

Sister Science - Beyond Asana Course
The Path to Balance
Module 1: Lesson 1

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.

Today, we are going to be introducing Ayurvedic concepts in a way that are easy to understand, easy to follow and most importantly, easy to apply. The whole point of this program is to present Ayurveda in a way that is easy to share with your community. If you ever need any advice, any additional guidance OR support, you can find it right inside our private Sister Science Community Facebook Group where our Ayurveda Yoga Therapy teachers are waiting to answer any questions you have along the way.

So, let's get started, shall we?

I am going to be sharing today, some basic Ayurvedic teachings as they relate to you, your life, and your very personal state of wellbeing. Because Ayurveda & Yoga are both very personal & practical sciences, it is my intention to show you how to follow the path that Ayurveda has laid out for you to achieve your perfect state of balance.

You'll learn that the Universe has created a perfect road map for you to follow to achieve your perfect state of harmony & well being and you'll also learn what those signposts are and how to recognize them.

We are also going to talk about your own unique journey and how to follow the signs that the Universe has placed in your path, how to stop striving to achieve a perfect state, and rather, to enjoy the journey, at the same time not reaching for anyone final destination.

Ayurveda & Yoga are essentially two sides of the same coin. You cannot (really) have one without the other, they are so interrelated and intertwined that separating them is, well impossible.



Yoga has always been intended as a spiritual practice, a spiritual practice that allows us to connect to our ultimate purpose in this life.

Ayurveda is the guiding light to maintain perfect balance & harmony, on our spiritual journey to wholeness.

Ayurveda is your road map, unique, and perfectly detailed, on your very personal journey to wholeness & wellbeing.

The universe provides you with a road map in such great detail that by tuning in, watching, listening and following the very clear signs that it's laid out in your path, you can use the ancient teachings of Ayurveda to find a perfect state of balance, overall harmonious state of being.

It's really important to understand the foundations & intentions when we develop any new practice. Dr. David Frawley - A world renowned teacher of Ayurveda says it best in an article that he wrote on the importance of bring Ayurveda back into the practice of Yoga in the west. He says:::

Yoga is an inner spiritual practice. This does not mean that we cannot use aspects of Yoga medically, but that this is not its primary intent or orientation. To do so would require applying Yoga in a different manner than what it was originally meant to be.

If our aim is to turn Yoga into a medical system, this requires turning Yoga in the direction of Ayurveda. Yoga for healing should be applied according to Ayurvedic guidelines of diagnosis, treatment and health maintenance. In fact, there was never any yogic system of medicine in India apart from Ayurveda.

It brings in ritual, mantra and meditation for healing the mind. In addition, it provides life-style recommendations for health, longevity and disease prevention as well as special methods for rejuvenation of body and mind. It includes the practices of Yoga from asana and pranayama to mantra and meditation as part of its healing tools.

Most importantly, we do not find in Yoga texts a discussion of disease, pathology, diagnosis or treatment strategies apart from the approach of Ayurveda. There is no Yoga system of medicine in terms of diagnosis, pathology and treatment, apart from Ayurveda.

For a full application of the methods of Yoga for healing purposes, we need a complete medical system that follows the philosophy, principles and practices of Yoga,



and that can employ not only asana as a therapy but also pranayama, pratyahara, dharana, dhyana and samadhi, and which follows a yogic lifestyle (yamas and niyama). While modern medicine can be helpful as a background for applying the physical aspects of Yoga, it lacks the yogic understanding of life and the human being for a full application of all the branches of Yoga for body, mind and spirit.

We need a yogic system of medicine not simply in terms of asana or physical therapy, but also in regards to internal medicine or diet, herbs and drugs. We need a yogic system of medicine not simply for treating the physical body but also for treating the mind, emotions and psychological disorders. Such a greater yogic system of medicine need not be invented. It already exists in the form of Ayurveda. Ayurveda develops its view of the body and mind, nature and healing from the background of Yoga philosophy.

Ayurveda describes our connection, our very unique and one of a kind relationship that exists between Us & the universe.

Ayurveda offers a roadmap of the universes signposts on the road to perfect balance & harmony.

The Universe's perfect signposts are the 5 elements found in everything throughout the universe. By building a connection and beginning to recognize these signposts - you're on your way to being able to use the beautiful teachings of Ayurveda in your daily life, with your family and to share with your students as well.

The universe's Signposts are Ether or Space - Air - Fire - Water & Earth.

These 5 Elements are found throughout our bodies, our foods, our environment, and indeed throughout the entire universe in varying degrees. By beginning to understand these 5 elements from a new perspective, we can begin to understand the most basic principles taught in Ayurvedic Medicine.

One term you've probably heard, is Dosha. Dosha is simply a concept, a way that the ancients used to describe these 5 elements or more accurately, a specific combination of two predominant elements.

For ease & simplicity, let's not worry about the doshas for now, but rather, let's examine each of the elements in detail, of its own accord.

Each of the 5 elements can be viewed as signposts to balance, remember that. By recognizing the qualities of each of the elements - we can begin to understand how



these qualities show up in our diets, in our yoga practices, in our meditation practice, in our relationships, and everywhere in our daily lives.

When you think about Air, how would you describe it? How do you experience it through your 5 senses? How does it look? How does it feel? How does it sound?

Air is cold. Air is Fast moving, it's really always changing. It's mobile. It may feel dry to the touch. Can you feel it? It's light, it weighs little to nothing at all.

The word that Ayurveda uses to describe this feeling, this element of AIR and all of its manifestations as Vata.

The next element that Ayurveda uses to point us into perfect balance, is Space - sometimes also referred to as Ether in Ayurveda, Space is something that is all pervading, all encompassing and it's everywhere. Space is in our bodies, our minds, and everywhere throughout the universe.

