



BONDI  
MEDITATION CENTRE

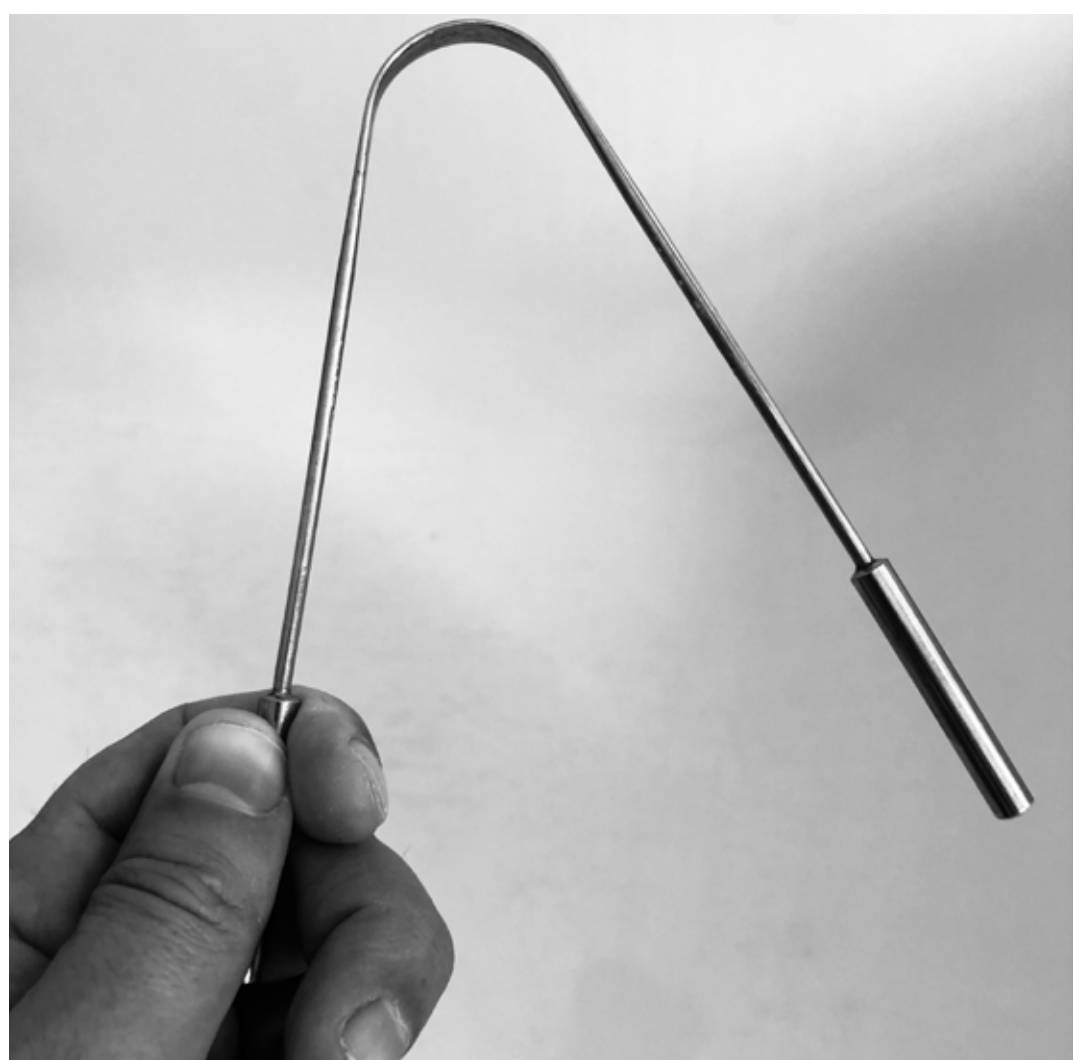


Dinacharya  
(Ayurvedic Daily Routine)

Bondi Meditation Centre

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## #1 Scrape the tongue

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After getting up as close to 6am as last night's bedtime allows, the first thing to do is scrape the tongue. During the night a helluva lot of the body's toxins are excreted, yes excreted, through the tongue. That white goo (Sanskrit name "ama")? Yeah, not great to swallow back down. Once you've got into the habit of scraping first thing in the morning you won't be going back!

