

I. Central Theme - How to be Centered & Turn Within

**I. Introduction**

A. Halloween Joke

B. We're all spiritual aspirants trying to progress through our practices, but sometimes its difficult, especially when you physically or mentally feel out of synch.

C. We know the goal of Vedanta is to experience our unlimited Infinite Nature, & when problems arise, try to transcend them & go back to the Source of Who you Are? Your Infinite 'I', Brahman. And this can work sometimes but for the majority of times its very difficult. How can you transcend the body & mind, when our attention is constantly caught in it.

D. Went through difficult period - dryness, dullness, lack of motivation —  
 Was it mid-life crisis? Politics, World. (I kept blaming everything outside me.)

E. So what do you do when nothing works? Pray

F. Ayurvedic doctor visited - You don't have to live w/these imbalances. It explained to me the Imbalances & offered practical solutions. Following her advice, my cholesterol was **266 to 191**, triglicerides **168 to 79**, LDL **179 to 116**, weight dropped 20 lbs, & I was more centered, balanced, energetic & meditation became easier & deeper.

G. By following simple Ayurvedic principles, you can begin to understand & change your own body/mind constitution & this can be a great aid & support to center ourselves & deepen our spiritual life.

**II. Ayurveda**

A. science of life (Ayur - life, Veda - K)

B. System of healthcare that integrated Body, Mind, Spirit - based on Artharva Vedas 5000 yrs ago.

C. Its a conscious, preventive based system, which means its up to you to become **aware** of how things affect you & respond according to your constitution.

D. Its simple, it says each of us is born w/a unique nature, a certain balance of different energies/elements, which in balance means we are in harmony. Our body/ mind is running at optimal level & we have clear awareness within us & around us. When these elements go out of balance, when there is turbulence or a constriction somewhere, we experience **dis-ease**. (ex: Buddha- life is dukha)

**Q- (to audience): What are some your symptoms when you are out of balance?  
A- What do you do about it?**

A basic principle of healing in Ayurveda holds that one may create balance within the body/mind by altering diet & habit of living to counteract changes in their external environment.

Nature is constantly changing & affecting us. Its like walking on a tightrope where we are constantly trying to keep in balance.

**Disease just means the absence of vital health. The absence of vibrant health means something is out of balance.**

Allopathic Model: We are not taught how to create health, we know how to cure disease. We are looking for the disease to cure.

Ayurveda: Is more a preventive health-care model

1. Allopathic Model: Health is the absence of a definable disease. (Focused on how to treat disease not how to create health.)
2. Ayurvedic Model: Disease is the absence of vibrant health.

4. So the whole point of Ayurveda is to give us tools to detect when we are going out of balance & how to get back into balance, before diseases are created. Once in balance, we feel a sense of rhythm, openness, centeredness, connectedness, & our attention is not caught by our neg addictions, emotions or thoughts & its easier to turn our Awareness back to its Source.

5. Ayurveda is great because when you understand your nature & what's getting you out of balance, then you can make the right choices to get back into balance.

6. Ultimately when we are connected to our true balanced state, our sattvic nature, we begin to feel more freedom from our emotions & detachment from or thoughts, & feel more like the Witness. And behind those changes, we start to experience the Presence, the Light, our True 'I'.

How do we do this?

### III. Knowing your Body/Mind instrument (Kshetra & Kshetra-jna)

A. Each of us is experiencing through these unique & different instruments

1. One C is exp itself through all the varieties of species.

2. What makes each exp different is the instrument (**the mode of perception**) we interpret through.

Ex: Dolphins, Bees, Humans, (Same C, but experiencing through sonar, ultraviolet light)

3. Each of us have different body/mind types - although we are all having human experiences, experiencing images, feelings, taste, smells, sounds, & sensations,

**but we interpret, personalize and react** differently. We may see the same person, hear the same sound but to one person they get joy & to others they get headaches.

