

RISHIKESH YOGA CENTER

Daily Life of a Yogi

Yoga Teacher Training & Retreats in Rishikesh

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A NOTE FROM THE CENTER

From Rishikesh Yoga Center

This edition of Daily Life of a Yogi is shared free through the Rishikesh Yoga Center Reading Library. Based beside the Ganga in Rishikesh — the birthplace of yoga — we are a Yoga Alliance Registered School (RYS 200 & 300) teaching traditional yoga, meditation and philosophy in the Himalayan tradition.

Texts like this sit at the heart of our teacher-training syllabus. Reading on your own is a real and worthy practice — svadhyaya, self-study, is itself one of the niyamas. To study it with a teacher who lives this tradition, you are warmly welcome to train with us in Rishikesh.

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May your practice be steady. Om Shanti.

RISHIKESH YOGA CENTER

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“Self control
can save
you from all
problems of
life. Humility is
the ornament
of a good
person” .

Guru *Vishnu*





Guru Vishnu Panigrahi has been steeped in spiritual endeavors since early childhood and has had the privilege of learning from many great masters in his life, such as Swami Hari, Shri Mauni Babaji, and Swami Shankarananda ji.

At the young age of 15, Vishnu became a member of Muni Samaj, initiated from Narayan Muni in Sarbahal, a school of meditation. At age 18, Vishnu met Vedanta Keshari Swami Niranjanji, popularly known as the “Lion of Vedanta”. Vishnu studied under him over a period of two years. Eventually he joined a Gurukulam (a spiritual school) to be under the close guidance of Swami Veda Bharati. Vishnu taught at the Swami Rama Institute of Meditation and Inter-faith Studies for 9 years and obtained his Masters Degree in Sanskrit and in Yoga. He studied the Vedic Scriptures, Vedanta, Yoga and Tantra Science.

For many years Yogi Vishnu has been traveling and teaching spirituality in India as well as travelling to many countries in Europe, Asia, Africa, and South America, by request of his seekers who wish to receive his wisdom.

Vishnu has two missions in life, one is for self-spiritual growth that is called enlightenment or Samadhi and the other is for world peace. He has many humanitarian projects on the go in order to serve mankind. He has a great mission to establish a traditional Gurukulam where all the ancient sciences will be taught as he believes that the ancient science of yoga has the ability to bring peace in the world.

Yogi Vishnu lives at Samadhi Yoga Ashram situated in Laxmanjhula, Rishikesh, on the banks of Ganga. He is deeply dedicated to guiding students at his two yoga schools, World Peace Yoga School and Samadhi Yoga Ashram, to experience a unique and spiritually nourishing life journey of their own. With his warm, loving and generous spirit Vishnu welcomes people from all over the world to come to learn and practice with him.

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What is a Yogic Lifestyle?

Yoga is not only a set of postures to keep you fit, but also a holistic lifestyle and philosophy which enhances one's mind, body and soul. With the hustle and bustle of our daily life, we need something to anchor our minds, and yoga is a pathway to live a life brimming with joy. As a yogi or yogini, you live a disciplined life where your body is regulated, and negativity would not overpower you.

You reflect and respond mindfully to things.

Your actions are more thoughtful than usual.

You are in control and in charge of your sensory organs, action organs, mind, body and intellect.

Yoga is a way of life, It involves a Sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service.

A yogic lifestyle does not mean renunciation or shedding family responsibilities. For a happy life and a spiritual soul, yoga is a blessing and one must follow the needs of the soul.

Who is a Yogi?

A yogi is one who masters or is a learner of the highest form of knowledge, “Yoga”. Yoga is the unification of the mighty soul to the Lord. It is the self-realisation of the Supreme which lies inside you. There are many kinds of Yoga. These are just different paths towards the same destination, and the final abode of success is self-realisation. Some of these paths include being a:



HATHA YOGI

If one practises Hatha Yoga, then one is a Hath Yogi. The literal meaning of hath is "by force." This type of yoga has a set of postures which pushes the body and mind to achieve more. Furthermore, it has also been said that "ha" stands for "sun", and "tha" stands for the moon, hence Hatha Yoga is the balancing of our sun and moon sides, which are our masculine and feminine sides respectively.

SANKHYA YOGI

This type of yogi practises the power of knowledge. The Sankhya Yogi strived to understand wisdom, and tries to attain the highest form of knowledge. Sankhya yogis are also known by three other names - Gyaan Yogi, Karam Sanyasi and Samatav Budhi Yogi. The Sankhya yogi aims to give up on his or her Ego, and acknowledges the element of the Supreme Lord or the Divine, which exists in everything.

KARMA YOGI

The Yogi who believes in selfless service is a Karma Yogi. These Yogis believe everything is done for the Supreme Lord, and not for themselves. They are neither expecting nor receiving anything in return for their selfless deeds, and lives to be in service to others. They are also known as Nishkaam Karma Yogi.

RAJA YOGI

The Raja Yogi practises Ashtanga Yoga and meditation. Raja means the King, hence Raja Yogis are those who practice what is seen as the king of Yoga practices, with the ultimate aim of self-realisation.



SIDDHA YOGI

Siddha Yogis are those who have been practising Yoga for quite some time, and have also achieved Samadhi. They can practise Samprajnata Samadhi, during which they would still be aware of their surroundings. Siddha Yogis aim to attain Vivek Khayati first, where they realise the distinction between the Atma Tatva (Soul element) and nature (Prakriti). Afterwards, they achieve Asamprajnata Samadhi where they are unaware of their surroundings and can feel the universe.

SADHAK

A beginner or a practitioner of Yoga is called a Sadhak. Anyone, of any country, of any race, of any religion, male or female, is a Yogi if they are practising Yoga. Yoga is beyond all these distinctions. Anyone who is curious and thinking about the existence of the Supreme Lord, the Brahman, and practising the guiding principles for self-realisation is a Yogi. It is a misconception that Yoga is just for health and involves only bodily postures. Yoga is a practice which involves the body, mind, intellect, and memory. A yogi has an ultimate aim of accomplishing the highest form of Samadhi. They lead their lives with this goal in mind.



Why is a good lifestyle needed

A Yogi has to follow a lifestyle which leads them to a path close to nature, a healthy body and mind, with thoughts that are positive and which makes them contented even in non-desirous situations. As such, we would not need to give in to cravings in order to be happy, and find balance in our lives. Our nature, of which the human body is a part of, is made of three Gunas :

THE GUNAS

सत्त्वं रजस्तम इति गुणाः प्रकृतिसम्भवाः ।
निबध्नन्ति महाबाहो देहे देहिनमव्ययम् ॥ 5॥

*Sattvam rajas tama iti gunāḥ prakṛiti-sambhavā
Nibadhnanti mahā-bāho dehe dehinam avyayam
(Shrimad Bhagwat Gita, Chapter 14, Verse 5)*

O mighty-armed Arjun, the material energy consists of three Gunas (modes)—Sattva (goodness), Rajas (passion), and Tamas (ignorance). These modes bind the eternal soul to the perishable body.

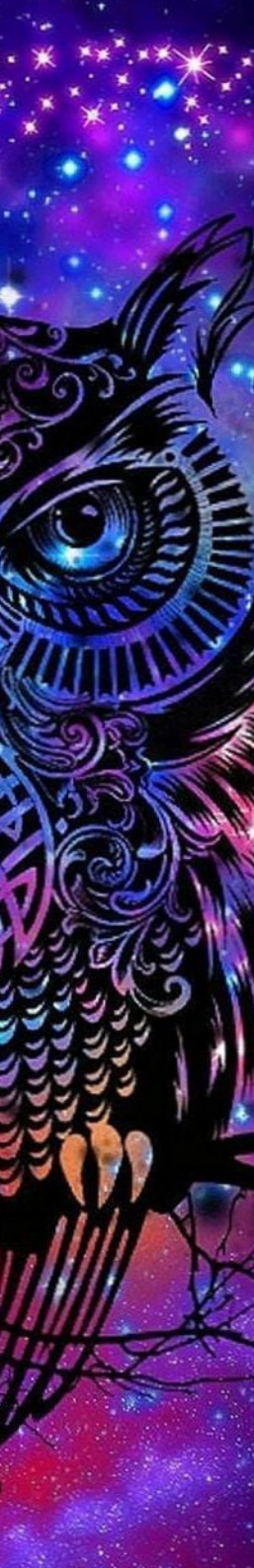
SATTVA GUNA

तत्र सत्त्वं निर्मलत्वात्प्रकाशकमनामयम् ।
सुखसङ्गेन बध्नाति ज्ञानसङ्गेन चानघ ॥ 6॥

*Tatra sattvam nirmalatvāt prakāśhakam anāmayam
Sukha-sangena badhnāti jñāna-sangena chānagha (Shrimad
Bhagwat Gita, Chapter 14, Verse 6)*

Amongst these, Sattva Guna, the mode of goodness, being purer than the others, is illuminating and full of well-being. O sinless one, it binds the soul by creating attachment for a sense of happiness and knowledge.

The Sattvik Guna is the purest of the three Gunas. It signifies illumination, attitude of positivity, higher intellect and content in every situation. By improving the amount of Sattva Guna, the soul becomes more aware of its state and does not involve activities which are just for the fulfilment of the body



RAJAS GUNA

रागात्मकं विद्धि तृष्णासङ्गसमुद्भवम् ।
तन्निबध्नाति कौन्तेय कर्मसङ्गेन देहिनम् ॥ 7॥

*Rajo rāgātmakam viddhi trishnā-sanga-samudbhavam
Tan nibadhnāti kaunteya karma-sangena dehinam (Shrimad
Bhagwat Gita, Chapter 14, Verse 7)*

O Arjun, Rajo Guna is of the nature of passion. It arises from worldly desires and affections, and binds the soul through attachment to fruitive actions.

