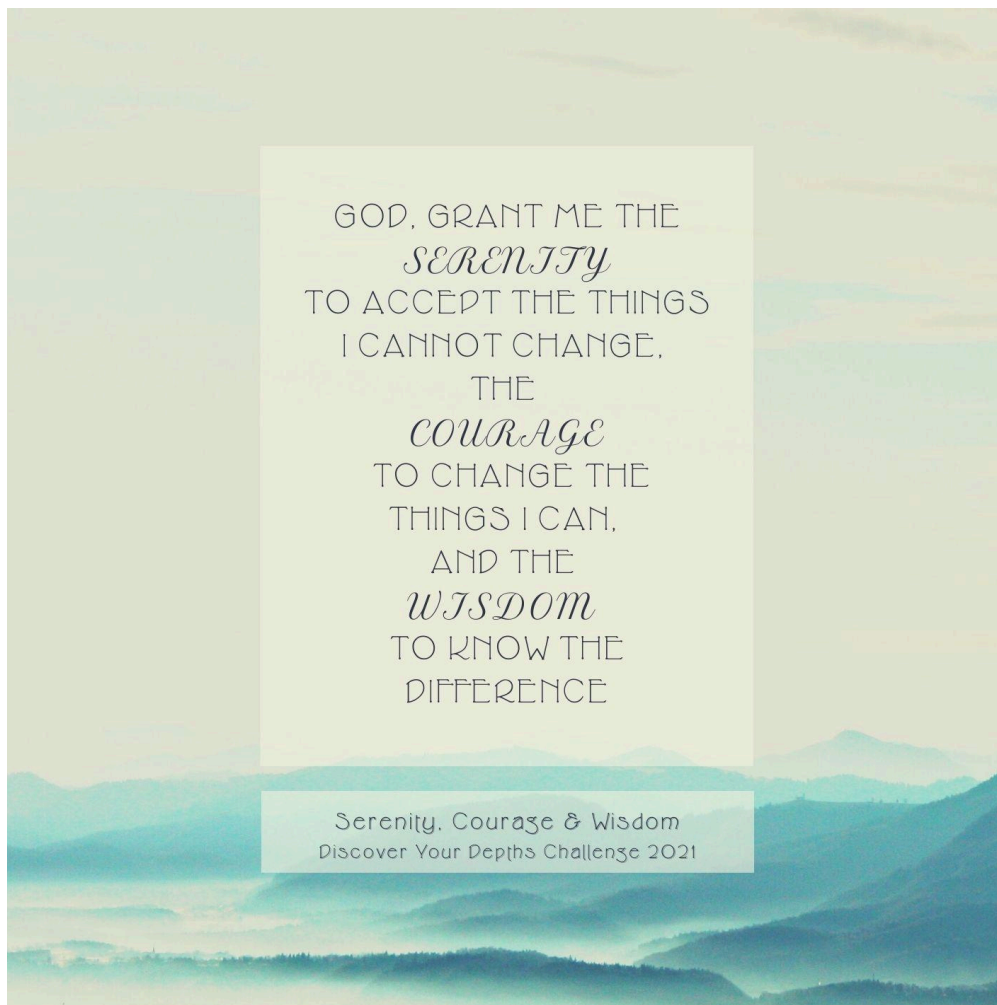




Welcome to SERENITY COURAGE & WISDOM MANUAL

I'm so grateful to have you here on this journey. Welcome!

These workbooks are an optional extra to facilitate deeper thinking and inner exploration, as well as real live experimentation as you move through some of the changes we are going to look at.

Go as slow as you need, or dive as deep as you dare! Now let's get started!



What is Ayurvedic Lifestyle Wisdom

As human beings we are part of nature. As such if we want to enjoy optimal resilience, immunity and happiness we need to look to nature to understand how to restore balance and harmony in our bodies, minds and hearts.

Ayurvedic science is the oldest codified healing system in the world, having been passed down to us by the vaidyas (original Ayurvedic doctors and yogis) following their study of the human body and its relationship with the natural world from which it comes.

The vaidyas considered digestion to be of primary importance in human health, as it provides the materials from which our entire being is built. Compare that with modern medicine and nutrition - we fill ourselves with processed foods, and take medicines to cover up unwanted symptoms. We no longer see nutrition and digestion as the most essential ingredients for our health, let alone for our healing.