**CLICK** (Rap music, mountains) - You may each have diff rxns. (**mustard oil**)

4. As we get to know our own body/mind system, we understand there are experiences which open us to greater Awareness & experiences which diminish or constrict our Awareness.

### IV. Our body/mind system are made of the 5 Natural elements (Mahabhutas)

#### SLIDE 2

There are 5 great energies that make up everything in the universe.

1. Space
2. Air
3. Fire
4. Water
5. Earth

1. These are known as the Mahabhutas, the building blocks of everything in the universe, including us, because we are part of the physical universe.

2. These elements stand for principles & qualities in the universe.

(Let's come out of the left analytical side & goto the right & think symbolism)

#### 5 Elements: Building Blocks of Nature

#### SLIDE 3

### 1. Space (Akasha) -

- is like the canvas, its the **potential** for C to express/manifest itself into any object,- subtle vibration, mental thought, phy obj.

- in the body, space is necessary for things to flow, eg blood, energy & communication. When things are flowing you're healthy, when things are blocked you are diseased.

- in the mind, the space between our thoughts give rise to intuitive, creative, spontaneous insights, flashes that are opposite to our habituated patterned thinking.

- Space is symbolic for all possibilities to occur

- The first thing to come into space is movement. (Ex: OM, primordial sound which manifest everything.)

### SLIDE 4

### 2. Vayu (Air) - Principle of Movement

1. It represent the movement within space

2. As the animating force of life, its present in all movement, like circulation, prana, and movement of thought.

3. You can feel it like wind touching your skin, but it does not have form.

When there is too much movement, you get friction or heat.

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### 3. Agni (Fire) - Principle of Fire

- It stands for Transformation or conversion

- It transforms one thing into another

- 1. In the mind, its the digestion of thoughts into understanding. (assimilating)

- 2. In body, its the digestion of food into energy

And too much heat, like exercising, creates sweat or water.

Condensation. The water principle.

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### 4. Jala (Water) - Principle of Cohesion/Bonding

- anything you see being held together is the cohesive property of the universe, the principle of water.

- it bonds and gives it more shape & form (going from subtle to gross)

- Think about a recipe. When you add water, things stick together & you get form.

- In our minds, its the cohesiveness of thought after thought that stick together, & forms into patterns, & gives us a meaning & a story.

- the more cohesive things get, the more structure we have, then we have earth.

**CLICK**

#### 5. **Earth (Prithvi)** - Principle of Structure & Solidity/Grounding/Support

- the earth element expresses itself as solidity, mass & form.
- anything that is solid & we can interact with, that you can touch & has structure is the earth element.

All of these elements symbolize how the physical universe comes into manifestation. (some refer to 5 states of existence, space, gas, liquid, solid, w/fire being the transforming element from one state to another)

Q - But what does this have to do with us?

1. We have all the elements in us. We just have different proportions in us.
  1. Some people have more space & air, **CLICK** while others may have more fire. **CLICK**
2. We (as individuals) come w/a formula, our unique combination of these elements, like our thumbprint.
  1. Its who we are - its why an oak tree is an oak tree & not a maple tree.
  2. An artistic mind may not feel comfortable doing accounts. An accountant probably has difficulty drawing.
3. You are determined at conception by Ayurvedic science.
4. Most people have a predominance of one of these elements & less of others.
5. Like a recipe, you will taste, look & act like your predominant quality. And be influenced less by the other qualities.

**CLICK**

### **I. DOSA**

These elements get organized into the principles of movement, transformation, & structure called doshas.

Our Dosa is our unique Mind/Body type.  
Its the software that runs our body & mind.

Its responsible for the way we interpret, assimilate & eliminate.

1. If you come in w/Space & Air as your predominant element you are a **VATA**.
2. If you have more Fire & water you are a **PITTA**
3. And if your predominant element is Earth & Water, you are a **KAPHA**.

These are the 3 main Mind/Body types, similar to Western mesoderm, ectoderm, endoderm.