The Rajas Guna is the principle manifestation of desire and attachment. A person with a higher amount of Rajas Guna would seek pleasure through sex, pride, career, family and money. They are so involved in the vicious cycle that they almost forget the identity of their soul and move away from the path of spiritual liberation.

TAMAS GUNA

तमस्त्वज्ञानजं विद्धि मोहनं सर्वदेहिनाम् ।
प्रमादालस्यनिद्राभिस्तन्निबध्नाति भारत ॥ 8॥

*Tamas tv ajñāna-jam viddhi mohanam sarva-dehinām
pramādālasya-nidrābhis tan nibadhnāti bhārata (Shrimad
Bhagwat Gita, Chapter 14, Verse 7)*

O Arjun, Tamo Guna, which is born of ignorance, is the cause of illusion for the embodied souls. It deludes all living beings through negligence, laziness, and sleep.

The Tamas Guna is the complete opposite of the Sattva Guna. It leads to a life where the individual enjoys sleep and sloth. These are the people who are influenced by ill will, like violence, laziness, corruption, and intoxication. A person with a

high amount of Tamas Guna would not hesitate to do illegal activities to fulfil their desires, which are anti-society and anti-nature. Hence, it takes the soul to more darkness and oblivion.

**रजस्तमश्चाभिभूय सत्त्वं भवति भारत ।
रजः सत्त्वं तमश्चैव तमः सत्त्वं रजस्तथा ॥ 10॥**

Rajas tamaśh chābhibhūya sattvam bhavati bhārata rajah sattvam tamaśh chaiva tamah sattvam rajas tathā. 10 (Shrimad Bhagwat Gita, Chapter 14, Verse 30)

Sometimes goodness (Sattva) prevails over passion (Rajas) and ignorance (Tamas), O scion of Bharat. Sometimes passion (rajas) dominates goodness (sattva) and ignorance (tamas), and at other times ignorance (tamas) overcomes goodness (sattva) and passion (rajas).

A yogi has to maintain such a lifestyle so that his or her Sattva Guna is at the highest amount. It can be done by performing activities who give a boost to the Sattva Guna, and motivate the body for spiritual growth.

In a day of 24 hours, these gunas are divided in the following time periods:

SATTVA GUNA	RAJAS GUNA	TAMAS GUNA
3:00 am to 7:00 am	7:00 am to 11:00 am	11:00 am to 3:00 pm
3:00 pm to 7:00 pm	7:00 pm to 11:00 pm	11:00 pm to 3:00 am

Everything which is part of nature has all three Gunas, including the human body. A Yogi should maintain a daily routine where the Sattva Guna goes up and other two guns go down, although all three Gunas are required to live a sustained life.

For example: You get up in the morning and a thought comes to your mind that today you will do a Satsang (prayer meeting). So you take shower, clean the prayer area and start chanting the prayers. After an hour of the Satsang, you sit and relax for some time.

- ***The thought of Satsang is a result of the Sattva Guna .***
- ***Getting up, showering, cleaning, and performing the Satsang is part of Raju Guna.***
- ***Finally, to stop, sit and relax is the result of the Tamas Guna.***

The Sattva Guna gives good thoughts, the Raju Guna motivates you to work on it and the Tamas Guna stops you when it is done, otherwise your body will be overworked.

A daily routine is absolutely necessary to bring positive changes to the body, mind, and consciousness. One may wonder how yogis in India live to be 120-150 years old, and the answer is simple, by following a daily routine in harmony with nature - Dinacharya.

Dinacharya is the “law of nature” and the key component to living a long life, ripe with vitality and with a complete mind/body health. This routine is based on the sun and moon’s energetic effect on digestion, mental focus, creativity and the potential for spiritual awareness and growth.

A daily schedule sets time frames each day, which inform when we should sleep, wake, conduct self-care, eat, work, and do our spiritual practices, like yoga and meditation. So the daily schedule is formed on the basis of the Guna cycle, which ultimately gives you strength for a brighter spiritual life.

Yogis' sexual desires

Sexual urges and desires are very hard to control, but without celibacy, a person can never really climb the ladder of spirituality. Yogis generally learn to channel their sexual energy through spiritual practices like meditation and chanting.

Control of sexual urges does not mean suppression of sex. Suppression of sexual urges is often bad and may cause psychological problems.

The real purpose of observing celibacy is to sublimate or transmute the sexual energies. When we start observing celibacy, we gain a lot of energy and will power, which would have otherwise been directed towards sexual activities.

When we make use of this surplus energy in our creative activities, the energy is used in a better direction and we tend to achieve faster results.

By observing celibacy, we improve our power to concentrate. The sexual energies now begin to flow upwards and is stored in the brain in the form of Ojas. The more Ojas a person has in his or her brain, the more spiritual the person becomes.

There is no control over one's sexual desires, just channelisation of the sexual energy in a better direction as a way to escape it.



Doshas and the Ayurvedic clock

In Ayurveda, the building blocks of life consist of five elements: Earth, Water, Fire, Air, and Ether. The three Doshas are derived from the five elements. The Doshas, known as mind-body types, express particular patterns of energy—each a blend of physical, emotional, and mental characteristics. There are three types of Doshas : Vata, Kapha and Pitta.



VATA TIME:

- **2:00 am. – 6.00 am.**
- **2:00 pm – 6:00 pm.**

Vata is made up of Air and Ether. During Vata time, we are more creative and inquisitive, and attuned to the more subtle energies present in the Universe and within ourselves. The morning hours are best for our spiritual practices and inner focus, and the afternoon is best to work and socialize. Both periods are ideal for creative expression.



KAPHA TIME:

- **6:00 am – 10:00 am**
- **6:00 pm – 10:00 pm**

Kapha is the energy of Water and Earth. During Kapha time, our digestive fire is slower, and our minds are in a restful state. In the morning, we should decrease Kapha's sluggishness through being awake, exercising, and eating foods that are stimulating yet easy to digest. In the evening, we should allow our bodies to wind down through a light, nourishing meal, gentle exercise, and self-care.



PITTA TIME:

- **10:00 am – 2:00 pm**
- **10:00 pm – 2:00 am**

During Pitta time, our digestive fire is at its peak, in terms of both our ability to digest food and to digest emotions and experiences. The midday period is when we should eat our largest meal of the day, and ideally we will be sleeping before the nighttime period begins so that we can properly digest and assimilate everything from the day.

Be Vegetarian Vegan to Live Healthily

To be peaceful, we need to eat peaceful food. What gives you peace? Harmony and balance. There are two kinds of food that you need to and should eat to nourish yourself, and that is : 1) you could eat plants, or 2) you could eat animals. There is no any other third category of food that you can eat.



Plants have a very low degree of sensations, emotions and feelings; but animals, on the other hand, have a high degree of such. Human beings have a very high degree of emotions and feelings, we are sensitive in our nature; and our mind tends to be influenced by outer circumstances, time, situations, and people. Human beings who are searching for peace try to avoid external problems from coming in, and they try to control themselves from elements of external circumstances. When you are less influenced by the external, you can be very peaceful. If you are always influenced by the external, then you are more affected, and you will encounter many problems. For example: many people have not comforting with sleeping in the same room as other people, and they want some privacy. Why do they need privacy? They need privacy because their minds are being influenced by others. Some people cannot sleep with their own children, because children can be noisy at times, which would disturb their sleep.

ANIMALS' EMOTIONS AND THEIR BODIES

In this way, the animals' emotions and sensitivity very subtly come through their flesh. Have you seen animals in a slaughterhouse? When the chicken and the animals are taken in the trucks, and kept in a place where they are killed, animals feel this suffering, they cry, they feel in danger, and they sense their lack of security in that surrounding. We have also seen tears in the eyes of animals.

When the animals are in the slaughterhouse, every cell of their bodies feel that fear. The hormones triggered by this fear would come out, and make the whole body poisonous. And the so-called "animal lovers", they show the love towards the animals: when they see the dogs and cats, they stop and caress the animals. However, they would go to the market afterwards to buy the meat, and they eat it. How much love do animals deserve? If you love the animals, then why are you eating them?

That is why we must understand the relationship between love and hatred. We eat meat for the sake of the taste, and in the name of protein. Why do we live on this earth? For basic happiness. The high amount of protein that we receive from animals is actually the biggest cause of cancer. Now in the West, cancer is growing so fast because of their culture of eating animals. If we stop eating meat and go vegetarian, the rate of the cancer would undoubtedly significantly lower. Vegetarian food is the medicine, it's the way to bring peace to this earth.





SOME PEOPLE ASK: AREN'T PLANTS ALIVE AS WELL? THEN WHY SHOULD WE EAT THEM INSTEAD?

Yes, plants are also alive, but they have a lower degree of sensitivity, a very low degree of sensation and emotions, that's why when we eat them, they do not influence us as much.

VEGETARIANISM, DIGESTION AND PROTEIN

When we eat vegetables and fruits, this kind of food can be digested properly in our systems. To digest the meat, it takes much longer time, around 48-50 hours, to digest. From our mouths to the digestive pipe, and for the meat to come out completely, it takes a long time; for cooked vegetarian food, it takes around 25-30 hours; uncooked food would take around 15-16 hours; whereas uncooked vegetables and fruits would take around less than 3 hours to digest. Proper milk takes even less time to be digested. In the path of yoga, we are clearly told what we have to eat so as to become healthy, happy and flexible.

