

**The Path to Balance**  
**Module 1: Lesson 4**  
**Heal Your Mind**

Hi There! Welcome to Sister Science a course that we've created to allow more people, both students and teachers and anyone who wants to have a bit more balance, love & connection in their life.

So far, we have begun to dive into the world of Ayurveda from a viewpoint that allows us to begin to understand how the universal elements affect our daily lives, we have learned how to begin an Ayurvedic routine, hopefully that is in tune with our needs and our abilities AND we have begun to understand our dietary needs from an Ayurvedic perspective, which is very unique to each one of us.

Hopefully you are beginning to understand how the universal elements manifest in each one of us, in our behaviours, our attitudes, our lifestyles, and in our diets as well.

Yesterday, we also began to introduce a new concept as well, about the way the foods that we eat affect the mind, and the qualities of the mind.

Today, we are going to discuss Ayurveda & the concepts of mental health more in detail, and hopefully, by the end of this lesson, and after you complete the provided workbook pages, you will be able to recognize how these qualities are showing up in your mental attitudes, in your emotions, and in your life.

So - Let's get this show on the road, shall we?

Yesterday we spoke a little bit about how the foods that we eat have the ability to affect our state of mind. How fresh, living foods provide our minds with a peaceful quality of love and light. We talked about how stimulating foods have a stimulating effect on the mind, and how heavily processed, frozen, microwaved, and foods devoid of life, that prana, life force energy have an almost lethargic or depressive effect on the mind.



These qualities of the mind are what we will talk about today more in detail, we will learn how to recognize what state of mind we are in, and also how to become consciously aware of where we want to go.

After this lesson, hopefully you will begin to understand what state of mind, Ayurvedically speaking, you are living in, and if need be, understand how to move into a more peaceful and healing space of light and love.

There are 3 qualities that we speak of often in Yoga & Ayurveda : these states are the 3 qualities or states of mind. When the mind is peaceful, when it's loving, and in a state of authentic existence, we refer to this state as Sattva - or the state of purity, goodness and love.

When the mind is in active turmoil, when it is overactive, when it is in a constant state of movement and jumping from place to place, we refer to this state as Rajas, or the mode of passion.

When the mind is in a state of inertia, when it is stagnant, when we are in a state of intense depression or decay, this state, is known as Tamas - or the mode of ignorance.

These three qualities of the mind are referred to in Ayurveda as the 3 Gunas, but it is more important to understand their qualities than their names - at least right now.

I really want you to remember to not get caught in trying to remember or focus on recalling the sanskrit names, because that, at this time, is not AS important as understanding the qualities themselves.

Each of these qualities, will show itself in each one of us, at various times in our lives - they are mental attributes that when in balance, can create a sense of immense calm, love and contentment in our whole being - spilling over into our physical bodies - and creating an expansive space of abundance in health and wellbeing.

Likewise - when we are in perhaps for lack of a better word, a negative state of mind - we feel out of balance, and this shift from our center will leave us feeling physically exhausted, emotionally drained and will quickly remove us from our path to wellbeing, rather to a place of physical strain, stress and anxiety.



Understanding not only our physical & elemental combinations but ALSO our mental constitution will allow us to fully recognize what the best course of action is - Ayurvedically speaking. When we can recognize our current state of mind - and realize exactly what practices are feeding that state, sometimes negative, sometimes positive, we can begin to take corrective action, taking into account the elements as well as our state of mind.

Just like our physical constitution is unique to us, as is our mental state - we sometimes have a predisposition to our state of mind, either from our past conditioning or simply out of habit. However, regardless of this fact, by tuning into our current mental state - which is also referred to as our MENTAL PRAKRUTI - we can begin to move from a place of mental perhaps distress or even intense anxiety and into a place of peace and unconditional love.

Because - just like the elements that are in the physical world (space, air, fire, water & earth) that we have discussed in quite a bit of detail can be found everywhere throughout the universe, as are these energetic qualities of nature - forces that are abundant throughout the universe, in our world, in our physical bodies and in our minds.

When we begin to recognize these universal qualities that are in each of us, we can begin to shift from a place where we are victims of the patterns of the mind to a place of conscious understand and co-creation of our mental state. We can begin to find, everlasting mental peace.

Because these qualities of mind, are directly related to our thought patterns, to the practices we participate in, to the foods we eat, and to the company we keep, when we begin to understand these qualities, we can begin to move from a place of “why is this happening to me” to “let's do something to change this”

Of course, we all understand that the best place to be, mentally speaking, is in a clear, calm, collected, and loving state of mind. But how do we get there?

First we need to understand that our state of mind is directly related, at least according to Ayurveda to various factors, including the foods we eat, that activities that we do, and the lifestyle we live. We are already on the path to balance, because



we are already beginning to live according to ayurvedic principles, which will, without effort begin to move us from a place of perhaps negativity and turmoil to a place of mental peace and wellbeing.

