



Yoga Rays Custom Ayurveda Consultation

Introduction to Ayurveda

What is Ayurveda?

Known as “The Mother of ALL healing Systems”

Ayurveda is a system of self-care that originated in India more than 5000 years ago, and is the sister science to Yoga. Ayurveda is becoming more and more popular all over the world as health conscious folks are opting out of conventional medicine, improving their health mentally, physically, emotionally and spiritually, on a cellular level without the toxicity of synthetic drugs or aggressive options. There are times when that and other combined options are necessary, so please always consult your regular physician as well.

With technology finally able to track results, more and more conscious consumers are opting for this proven safe and gentle option to align their internal constitution know as doshas, as well as all aspects of themselves.

Ayurveda (Science of life) is the traditional medicine and natural healing system of India and its cultural sphere. Its foundation comes from the Vedic Era, around 5000 years ago. The Vedic word ayurveda has two root words--ayu and veda. Every root word in the Vedic tradition has its own definition--Literally and concisely, ayu means "life" and ved means "science." According to this translation, ayurveda means "the science of life."

How It Works?

Ayurveda has classified the body's digestive system according to Dosha's (your constitution) to overcome all ailments by eliminating the basic cause rooted in digestion.

A consultation is necessary to determine what constitution you are in order to determine what foods cause you under-ling allergies causing toxic build-up.

Proper digestion is crucial for health. When digestion is efficient and complete, all of the food you eat is either converted into nutrient fluids for absorption into the body, or flushed out as wastes. When the digestive process is incomplete or inefficient, partially digested food matter is left behind in the digestive system. This substance, called ama in ayurveda, **becomes toxic to the physiology if allowed to stay in the body** or build up over time. Ama is not only inherently toxic in itself, it also clogs the channels of the body, further disrupting the flow of digestion and leading to an escalating cycle of toxin build-up. Ama is fertile ground for infections, disorders,

and disease to germinate, take root and flourish. Ama build-up is considered the first stage of imbalance in the physiology. **If not treated, disorders and disease invariably follow and compound.**

What Are The Doshas?

The three doshas are **vata, pitta, and kapha**. The doshas are three general body types. More deeply dosha indicates three basic patterns of how we use energy. Vata spends energy. Pitta manages it. Kapha stores it.

Vata tends to be deficient, mobile and dry. Pitta tends to get hot, sour and inflamed. Kapha people are stable, gain weight easily and have congestion. Understanding the pattern or dosha helps us to understand what's happening from a broad or holistic point of view. Doshas are often a starting point for understanding imbalance.

Constitution

Constitution describes the essential nature of your body physically, mentally and spiritually. **Every person has a different constitution (Dosha) and perfect health is different for every person.** In the early morning you can feel your constitution just to the right of the heart as a wish.

Body type is a combination of doshas that Ayurveda uses to understand and approximate a person's constitution. If a person has a vata body type they have the gifts of vata but also the tendency to get vata type illnesses.

Balancing the Doshas

Ayurveda helps people heal by balancing the doshas. When the doshas are balanced, the body is in homeostasis (a state of zero change) and that is a state of perfect health. When the body is healthy it automatically repairs and protects itself.

Why Ayurveda Works

The whole universe is made up of five essential elements-Building blocks that all life forms contain: Ether, air, fire, water and earth. We can easily see how life was created from the subtlest to the grossest matter. From eternity, the subtlest form of matter is ether. Ether mixing with eternity creates air, more observable or experiential element. As air moves, it eventually creates friction, which creates heat or fire. Heat produces moisture, thus creating water, the densest element; if one tries to walk through water, one is slowed by its density. Finally, water produces the densest form of matter, earth. **Ayurveda says that all of the creations, including humans, are made up of the combination of all five elements. These elements are the subtlest aspects of human life, finer than the molecular, atomic, or subatomic levels. This is the level that Ayurveda healing works on.**

Focusing on the cause of the grosser levels of life, the denser aspects will be taken care of since they are made of these five elements. Just as a strong foundation supports a strong building, the five elements (the foundation of all matter) when strong and balanced in a person, they will automatically balance the more material levels. **Thus, Ayurveda does not need to look at isolated parts of the human anatomy, or at the vitamin, chemical, or nutritional level of health. It simply balances the elements, and this balances the more physical levels.**

For Example...

A person diagnosed with a duodenal ulcer is an example of this balancing. Rather than creating a name for a symptom, Ayurveda identifies the illness as an excess of the fire elements. Acid is a by-product of heat. Ayurveda will look to see in what part of the patient's life overheating occurs. It may be due to eating excessive fiery foods and spices like tomatoes and peppers. One's career may be causing undue anger (i.e. hot temper). Perhaps the person drinks alcohol (fire water).

Once the cause is learned, suggestions for reducing a person's excessive intake of fire are discussed. Simultaneously, the patient is advised to use more of the air and water elements to balance the heat with coolness (air cools heat, water puts out the fire).

