

# Lazy club May 2024- Morning Routine

Monday, May 13, 2024 2:07 PM

## 1>Wake Up

2>Deep breathe before you get out of bed.

3>After you get off- First go to the sink splash some water on the Face, rinse mouth and splash eyes

Try to add a few drops of Rose water or Chandan in the water you use to splash your eyes - If you have Pitta Dosh or an Metabolic body type. (try to use room temperature water or even more to the cold side).

Try to Splash your eyes with diluted cranberry juice added to your water if your body type is Anabolic.

For Catabolic body type you may just use simple plain water.

Gargle with warm water- preferably adding pink Himalayan salt to it. You can also add a drop of mint oil, neem oil, almond oil or plain coconut oil to the rinsing water.

## 4>Drink Hima.

Then drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the GI track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

Hima- Vatta (Cumin, Ajwain, Methi seeds, Fennel Seeds) Khapa (Cinnamon, Clove, Ajwain, Methi seeds), Pitta (Coriander)

Method of preparing Hima: Add 1 spoon of your choice of seeds lightly crushed between your palms to activate them, 8 Oz of water. For cloves and cinnamon, you do not have to crush them. You may use powders, if you like. Use a steel, copper or glass container. Soak the seeds overnight. (Do not soak for more than 8 hours). Do not heat the water or drink it from the refrigerator. Leave it at room temperature.

*\*\*\* Imp: Please continue the Hima for 60 days. You will start noticing a glow in your skin within 5 days. in 20-25 days any belly fat or flappy muscle with start toning and if you can do it for full 60 days, besides the energy levels increasing everyday you will notice numerous health changes. You will be able to eat any food of any nature without counting carbs, fat or oil measures. If you forget to soak the seeds in the night, do soak them in the morning and you can drink it any time after a minimal of 2 hours of soaking. The 8 hours first drink suggestion is for maximizing the benefits. To track the benefits, measure your waste around in inches. Then also measure the length between your navel and pelvis. Note the measurements every 10 days. time after a minimal of 2 hours of soaking. The 8 hours first drink suggestion is for maximizing the benefits. To track the benefits, measure your waste around in inches. Then also measure the length between your navel and pelvis. Note the measurements every 10 days.*

5> Scrape your tongue and Clean your teeth:

Gently scrape the tongue from the back forward, until you have scraped the whole surface for 7-14 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria. Ideally, vata can use a gold scraper, pitta a silver one, and kapha copper. Stainless steel can be used by all people. Prefer scraping over brushing and try to avoid plastic scrapers.

To Brush your teeth, use pungent or bitter toothpaste. It awakens the tasting buds and other senses connected with the mouth. Remember to floss.

Add a drop of mint oil (Pitta), clove oil (Kapha) and coconut/almond oil to the water that you use to wash off the paste. People with Vata and Kapha may use mild warm water. Pitta body type is advised to use cold water.

*\*\*Additional tip. If you use the regular non ayurvedic tooth paste, you can add a tiny drop on neem oil on the paste to add to the anti-bacterial properties.*

#### 6> Gargling:

To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle with warm water with a few drops of oil added (Use any oil. I use Almond). Hold the oil in your mouth, swish it around vigorously, then spit it out and gently massage the gums with a finger. (You can also do an oil wash every few days. Just gargle with warm sesame oil)

#### 7> Nasal Drops:

Putting 3 to 5 drops of warm oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. The nose is the door to the brain, so nose drops nourish cellular communication and enhance intelligence.

For vata: sesame oil, ghee, or vacha (calamus root) oil.

For pitta: ghee, sunflower or coconut oil.

For kapha: vacha (calamus root) oil.

Super Nasy Oil is recommended for all three constitutions.

#### 8> BATHING, DRESSING, NATURAL SCENTS AND ADORNMENTS

Bathing, beside removing sweat, dirt, and fatigue, brings energy to the body, clarity to the mind. The use of natural scents or essential oils brings freshness, charm and joy, improves vitality to body and mind and improves self-esteem.

For vata the best scent to use is hina or amber.

For pitta try using vetiver, sandalwood, or jasmine.

For kapha use either amber or musk.

#### 9> EXERCISE, BREATHE AND MEDITATE

Regular exercise improves circulation, strength, and endurance. It helps one relax and have sound sleep, and improves digestion and elimination. Exercise to half capacity, which is until sweat forms on the forehead, armpits, and lower spine.

Appropriate exercise according to your constitution and current imbalance can be done anytime during the day, whichever best suits your schedule. If you are doing Yoga, then make sure there is a gap of at least 2 hours between the meal and exercise.

Don't try to push yourself into high intensity workout unless you want to build a certain type of body. Making sure you move every muscle every day and giving it a little stretch in the direction opposite to the usual is enough. If you like to exercise then create a mix of cardio, weights, aerobics (walking), stretching, ISO and Core.

### **Breathing**

After exercise, sit quietly and do some deep breathing exercises.

For vāta: calming breaths like anuloma viloma – alternate nostril breathing.

For pitta: cooling breaths like sheetali or sheetkari

For kapha: heating breaths like bhastrika – bellows breath or kapalabhati – shining skull breath.

### **Meditation**

It is important to sit with your inner self for at least 15 minutes in the way you are accustomed to, which enhances singular concentration that leads into the continuous flow of meditation.

Continuous silent, peaceful watching of the breath eventually slows down the thinking and one can perceive the space in between two thoughts.

That gap can in time expand into vast silence, in which the perception of the universal consciousness starts appearing. In meditation, the tissues become relaxed, the enzymatic system is activated and digestion is promoted, circulation is improved and the channels dilate.

The parasympathetic nervous system activates and stress is managed. This silence works as a vacuum and helps the doshas move back into the gastrointestinal tract. Meditation brings balance and peace into your life.