To understand how to restore balance and heal ourselves naturally we need to understand some basic principles of Ayurvedic Lifestyle Wisdom:

- Doshas
 - Your personal constitution
 - The doshic clock and dinacharya
- Agni
- Ama
- Ojas



DOSHAS

Knowing and Understanding your Constitution

Firstly, you need to understand your own doshic constitution to find out what your primary imbalances are.

According the vaidyas and yogis we are all made of up a combination of the five elements :

- Earth
- Water
- Fire
- Air
- Ether

These elements, or Tattvas, break down into three constitutions or Doshas. Each and every one of us is a unique combination of these three Doshas :

- Vata (air and ether)
- Pitta (fire and water)
- Kapha (earth and water)

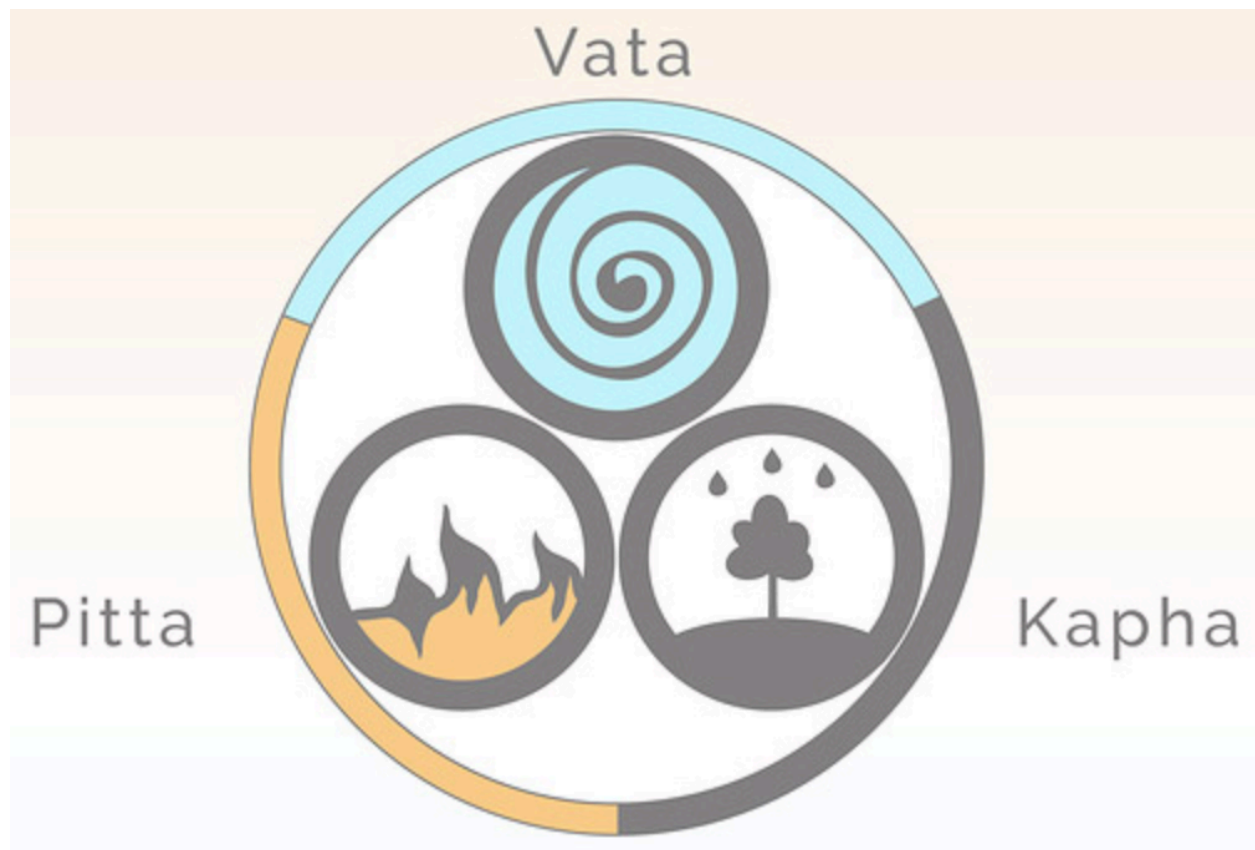


Image with thanks to Dr Vasant Lad



The qualities of each Dosha are:

VATA	PITTA	KAPHA
Dry Light Cold Rough Subtle Mobile Clear <i>In balance</i> : promotes creativity and flexibility <i>Out of balance</i> : produces fear and anxiety	Oily Sharp (penetrating) Hot Light Mobile Liquid <i>In balance</i> : promotes understanding and intelligence <i>Out of balance</i> : arouses anger, hatred and jealousy	Heavy Slow Cold Oily Slimy (smooth) Dense Soft Static (stable) Cloudy (sticky) <i>In balance</i> : expressed as love, calmness and forgiveness <i>Out of balance</i> : leads to attachment, greed and envy

You may well recognise some of these qualities in your body, mind and energy. There is absolutely no judgement (nature is neutral), it is simply for you to observe and gain greater clarity and understanding on how to restore and maintain balance for yourself.