Too much protein makes the body stiff. You may notice that the people who go to the gym and work out a lot, they have meat and packaged substances for protein to build the muscles. It is possible that they may swell and not feel good after eating that amount of protein, and the high amount of protein makes their bodies stiff.

On the other hand, you have balanced protein, and balanced protein can be found in every vegetable; that protein is needed, but we do not eat enough of these fruits and vegetables to absorb enough balanced protein. Even in India, everywhere you see people eating cooked food, and when we cook our vegetables so much, their protein and vitamins are lost. Everywhere people say the kind of food that we eat, like Paratha, Dosa, Idli, Sambar, Bara, rice, Chapati, all this kind of food that we eat all the time, are cooked and we are therefore losing their protein. To have protein, it is important for us to have some raw vegetables and raw fruits. And these raw vegetables can give you enough protein for your health, which brings flexibility. And when you become flexible physically, mentally, emotionally, you can develop acceptance in your life.

FLEXIBILITY IN THE MIND AND EMOTIONS

Mental and emotional flexibility is also needed. Some people are born with flexibility, because of the nature of their bodies, weather, parents, and genes. But they are not flexible in their minds and emotions, and they don't see the intelligence in their behaviour, what they should do and what they should not do, they do not have these things, but they have a flexible body.

Vegetarianism gives you flexibility in your life. When you have flexibility in life, then you can change yourself according to what you want. That's why in yoga, it is important to be flexible. Flexibility brings transformation to your life, transformation is not possible without flexibility. If you don't want to change, there is no transformation. The rigidity that comes from eating meat would lead to the inability of the people to come out from their hearts.



NATURE OF SELF AND NATURE OF YOUR FOOD

We are affected by the food that we consume, and sometimes behave in ways that is not our own, this is because it is the nature of the food, and not our own nature, that is being manifested through our bodies. So what you eat, that you become. You see, the body and the being is made up of the food we eat: the mango, the rice, whatever I eat, that's how my body comes into being. If an ant also eats mangoes, as I eat mango and I become human, the ant eats mango, and the ant would also become an ant, such is the process of the construction of our bodies through food. Therefore, in this way, when we eat a vegetarian diet, a Sattvic diet, and the diet that brings us peace and nourishment, automatically, our emotions and feelings become divine.

TAMASIC FOOD AND SLEEP

Meat is a Tamasic food, along with food like fish, onions, garlic and mushrooms. Tamasic food brings sloth, laziness, and sleepiness. Why do you sleep? You sleep to be properly rested, you don't need that much sleep to rest. We sleep a lot because we eat very hard and heavy food. If we control our food habits, then we can control our sleep. So, if you control your food, you can control your mind, then definitely can control your whole life. To be a proper human being, we need to have proper control. A controlled life, a disciplined life, gives you a very high degree of happiness in your life, and you can enjoy humanity better.

Heavy food gives us heaviness because it takes so much energy to digesting heavy food like meat. Other kinds of heavy food would include oily, stale, and junk food, which would also take up a heavy amount of energy to digest. When our energy goes toward digesting food, then definitely, we feel sleepy. In



order to make our energy higher, we should consume more ripe mangoes, ripe apples, beautiful oranges, and the many beautiful sweet vegetarian food that can be found everywhere, and they are very light. Vegetables are also good, they give you this fulfilment that no food can give you after you eat them. That's why in India, in Ayurveda, there is this proper understanding of food that we need to eat to nourish our bodies. And I want to tell you, dear friends, that we, as human beings, are made by nature to eat only vegetables and fruits.

God's Creations

You may ask *"then why did God make animals?"* God did not create animals for you to eat, God did not create acid to be drunk, God did not create the ice in the Himalayas to be eaten by you. Not all of God's creations are for you to eat or



enjoy. They were created to live in their own lives in this world, in this nature. If animals are not there, then you are not there, you cannot exist on this earth. If animals and plants do not exist here, human beings cannot exist. But if human beings do not exist, everyone else can still exist on this earth.

“We are the problem, because we are governed by our irritated, undisciplined minds. And that needs to be understood”.

Dear Friends, be a part of this nature. Help nature, grow this nature, protect nature, and be the nature, that is very important for us. The nature of our body is very much Sattvic, the nature of our body is made only to eat these vegetables and fruits. That's why our teeth are not very sharp to eat meat, unlike tigers. We drink water from the mouth with cups and glass, unlike ducks, which drink water with their tongues.

Animals have a very strong sense of smell, and these non-vegetarian animals, they breathe through their mouths.

When we eat, our food pipe, the digestive pipe from the mouth to the anus, it's very long, so that we have to eat very delicate and soft food. Animals have very short pipes, so once they eat, the food can be digested and excreted very quickly.

We cannot see in the night, but the non-vegetarian animals, they can see in the night clearly, so that they can hunt and eat.

We have very beautiful nails, but the animals have very sharp nails, so that they can catch other animals properly, and they can eat.

In this way, our bodies and the bodies of non-vegetarian animals are very different by nature, and we should respect the purpose of the creation of our respective bodies and the mode of survival we should adapt in this world.

If we do not take our food, and instead give our food to the animals, and then we kill and eat the animals, this is not yogic intelligence. We need to understand these procedures, the nature of the body, and we have to understand love and compassion. If you do not understand, it would not take a long time for the world to be destroyed. You still see so many different kinds of problems all over the world. Because when the animals' blood is falling on this earth, and the cry of the animals are pretty much everywhere, then global warming and terrorism, hatred, fights and wars will not stop. If you want to make the world happy and peaceful, it is very important for us to be aware of what we are doing, what we are eating, how we are behaving to nature.



Our Duty to Mother Earth

If we do not listen the nature, nature will give us a high punishment. You see, the whole world is in fear and anxiety because of the coronavirus, different viruses are going to come into this world. Nature can destroy this world in the blink of an eye. Human being can develop nuclear atoms to destroy, but nature also has its own nuclear weapon to destroy the whole universe with fear, and nature can kill us in a terrible manner if it wanted to. Nature love us, it's a mother, and we have to love our Mother Earth. This is our duty and responsibility.

Animals need to live in this world properly. Some people argue, if we don't eat meat, there will be so many animals on

earth, and they will cause problems. This is a foolish answer that people have against vegetarianism. They are not made to be your food, they are made to survive and live their own lives. There are so much logic and many discussions that can be had, but in the end of it, I want to tell you to simply: be a loving person.

If you want to be loving person, then you have to leave the animals off your plate, do not encourage people to kill animals. If you love the leather shoes, leather bag, any kinds of cosmetics that is made from animal products, please don't eat, don't take, don't use them.

And some people ask, what about the honey and milk? I'll come to this point later, but they are not meat, and this milk and honey, they have no emotions, feelings, and they are very easy to digest. But I understand that in the West, it is not easy to find proper milk, and that milk that is widely available in the West is also very bad for the body, which is tinted with high chemicals and tensions – the tension given to the animals in the process of production.

Vegetarian food contains a high amount of fresh, healthy, plant-based food, which provides antioxidants and fibre. When a person decides to follow a meat-free diet, their body becomes more active in making overall healthy choices.

Studies have listed quite a lot of health advantages of vegetarian/vegan lifestyle, It reduces the risk of cardiovascular disease and various types of cancer, reduces the risk of metabolic syndrome like obesity and type 2 diabetes.

I hope your heart now leads you toward the path of loving: loving animals, birds, fishes. Love them, care for them, feed them, but do not kill them or not eat meat so that people would kill for your consumption. There are thousands of benefits of being vegetarian.

If you're unable to completely give up on meat then simply try the best you can. Ayurveda is not all-in or not-at-all — each step we take toward living an Ayurvedic lifestyle will improve

our overall health and happiness, so take it slow but make an intentional effort to change.

Say no to Nicotine, abstain absolutely from alcohol and any mind-altering drugs.

Indian herbs and spices are known to add medicinal benefits to one's meal :

Indian spices help alter long-standing bodily conditions by eliminating metabolic toxins. Also known as “cleansers” , certain herbs improve our immunity, thereby reducing the chance of suffering from diseases, such as fever.

Antibiotic herbs like turmeric are useful for inhibiting the growth of germs, harmful microbes and bacteria.

Ayurvedic practitioners recommend certain antipyretic herbs such as black pepper, sandalwood, safflower and coriander to reduce fever and the production of heat caused by some conditions.





A yogi morning routine

Getting up at 4am in the morning is called “Brahma Muhurta” - the time of God. This is the time when the mind is at its most peaceful and focused state. Once you wake up, first lie down on your right side for 10 minutes until your left nostril opens. Keeping your eyes closed, sit comfortably on your bed and start watching your breath for 5 minutes. Join your hands and do morning prayers, determined for it to be a good day ahead. Check which nostril is open and acknowledge which one is more active. With your hands, begin to massage your whole body before you put your feet on the floor.



MORNING PRAYER WHEN YOU FIRST STEP OUT OF BED

*Samudravasane devi parvatsthanmandale
Vishnupatni namastubhyam padsparsham kshamaswa me.*

Translation:

*[Oh Mother Earth] The Devi who has Ocean as her garment
and Mountains as her Bosom, who is the consort of Sri Vishnu,
I bow to you; Please forgive us for touching you with our feet)*

1. DRINK A GLASS OF WATER (USHAPANA)

Upon waking up you should first drink lukewarm simple water, make it a habit to drink one glass before you drink or eat anything else, as it clears toxins from your body. Caffeine intake as the first thing in the morning is not advised.