Think of Ether, think of Space. How does it look? How does it feel? How would you describe it to someone who's not of this world? What is Space?

Well, space is really REALLY Light. Space can be Soft, maybe even Smooth in texture. Space is vast and expansive.

What words would you use to describe Space?

Ayurveda refers to the element Space and all of its similar qualities as VATA.

The next elemental signpost on our journey is the element of FIRE.

Unmistakingly Hot & Dry. Fire can be described as Sharp and Penetrating. Fire is very light and very dry.

What other ways can you use to describe the element of FIRE?

Ayurveda describes the element Fire and all its qualities as Pitta.

Water is cold in nature. Water is damp. Water is a Liquid. Water is soft to the touch. Water is much more dense than air - space or fire.

Think of Water. How does it feel? How does it look?

Ayurveda describes the element water and all of its manifestations as Kapha.

The last Universal Signpost we are going to talk about is the element of EARTH.



Earth I am sure we can all agree is very solid. Earth is stable. Earth is heavy.

When Ayurveda speaks of the earth element and all of its wonders, it describes it as Kapha.

These 5 Universal Elements, These 5 Universal Signposts are all you need to remember in order to begin understand roadmap that the Universe has provided, and that Ayurveda has decoded. These 5 elements, Space, Air, Fire, Water & Earth are the beacons of light on your journey to complete harmony.

Each one of these elements will show itself in each and every one of us, at varying times, and throughout our lives.

By keeping an eye out, by understanding how these elements influence our bodies, our minds, our hearts & our lives, by knowing which elements are predominant, which ones are causing disharmony, we can begin to follow the Universe's perfect roadmap to balance.

Each one of us is on a very unique journey, we each have our own set of unique circumstances that have brought us to where we are. We have our own unique set of genes, history, lifestyle, diet, routines, relationships and path that have brought us to the place that we are today.

Ayurveda teaches us that each one of us is in a very unique place in the universe, that each one of us are one of a kind manifestations of this universe, and the elements it's in it.

When we can begin to recognize the unique combination of elements and how they are showing up in our bodies, our minds, our relationships, our yoga practice, our meditation, our practice of pranayama, we can begin to recognize the unique set of signposts that are going to point us to our perfect state of balance.

In order to begin to embark on this journey that is Ayurveda, we need to understand a little bit about how to determine our own unique place in the universe.

We may have been asked the question, What's your dosha? - This question, by nature is confusing and in general leaves a lot of people really confused about what kind of Ayurvedic balancing routine & principles they should follow...

That is because when attempting to discover your very unique combination of the 5 elements, you first need to have some sort of point of reference. How can you know



how far off your path you have traveled, if you have no idea where you started, where your journey began?

This simply put, this is the reason that Ayurveda is so widely misunderstood, misrepresented and misused.

You cannot know what your state of balance strives to become, if you have no jumping off point, no starting point of reference.

So, if you have ever done any form of dosha test, or ever been to a practitioner of Ayurveda, and you determined what your Dosha IS without determining what it WAS the recommendations can sometimes be misinterpreted and misunderstood.

But don't worry, we're going to sort all that out - right now!

Because we are each on our own unique journey, we need to determine what it is that causes us the most disharmony in regards to those 5 elements we've been talking about.

Today, our goal, is to determine your unique combination of elements that are creating disharmony, disease and overall a general state of imbalance.

Dosha - Simply defined, is that element (or combination of elements) that cause imbalance in our bodies & our minds.

In order to determine what path we need to embark on our Ayurvedic journey, we need to first determine where we first began. Our Original Perfect state of Perfect Balance - in Ayurveda, we call this, not Dosha, but Prakruti.

Then, only after can we compare our current state, not dosha, but Vikruti, to what it was, and only then do we receive our very unique roadmap to perfect health & harmony.

So, What's Your Dosha?

We now know that this question, has no correct answer.

The correct question to be asked may be: What is your Prakruti, or Original Dosha?

Or maybe what is your Vikruti, or What is your Current state of Imbalance?

Because the Doshas are simply combinations of the 5 Elements (Space, Air, Water, Fire & Earth) , what we really want to determine is the unique combination of these 5 elements at the time of our creation, or conception.



These are determined by countless factors of which are completely outside of our control, like your genetics, your mother's diet, place & time your birth, your past life karma, and so much more.

Once we know what our unique elements were we always know what we can strive to return to, no matter how far away from the path we travel.

By understanding our Original State - we know where to go, and where we are coming from.

Most of the time, when we are talking about our “Dosha” we are talking about our current state of imbalance. By understanding what combination of the elements are causing imbalances, we can begin to understand what we need to do to return to balance.

The most important thing to take into consideration is to simply enjoy the journey. Ayurveda offers tools and principles, a roadmap to health, with you as the driver. Ayurveda is a journey to balance.

The universe offers us signposts on the road to Balance. But of course, like any long journey, the road is full of detours, roadblocks and wrong turns.

Ayurveda offers us a comprehensive roadmap to use on our journey and though we may come upon roadblocks and detours, we can use this road map to safely navigate the way back to balance - using the universal elements as signposts on our journey.

So Enjoy the Journey.

One of my all time fav Lao Tzu quotes is “A journey of a thousand miles, begins with a single step.”

Today - take the first step on this journey of a thousand miles.

The first step is to begin to understand our unique place in this universe.

This is not a dosha test, but rather a journey into the past to re-discover where we should be heading.

Take the first step today by setting aside a few minutes to fill out today's worksheets to determine what unique signposts have been sent to you by the universe.

We'll be inside our Sister Science Community Facebook Group to answer any questions that you have while you're going through today's lessons.



Until next time, I'll see you in the next lesson.

xo

Jacky