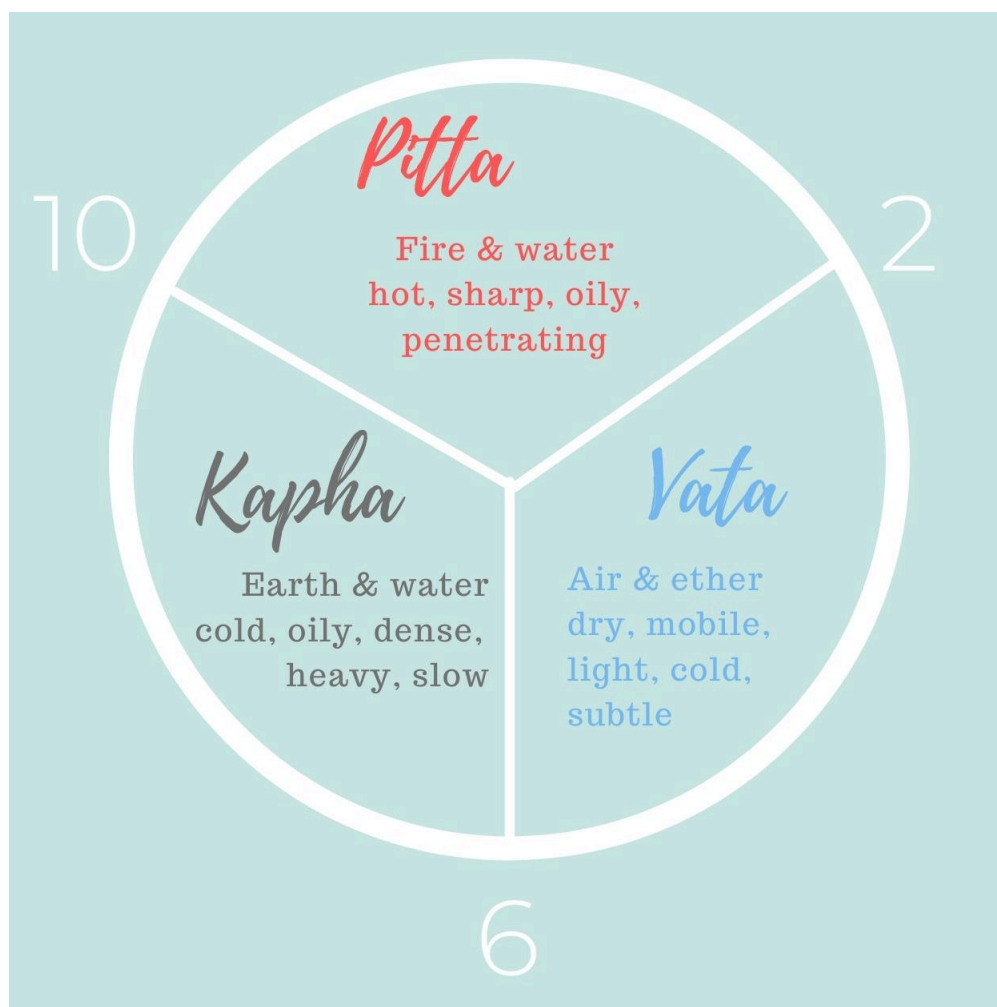
To understand your own doshic constitution, I recommend completing this quick and simple online [Doshic Quiz](#) if you haven't done so already. Your results will tell you your constitution but also your imbalance, or 'excess' or 'aggravation'. This is your key to making the right choices and changes for you.

For those of you looking to go on a deep dive into Ayurvedic wisdom this month, or at any stage in the future, you can find more information about the Doshas in [Dr Vasant Lad's Introduction to Ayurveda](#) here.



The Doshic Clock

The doshas are not only qualities that are found in our bodies, minds and energy, they are also found in the stages of our life (ie teenagers, have more of the physical qualities of Kapha, while people in their 50s and 60s have more of the lighter qualities of Vata), and the cycles of the seasons and the days. It is the daily cycle that we are going to dive into in this short journey.