2. STRETCH TO CLEAN YOUR BELLY (LAGHU SANKHAPRAKHYALANA)

After drinking a glass of lukewarm water, you should stretch your body with these 3 postures. It brings the pressure in your belly and you can have active bowel movements.

Stretch your body with these 3 postures

TADASANA

Stretch your arms above your head 4 times.



TIRYAKTADASANA

Stretch your arms above your head and do side bend 4 times



KATICHAKRASANA

Place your right hand on your left shoulder and left hand back and twist the left same thing in the opposite direction. Repeat this 4 times.



3. GO TOILET CLEAN YOUR BELLY

In the yogic tradition it is much more effective to pass your bowel movements in the squatting position as this allows the force to pass more naturally. Do not listen to music, read a newspaper or book while on the toilet. And do not use toilet paper as this is seen as wasteful, rather use water to clean yourself, this will protect nature and recycle water. Wash your hand only with herbal handwash.

4. BRUSH YOUR TEETH AND DO TONGUE SCRAPING

During the night, your mouth turns to be warm, moist and cozy, very possibly easy for bacteria to grow. A proper tooth and tongue cleaning routine is necessary. For cleaning the teeth and brushing the tongue to induce gagging, use the following mixture of astrigent powders:

- 1 part sea salt + 2 parts potassium alum
- Or salt and mustard oil
- Or Neem twig

There are also very good herbal toothpastes which cover these ingredients. So you can also use those to clean your mouth.

5. SELF OIL MASSAGE

Self oil massage is known as Abhyanga in Ayurveda. The best time is either in the morning before bathing or in the night before a shower. Heat the oil such as coconut oil, sesame oil or jasmine oil depending which suits the skin. Start at your scalp, then forehead, nose, eye-brows, shoulders, legs and feet.



6. TAKING A BATH

According to Ayurveda, bathing is a therapeutic activity, which should be done in such a manner that it relaxes the muscles, cleanses the body, removes the toxins and upheaves the mind. The morning bath, therefore an important aspect of a yogic dinacharya.



Benefits of following the Ayurveda bathing technique

- Balance out the emotions, mind and nervous system
 - Elevates the energy levels
 - Enhances digestive activity
 - Tiredness, sleepiness, exhaustion, burning sensation, thirst, itching and perspiration is removed
- After understanding the predominant dosha in your body, the bath is taken with either cold or hot water in accordance to the following:

TO BALANCE VATA

A bath with warm water is suggested. As for adding essential oils to bathwater, rose, rosewood, rose geranium, and neroli oils work well to exude calmness and warmth for Vatas.

TO BALANCE PITTA

For Pitta types, a cold water bath, calming and soothing oils for the skin and mind is suggested, such as jasmine (for women) and vetiver (for men), as well as mint and lemon oils.

TO BALANCE KAPHA

Kaphas can be stimulated and uplifted by a hot water bath, with rosemary, juniper, orange, and bergamot oils.

Soaps are generally discouraged in Ayurveda as they can be too scouring for dry types, causing dryness for Vatas and skin irritation for Pittas. Applying oils/ moisturisers after bath is not suggested either, as it decreases the natural capacity of the skin to tolerate high as well as low temperatures.

When bathing, you should first put water onto your feet, then from hip down to your feet, afterwards on your shoulders, and finally on your head. If you put water first on your head, your mind is shocked and scared. That is the reason why children are scared while taking a bath, and why Ayurveda does not suggest head showers. Hand showers are good and best is taking bath from bucket and mug.



MEDITATION WHILE TAKING BATH OR SHOWER

During shower, chant the mantra:

***”Gange ca yamune chaiba Godavari
saraswati, narmade sindhu kaveri jalesmin
sannidhikuru.”***

It is a mantra to purify the water that touches your skin. Feel the touch of the water with the body, and feel the sensation which can take you to a meditative state.

WHAT TEMPERATURE SHOULD THE WATER BE?

A cold bath has various benefits which a hot bath lacks. With a hot bath, the blood circulation does not reach the uppermost layer of the skin. Besides, the blood cells near the outer skin will become weak, whereas a cold bath strengthens them. When our skin comes in contact with cold water, it contracts. The contrac-

tions caused by the loss in temperature provide relief to the body. It creates an effect equal to that of a body massage. When we use cold water for a bath, it accelerates the blood circulation; we can feel it while bathing. The interesting thing is that when we take a cold bath, the body experiences a sort of inner warmth. It happens because of the rapid flow of blood. After all, it is more suggested to take a bath in a temperature in accordance to the need of your body dosha and your living place's temperature. In extreme winters, a beginner or someone of an elder age are not suggested to take cold water baths, as the body is not adaptive to it. You can begin to take a bath in warm water, then gradually you can move to cold water. A sudden change may lead to sickness.

7. SKIN BRUSH

This Ayurvedic technique requires silk gloves or a dry skin brush. Start with your extremities and brush toward your heart, with the exception of brushing down the back and spine. This practice drains the lymphatic system and stimulates movement of energy in your body. Take a warm shower or practice self-massage afterwards.

8. HAIR CARE

The major glands function in places where there is more hair, like eyebrows, armpits, head etc, that's why yogis don't cut them - they believe by cutting the hair off, it affects their hormones and electromagnetic field. The hair brings lots of benefits, like gathering phosphorus and vitamin D from the Sun. Hence it important to take care of the health of our hair. We should put oil on our hair regularly, almond oil is the best. We need to comb the hair regularly with a wooden comb, and by combing the hair we can activate the energy point and we feel active and stimulated.



A Yogi's Puja

Daily Healing

Puja is our devotion to God, and by showing such a devotion, we will achieve internal peace and satisfaction, as we will attract positive energies to purify our souls.

The daily healings of a yogi is done for the person as well as the whole family and their home, the idea is to purify all the Five Elements: Earth, Water, Fire, Air and Ether. It is also a vital step to help turn your home into an ashtam, it will only take 5-10 minutes every morning with practice.

Your alter can have deities like Krishna, Rama, Jesus, Hanuman; you can have a picture of your Guru. Offer flowers and fruits every day. Flowers are called Sumana, which also means beautiful mind; fruits are called phala, which also means the

results of your actions being offered to Divinity. You should also offer a small amount of money to the deity and collect that to use for charity, this will help clean your heart.

One has to wake up early in the morning to perform this daily workshop ritual.

To purify the earth element: Put Tilak (Sandalwood paste) on your third eye between your eyes brows, it will help awaken the third eye and your Kundalini Shakti

To purify the water element: Sprinkle pure water on your alter and on yourself. This water needs to be purified by a mantra as well, which you can also use during your bath in the morning:

ॐ
ॐ ॥

***“Gange ca yamune chaiba Godavari saraswati,
narmade sindhu kaveri jalesmin sannidhikuru.”***

You can also purify your entire home, you may sprinkle it everywhere in your home and chant the mantra three times.

To purify the fire element: light an oil or ghee lamp, and offer it to you deity and alter. The fragrance and light of the lamp will vibrate through the home and bring pure energy. Pain and suffering will go away and all will be purified.

When lighting the lamp to the deity of your choice, chant this prayer:

***Shubham karoti kalyaanam aarogyam dhana
sampadaa Shatru buddhir vinaashaaya dipa jyotir
namostute***

Translation:

I salute the One who si the lamplight that brings auspiciousness, prosperity, good health, abundance of wealth, and the destruction of the intellect’s enemy (ignorance).



To purify the air element: burn some incense and camphor.

To purify the ether element: play a conch and ring a bell, ghanta etc, these sounds provide a healing vibration which destroys the negativity at home.

You should also offer fruits and sweets to your deity, and distribute to blessed food to the people around you.

When you circumambulate your sacred space in a clockwise direction, chant the following prayer:

***Yaani kaani cha paapaani janmaantara krtani cha
Taani taani vinashyanti pradakshina pade pade***

Translation:

Oh Bhagawan! Whatever sins I have committed all my lives [including in past lives], please destroy them with every step I take around you.)

Bow down to God after your offerings, also bow down to your elders and your parents.



Start your morning practice

Doing Japa

A mala is a string of beads used to chant the names of deities. It's the same thing as prayer beads or a rosary. A mala typically has either 108 or 27 beads: 108 being considered a sacred number in Hinduism; while 27 beads one-fourth of 108. In addition to the 108 or 27 "counting beads, a mala generally has an additional bead. Called the "guru bead." Which hangs perpendicular to the circle of counting beads.

HOW TO USE A MALA

A mala is usually worked with by using the right hand. The mala is held resting over the third finger of the right hand, and the beads are brought toward you, one by one, using the thumb. Each bead counts one repetition of the mantra. When you get around to the guru bead, you don't count it, and you don't pass it; you stop there, mentally bow to the guru, flip the mala around, and start going back the other way. Each time you come to the guru bead you awaken once more, then you turn around and go back the way you came.



JAPA

For a beginner, a small japa of Lord Shiva like "Om Namah Shivaya" can be taken. The japa can vary depending on your adaptability and learning of the Sanskrit Language. Gradually, you can start practising the longer japas.

DIAPHRAGMATIC BREATHING PRACTICE

Diaphragmatic breathing, or deep breathing, is breathing that is done by contracting the diaphragm, a muscle located horizontally between the thoracic cavity and abdominal cavity of the lungs, the chest does not rise and the belly expands during this type of breathing.

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.



Benefits of diaphragmatic breathing

1. RELIEVES STRESS

Deep breathing helps to us to achieve better relaxation. Diaphragmatic breathing stimulates the parasympathetic nervous system, which evokes the feeling of relaxation.

2. SUPPLIES MORE OXYGEN

This healthy breathing pattern also increases the oxygen sup-

ply to the cells. It also stimulates the blood flow and enhances the nourishment of the brain and muscles.