## I. **Vata**

- Elements: Space & Air - Movement

### A. **Physical Characteristics:**

1. Thin & light frames -
  - a. No earth element - not much structure (I'm a Vata type)
2. Sensitive sleeper
  - a. B/c of space, any sound or vibration they are sensitive too.  
They are sensitive to the energies around them, reacting to the slightest movements. They have a subtle nature and are much more aware of subtleties around them.
3. Cold hands & feet
  - a. B/c they lack fire, they lack heat
4. Dry skin & hand
  - a. B/c of Air, it has a drying effect
5. Move & talk quickly & descriptively
  - a. The Wind element keeps them in physical movement constantly
  - b. Can't sit still, always tapping their foot or moving their pencil

### B. **Mental temperament**

1. Restless & Active minds
  - a. 1. Mind is constantly racing w/so many thoughts & never stick to one thing for long time, they have weak memories. (Hyperactive).
  - b. learn quickly, but forget quickly
2. Questioners
  - a. Like to question things, spend time theorizing & overanalyzing. Its why they have trouble making decisions, b/c they can't stick w/one thing. They have too many thoughts running in their mind.
3. Resist conforming to cultural norms
  - a. Don't like structure and think outside the box
  - b. Artist, Musician

ex: hummingbird - can't slow down

So when you think Vata, think movement.

## II. Pitta

- Elements: Fire & Water - Heat & Transformation
- the ability to cook things in their system, separate & assimilate what's good & eliminate what isn't

### A. Physical Characteristics:

1. Medium Built -
  - no lose or gain weight
2. Strong digestion -
  - b/c of fire, they can digest anything, goats of human species
3. Perspire easily b/c fire
  - they are physically hot
4. Do everything intensely
  1. Play hard
  2. Sleep hard
  3. Vacation - makes a list of everything to do.

### B. Mental Temperament:

1. Sharp intellect
  1. Fiery mind, Great problem solvers, Critical thinking skills.
2. Self confident
  1. They are the risk takers, decision makers, leaders (CEOs)
3. Intense & Discriminate
  1. They are no-nonsense people who get to the point
  2. Decisive, organized & efficient.
4. Driven
  1. Ambitious, Competitive & Love Challenges (Lion - intensity & kingly nature)

### III. Kapha

Elements: Earth & Water - Mud - Grounding, Stability, Accumulation - Structure

#### A. Physical Qualities

1. Heavy, Solid
  - gain weight easily
  - big bones, softer muscle, strong & firm body frame.
2. Smooth skin & oily hair
3. Good stamina -
4. Slow movers
  - K is like Volvo - reliable, comfortable & steady, but not fast.
  - V are like Ferrari - agile & fast
  - P are like Mustangs, powerful & aggressive
5. Sound sleepers

#### B.. Mental temperament

1. Easy going & patient & considerate & calm
2. Methodical
  - slow to learn but strong to remember
  - they need time to soak up the information into their bodies, but once they have it, they embody it. This is wisdom - taking the information, embodying it & living it. (This is the opposite of what schools usually teach you, when they just want you to memorize it & regurgitate it.)
3. Likes structure - routine
4. Loyal -
  - will be your best friend, but once angered or hurt, takes a long time to forgive

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#### I. When in Balance:

- A. The dosha/energies within you are in perfect harmony.
- B. There is a perfect balance within you, (the ideal balance of the doshas) & this balance was determined at birth.
- C. This is known as your **Prakriti** - your Swa-bhava (your innate Nature)
  - 1.
- D. When in balance, the Divine shines through your unique personality & illumines your ind gifts.

What are those gifts? **CLICK**

### 1. **Balanced Vata** are:

1. Energetic
2. Creative
3. Adaptable
4. Spontaneous

1. They can liven up a party.
2. When their minds are calm, they can reach between the gaps, intuit ideas & download directly from the Divine. They can perceive what other don't & think outside the box.

