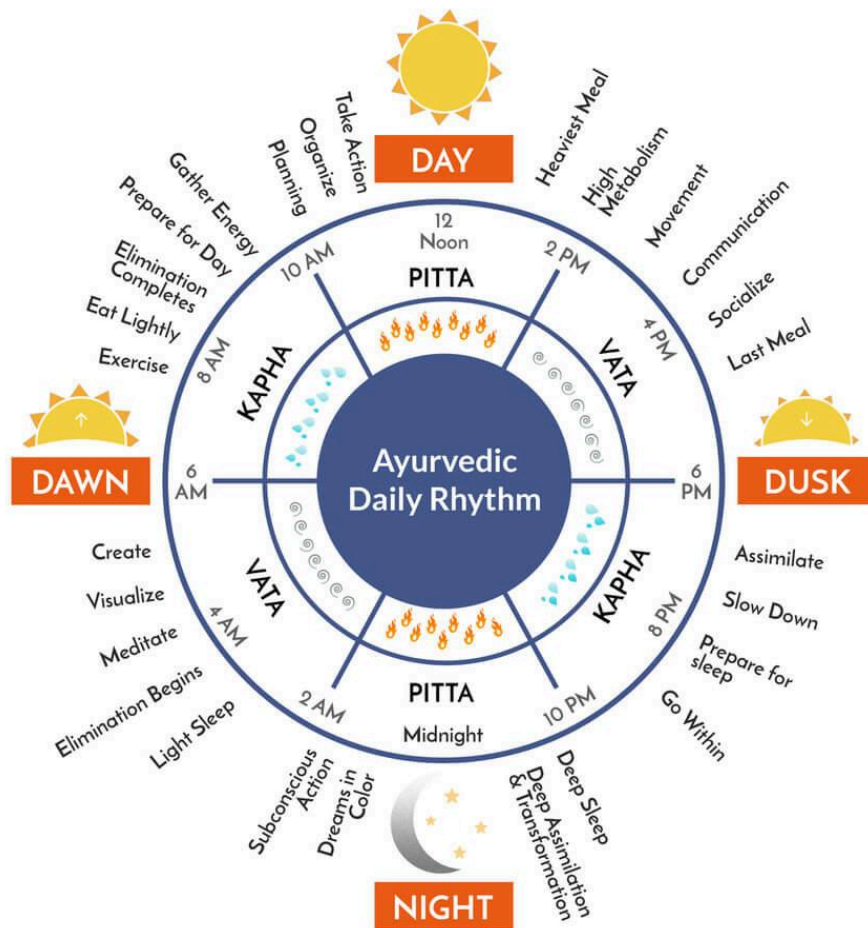




Cycles & Phases

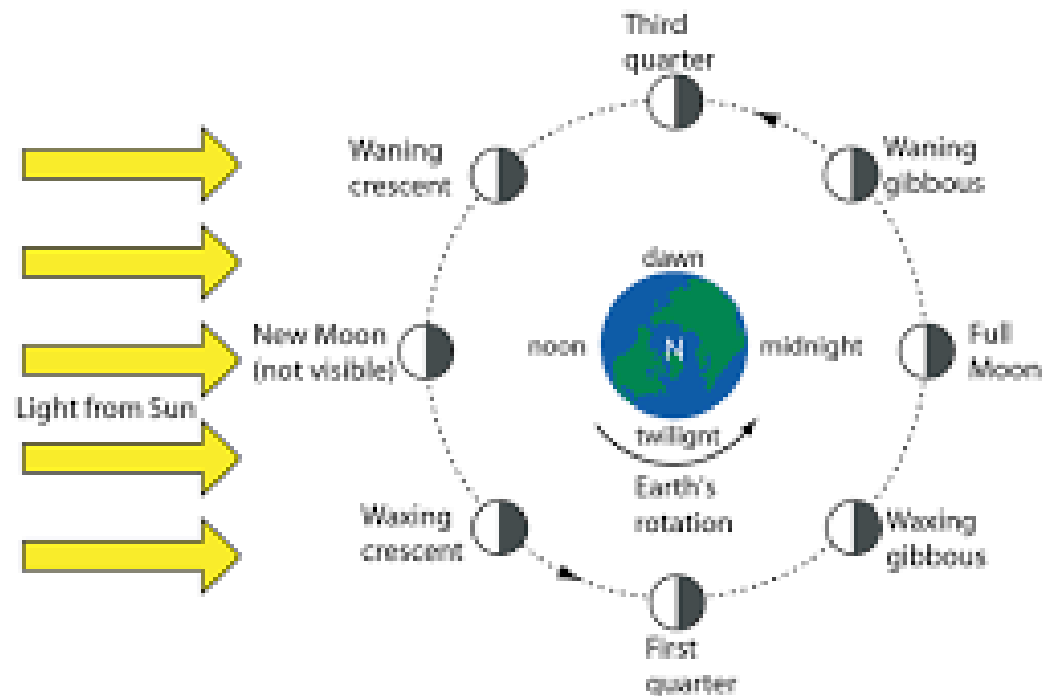
Ayurvedic Clock

Ayurvedic Clock



Align your daily rhythms in tune with Nature's rhythms. Support your day by the dominant energy inside and around you. Each day we cycle through the 3 doshas: Vata, Pitta, Kapha. The day is divided into six four-hour cycles. To live a life from turbulence to calm we must follow the Ayurvedic Clock.

Moon Phases



Full Moon Purification Prayer

- Myrah Moon | Instagram

I release the unforgivable, the fear that holds me back from accomplishing my goals, the emotional pain I carry every day that prevents my heart from feeling loved, the karma & trauma I carry from my past life times, all resentments and negative thoughts I hold towards others, myself sabotaging beliefs, blockages preventing the divine connection with my higher self.

With the passing of this powerful energetic full moon my life is renewed. I am purified. I am free from stagnation. I am able to love unconditionally. I am grateful for this new day.

New Moon Practice



Write down all of your wishes, dreams, intentions, and desires. Be as specific as you can.

Read your list aloud. You can go outside beneath the sky or you can light a candle inside in offering.

Give thanks to the Universe and the Goddess (or your chosen dedication) for hearing your truth.

Read as often as you are called until the Full Moon and then release the energy in sacred fire trusting in it coming into your life.

You can do this practice with each New Moon.

EMBODIMENT PRACTICES

Use the Ayurvedic Clock and Nature/Moon Cycles when moving into your day to enhance your connection to yourself, and to the planet, the Divine. After a while, if you are ready to step into your divine power, these will become common practice. Honoring your body systems, and the cycles of Nature we develop a more harmonious, calm and peaceful life. Life is ritual, and every moment is sacred. When we embody the practices that are aligned to the truth of who we are - every single moment is a gift, a blessing to be treasured.

MORNING ROUTINE

When we sleep we allow our subconscious mind to rest and reboot. And the thoughts we think in those first few nano seconds can be powerful frequencies to start the day - they will be the first conscious thought of the day - MAKE THEM COUNT.