3. IMPROVES OUR CONCENTRATION

It is logical that if we decrease the stress levels, our minds get clearer and it is much easier to focus. If you practice meditation or visualization, always start with this breathing technique – it will calm the mind and evoke a positive feeling of connection between the mind and body.

4. INCREASES OUR LUNG CAPACITY

Most of us are used to shallow breathing, especially when we are under stress. When we consciously exercise the diaphragm, it can stretch further down towards the belly, which gives the lungs more space to expand. That is why professional singers, actors, speakers, athletes, even teachers practice this diaphragmatic breathing regularly in order for it to become habitual. It gives them stability in their voices, expands the capacity of the lungs, which can supply them with some extra amount of air.

5. DETOXIFIES OUR BODIES

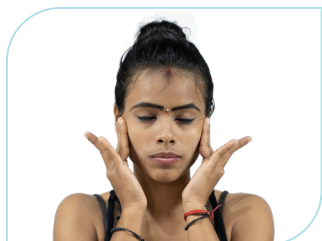
When we supply more oxygen to the cells, and stimulate the blood flow, we gently cleanse our body; and enhance the natural detoxing process in our bodies.

6.- BALANCES OUR ENERGY

This also works on a deep energetic level. Deep belly breathing, if executed regularly, strengthens and purifies our energetic field, balances our chakras, and helps us overcome negative subconscious patterns.

3) JOINTS MOVEMENTS

For flexible muscles and maximum outcome, a small 10-minute workout for the joint muscles is suggested. It is easy and can be done for a beginner. The 9-step joint movement practice is to be followed for strength and longevity.



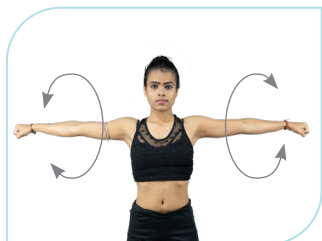
1. Forehead and face massage

To begin with, heat some oil which is suitable for your skin. Put some on your finger tips and in rotational motion massage it over your forehead, nose, cheeks, chin, eyebrows and at the back of your ears. Follow this 5 minutes.



2. Neck movement :

For the next 2 minutes. Move your neck in a rotational motion, first 1minute left to clockwise and next 2 minute anti clockwise.



3. Shoulders and arms movement :

For the next 2 minutes, move your shoulders in rotational motion, both the shoulders together. Initial 1 minute in clockwise direction and next 2 minutes anti clockwise direction. Follow the same technique for moving your elbows and hands.



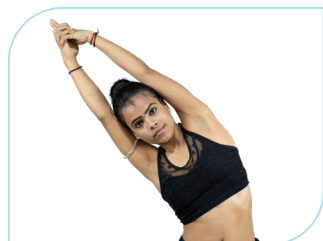
4. Spinal twist :

It is a great pose to restore the lost energy and balance. Perform this for 2 minutes.



5. Hip rotation :

Place both your hands on your waist and move your hip in rotational motion, Stand straight keeping your back arch, first 1minute move in the clockwise direction and next 1 minute anti clockwise.



6.- Side bending

This brings balance to the entire body. Stand tall with feet and legs together and reach both arms straight up overhead as you inhale. Lower your right arm down the right side of your body and exhale as you lengthen the left arm over the head, bending your body gently to the right. Perform this for 1 minute each side.



7.- Jogging and warm up exercises

Do a standing jog for 2 mins, This will warm your body up and get your heart-pumping.



8.- Savasana

Lie flat on your back, Legs separated. Place your arms at your side and your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax your each and every body part, muscle and thought.

4) HATHA YOGA POSTURES

Hatha yoga is a holistic way of achieving mastery over your mind and body. Sequence of yoga practice : Sun salutation.

STANDING ASANAS



A) *Big Toe Pose :*

Calms the brain and helps relieve stress and anxiety. This mild posture stimulates the liver and kidneys, stretches the hamstrings and calves, and strengthens the thighs.



B) *Chair Pose*

Chair Pose works the muscles of the arms and legs, it also stimulates the diaphragm and the heart, in addition to reducing flat feet and stretching the shoulder and chest.



C) *Dolphin Pose*

Dolphin pose strengthens the core, arms, and legs, while opening the shoulder. Relieves headache, insomnia, back pain, and fatigue. It is therapeutic for people suffering from high blood pressure, asthma, flat feet, and sciatica.

SITTING ASANA

a) *Baddha Konasana (Butterfly pose)*

This gives a stretch to the inner thighs, groins and knees. Great for stress relief and fatigue alleviation.



b) *Ustrasana (Camel Pose)*

Opens the chest and frontal regions and relieves back pain. As the blood flow is reversed, it also calms one down and is known to reduce anxiety.



c) *Padmasana (Lotus Position)*

This regulates blood pressure, improves digestion, and reduces menstrual discomfort in females.



A) *Forward bending*

The forward bends create length and space in the spine, counteracting compression, and their inward nature can promote introspection. Forward bend must be done with care, especially if you have tight hamstrings and hips.



b) *Twisting*

Rotate the spine and stretch the muscles of the back. This helps to restore and retain the spine's natural range of motion. If we don't employ our natural range of motion we run the risk of our joints hardening and fusing.

c) *Inversion*

This eliminates toxins, boosts positive energy and immunity, increases flow of oxygenated blood to the brain, works as a natural antidepressant, stimulates the nervous system and calms the mind, improves circulation, and strengthens the back and core abdomen.



BACKWARD BENDING

Backward bending is a whole-body arch involving each and every part of your body from toes to the fingertips. The tension can be felt from tip to toe.



A) *Leg lifting*

Improves the tone and strength of the abdominal muscles and thigh muscles. Contraction of abdominal muscles produces a pressure on the abdominal organs thereby improving their function. It strengthens the lower back, pelvic and perineal muscles, in addition to helping the production of digestive juices and the process of excretion.

B) *Savasana/Yoga Nidra*

Lie flat on your back, legs separated. Place your arms at your sides with your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax each and every body part, muscle and thought



Pranayama practice

5) PRACTICE PRANAYAMA FOR 10-15 MINUTES

Pranayama is the regulation of the breathing cycle in accordance with one's true potential. In another world 'Prana' means essential energy and ayama means 'to enhance'. So the actual meaning of the word is 'Growth of the range of the crucial energy'.

*Sequence of pranayama practice :
5 minutes kapalbhati and bhastrika*

KAPALBHATI

In Sanskrit the Kapal means 'skull' bhati means 'enlightened'. Kapalbhati is the practice which brings a state 'Clarity' in mind as well as in body.

HOW TO PRACTICE

It should be practiced with an empty stomach. Sadhaks should sit in padmasana or siddhasana and those who are unable to sit in these asanas, they can perform it on a chair, keeping the spine straight and body firm.

So in Kapalbhati more attention is to be given to acts of forceful exhalation while the inhalation is passive, silent and short, while abdominal contraction force is applied to the Manipura, Swadhisthana and Muladhara chakras.

Healthy people can practice it for 2-3 minutes regularly.



BHASTRIKA

Bhastrika pranayama involves both rapid inhalation and exhalation which is coordinated by the action of the diaphragm and abdominal muscles so the air moves in and out of through lungs quickly.

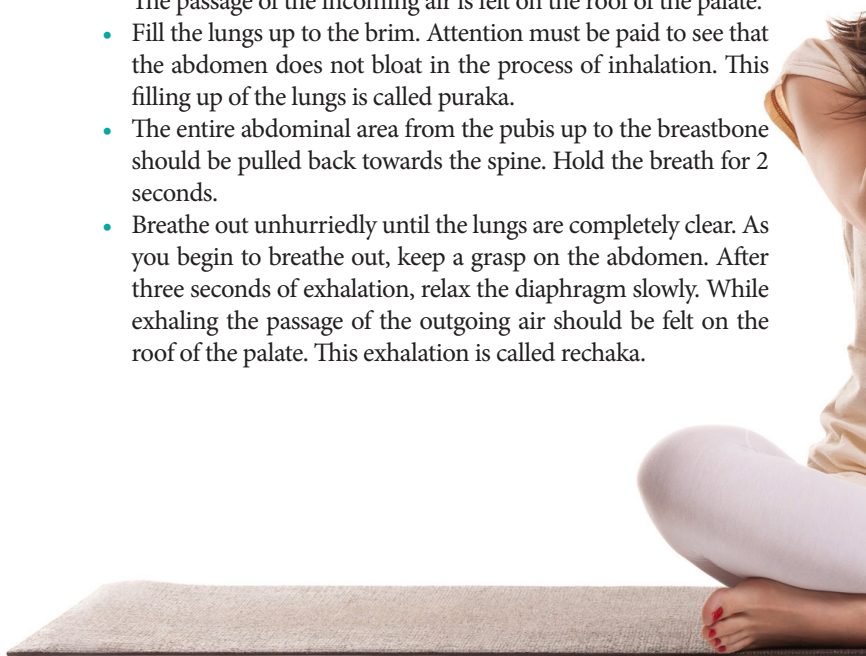
- Sit comfortably in meditation pose (Padmasana, Siddhasana or Swastikasana) with an erect spine.
- Keep both palms on knees in dhyana mudra. Concentrate on normal breathing.
- Relax and calm the mind
- Take a deep breath through both nostrils and fill the lungs completely with air and then exhale forcefully with hissing sound through the nose. Inhale deeply and exhale completely.
- Do this for 2 minutes and increase time gradually

UJAIYI

5 Minutes of ujjayi, bhramari pranayama.

The 'ud' means expanding or upward. 'Jaya' means victory or success. In Ujjayi Pranayama, the lungs of the practitioner are fully expanded as that of a mighty conqueror, thus it is a pranayama of victories.

