

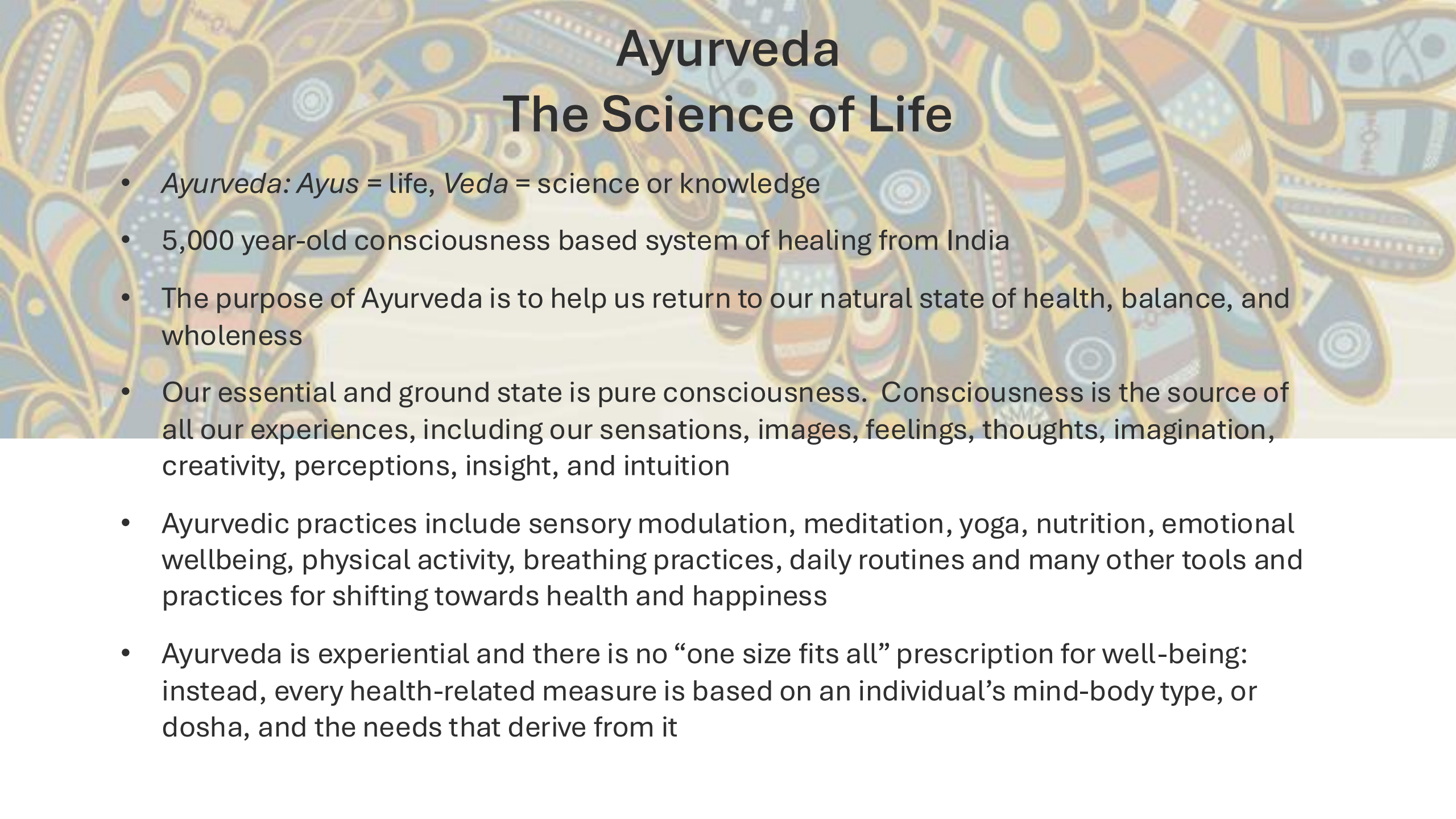


Finding Balance

Resources

<https://ginnydiaz.com/olli-course-resources>





Ayurveda

The Science of Life

- *Ayurveda*: *Ayus* = life, *Veda* = science or knowledge
- 5,000 year-old consciousness based system of healing from India
- The purpose of Ayurveda is to help us return to our natural state of health, balance, and wholeness
- Our essential and ground state is pure consciousness. Consciousness is the source of all our experiences, including our sensations, images, feelings, thoughts, imagination, creativity, perceptions, insight, and intuition
- Ayurvedic practices include sensory modulation, meditation, yoga, nutrition, emotional wellbeing, physical activity, breathing practices, daily routines and many other tools and practices for shifting towards health and happiness
- Ayurveda is experiential and there is no “one size fits all” prescription for well-being: instead, every health-related measure is based on an individual’s mind-body type, or dosha, and the needs that derive from it