Try to do this within 3 mins of waking up as after that the ama starts to reabsorb into the system.



## #2 Drink lime water

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A large glass of warm water with fresh lime juice first thing in the morning to flush the system. It helps stimulate the gastrointestinal tract. Digestion improves, heartburn is reduced and it helps in the process of elimination.

Why lime over lemon? Lemon can be a little heating whereas lime is tridoshic (suitable for all body types), but it's a marginal call really and either will benefit you. Make it a big glass of water, just a quarter of a lime squeezed is enough.

**NB** remember to swill your mouth out with water afterwards to avoid damaging tooth enamel.



## #3 Surya Namaskar

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There are lots of different versions of the famous ‘sun salute’ so take your pick. The important thing here, apart from moving and stretching the body in key ways, is intention. The sun salute is exactly that, a reverent greeting to the sun as it rises.

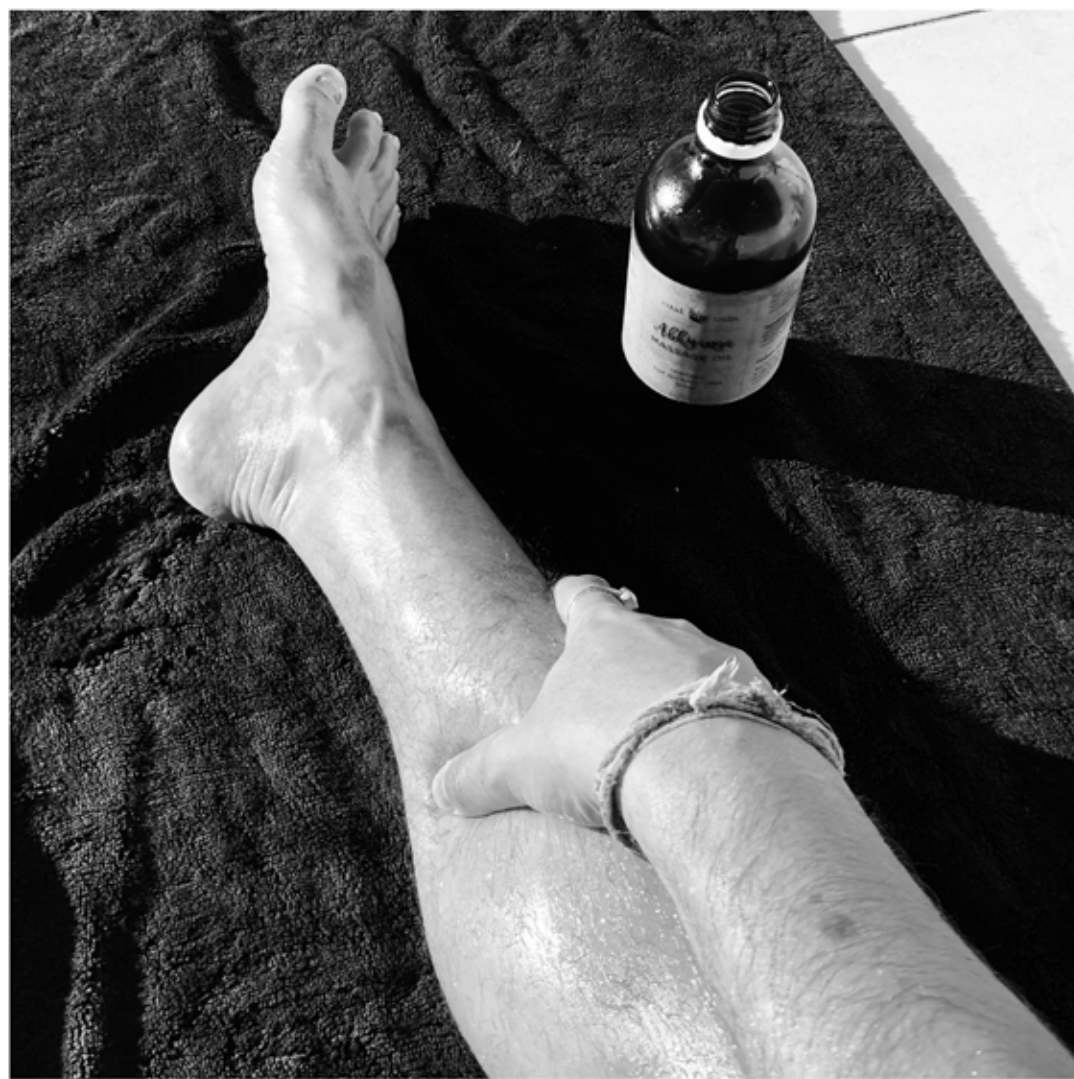
A recognition of its necessity to all life and our relationship with it.