- Sit comfortably so that your spine is raised straight. The most suggested postures are Padmasana or Siddhasana. Keeping the spine erect, lower the head to the trunk.
- Rest the chin in the degree between the collarbones just above the breastbone. This is called Jalandhara Bandha.
- Stretch the arms out upright and rest the back of the wrists on the knees. Join the tips of the index fingers to the tips of the thumbs, keeping the other fingers extended. The index finger symbolizes the individual soul and the thumb is the universal soul. The union of the two symbolizes knowledge.
- Expand the upper eyelids towards the lower eyelids to close the eyes and look within.
- Breathe out completely.
- Take a quiet, deeper smooth breathe through both the nostrils. The passage of the incoming air is felt on the roof of the palate.
- Fill the lungs up to the brim. Attention must be paid to see that the abdomen does not bloat in the process of inhalation. This filling up of the lungs is called puraka.
- The entire abdominal area from the pubis up to the breastbone should be pulled back towards the spine. Hold the breath for 2 seconds.
- Breathe out unhurriedly until the lungs are completely clear. As you begin to breathe out, keep a grasp on the abdomen. After three seconds of exhalation, relax the diaphragm slowly. While exhaling the passage of the outgoing air should be felt on the roof of the palate. This exhalation is called rechaka.



BHRAMARI PRANAYAMA

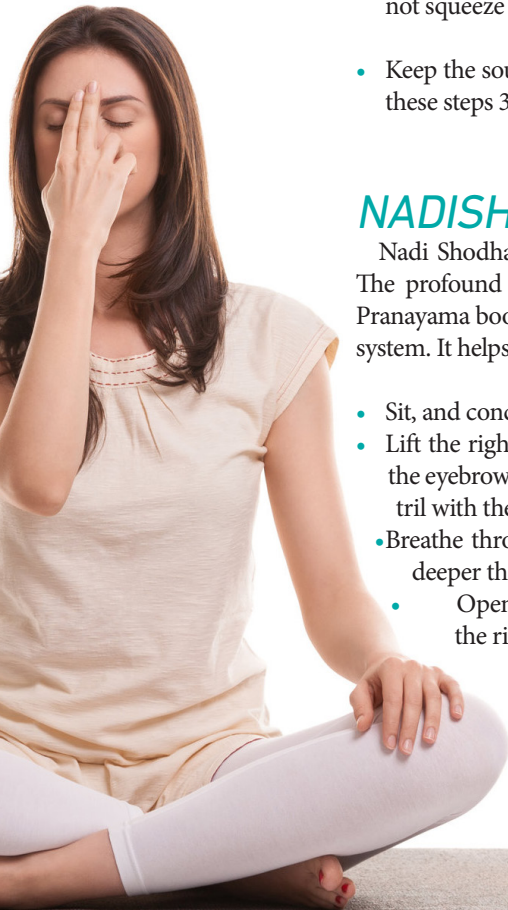
The Bhramari means humming bee, so in the technique we create sounds to build peace, positive energy and happiness. It is a very useful practise for regulating mind stress and improving hyper blood pressure.

- First of all, sit in the Sukhasana posture and relax.
- Now close both your eyes and feel the stillness of the atmosphere while taking deep breaths.
- keep the index fingers on the ear (cartilage between the ear and cheek).
- While taking a deep breath, press the cartilage and exhale. During this time you will hear the humming sound of a bee.
- Your face should be closed while making a humming sound. Do not squeeze the ear cartilage too hard.
- Keep the sound that comes out during Pranayama high. Repeat these steps 3 to 4 times.

NADISHODHAN

Nadi Shodhana refines the blood and respiratory tract system. The profound breathing improves the blood with oxygen. This Pranayama boosts the respiratory system and balances the nervous system. It helps to relieve nervousness and headaches.

- Sit, and concentrate on the normal breath for a few minutes.
- Lift the right hand, place the index finger and middle finger at the eyebrow centre (Pranayama Mudra) and close the right nostril with the thumb.
- Breathe through the left nostril 20 times - the breath is barely deeper than normal and directed into the stomach.
- Open the right nostril again and close the left nostril with the ring finger. Breathe through the right nostril 20 times - the breath is slightly deeper than normal and into the abdomen.
- Return the hand to the knee and observe the normal flow of the breath.



Meditation practice

Meditation 20 minutes

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. It's extremely difficult for a beginner to sit for hours and think of nothing or have an "empty mind." In general, the easiest way to begin meditating is by focusing on the breath but there are in fact various different methods of meditation, such as:

TRATAKA

Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at a candle flame, listening to a repetitive gong, or counting beads on a mala. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, your ability to concentrate improves.

MINDFULNESS

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.



Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

WALKING MEDITATION

While walking observe your body movements, breath and sensations. It helps you to make your life a meditation.

HAVE BREAKFAST

It is believed that the way you start your day is the way you will feel for the rest of the day. A healthy beginning to the day will lead to a happy day.



Yogi diet

WHAT TO EAT ?

An appropriate breakfast should contain a combination of heavy carbs proteins and fats like butter toast, Indian stuffed paratha, oats, dosa or idli. You can also include dried figs and other raisins. Eating warm, well-spiced, easy-to-digest foods, with an emphasis on hot cereals and cooked fruits, rather than cold cereals and raw fruits or heavy meals.

WHEN TO EAT?

The correct time to have your breakfast is within 2 hours once you are up, An ideal breakfast time is between 7AM to 7:30 AM.

Eat only according to your need, do not overfill yourself as

the aim is to have an urge to eat after two hours. Do not overeat.

WHAT NOT TO EAT ?

Right breakfast fuels the body in the right way, Avoid ready-to-cook food, extreme sugar based breakfast. One must also avoid Meat and eggs in breakfast as it increases Tamas Guna.

The following prayer can be chanted when taking food (for lunch and dinner as well):

*Brahmaarpanam brahma havih
Brahmagnau brahmanaahutam
Brahmaiva tena gantavyam
Brahma karma samaadhina*

Translation:

Brahman is the oblation [fire sacrifice]. Brahman is the ghee [the butter used in a fire sacrifice]. The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realised by the one who considers everything as a manifestation/act of Brahman)

The fire mentioned above is not only the sacrificial fire, but also your digestive agni, and food is offered to the deity before you eat it, this prayer does so.

Go to work

Take the means of travel which is good for you and your environment, If you feel that you can walk up to your workplace or use a bicycle then do it and of course if your office is quite far then try taking a public means of transport or take your own vehicle.

If you are driving to your office then make sure that you are at peace, put up a light mood booster music to enhance your life-state. You are meant to have traffic lights on your way, react mindfully to it.

Live each day to create value worth 100 years, Bring the best of you out of your workplace. Push yourself to think more and be creative as much you can. Make sure that you leave your office fully satisfied with all your actions.

AFTER YOU REACH TO YOUR OFFICE



Namaste

HOW TO GREET OTHERS?

Namaste is a very beautiful concept given by the great masters, the ancient Seers, and yogis of the Himalayas, who were great scientists and philosophers. Their theories and researches are still applicable in modern times. The ancient rishis developed this culture through experimentation, which lasted thousands of years. Each and every thing in human life, they craft it in a proper, disciplined way, so that humanity can survive, be happy, and enjoy life better. Their experiments have had the ability to survive this universe for such a long time. In this experimentation, came the concept of Namaste.

Namaste has two words: Namas and Te. Namas means bow down, Te means to you. In Islam, which some say is also a product of Vedic traditions, in a mosque where Muslims pray to God, Allah, it is called Namaz, same thing as Namas. Namaj, Namaz and Namaste, they are the same word.

Nama and Aja in Sanskrit, Nama means bow down, Aja means not born, which is someone who is not born, ancient, ever-new, Sanatana. Aja means Sanatana. Bow down to a higher entity, bow down to the distance, that is called Namaj.

So when we bow down to others, what happens? Automatically, we become humble. In this world, ego is so powerful. Ego is killing us, everyone wants to be different from others, everyone is competing with everyone. In this competitive world, ego takes a high position.

In this competition, we are tired. We need humility, and Namaste brings humility in your life. You will learn to respect others. When you do a handshake, it's also a good thing, it's friendship. A win-win situation, where you and I are the same and equal. Handshaking is also a beautiful relationship, but when you say Namaste, it means you are greater than me, you are more respectable than me, I respect you, I bow down to you, I serve you, I am humble for you, I love you. This is the feeling of giving, and a handshake is more of a deal and agreement. When there is an agreement with someone, it's a different relationship.

People have difficulties bowing down, even in India. Now, the modern Indian, Chinese, Asian people think that when they do Namaste, they would become smaller, and they don't want to become smaller, and that when you do Namaste to others, the other would become proud. The difference is creating, when you do Namaste, the other person also does Namaste, bowing down to each other, and living for each other. The ancient rishis loved the idea of Namaste, because the body energy is different from each other. It's important for us to set boundaries for our energy, because this way, we can maintain our way of thinking for a longer period of time without being influenced.

So when you do Namaste, you do not touch others, otherwise their energies would come to you. We do not know what the person is thinking, if they are negative, then you would be affected by the negativity. The body is a ball of energy, and if you touch a fire, it would burn. If you touch the water with your dirty hands, you would not be able to drink that glass of water,

because it would be dirty, just as your heart, mind would be dirty. So if such a person touch a person of purity, he would become dirty too.