### 2. **Balanced Pittas** are:

1. Sharp & Bright
2. Good decision makers
3. Charismatic
4. Leaders & entrepreneur  
(ex: Steve Jobs - innovative & intense)

### 3. **Balanced Kaphas** are:

1. Steady
2. Supportive & Accepting
3. Content  
- happy w/the way things are
4. Strong

Ex: Big teddy bears. Like the office manager who comes everyday, cheers everybody up, and gets a plaque after 20 yrs. "What would we do without you." He/She is the one that glues the organization together. Without them there would be no structure.

These are the gifts we manifest when in our **sattvic** balanced nature

## II. **When out of Balance:**

A. When the dosha/energies are out of alignment, it usually means we've doing something to aggravate the dosha/energies by disrupting the balance within.

ex: eating late at night, not resting enough, overworking

C. This is known as **Vrikriti** - your current state of **imbalance**.

- Ex: Traveling - don't get proper sleep, jet lag & not eating at proper times, working too much, these cause imbalances and have physical & psychological effects.

### CLICK

#### For Vatas:

- When that nice soothing gentle wind becomes a tornado.
- It means we have too much air, too much movement within us.
- Too much movement means **Excess** Energy.

And this energy makes our quick mind becomes a spinning mind, turbulent mind:

This occurs to me when I'm in a rush. (Hari don't be in a hurry.)

What are the indicators for Un-balanced Vatas:

1. Increased **Forgetfulness**
  - Spinning mind becomes forgetful. Your running around the house, you forget what you're doing, you can't find the keys, things come in one ear & out the other. The excess Air elements makes things scattered.
2. Increased **worries, anxiety**
  - a. - **born worriers** thinking about all the possible things that can happen:
    - "What if"
    - Self doubters
    - Wake up & become anxious about the day. Worried about how to get things done & fearful.
    - When stress comes you automatically ask: What did I do wrong?
3. Difficulty falling asleep
  - a. Your mind is constantly moving but the body is tired, you get insomnia & even the slightest noise can wake you.

Physically
4. Digestive problems - constipation & gas
  - a. digestion varies - either you are too dry, which gives you dry hard pellets for excretion or you feel bloated & full of wind.
5. Chills, shakiness, Inconsistencies
  - Scattered energy, up one moment & down the next

### **For Unbalanced Pittas:**

- when you have too much fire, too much heat, it becomes a forest fire & can burn down a village.

- When I'm in the presence of an unbalanced Pita, they bring out my Pita side.

Indicators:

1. Irritable
  - excessively judgmental & critical
  - hanger
2. Sharp tongue
  - like a dragon they can burn you w/their sharp words
3. Aggressively & overly competitive
  - b/c so focussed, they are narrow & perfectionist & can't let things go, being pushy, intimidating & bullies, wanting their way.
4. Physically heat turns within,
  - Indigestion, heartburn, acid reflux.
  - inflammation on the skin and any 'itis' like Tendinitis, Arthritis, caused because of inflammation is b/c of too much Pitta.

### **For Unbalanced Kaphas:**

- When collecting too much Earth & Water, you feel heavy & can't move

Indicators:

1. Dull, heavy & lethargic - Overweight
  - a. They don't want to do anything.
  - b. They get depressed & say: "Whatever"
  - c. Go into a shell & don't want to talk w/anyone.
  - d. Physically, they become heavy & congested  
Everything starts to soak in, like a sponge absorbing water.  
They start craving sweet, dairy foods. (comfort food)
5. Needy - start to hold onto things, esp relationships that are not working

How to handle stress: "I don't want to deal with it."

So you begin to notice when you are out of balance, what you naturally crave for only makes it worse.

And this is because we are listening to the signals of our Imbalanced or Unripe Ego. Not the higher intelligence within. (This voice is being crowded out by the childish ego who's crying for your attention.)

So when Vatas are out of balance, since their nature is movement, they crave more activities, distractions, caffeine, and sugar. They crave sugary food that makes them spike & drop. They want to stay in constant motion as a way of dealing with their imbalance. (These are its life rafts, when the waves of life become choppy.)