Inner Pharmacy – Five Senses

Five Senses

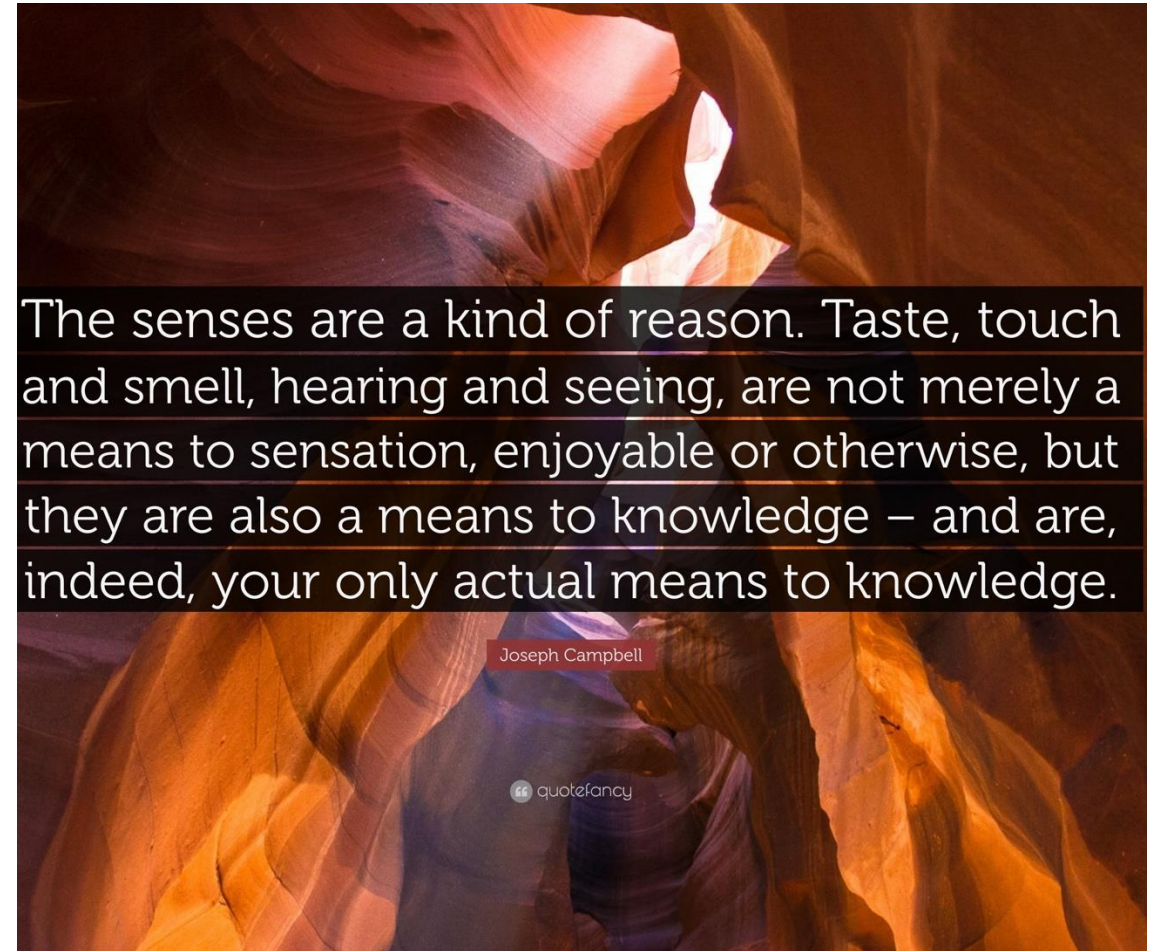


Smell, Sight, Sound, Taste, Touch

- The gateways – outer to inner environments
- Everything we take in through our senses contributes to a state of balance or imbalance
- Nervous system – five senses – affect our well being