The clock repeats itself twice in every 24 hour cycle, so we each experience two phases of each dosha:

KAPHA : 6am - 10am and 6pm - 10pm : downward energy

- Is dominated by the physical body, connection, heaviness

PITTA : 10pm - 2am and 10am - 2pm - upward energy

- Is dominated by digestion, absorption, nutrition

VATA : 2am - 6am and 2pm - 6pm : energy expansive or in all directions

- Is dominated by the mind, lightness, mobility



Planning your Dinacharya

Dinacharya is the word the yogis use to refer to the practice of aligning lifestyle to the rhythm of nature which is already there, and already having an impact on our physiological, mental and emotional energy. Over time we will look to build a healthy, balanced and sustainable dinacharya, one which supports your constitution and consciously and actively brings you back in to balance so your energy is supported to build rather than be drained, which in turn supports the strength of your nervous, immune and digestive systems. Together this builds Ojas.

6am-10am : Kapha time

- Activate the physical body with exercise suitable for your dosha, including breathwork practices. Eliminate and hydrate. Eat a simple but grounding breakfast containing carbohydrates, fats and proteins

10am-2pm : Pitta time

- Just as the sun is at its highest, so your Agni (inner fire) is burning strongest. Eat your main meal during or as close to this window as possible. Again it should contain carbs, protein and fats

2pm-6pm : Vata time

- If you've eaten and digested well, your energy will be grounded and clear and it's an excellent time for focused thinking or creative work

6pm-10pm : Kapha time

- Your energy and digestion are slowing down. Eat a light evening meal, a soup or a salad, or even just broth or herbal tea if you're not hungry. Use this downward energy to wind down, connect with family, do light exercise, such as go for a walk after dinner, finish the housework, etc. Aim to be asleep before 10pm

10am-2am : Pitta time

- Your Agni (digestive fire) awakens again but its task now is to do the housecleaning. At night Agni digests, cleanses, and purifies to ensure your body is not weighed down by undigested matter (Ama) or toxins. If you eat late your Agni has to deal with the food rather than have time for the housework and Ama builds up. And if you stay up late your energy gets depleted doing other things (work, movies, procrastination...)

2am-6pm : Vata time

- Your energy is light and your mind is clear - perfect for meditation. Take advantage of these quiet early hours, when the energy is rising, and your mind is open and receptive. This is the most powerful time for sacred practice, intention setting and listening to your inner voice



AGNI, AMA AND OJAS

Agni



As already mentioned, Agni is your digestive fire. It is the power that your body has to turn physical food into energy, which can be built into tissue, and to eliminate that which is not needed. The vaidyas believed that digestion is our most important function, and so Agni sits at the very heart of our wellbeing.

Some people have healthy Agni and enjoy a good, strong digestion with no unpleasant symptoms. However, most of us are out of balance - if our Pitta is aggravated and in excess, then Agni will be too high and we will suffer from excess heat in the body - acid reflux in the stomach, inflammation in the body.

Those with under-active Agni find it hard to digest their food, they have trouble digesting heavier foods, may put on weight despite eating little, and often are not hungry. It can also be erratic, changing from too high to too low, making it hard for some people to regulate their appetite and eating patterns.

For everyone, if we over-eat, or eat without giving our digestive system a break, ie snacking or grazing throughout the day, we build up Ama. This further reduces Agni generating a vicious cycle of a build up of toxic, undigested matter, which further impedes our ability to digest, process and cleanse. We need to keep our Agni strong and in balance in order to absorb maximum nutrition from our food, and to ensure the body can effectively digest and eliminate any toxins or excess foods, to keep the body functioning and disease-free.

Ama

If Agni is our best digestive friend, Ama is clearly the bad guy. Ama refers to any undigested matter - either food or unprocessed emotions. On the physical level it builds up as a sludge in the stomach and digestive tract, and dampens our Agni, further reducing our ability to clear the Ama out of our system. Over time the built-up Ama begins to seep out into our blood stream and gather in our organs and joints.

If you suffer from inexplicable joint pain or stiffness, low energy, brain fog, sluggishness, mood swings or depression, chronic inflammation or autoimmune dysfunction, this is a sign that you have an excess of Ama in your system and need to act to clear it out.





On the energetic level we also accumulate Ama through holding onto emotions from the past, ie we are unable to digest and process painful experiences, and this too leads to a build up of Ama over time which can have the same effect as physical Ama. You could say Ama is behind most if not all stress-related illnesses.