Hugging is a beautiful, sincere relationship, a connection of the heart. But the same thing comes when the both of you are hugging. If you are now strong spiritually and highly-motivated, you can hug everyone. But if you are shaking, the hugging can also give you to emotional disturbances. Hence the best solution is Namaste, because Namaste, with the five elements in our bodies and in the world represented by each finger (little finger – water, ring finger – earth, middle finger – space, index finger – air, thumb – fire), when the fingers of both of our hands touch, the elements are balanced. If you press your hands together for a minute, you automatically feel calmer. If you are stressed, just join your hands together for a while, and you will see the difference. Energy will flow from your left arm to your left hand, which as you join the two hands, will continue to flow to your right hands and arms, and back again through your torso as a cycle. Energy circulates in your body when you do Namaste. It is also why we do cross-legged positions and mudras in meditation.

As we bring the Namaste hands to our heart centres, when we touch our hearts with our thumbs, then the fire element touches our hearts, and the fire in our hearts becomes activated, then we feel love, compassion, emotions.

Then we have to bow down our heads. There is too much ego on the top of our heads, always the idea of “I am”, Namaste means you. In a relationship, “you” is important; in spirituality, “I” is important. There are no differences between You and I, but in spirituality, when I close my eyes, I am alone; when I open my eyes, everything is there. So when we open our eyes and interact with the world, we do Namaste, and keep our ego down. This humility brings acceptance, you accept others as yourself. When you accept yourself, and you accept others as yourself, everyone will love you.

When we see our parents for the first time, elderly, or when we are at the temple, we get on our knees and bow so that our head touches the ground, it is more humility, Mother Earth will help alleviate some of the tension of the mind, and you will feel free. It is another form of Namaste, which we do at the temples or to our gurus, we call this Dandavat. Dandavat prayam and Namaste helps with proper breathing, relaxation and understanding. Your hands, forehead, belly, chest, knees and toes are all on the floor; our breath automatically becomes longer, deeper subtler, and less stagnated. The earth will give you a proper feeling of grounding.

This is the way we do Namaste. You don't have to do a handshake or hug a person whose energy would influence you in a way that you don't want, or whom you do not know. Namaste is very safe, one must be mindful with how we interact with each other – this is a gift from the rishis and yogis of the Himalayas.

Before you start working, chant either of the following prayers, which are for Vishnu and Ganesha respectively:

Shuklaambaradharam vishnum shashivarnam chaturbhujam prasanna vadanam dhyayet sarva vighnopa shaantaye

Translation:

For the removal of all the obstacles in my effort, I meditate upon Bhagwan Vishnu, who wears a white garment, who is all pervading, who has a bright complexion [like a full moon], who has four shoulders, who has an ever-smiling face.)

Vakratunda mahaakaaya koti soorya samaprabha, nirvighnam kurumedevasya sarva kaaryeshu sarvadaa

Translation:

O Lord with the curved trunk, with a large body, with the

effulgence of a billion suns, always remove the obstacles in all my undertakings)

If you are studying secular/religious texts, chant the following prayer:

Saraswati namastubhyam varade kaamaroopini
vidyaarambham karishyaami siddhirbhavatu me sadaa

Translation:

Ma salutations to Goddess Saraswati, the bestower of boons and the fulfiller of my wishes. I begin my studies seeking your blessings so that I shall always be successful)

Goddess Saraswati is the supreme goddess for learning and knowledge.

HOW TO BEHAVE WITH OTHERS ?

It's important to carry the yogic spirit with you off your yoga mat as well. Your behaviour with others

reflects your personality. Be in the best of your spirits, live in the present moment, don't think about what has happened and don't ponder about the future. If you are at an office, You have to keep your mind and body in the same place, do not think about what happened or is happening at home or in other places. Follow the yogic way of living.

“NISHAKAMA” IS WORKING WITHOUT ANY EXPECTATION,

To follow yogic principles in your office and business, one should always be Nishkama, meaning having no ego and producing good work, not expecting appreciation for your work. Help, love and appreciate everyone but also, be very clear with what is right and what is wrong.

Being truthful and honest is very important towards your work and colleagues, and is the first principle of Nishkama.

HAVE LUNCH (AYURVEDIC LUNCH)

Lunch has to be your largest meal of the day. You should have most of your calorie intake during this meal. The digestive agni is at its maximum during lunchtime. This should be had in between noon to 1pm.

A small walk is recommended after lunch.

A yogi's evening practice

Go for a walk, or run :

As evening is the time when your body reaches its peak temperature, your muscles are warm and flexible and you might be able to work out faster and better. It is also a form of stress relief after a day at work, school, and home.

35 MINUTES OF YOGA AND NIDRA ASANA :

Yoga can be practised at any time of the day! Here are a few poses for evening yoga.



A) Triangle Pose :

Step your right foot to the inside of your right hand. Turn your left foot parallel with the back of your mat and straighten both legs. Your right hand can be on the floor on the outside of your foot, up on a block, or resting on your right shin, whichever is most comfortable. Repeat the same on the other side

B) Standing Wide-Legged Forward Fold (Prasarita Padottanasana)

Straighten both legs and parallel your feet so that you are facing the long side of your mat. Inhale deeply and fold forward on your exhale, coming into Prasarita Padottanasana.



C) Goddess Pose (*Supta Baddha Konasana*)

Bring your feet to the mat with the soles touching and let your knees open to either side. Props (blocks or blankets) can be used here under the knees for support if you like.



D) Nidra Aasana

Lie flat on your back, with your legs separated. Place your arms at your sides with your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax your each and every body part, muscle and thought.





Ishwar pranidhan

AND FIVE MINUTES OF MEDITATION

Ishwar Pranidhana is one of the Niyamas or rules of yoga, which also include Shauch (cleanliness), Santosh (contentment), Tapa and Swadhyay. In absolute terms, Ishwar Pranidhana refers to surrender to the Almighty. But this is not about giving up worldly life in service of the Almighty so much as subduing and curbing the ego and the arrogant self. The ultimate aim of Ishwar Pranidhana is not just to subdue the ego which can get in the way of loving relationships and other joys of life, it is about giving in to the will of God and surrendering to His or Her will in the faith that God will do the right thing so long as you do your best in your duties.

HOW TO DO IT ?

- If you're comfortable with long Sankrit jaaps, then take a shlok with meaning and chant it with closed eyes with the right breathing. This will create a sense of tranquillity within you.

IF SHOLKA SEEMS VERY DIFFICULT, THEN SIMPLY CHANT THE "OM NAMAH SHIVAYA" JAAP ON THE MALA.

- End your evening practice with a Shanti Paath. Shanti translates as peace, and Paath means descent. The Shanti Paath is a mantra for peace, harmony and happiness. The mantra establishes peace and learning and invites peace to rain down upon those who practice yoga there.

THE SHANTI PAATH IS CHANTED IN SANSKRIT:

***"Om Dyau Shanti-Rantariksha-Gwam Shantih,
Prithvi Shanti-Rapah Shanti-Roshadhayah Shantih
Vanas-Patayah Shanti-Vishwed Devah Shanti-Brahma
Shantih, Sarvag-Wam Shantih Shanti-Reva Shantih Sa
Ma Shanti-Redhi Om Shantih Shantih Shantih Om II"***

English Translation:

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere.

May peace reign all over this earth, in water and in all herbs, trees and creepers.

May peace flow over the whole universe.

May peace be in the Supreme Being Brahman.

And may there always exist in all peace and peace alone.

Aum peace, peace and peace to us and all beings!

Shanti is chanted three times at the end.



Dinner

WHAT TO EAT ?

The key to having light dinners is to maintain balance, as we don't get enough time to digest. Eating a large, high-sugar or high-fat meal at night overloads your digestive system. It doesn't get adequate rest through the night, thereby slowing your body physically and mentally the next day.

You can have wheat roti with light vegetables which is fibrous and digestible.

Cereal based dinners are recommended even Wheat bread, Dal khichdi, Vegetables and/ or salad – use different cooking methods for variety in your vegetables, try boiling, steaming and stir-frying to make dinners interesting and healthy.

WHEN TO EAT ?

The earlier you have dinner, The best it works for your system. An ideal time to have dinner is before 7:30 PM. You should keep a gap of 3 hours between your dinner and bedtime,

WHY SHOULD WE NOT EAT HEAVY FOOD?

We all know there are certain foods that should be avoided, but many don't think about it as much when it comes to dinner. There are several foods you may be eating for dinner that are keeping you from losing weight or getting a good night's sleep.

- Avoid meat
- Avoid simple carbs
- Avoids chocolate • Avoid extra spicy food
- Try not to have overly greasy and spicy food

NOT A GOOD COMBINATION OF FOOD?

There can be an absolute disaster with a few combinations of food because it might hinder your sleep, your digestion and your fitness goals.

Don't ever have milk combined with eggs or together at night, as they are very heavy to digest and need time to break down.

20-MINUTE WALK AFTER DINNER

Avoid drinking water right after your meal, wait for at least 30 minutes.

A walk post-dinner boosts your metabolism, and manages your digestion. It's the best time to engage with your family and have a conversation with everyone in the house. Wash your feet, face and hands, and give yourself a massage with oil before going to bed.



Sleep early

WHAT NOT TO DO BEFORE YOU SLEEP?

After working hard all day, it's very difficult to turn your system off instantly. There are things that can hinder your sleep and ruin your morning. Here are things that should be avoided in order to attain peaceful sleep.

- Do not consume caffeine after 5 PM
- Do not use any of your electronics on your bed
- Don't snack on unhealthy food
- Chug a ton of water
- Do not exercise before going to bed

WHAT HELPS YOU TO SLEEP NICELY ?