Body - Mind

- To Balance the Mind – Three S's
Smell, Sight, and Sound
- To Balance the Body – Two T's
Taste & Touch



Doshas – Five Senses

Certain senses have more influence on doshas, although we use all senses to balance

Vata – Sound & Touch

Pitta – Sight

Kapha – Taste & Smell

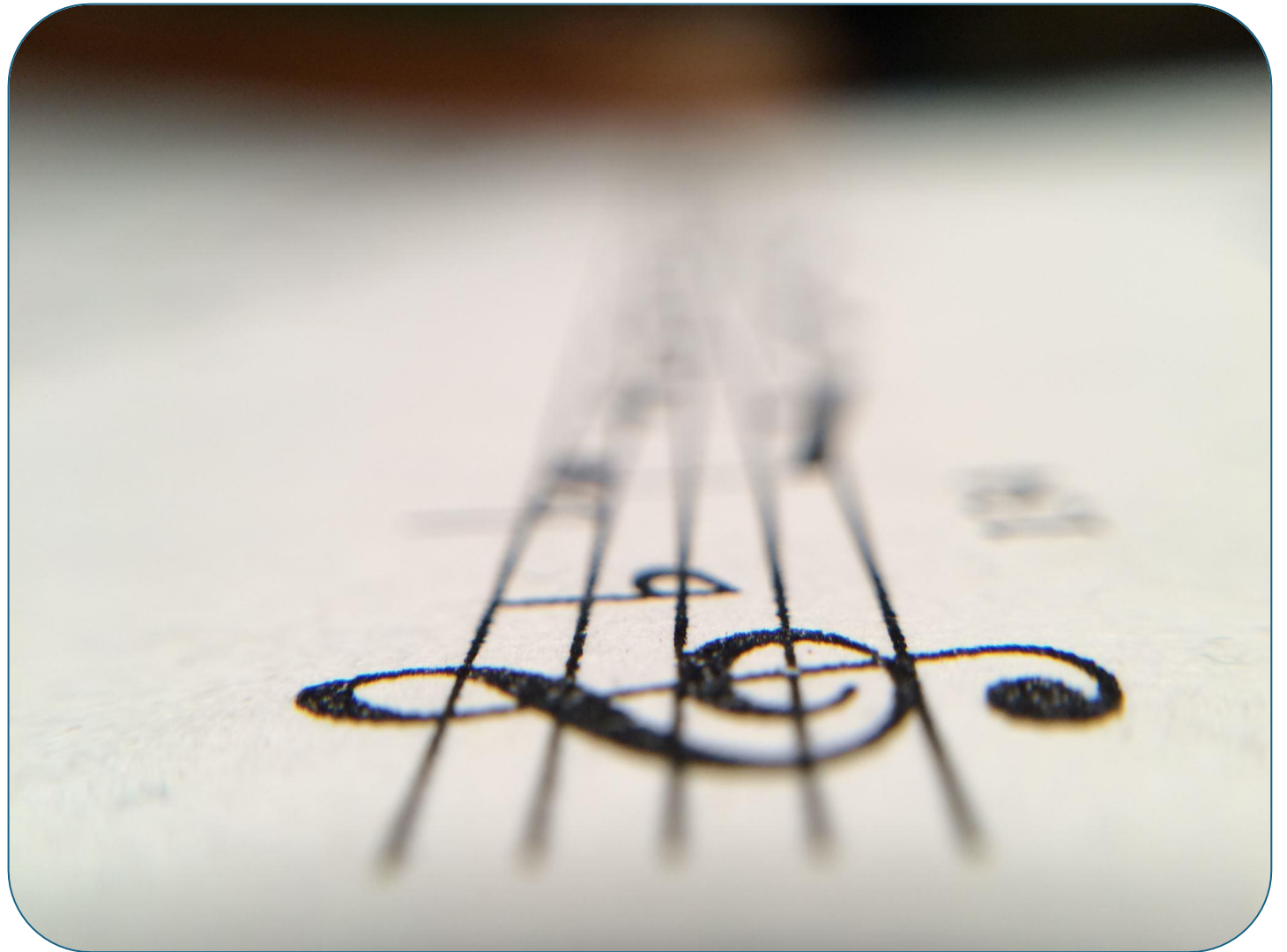


Sound

- Primordial Sounds are vibrations of nature
- Mantras are primordial sounds that express the vibrations of nature.
- Chanting can direct sound vibrations
- Sound baths

