

- 1) **Waking - see the sunrise!** Kapha 5 am Pitta 6 am Vāta 7 am (all vary by daylight and season) if you want to change your life, change your morning - by the night people are too tired to make new habits
- 2) **Prayers or chanting** to Mother Earth, to one's Ishta Devata (Personal connection to Divine)
One can say "Great! God, It's morning!" :) or "oh God it's morning" :(choose the first
- 3) **Cleaning mouth, face, eyes** water as if you are at a mountain creek. rosewater directly in eyes, or use eyecups
- 4) **Drink 1 glass of room temp. water** glass covered bedside overnight; or copper vessel warming, silver cooling
- 5) **Brushing teeth** be gentle on gums. Use bitter or astringent toothpaste, not sweet.
- 6) **Swishing/Gargling** sesame oil cool seasons. coconut summer. saline if congested, puff cheeks, swish in mouth
- 7) **Scraping Tongue** back to front several times, cleaning the beginning of the pipes of the GI tract
- 8) **Chewing** with 1 tbsp. white unhulled sesame seeds
- 9) **Herbs that are taken without food (if taking)**
- 10) **Evacuation** squatting is better than sitting. wash with warm water, not just dry TP
- 11) ***Oil Skin** at least primary areas - scalp, feet, dry spots, tight spots, or entire body. Use medicated oils for primary imbalance or constitution (vata, pitta, kapha). Especially good for vata disorders, winter. Or do at night before bed - protect sheets then.
- 12) ***Oil Ears** 5 warm drops either side, or a small amount on the pinky finger applied to the orifice. Or do at night before bed
- 13) ***Oil Nose** supernasya from ayurveda.com is tridoshic
- 14) **Exercise (yogāsana)** Vāta - slow, steady, warm, fluid. Pitta - playful, joyful, soft focus, change routine, twists. Kapha - *vigorous, active. Exercise can be at any time of the day, but this is a great time for those who are busy.
- 15) **Bathing/Showering** minimize soaped areas. put shampoo in oiled hair before wetting hair
- 16) **Natural scents** Vāta: grounding, eg. amber. Pitta: cooling, sweet, eg sandalwood. Kapha: energizing, eg cinnamon, cloves
- 17) **Breathing Techniques** alternate nostril breathing if nothing else. Vāta: alternate nostril, bhramari, udgīta; Pitta: shītali, chandra bhedana, bhramari; Kapha: *bhastraka, *kaphalabhāti, agni sāra
- 18) **Meditation** at least 15 minutes. preferably 30-40
- 19) **Dressing** colors by day/planet: M white, T pink/red, W green, Th orange, F purple, Sa black/blue, Su gold/yellow
- 20) **Eating Breakfast** Ideally before 9a. Light protein if any. Carbohydrates. No cold milk!
- 21) **Herbs that are taken with food (if taking)**
- 22) **Work or Study** "Environment is stronger than will" Paramahansa Yogānanda. Work should be pleasing, uplifting, and meeting your needs for contribution.
- 23) **Lunch 11a - 1p** Main meal of the day and the most protein. Take 30 min to sit down to eat with good company.
- 24) **Herbs that are taken with food (if taking)**
- 25) **Nap** not Kapha. others especially during summer, moms with young kids, Vāta predominant
- 26) **Work or study** The people we work with are as important as the work we do.
- 27) **Herbs that are taken without food (if taking)**
- 28) **Re-energize** - breathing techniques or nasya (supernasya) around 3pm
- 29) **Meditation** at least 15 minutes. preferably 30-40. Before dinner in the early evening. See the sunset!
- 30) **Supper** light meal, pleasing company. Bitter taste included.
- 31) **Herbs that are taken with food**
- 32) **Heart time** evening is for singing, socializing, connecting with the heart. Limit the amount of information processing, electronic exposure, and focusing required. TV is not relaxing, it requires a tremendous amount of processing. Include activity that provides absorption and brings out the joy of the inner child.
- 33) **Clean feet** and massage all the way up to the knee. Legs-up-wall posture is good for leg relief if standing job.
- 34) ***Triphala - for keeping GI tract clean**
- 35) **Clean teeth, face, mouth, eyes, and nose - bitter mouthwash**
- 36) **Nightly prayer** or loving, devotional singing is also great for non-religious go to sleep
- 37) **Sleep** by 10pm (varies by daylight and season) Vāta on back, Pitta on right side, Kapha on left side and can stay up a bit later. Head so that feet are facing East or West, not South. FULL MOON EXCEPTION - stay up later, be in the celebration

***not done during menses**

Health is our natural state. Unhappiness and disturbed bodily humors are not healthy. Our lifestyle and diet are our primary tools for wellness. Once dis-ease has set in (most of us), our natural cravings (which promote balance) have been replaced by perverted cravings (which sustain imbalance - example caffeine addiction / vata disorder). An ayurvedic physician (or other gardening health care provider) is to be seen seasonally or monthly to work on ever-improving health, rather than waiting for dis-ease to set in.