Thus, the holistic approach of Ayurveda seeks the cause of an illness and restores balance, using the insight of the elemental creation of the universe.

The functioning and existence of the body entirely depends on Vata, Pitta, Kapha.

Ayurvedic 21 Day Cleansing and It's Importance

Ayurvedic cleansing was originally created for the Indian royal family. Its purpose is to prolong life by removing physical impurities from the body, while also clearing your mind of negative thoughts and energy. Ayurvedic cleanses are now becoming more and more popular in the West.

This cleanse is beneficial for everyone, but it is especially important as you get older and your body becomes less able to flush out toxins by itself. It's a good cleanse to do twice a year to really flush the toxins out of your body.

Purva Karma (Pre-Cleanse) Usually 3 days or 1 week prior to selected cleanse

Purva Karma is the first stage in the Ayurvedic cleansing process, which prepares your mind and body for the release of toxins and negative energy. It involves changes in both your diet and your routine, because an Ayurvedic cleanse is designed to improve both your physical and mental health on a cellular level.

Pancha Karma (Cleansing Phase)

The cleansing phase of the Ayurvedic diet is comprised of three practices - cleansing, colonics and massage. Yoga Rays has excellent prices for massage, and a super price for Colonics at a nearby clinic. The cleansing is quite specific though, and there are special recipees and supplements that you will use.

The Rejuvenation Phase

The last step in the Ayurvedic cleanse is rejuvenation, lasting about a week. This is where you end the Cleanse or fast and return to the simple diet that you followed during the preparation phase.

It is very important to continue your "prescribed" meditation throughout this phase. Your body has now been cleansed, and it is during this time that your mind will start to be healed too. It is often a very emotional time for cleansers, and it is a good idea to take some time off, or try to eliminate any unnecessary agitation of your System. Dharamjeet will guide you through this process, if you like.

Keep on the diet for your Dosha. Cleanse, and follow-up with regular consultations to fine-tune yourself each season.

Yoga Rays Ayurveda Seasonal Cleanse Recommendations

Yoga Rays Custom 21 Day Cleanse Program - 7 day pre-cleanse, 7 day detox and 7 day post-cleanse.

Necessary for cellular balancing. Done anytime. Recommendations vary. Generally once or twice per year, if in general good health.

Yoga Rays Custom 10 Day Cellular Rejuvenation Green Juice Fast - August/Nov/Feb/May -- 3 day pre-cleanse, 3 day juicing, 1 day post-cleanse. Necessary seasonal balancing, or can be done weekly or monthly by experienced juicers.

Ayurvedic Consultations are available in person (appointment necessary), by e-mail, by telephone, or at our “group Intro” class. The client's interest is served best when one visits the practitioner in person. Generally, we do not give medical advice for medical conditions. The reasons for this policy are several: Ayurveda is not a legal medical protocol in the US (see our Contract / Agreement for a disclaimer on this point); generally there is more than one cause for a given symptom or disease; trying to diagnose and treat from afar is problematic. We feel that the best analytical tool is the personal monitoring of the Whole person by the individual

We'd like to emphasize that our service is about health promotion and not disease management. We feel that this is more than mincing words as we do not treat disease but do try to promote health, directly. The distinction is an important legal-medical one, we feel. Licensed medical doctors are permitted to diagnose and treat your disease/symptoms. We feel that this is accomplished by directly altering bio-chemistry through their drugs. Our target is the doshas, which themselves regulate the bio-chemistry. If we can modify the functioning of the doshas by appropriate changes in diet and lifestyle then the physiology can result in proper cellular bio-chemistry.

You will be amazed at how fast and easily you can transform yourself mentally, physically, spiritually, on a cellular level! Make a commitment to take charge of your own health, NOW!

Yoga Rays Ayurveda Programs are created and designed by me, Dharamjeet Kaur aka Eva Michel, owner and Founder of Yoga Rays. I have been referencing, compiling, testing, organizing, and fine-tuning decades of information from such places as my Kundalini Yoga Teacher levels 1&2 from the Sik community at Yoga West, home of KY since 1969. We are taught the Yogic/Ayurvedic Lifestyle. Additionally, The Kerala College of Ayurveda, The American and Canadian Cancer Society's, PH Alkalizing by Robert O Young, Dr Mehmet Oz, Deepak Chopra, Juliano's Raw, and many others including G-d who has blessed me with discerning taste buds, an affinity to food, and an uncanny ability to create delicious healthy vegetarian, gourmet dishes. I am extremely grateful to them all!

All products used at Yoga Rays are organic, natural, and not tested on animals. These are products and food items that my family and I use on a daily basis, and some for decades. Please join me and the other teachers the last Friday of every month 7-9pm for our Community Organic Potluck Mixer (it's FREE (An organic dish, pls)

Combine all this info, love and expertise I have in the kitchen, and you have an informative, healthy, fun and effective experience! Wahe Guru and Sat Nam!