If you want to go ‘full vedic’ you can chant the Gyatri Mantra before your sun salute which, loosely but essentially translated, means ‘Please use me in the ways that I can be of most assistance to the world’

### **Gyatri Mantra**

Om bhur bhuvah svah tat savitur varenyam bhargo devasya dhimahi dhiyo yo nah prachodayat.

There are lots of youtube videos if you want to get the tune to sing it to!



## #4 Abhyanga (oil self-massage)

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One of the most powerfully soothing things we can do for our body, and in particular our skin and nervous system, is daily oil self-massage. It is also supportive of general body strength and health. No skill or experience required to give this a go and feel the warm and fuzzies it leaves you with. Life always feels that bit softer after abhyanga.

Lay down an old towel and apply (ideally herbalised\*) coconut or sesame oil liberally from the top of your head to the bottom of your feet and everything in between.



## #5 Oil pulling

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Oil-pulling is another addictive little habit once you get started. You swill (ideally herbalised\*) sesame oil around your mouth for around 20 mins. No point in doing it for less than 15 mins apparently as that's the point at which the mouth starts producing the enzymes that work the magic. It's a great one to do when doing something else e.g. while doing abhyanga.

The benefits? Heaps. Apart from the cleanest, freshest feeling mouth and teeth ever, oil pulling is also said to kill harmful bacteria in the mouth, prevent bad breath, strengthen teeth and gums and even extract toxins out of the head in general! It's a goodie!



## #6 Vedic Meditation

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Oh Vedic Meditation! The crest jewel of the ayurvedic daily practice.

Vedic Meditation is a profoundly powerful way of releasing stress from the body and giving us a consistent experience of a higher state of reality. Regular Vedic Meditation will lead to you feeling happy for no reason, able to overcome very entrenched behaviour patterns, adaptable to situations which would have previously caused you stress, having more to give and needing to take less.

If you haven't yet learned Vedic Meditation I'd love to teach you \*\*



## #7 Porridge toasted in ghee

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Ayurveda considers good digestion to be the basis of good health and ayurvedic cooking is designed to make the food as easy to digest and assimilate into the body as possible.

A great ayurvedic breakfast is porridge, cooked in the following way:

### **Ayurvedic porridge recipe**

Serves 1

1 teaspoon ghee  
2 cardamom pods, slightly crushed to open on one end  
1-inch-long cinnamon stick  
2 saffron threads (optional)  
1/4 cup rolled oats  
1/2 cup water  
1/2 cup cow's milk or almond milk  
1 Medjool date, pitted and finely chopped

In a small saucepan, heat ghee over medium-low heat. Add the cardamom pods and cinnamon stick, and toast for about 1 minute, until the spices release their aroma and darken a shade. Add the saffron and oats, stir well and toast for another 1-2 minutes, allowing the flakes to absorb the ghee.

Add the water, then the milk (adding the milk first might curdle it) and dates. Stir and bring to the full boil. Reduce the heat to low, partially cover and cook for about 10 minutes, until the grains are cooked and creamy.