Music

- Music can heal and has a profound influence on our body and mind
- Tune into your body to discover sounds that heal



Vata - Sound



- Warm
 - Relaxing
 - Slow
 - Grounding
-
- Cello
 - Gregorian chants
 - Traditional Hawaiian songs
 - Music that incorporates slow drum beats or a slow low bass

Pitta - Sound

- Cool
- Sweet
- Soft
- Falling rain
- Ocean waves
- Jazz
- Flute
- Devotional chants
- Tempo that is slow enough to relax



Kapha - Sound

- Driving beat and melody
- Rock and roll
- Passionate classical
- Drumming
- Spirited world music



Touch

- Touch is fundamental to health and well being
- Touch can evoke powerful emotion and physiological healing
- Skin is the largest organ and rich with nerve receptors, neurochemicals
- Peptides closely related to antidepressants can be found in the skin

Abhyanga – Self Massage

- Daily
- In morning or at night
- Oils protect tissues
- Skin absorbs oils, which have antioxidant and anti-inflammatory properties

- **Vata**

- Heavy, warm oils – sesame or almond

- **Pitta**

- Cooling oils – coconut, sunflower, or olive

- **Kapha**

- Lighter oils – safflower, sunflower, mustard, or almond

Abhyanga – Self Massage

- Warm oils
- Bathroom
- Scalp – circular strokes
- Face, temples, ears, neck
- Long strokes on arms and circular strokes on joints
- Circular motion on chest and abdomen
- Legs – same as arms
- Feet – don't forget the toes
- Sit quietly for a few moments



Sight

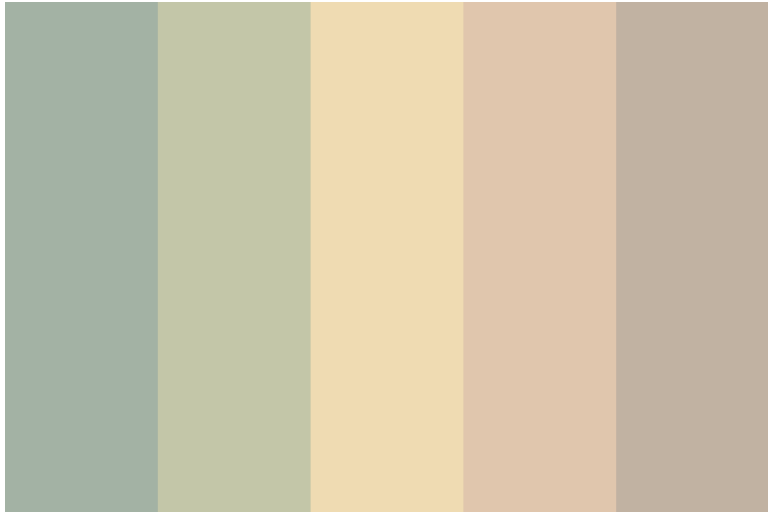
- Images have a profound effect on our body, mind and emotions
- Oceans
- Clouds
- Trees
- Find nature



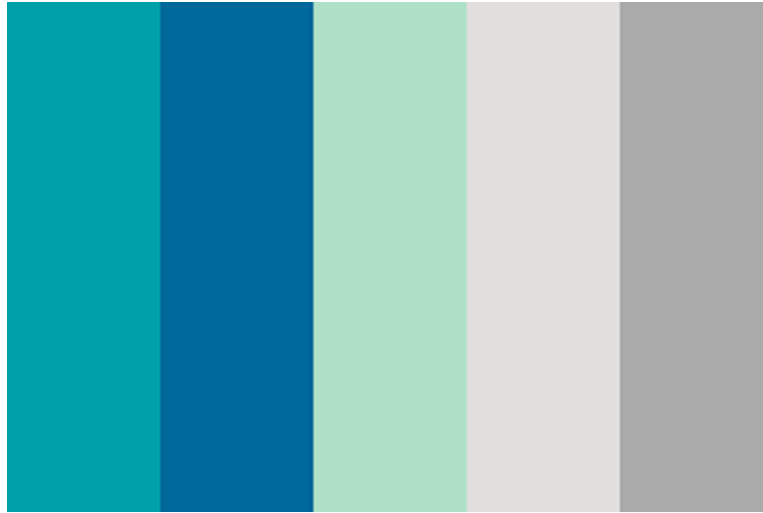
Sight - Colors

Create use of color to balance

Vata: Earth tones, mild
pastels



Pitta: Cool, soft colors,
blues, whites and greens



Kapha: Bright, bold, reds,
oranges



Taste



- Tongue cleaning
 - Improves sense of taste
 - Removes bacteria, plaque that build on tongue
 - Tooth decay, bad breath, gum disease
- Tongue cleaner
 - Metal tool dates back to ancient India