When our minds are in a state of negative thought patterns, Ayurvedically speaking we refer to this as a state of Tamas, or a Tamasic state of mind. When our mind is in a Tamasic state, it is easily recognizable because we live in a state of anxiety and fear. We may have difficult getting up in the morning , we feel lazy and uninterested in the day to day life. Life is no longer joyous or may even seem not worth living, we are depressed and angry at the world. We may have thoughts of harming ourselves or others and have little control of these thoughts or negative emotions.

At work, we are lazy and forgetful, we have lost interest. We may turn to drugs, alcohol or other stimulants. We may develop negative behavior patterns that do not do us, or those around us any good. We have lost that peace of mind, we have no interest in creative efforts and we rarely speak truthfully about our feelings or emotions.

When we are in a Tamasic state of mind, we desire much that we cannot have, we may become obsessive or compulsive in our behavior and it becomes hard to give or to experience love. We feel lost, alone and without a spiritual path.

Tamas is the quality of inertia, of ignorance and of darkness.

The second quality that you will be able to recognize showing itself in your mental attitudes is recognized primarily as an active force of nature. When our 5 senses are out of balance, when we talk fast, when we move fast, when we think fast, when everything seems to be speeding by at a quick and speedy pace we are in a state of constant movement and activity, the mind is restless, we may be overindulging in stimulants, we may be agitated mentally, we are in a state of disharmony, mentally speaking.

We are in a state of ever changing, perhaps moving from one thing to another, jumping about seeking some sort of peace, only to find that it is just beyond our reach. We are creative, and then we are not. We are happy, and then we are not. We are sad, and then we are not. We sometimes tell the truth, but sometimes, we don't. We



want to be on a spiritual path, but not always. We are in a state of constant change and disharmony.

We love, but for personal and selfish reasons. Our willpower is characterized as variable and we are predominantly run by our pride, ego and selfish desires. We anger quickly and have little control over our impulses.

We feel anxious, agitated, and rarely feel in harmony in our environments, bodies or minds.

Rajas is the quality of activity, the creative force of constant movement and change.

While each one of us has, of course, each one of these universal qualities in some form or another, we are looking to come to a place of balance, where we can be content, at peace and full of unconditional love. We want to move into a Sattvic state of purity, of calmness and goodness.

When we are in a pure state of body and mind, our thoughts are pure. We do not need to turn to drugs, alcohol or other substances to feel that state of calm surrender. We have control over our senses and we feel calm, pure and good. Our speech is calm and thoughtful, our bodies are clean and radiating health.

At work, we work selflessly, we anger rarely and we no longer live in a state of perpetual fear, anxiety or depression, in fact, we are at peace.

We practice forgiveness, truthfulness, prayer, spirituality and meditation. We are in a state of peace. Our minds are calm, loving and universally connected.

This is Sattva - the state of purity.

Ayurveda & Yoga - practiced according to our current state are the tools to develop that Sattvic, or pure state of mind.

Yoga - when practiced on it's own, without a working knowledge of Ayurveda - our universal qualities and our current mental state - has the ability to fuel - with great intensity our imbalances.



Take for example the yogi - practicing an intense practice of fast paced, rigorous, ego-fueling asana - is in fact, fueling these mental “Rajasic” tendencies... in fact, taking them further away from the primary purpose of their practice, of personal improvement and growth, in fact, a certain diet, a certain pranayama practice, a certain asana practice will further fuel these imbalances rather than mend them, which is why, understanding the Ayurvedic principles of practice are so crucial. Most yoga practitioners come to the mat for a spiritual practice of self improvement - only to fuel their imbalances - in a most unhealthy way.

By understanding our Prakruti - our Vikruti and our Mental Prakruti we can develop a practice that will bring us to a state of balance - of peace and love.

Now - it's time to discover your Mental Prakruti. Some of you may already be resonating with one or the other, but most likely, we are in a combined state - with some attributes of each quality.

Simply by bringing awareness to our mental qualities and mental states, we can begin to shift from the areas of ignorance, inertia & overactivity and into a place of peace, balance and harmony.

Our worksheet today is an exercise in determining your Mental Prakruti. As you go through the 20 questions, be sure not to overthink, overanalyze and simply circle the answers as they come to you.

When you have finished the worksheet, rest assured, that wherever you are today, is exactly where you are supposed to be, and that we are well on our way to the path to balance, simply by bringing awareness to that which troubles you, is the first step to healing.

Once you've completed the worksheet, be sure to pop on over in our Facebook community and share your findings, any ah-ha moments and insights with us.

Til next time! I will see you in the next lesson.