Turn off the heat and remove the cardamom pods and cinnamon stick. Serve hot.

This breakfast is easy to digest, filling and provides good steady energy through to lunchtime.



## #8 Nasya (nasal drops)

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Intermittently, say 3-4 times throughout the day, sniff a drop of nasal oil\* into each nostril. This has many reported benefits.

It clears imbalances out of the head. It lubricates the whole head, neck and throat, making the mouth smell pleasant and the voice sound pleasant (especially good for singers!) It counters dryness in eyes and lips. It is also said to reduce baldness, wrinkles and grey hair!

Especially good times to do Nasya are before exercise or pranayama, while on planes or doing mind-consuming activities such as study.

It is best not to do Nasya immediately before or after a bath or shower, with a runny nose or fever or straight before food or sleep.

Nasya is also said to provide a good barrier to bacteria or viruses entering via the nostrils.

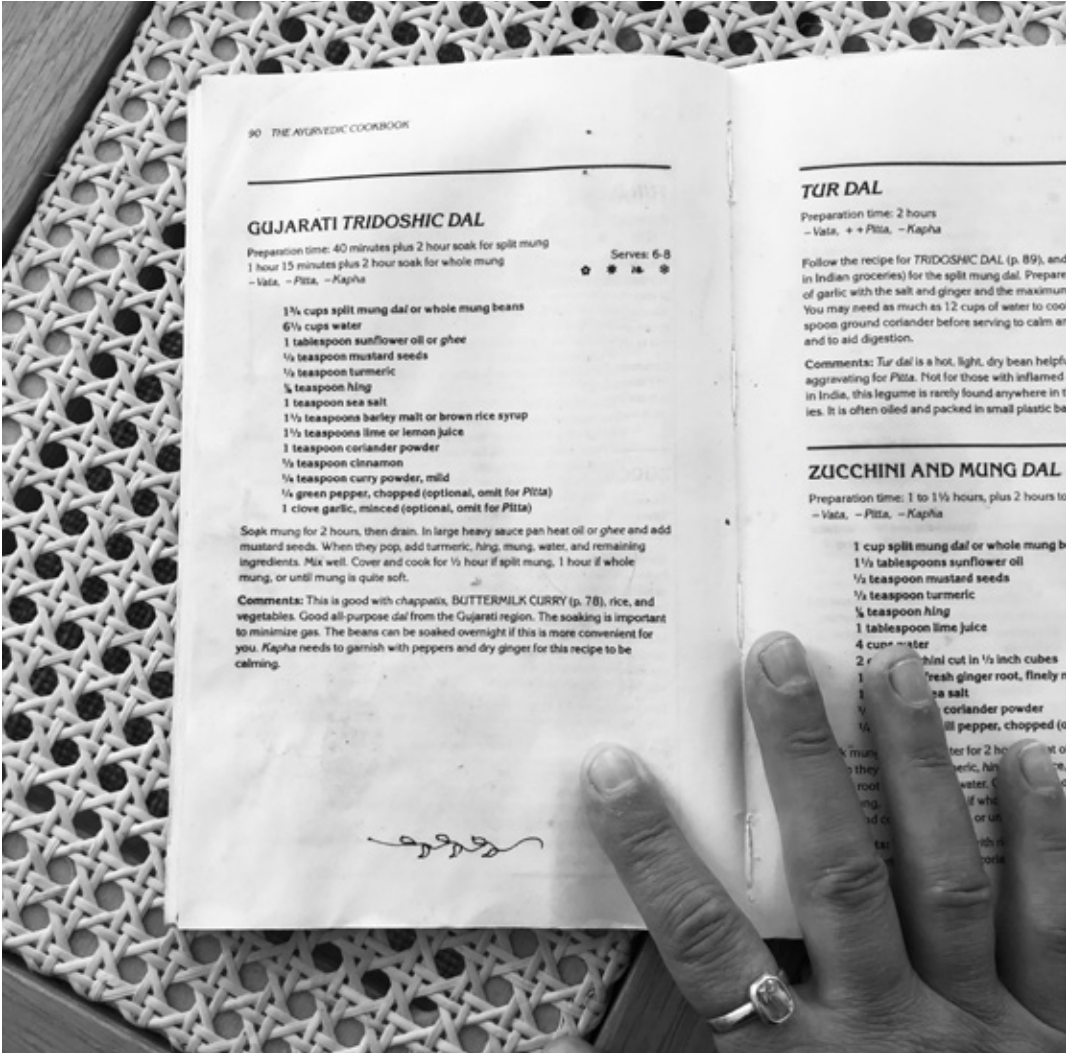


## #9 Sip hot water frequently

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This is up there with THE most powerful things you can do for your health according to ayurveda. The regular sipping of hot water (as hot as you can handle, obviously without burning your mouth) breaks down and washes away Ama (toxins) which are responsible for disease. Sipping hot water is also said to kill viruses that are harboured in the throat and wash them down into the stomach for the digestive acids to finish off the job.

Regardless of the severity of any illness you may be suffering, a central piece of advice a vaidya (ayurvedic doctor) will give you is to sip hot water frequently throughout the day. Frequency of sipping and not quantity of water is the key here.



## #10 Make lunch your biggest meal of the day

The ayurvedic expression goes something like this: Eat like a prince for breakfast, a king for lunch and a pauper for dinner.

12-1pm is when our digestive fire (agni) is at its strongest so it is the time when we should give our body the biggest meal to digest.

A perfect ayurvedic lunch could include a ‘tridoshic’ dahl, (tridoshic meaning it’s suitable for all body types.) The Ayurvedic Cookbook by Morningstar has some great recipes.