Tongue Cleaning



- Extend your tongue and place the cleaner on the surface of the tongue as far back as comfortable
- Pull the tongue cleaner forward
- Repeat several times
- Rinse

Oil Pulling



- Oil pulling is an Ayurvedic practice that has been used for thousands of years to detoxify the body and promote good health.
- It is a simple practice that you perform soon after waking, before eating or brushing your teeth
- Some of the benefits of oil pulling include:
 - Removes the unhealthy bacteria and other toxins that accumulate in your mouth, thereby reducing plaque and inflammation.
 - Promotes healthy gums and teeth
 - Helps eliminate bad breath
 - Purifies the taste buds, which enhances your enjoyment of food

Smell

- Aromas can trigger healing power and connects with our emotions, memories and instincts
- We can use aromas to invoke a state of well being – Linking a particular smell to an emotional state (neuro-associative conditioning)
- Identify an aroma you are fond of and deeply inhale whenever you are feeling relaxed, at peace. Your body will associate that feeling with the aroma



Smell - Doshas

- **Vata** – floral, fruity, warm, sweet, and sour smells such as basil, orange, clove, lavender, vanilla, patchouli, and geranium
- **Pitta** – sweet and cooling - sandalwood, mint, rose, lavender and jasmine
- **Kapha** – spicy, stimulating, and heating smells – eucalyptus, camphor, juniper, rosemary, marjoram, and clove



Rhythms of nature

Daylight hours



6am to 10am

Kapha influences the morning, providing endurance during those early hours to ease you into your day.