Which is why the second you become aware that you are waking up - hold that peaceful moment in your mind - and call to mind how you want to feel today. This will be the most effective moment of your day. It holds all the power to set in motion you feeling good.

The very first thing you do before or just as you open your eyes.

You can think things like, "I wonder what will happen for me today?" or "I am grateful, brave and worthy!" or ""Just for today I will love where I am in my journey!" . Whatever feels good to you - and you can change it every morning or find a mantra that resonates with you and your situation.

This is our opportunity for a new start - all that has come before is gone and today is full of possibilities. Imagine for a moment an old school radio, with knobs to tune into the station (or frequency) you most love. This very act of tuning into the frequency in which we want to live from is key to making all these transformations possible. We must tune our attention, thoughts, and vibration into the higher feeling emotional frequencies if we are to step away from what no longer serves us.

Where are you tuned into this morning?

- Upon Waking, bring your awareness to releasing attachments to who you were yesterday and who you desire to be tomorrow. Bring all your attention into your heart and see yourself as a blank slate - beginning again - no fears, no worries - simply pure positive energy.

Imagine feeling good (or insert your affirmation/mantra) for the day ahead. The very first thing you do before or just as you open your eyes. Breathe it in 3 times, with hand on your heart.

Connecting to your heart, your body literally begins to call upon your sacred DNA to bring your truth into focus for the day.

These may be familiar from previous teachings and are the basis for your body, mind and spirit to be in alignment.

- Eliminate
- Look yourself in the eyes and repeat "I love you" a few times.
- Splash your face with cool water
- Getting out your tongue scraper, oil pull and brush teeth
- Drinking a huge glass of warm water to flush your system
- Count back from 100 - reset your thoughts and give your unconscious something to focus on
- Take some time to write down what you can appreciate in this moment, intentions, dreams
- Meditation, 10 minutes
- Movement, 30min
- Hygiene (shower *before* you eat)
- Abyhanga - self massage
- Sacred Eating Practices - See Nutrition handout
- Follow the Ayurvedic Clock when planning your day
- Evening routine to prepare yourself for sleep - where your body and mind meet with your soul for deep integration from the day.