

दिनचर्या Dinacharyâ “daily conduct”

This is a short version of the practice of dinacharyâ for all doshas. Jaya Kula’s Ayurveda Self Care course goes more detail about fine-tuning the practice for your constitution (vatta, pitta, kapha).

VIEW

Appropriate patterning or ritual conduct is the foundation of a healthy life. Dinacharyâ is balancing for all of the doshas: vata, pitta, and kapha. It promotes healthy organization of the energy channels and the seating of the pranas, or internal winds.

METHOD

Wake up by 6 a.m. Pitta and kapha types can wake up earlier. If you can’t manage this at first, work your way into it. You can train yourself to wake up at this time naturally. It helps to sleep in a room that is not totally dark—one that allows some natural light to enter.

1. Before opening your eyes or getting out of bed, sense the energy of the day. Spend a few moments connecting with the larger cosmos. Breathe through the top of your head directly into your heart space (the center of your chest, not the physical heart). You can visualize a golden, luminous stream of compassion and love coming to you from all of your spiritual teachers, past, present, and future, and from all realized beings. Feel a sense of grace expanding throughout the body, and radiate this stream of light from the heart space back to your teachers and all beings.
2. Rub your palms together quickly to generate warmth, then gently massage your face, head, arms and hands with long, smooth strokes. Repeat this sequence until you have gently massaged your entire body.
3. Sit on the edge of your bed facing North or East. Say a little prayer asking for help to act appropriately and grow, or simply expressing sincere gratitude for having found the dharma in this lifetime. If it feels real, you can generate a desire for the freedom of all beings and radiate that.
4. If low digestion, have a glass of hot water (+fresh ginger, optional).
5. Evacuate bowels. You can train yourself to do this at this time.
6. Wash hands, splash cold water on face/eyes.

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7. Scrape tongue with scraping tool available at pharmacy or yoga studio.
8. Brush teeth with mild, natural toothpaste.
9. If you are practicing nonconceptual meditation, perform 5-10 minutes of gentle yoga and begin. Then proceed to 10. If you are doing a more active practice, such as chanting, mantra, kriya, etc., go directly to 10.
10. Perform 5-10 minutes of gentle yoga, if you haven't already, or a more vigorous asana practice if you like. Then do your seated practice.
11. Perform *abhyanga*, self-massage with organic sunflower oil. (Available at Whole Foods or from Banyan Botanicals on line.) Directions: warm a small amount of oil and spend a few moments massaging into your skin with long strokes, including ears, face, and neck. A drizzle of warm oil may be poured on the crown of your head if you are planning to wash your hair.
12. Shower. Do NOT use soap except on underarms, genital area, and face if you like.
13. Pad dry.
14. Breakfast. Breakfast should not be "crunchy." Warm breakfast is better. GREEN TEA ONLY. Black tea only if you are not already angry, depressed, or anxious. NO COFFEE.
15. Throughout the day, try to remember to connect with the sense of a larger cosmos.

EVENING

1. Shower after work if the day has been stressful or especially hot/humid. A bucket shower is really good at night. The sheets of warm water from the bucket are much more relaxing than a typical shower.
2. Spend a few moments sitting quietly with your eyes closed, linking up with larger cosmos and sense of grace.
3. Cook + eat dinner (no eating after 7pm).
4. Can do second session of pranayama/meditation here.
5. Prayer in bed.
6. Sleep - when not exhausted, not even tired. In bed by 10 pm at the latest.

FRUIT

Contentment, equanimity, clarity.

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