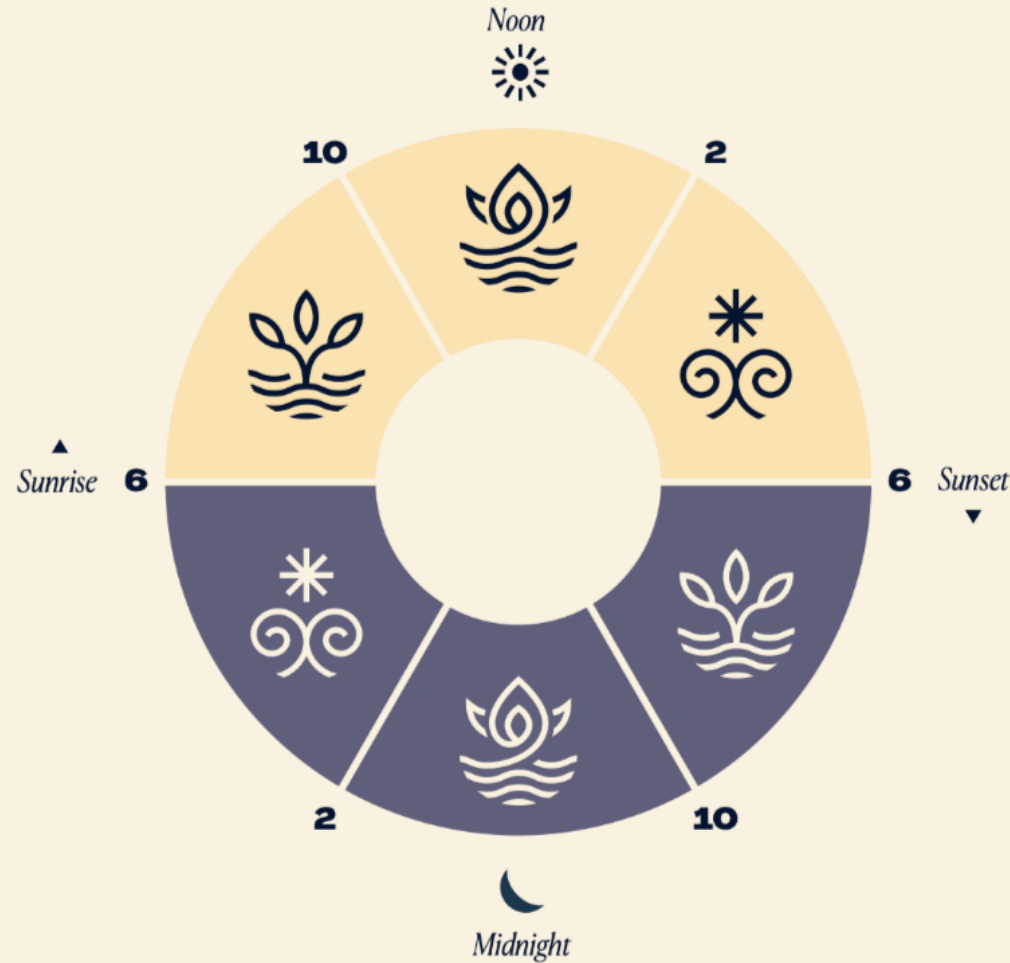
10am to 2pm

Pitta steps in midday, fueling your digestive fire and sending you into decisive, focused action.



2pm to 6pm

In the afternoon, **Vata** provides inspiration—allowing you to tap into your inner creativity.



Nighttime hours



6pm to 10pm

In the evening, **Kapha** comes back to help you slow down and get ready for a restful slumber.



10pm to 2am

In the middle of the night, **Pitta** gets back to work, rebuilding tissues and detoxifying the body.

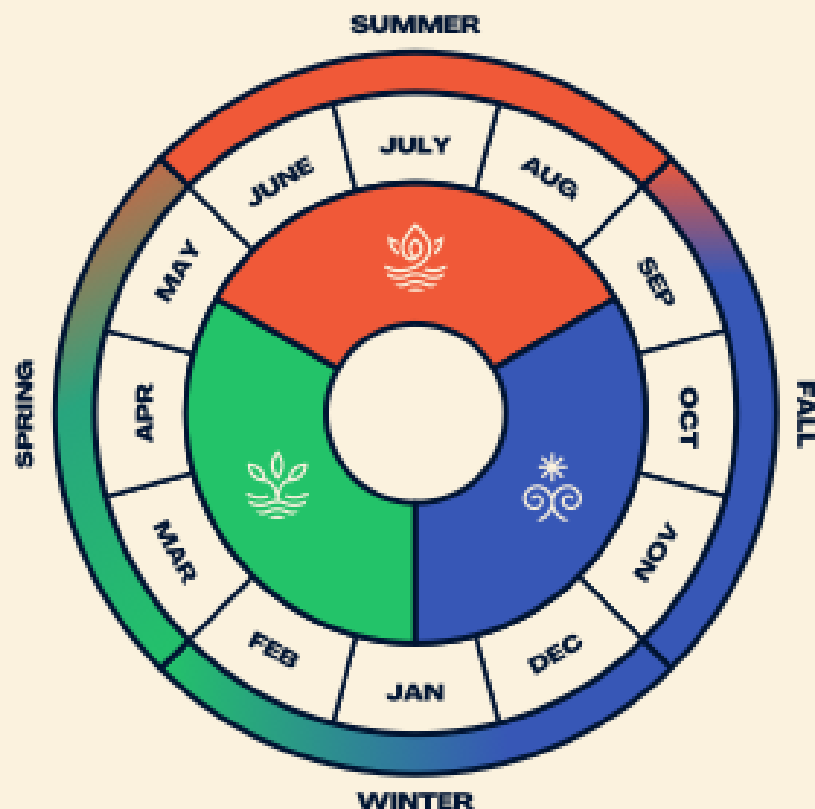


2am to 6am

In the early morning, **Vata** puts you into dream mode—helping to release stress and emotions.



THE *Ayurvedic* CALENDAR



Kapha season

Late winter through early spring brings in the cool, wet cycle of Kapha season. Water and earth are the primary elements during this time of the year.



Pitta season

Summer is the hot and moist time of the year. This season brings in Pitta qualities of fire and water.



Vata season

The cold, dry, and windy weather of late fall through early winter happens during Vata season. The elements of space and air predominate during this time.

SUMMER

Pitta Season