If you’re thinking dahl sounds gassy, then yes, it could be if made incorrectly, but ayurveda has us covered. First it’s important to soak the lentils for at least two hours prior to cooking. Then the chemistry of the ayurvedic spices takes care of the rest. It’s fascinating how the seeds pop open releasing digestive oils which wrap around the ingredients, then the powdered spices continue to adjust the composition of the food for easier digestion. This really is food as medicine. You should feel light, energised and calm after eating it.

This dahl goes well with basmati rice.



## #11 Eat a light dinner

The tablets in the picture are Shodhana Vati tablets\*. These are to be taken every evening before dinner. They are whole body cleansing ayurvedic supplements. They are free radical scavenging, anti-oxidant, immunity-enhancing blood purifiers. They’re particularly good for the digestion and overnight purification.

Ayurveda recommends that dinner should be the lightest meal of the day and ideally not taken later than 7pm.



## #12 Sleep by 10pm

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According to ayurveda our bodies go through daily cycles.

From 6pm to 10pm we are in the Kapha phase. This is a heavier, slower, naturally more relaxed cycle. If we go to sleep before 10pm the tendency is that we carry that heaviness through the night and have a more restful and easy sleep.

From 10pm-2am we move into the Pitta cycle which is more energised and active, so the further beyond 10pm we stay awake, the more we carry that more active quality through the night and sleep less soundly. That explains why we can get that second wind and be so productive late at night right. But it's at the expense of the quality of our sleep.

If we go to bed at or before 10pm we can start to wake up naturally at or before 6am. This is still within the Vata period which is characterised by an energetic lightness. So if we rise before 6am we will carry that quality of lightness through the day.

6am to 10am is into the heavier Kapha period again which explains why, when we sleep in late we tend to carry that heavy, grogginess into our day.

See below for the full list of the ayurvedic daily body cycles:

2am-6am Vata (lightness)  
6am-10am Kapha (heaviness)  
10am-2pm Pitta (active, heat, strongest digestion)  
2pm-6pm Vata (lightness)  
6pm-10pm Kapha (heaviness)  
10pm-2am Pitta (active)

*\*products available from [www.vitalveda.com.au](http://www.vitalveda.com.au)*

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