RITUAL DAILY SELF CARE GUIDE: Keep it simple always…

1. WAKE as early as you can (predawn is ideal).
2. GROUND yourself: walk or stand on bare earth or grass with shoes off. Breathe, be grateful, listen to the birds, feel the wind and weather for the day. (5-10 min)
3. MEDITATE, do gentle breathing exercises, engage in quiet contemplation, use a mantra to open chakras, or read inspirational material, or pray. (5-60 min or longer depending on nature of your spiritual practice.)
4. EXERCISE-yoga, brisk walking, hiking, indoor exercises, gentle stretching, tai chi, qi gong, biking…depending on your stamina and energy. (20-30 min)
5. MASSAGE + PROTECT your body: apply warm oil, cured sesame is ideal, but can use coconut, olive, or any organic oil. See Abhyanga video. May use bare dry hands or silk gloves. Find out what your body is communicating to you via aches and pains, and boost your natural immunity, while flushing toxins. (2-20 min)
6. BATHE or SHOWER and get dressed: use chemical free products, no need to scrub oil away from massage, leaving a little oil on the skin is a protective barrier from disease, toxins, and radiation.

Bath-may use salt or sugar scrubs, Epsom salt + baking soda or save this concoction for the end of the day. Utilize hot & cold plunge if you prefer here.

1. MAKE BREAKFAST & LUNCH & DINNER if you won’t have time later in the day. Even prepping some of the ingredients decreases the burden or overwhelming feeling some people have regarding cooking.
2. EAT. Have breakfast, lunch, and dinner at the same time everyday. Pick a time and stick with it.
3. BREATHE deeply throughout the day.
4. SLOW down in general. Stop multitasking. It dissipates energy. Doing one thing at a time will encourage calmer energy. If you have children or own your own business, this can be extremely difficult but will pay off in dividends if you can allow yourself the gift of single-tasking.
5. TEA-make the time for hot herbal tea or even warm mineral water with lemon. Let the stress of the day fade away. Diffuse negative thoughts. Focus on blessings. Breathe. Let the tea or lemon decrease the ama or toxic buildup in the body and mind.
6. TV-watch less than 10 hours a week or take a break from the news, tv, and cell phone.
7. THOUGHTS: thoughts become things, choose healthy good thoughts.
8. Spend the evening quieting the mind and body in preparation for reparative restful sleep. Tea, bath, reading, watching sunset helps set circadian rhythm. You may find that sleep difficulties subside after employing these daily rituals for a few weeks.

Remember: Diet and lifestyle choices are directly responsible for how you look, feel, your energy level, health and mental clarity. Find food locally. Eat whole unprocessed food. Drink mineral water. Play with your children, no matter how old. Enjoy nature. Take frequent breaks. Let it all go all the time. Remember God.

Ayurveda means the science of a long healthy life. By employing this ancient holistic science we use daily rituals and diet, to bring the mind and body into balance, and in turn, heal the physical and energetic bodies, so that we may live the highest quality of life.

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her book Balance Your Hormones, Balance Your life-much of these rituals can be found in this book. We also love daily pick me ups from the universe at [www.tut.com](http://www.tut.com)