

What is Ayurveda?

(...and how can it change your life for the better?)

**By Jennifer Moiles
Certified Holistic Health Counselor
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It's always a good idea to get the biggest, strongest, most intelligent guy on the playing field on your team. Naturally, that will give your team an advantage in the game.

In the game of life, the biggest, strongest, most intelligent influence (which generally we pay no mind to in the Western world) is nature. Nature provides, sustains, and supports us, if we show it proper respect and allow ourselves that support. Nature informs us when to eat, what to eat, when to sleep and how long, how to cure our ailments, how much work or exercise is enough or too much, and when a choice that we make is right or wrong.

Nature manifests in our body as nerve impulses, "vayus" or flows of energy (also known as "prana," sensations and gut feelings, and expressions of vitality or morbidity. It operates with great intelligence, facility and sophistication to maintain balance; a universal law without which we would (and do) self-destruct. In the same way that the earth rotates around the sun and maintains its synergy with the rest of the universe, the body is dialed into the rhythms of day and night, seasons, and ecosystems.

The forest erupts into fire to clear the forest floor when the natural balance has been overwhelmed or disrupted – as we might have an eruption of diarrhea or burning skin disease to clear our system of toxins. The ground tremors to release internal pressure when it has shifted out of balance and the demand to hold on becomes too much to bear--not unlike a physical, mental or emotional outburst that occurs when the pressure inside our bodies becomes too much.

Likewise, our environmental ambiance changes as the wind blows stronger or more gently, in response to patterns of weather or environmental agitation. This is like our "inner winds" which create changes in mood, temperature, and sensation. Water levels rise and fall with various weather patterns as well; vacillating between damp, boggy or flood-like conditions and drought. This is not unlike bodily imbalances of being congested or dried out.

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Can you perceive the elements of ether (space), air, fire, water and earth in this photo? Do the elements seem to be in harmony with one another? How does this compare to your inner environment?

If we can perceive and understand the cycles and energies of nature in our environment, then we can perceive these energies in our own bodies and skillfully bring ourselves back into balance when the scales begin to tip, rather than waiting for a health catastrophe to occur. We were born with this intelligence and can heal ourselves, and in fact the world, with this level of awareness and connection. It's not complicated and doesn't involve chemicals or expensive therapies, just a deep respect for nature and a commitment to loving and caring for yourself as you would a small child or a dear friend in need.

Are you sailing through life with the wind at your back? Or do you habitually charge headlong into gale force winds? It can never hurt to have the strength and intelligence of nature on your side!!!

If you're worn out, tired, or feeling beat down in any way, CALL ME TODAY to schedule an Ayurvedic Diet/Lifestyle consultation. We'll work together to shift the winds so that your sails fly effortlessly and you can stop struggling. You'll learn how to harness the energies of wind, water, fire and earth to keep you healthy, vibrant and happy!

What are you waiting for???

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