CLOSE EYES, RELAX BODY

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EXTEND TONGUE OUTSIDE MOUTH AS FAR AS POSSIBLE. ROLL UP SIDES OF TONGUE TO CREATE TUBE AND INHALE THROUGH TUBE. AT END OF INHALATION DRAW TONGUE INTO MOUTH AND CLOSE MOUTH AND EXHALE THROUGH NOSE.

ASANASAS—

PAWANMUKTASANA AS PRACTICED IN CLASS-

- #1 SHASHANKASANA - POSE OF THE MOON /HARE. [NOT ADVISED IF YOU HAVE VERY HIGH BLOOD PRESSURE, VERTIGO OR SLIPPED DISC].
 1. SIT ON YOUR HEELS, WITH KNEES FOLDED UNDER YOU.
 2. CLOSE EYES AND RELAX, KEEPING SPINE AND HEAD STRAIGHT. WHILST INHALING LIFT ARMS ABOVE THE HEAD, KEEPING THEM STRAIGHT AND SHOULDER WIDTH APART. EXHALE WHILST BENDING THE TRUNK FORWARD. KEEPING ARMS, HEAD STRAIGHT AND IN LINE WITH THE TRUNK. TRY TO TOUCH ARMS AND HEAD TO FLOOR SIMULTANEOUSLY. LET ELBOWS BEND AS YOU RELAX ON THE FLOOR., SUSPENDING THE BREATH OUT OF THE BODY FOR 5 SECONDS INHALE AS YOU SIMULTANEOUSLY RAISE ARMS AND TRUNK TO VERTICAL POSITION. TRY TO BUILD UNTIL EVENTUALLY YOU CAN HOLD FINAL POSITION FOR A T LEAST 3 MINUTES. FOR FRAYED NERVES TRY 10 MINUTES, BREATHING NORMALLY.

GOOD LUCK WITH YOUR NEW ROUTINE. MAY IT BRING YOU HEALTH, PEACE AND JOY!!!! YOU DESERVE IT.

LOVE AND ALL BLESSINGS, NAMASTE, JODIE XXX

With Thanks and acknowledgement to Deepak Chopra and his wonderful text "Perfect Health".

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