Ojas



Ojas is the holy grail in terms of Ayurvedic wellbeing. It represents the combined strength of our nervous, immune and digestive systems. We don't have an equivalent in Western medicine (we tend to isolate body systems, as well as body, mind and spirit, and treat individual symptoms rather than the whole - Ayurveda is the exact opposite).

In order to have strong Ojas we need to rebuild ourselves, and that requires healthy, balanced nutrition, allowing plenty of time for digestive rest and absorption, sufficient sleep for rest and detoxification and cleansing of Ama, and a practice that nourishes our energy, mind, heart and spirit, beyond food.

When we see nourishment in these three terms - nutrition, rest and time for spirit - we deeply replenish ourselves and build our Ojas. This in turn supports us to have a strong adaptive immune system, gives us emotional and mental resilience in times of challenge and stress, and enables us to feel calm, balanced, grounded, strong, with clear, vibrant energy.

This is our birthright as human beings - how we return to this natural state is held in the science of Ayurvedic Lifestyle Wisdom.

I am happy and humbled to guide you on your first steps on this path.



NOW OVER TO YOU

Do you have Ama?

Ama	No Ama
☐ Opaque, white coating on the tongue that doesn't scrape off	☐ Pink tongue
☐ Bad taste in the mouth, bad breath	☐ Fresh breath
☐ Thick or sticky saliva	☐ Normal, nothing noticeable
☐ Congestion	☐ Clear nasal passages
☐ Groggy after meals	☐ Satisfied, but not slow
☐ Heavy, sticky, stinky stools	☐ Floating stool, clean wipe, no mess
☐ Strong body odor	☐ Normal amount of body odor when sweating
☐ Lymphatic Congestion (swelling—swollen breasts before periods; bloating after meals)	☐ No bloating or water retention
☐ Constipation and/or diarrhea	☐ Regular, daily, well-formed stools
☐ Low libido	☐ Zest for life
☐ Burps that taste like food	☐ Little belching, and no taste accompanying
☐ Fatigue	☐ Sustainable energy levels
☐ Feeling of heaviness in stomach; loss of appetite	☐ Hunger at mealtimes
☐ Body aches and pains	☐ No generalized, unwarranted aches or pain
☐ Dull appearance to the skin	☐ Glowing skin
☐ Mental Confusion (brain fog)	☐ Sharp, focused during working hours
☐ Persistent sadness or negative outlook	☐ Seeing the bright side, at least half the time
TOTAL:	TOTAL:



Know your Agni

Questions	Irregular agni	Overactive agni	Slow agni	Balanced agni
My appetite is:	Erratic	Constant, sharp	Rare, sluggish	Consistent at mealtimes
Digestive complaints:	Bloating after meals, gas, feeling too full	Unsatisfied or acidic	Heavy feeling in the stomach	None, barring unusual circumstances
My poop is:	Irregular, dry, constipated or alternating constipation and diarrhea, accompanied by gas	Loose, frequent	Sluggish, sticky (leaves skid marks)	Regular, on the daily
After a meal I feel:	Too full or bloated	Acid indigestion or burps	Sleepy	Satisfied
I crave:	Crunchy stuff	Sweet food and proteins	Comfort food, spicy food	Whole, natural foods and the occasional treat
My body temp runs:	Cold	Overheated	Cool and possibly clammy	Well-regulated
If I skip a meal I feel:	Crazy hungry all of a sudden, when I tune into it	Hangry—not ok!	Lighter	Pretty hungry
I can eat as much food as I need and not feel heavy:	No	Yes	No	Yes
After I eat a normal meal, I might be hungry in:	Who knows?	1-2 hours	5-6 hours, or more	Within about 4-5 hours
The taste in mouth is often:	A little stagnant, dry, or changing between all of the options	Acidic, metallic	Sticky, moist and sweet, some bad breath after meals	Fresh and clean
My tongue first thing in the morning appears:	Pale pink with a thin whitish coat	Red, possibly cracked	White, or pink with a white patch	Pink
My energy is:	Inconsistent, get tired suddenly	High, as long as I have food	Low	Consistent and good
Spicy food feels:	Warm and cozy	Painful	I crave it	The right amount feels good
My skin is:	Dry	Sensitive, Irritable	Dull or clammy	Bright
My mental state is often:	Anxious or fearful	Irritable	Sad or checked out	Even-keeled
TOTALS				

Quizzes reproduced with thanks to Cate O'Donnell