So acc to Ayurveda, its when you notice the subtle imbalances beginning, that's the time to do something, to bring yourself back into balance. So dis-ease starts off at the very subtle levels first (like irritation, forgetfulness, or lethargy) & then moves into the denser levels, the physical body. So by the time the doctor sees you, its already deep in your tissues. So the problem is the 'issues in your tissues.' And for some of us this can be very late in the healing process.

So once we can detect our imbalances, how do we restore balance.

### I. Restoring Balance:

1. Now remember, every experience is changing the internal climate of your body/mind.
2. Eating changes the internal climate of your body/mind.
3. Movement, relationships, environment, climate, all change your internal balance.
  1. Hot weather can aggravate Pittas and makes them even hotter.
  2. Cold weather can make Kaphas more lethargic.
4. So if being out of balance means we have accumulated too much wind, heat, or earth, then it sounds like we should do the opposite of what our unripe ego is telling us.

We should give ourselves what we are lacking?

a. What elements are we lacking to put us back in balance?

1. V — are nourished by earth, water and fire.
  - they need to be **grounded, hydrated & heated.**
2. P - are nourished by space, earth & air
  - need **coolness, stability, lightness**
3. K - are nourished by Fire, Air & Space
  - need **stimulation, movement, & warmth**

CLICK

### 1. **Balancing Vatas** (Getting Grounded) - need to get centered

1. Calm the mind: Meditation
  - a. Since they are most stimulated by sound, doing a manta mediation or having an OM sound vibration in the background helps calm the mind. Listening to flute music is calming.
2. Create Routine & Regular Habits
  - a. Need structure to stop their spontaneous nature from moving & being so erratic. Need to stick w/discipline and doing and sticking w/same schedule.
  - b. Sameness creates Sane-ness.
  - c. Develop a structure that works w/their energy - B/c their energy goes in spurts, explosive, they need to work a little, eat a little, & rest a little, instead of pushing themselves into imbalance.
3. Eat foods that ground, warm & are easy to digest: like oatmeal, dhal, soups, cooked vegetables & hot ginger lemon tea to enliven their weak digestion & stay warm.

### 2. **Balancing Pittas** (Getting Cool)

1. Let go of the need to be in control & surrender.
2. Be in cool climate & eat regularly foods that cool the body, cucumber, salads, smoothies. (No spicy foods.)
3. Practice being non-judgmental, non-competitive, & learn to be the witness.
4. Walk in Nature - it grounds you, reduces inflammation & cools you.
5. Massage - getting cooling soothing oils, coconut & olive oil can relax you.

### 3. **Balancing Kaphas** (Getting movement)

1. Get moving & exercise
2. Seek variety - do something for a while, then something else, create movement. (Opposite of Vatas, who can't stop moving, starting this & that, but never finish.)
3. Get out & socialize
4. Reduce sweets, heavy foods & eat low-fat diet, & spicy foods.

## **XI. Ayurveda Approach to Balance:**

1. Foods
2. Herbs
3. Massage
4. Yoga
5. Lifestyle

### Conclusion:

The reason knowing your dosa is important is once you know your dosha, you can make lifestyle & dietary choices that are in alignment w/your own body/mind constitution.

And this can maintain & keep you in balance.

This is your sattvic nature.

When we are in balance, the gifts we were born with, begin to emerge to the surface of our Awareness, our swa-bhava, they begin to take solid shape within us, & we begin to stand on them until we feel supported by them. They are how Sat-chit-ananda is reflected in our unique personality as the highest Aspirations we were born with.

And once you are in balance, its easier to turn your Awareness to God or your Higher Self.

Yoga is connection. Its the state of flow from your individual self to the Divine Self. Until then you really are caught up with your body & mind problems, asking the Lord to allievate these pressure. But true yoga is the sense of giving and receiving from the Divine, feeling His grace flow into you & your awareness no longer being caught in the world can be turned to the Lords's attention. Its the state of Love between 2 lovers.