Sleep plays a major role in one's health and lifestyle. Here are some ways to enhance your sleep quality.

- Optimize your bedroom environment, the right lighting and reduced noise can help one sleep early.
- Take a relaxing shower
- Brush your thoughts off
- Try to sleep and wake up on a particular time
- Avoid long afternoon naps

W I SHOULD TAKE BEFORE I SLEEP?

Here are some sleep-inducing Ayurvedic herbs that will not only help you get sound sleep, but will also relieve excessive stress and anxiety that causes various sleep disorders.

1.- BRAHMI

This improves your alertness, supports restful sleep, calms emotional turbulence and also helps improve concentration and alertness. This is also called brain tonic.

2.- SHANKHPUSHPI

This relieves mental fatigue, acts as a natural tranquilizer for anxiety neurosis that further helps with sleeping better.

3.- VACHA

Vacha has calming effects on your brain, helping you cure tension and insomnia. It acts as a coolant that relaxes the nerves thereby inducing sleep.

4.-JATAMASI

Jatamasi is a natural brain tonic and a memory enhancer; also facilitates calmness and relaxation to a hyperactive mind. It helps in inducing sound sleep while rejuvenating and nourishing the nervous system.

ANY YOGA PRACTICE FOR GOOD SLEEP?

These bedtime yoga poses can help you peacefully :

1.- Lizard Pose :





2.- Up the wall :

Sit facing the wall and lie onto your back. Move your buttocks as close to wall as possible, lift legs and rest the back of legs against the wall, with your legs perpendicular to the ground.

3.- Before - Bed Bridges

Lie faceup with knees bent, feet flat on floor, arms extended by sides, palms up.



4.-Seated Forward Folds

Sit on the ground, with your back straight, legs together and stretch out to the front of you.



How to prepare to sleep

Begin your evening ritual around 8:30 pm to ensure a restful transition to bedtime. Unwinding with a book or a bath and avoiding screen time are important aspects of good bedtime hygiene. This routine does not advise late-night snacking. Around 10pm, Pitta energy kicks back in, which may spark a “second wind” and inhibit true rest.

PRAYERS BEFORE GOING TO BED AT NIGHT

*Sarve bhavantu sukhinaha sarve santu niraamayah
sarve bhadrani pashyantu ma kaschit dukkha bhag bhavet*

Translation:

May all be happy. May all enjoy health and freedom from disease. May all enjoy prosperity. May none suffer)

***Karacharana kritham vaa kaayajam karmajam vaa
 Sravana nayanajam vaa maanasam vaa aparaadham
 Vihitham avihitham vaa sarvam etat kshamasva
 Jaya jaya karunaabbdhe Sri Mahe Deva Shambho***

Translation:

O Lord, kindly forgive my wrong actions done knowingly or unknowingly, either through my organs of action or through my organs of perception or by my mind. Glory to you, Mahadeva, who is the ocean of kindness and compassion, and the cause of happiness)

***Raamaskandham hanumantam vinateyam vrkodaram
 Shayane yah smarennityam duh swapnam tasya nashy-
 ati***

Translation:

Meditating upon Hanuman, Garuda and Bhima before going to bed ensures a sleep without disturbing dreams)

Hanuman, Garuda and Bhima are symbolic of great courage, valour and strength

- **10:00 p.m** Bedtime. Sleep for 6-8 hours a night, depending on your dosha (Vata types should aim for 8 hours, Pitta for 7 hours, and Kapha for 6).
- **6:00 p.m - 10:00 p.m.** — Eat a light but nourishing supper between 6 and 7 p.m. (supper is short for supplemental, so think of your evening meal as nutrition to supplement what you took in earlier in the day). Take a walk outside or exercise for at least 15 minutes shortly after eating. Start your night-time routine by 8:30 p.m. Evening self-care like a bath, self-massage with oil, gentle or restorative yoga, or light reading are good ways to winddown.

The purpose of sleep is to allow the body and the mind to rest, recuperate, regenerate and do some self-healing. You should wake up rested, refreshed, and alert, ready to face the day.

PREPARING YOUR BED AND SLEEP

- Adjust your bed such that your head should be towards east or south to balance the earth's north-south magnetic field. Your bed should be firm and not too soft in order to support your spine and nervous system to relax.
- You can put inspiring music on during your sleep to bring positivity.
- Your food should be digested before you sleep, so have dinner before 6 or 7 pm
- 20 minutes of walk before sleep is great for sleep
- If you feel stressed and physically not well, then stretch your body for 5 minutes before sleep
- You need to drink 2 glass of water 1 or 2 hours before you sleep, which will help you pass the urine before sleep, and you don't have to wake up many times to go to the bathroom
- Brush your teeth before you sleep
- Wash your feet in cold water to get your nervous system ready for relaxation
- Meditate for a few minutes and also go through all events of the day, this will help you to forgive and accept.
- Read some pages of an inspiring book
- Have a foot massage for sound sleep

FALLING ASLEEP

A sound sleep is fuel to your engine to run the next day with all your being.

There are a few steps that you can follow to fall asleep peacefully. Complete these steps as you are lying in bed.

As soon as the breath becomes regular and slow, you will have a chance to go quickly through the preliminary stages of sleep and almost immediately reach the deep dreamless sleep state, avoiding the energy-draining dream stage altogether.

- Take all your worries, concerns, ideas, and problems, wrap them up in a package, and put them on a shelf in your mind labelled G.O.D. You'll be amazed at how many are gone, solved, or improved by the time you wake up.
- Set your mental timer to wake you up in the morning. Yes, your subconscious mind has a great sense of time and will respond to your directive.
- Lie on your stomach, turn your head so your right cheek is on the pillow. This automatically opens your left nostril to bring in the cooling, soothing, calming energy.
- Do long, deep breathing through both nostrils.
- Block your right nostril with your hand and continue long, deep breathing through the left nostril.
- Once you feel drowsy, turn over onto your back, side, or your preferred sleeping position.
- Continue long, deep breathing until asleep.



Dress color and style

How you dress is a personal choice. When you choose to dress with grace, dignity, modesty, and elegance, it can strengthen your projection and become a tool to help you expand your consciousness. The colours are the product of light energy, and according to our doshas and according to different time, place and situation, we can change the colours of our garments. White brings purity and clarity, orange brings purification and energy, yellow brings control and awakening. All other colours, such as green, blue, violet, black, they all have their own benefits. We have listed dress colours according to days of the week below:

DAY	COLOR	SIGNIFICANCE
Monday	White	Day of lord shiva
Tuesday	Red	Day of lord hanuman
Wednesday	Green	Day of goddess
Thursday	Yellow	Day of spirituality and learning
Friday	Light blue / white	Day of creativity and art
Saturday	Purple / black	Day of justice and honesty
Sunday	Pink / maroon	Day of enlightenment



How to behave with parents

Before marriage, our parents are said to be the most important people in our lives. Greet your parents and elder persons in your family by bowing down and touching their feet, the Scriptures teach us that our parents are like God.

THE SCRIPTURES SAY:

The father, mother, teacher, elder brother and one's provide
0 these five are considered as one's superiors. He who desires prosperity should revere these superiors at all times by all means, even if he loses his life. The son should be devoted to them and make their care his first priority.

When students graduate, teachers give the following message according to the Taittiriya Upanisad:

“May you be one for whom his mother is a Deva. May you be one for whom his father is a Deva. May you be one for whom a guest is a Deva. May you be one for whom his teacher is a Deva.”

Hence, in this culture, parents, guests, and teachers are respected, served and worshipped, even before God. In this culture, the mother is listed before the father, as she is the most respectable of all.

RENDER SERVICE TO YOUR PARENTS WHOLEHEARTEDLY

The Scriptures say, “Serving parents is the best penance”, those who serve their parents are blessed by Parvati and Parabramha. Serving our parents is also for our own good, as it is a most pious act, and leads to great rewards; not caring for them is bad Karma. By serving one’s parents and teachers, one truly respects the teachings of the Scriptures, and is fulfilling his duties. Acts like worshiping is minor compared to serving one’s own elders.

NEVER HURT YOUR PARENTS

Parents suffer a lot for their children, they also try their best to ensure their children have a happy childhood and a good education, but some children don’t always realise this. Hurting your parents will amount to hurting God, you should always be grateful to your parents for what they have done for you.

OBEY YOUR PARENTS

Because of the sacrifice that our parents have made to take care of our daily needs, we as children should contemplate on whether we listen to our parents wholeheartedly. It is impossible for us as children to repay everything that our parents have done for us, but we can repay them little by little by listening to them sincerely, and by always obeying them and respecting them.

EXPRESS LOVE FOR YOUR PARENTS THROUGH ACTIONS

You can express this love through different kinds of actions, such as serving water to your parents when they come home, helping parents with their work at home, and doing other chores in the house, like laying out the table before meals, and making beds.

Your parents are the seed, and you are the Sapling, whatever good or bad they have will become part of the tree within you, we have to repay the debts of our parents, as well as our own upon our birth.

Indian cultural norms in treating parents and grandparents:

1. Never address parents by their names
2. Never shout at them, even during an argument, and try not to talk back
3. Never sit with your feet facing them
4. Serve them food before filling your own plate
5. Always give a seat to them and stand if there are inefficient chairs
6. Greet them with respect in the morning and before going to bed
7. Fulfill their requests to the best of your ability
8. Do not smoke or drink in their presence
9. Obey their wishes cheerfully and act on them
10. Defer to their opinion because they are wiser and more knowledgeable .



Pancha Yagna

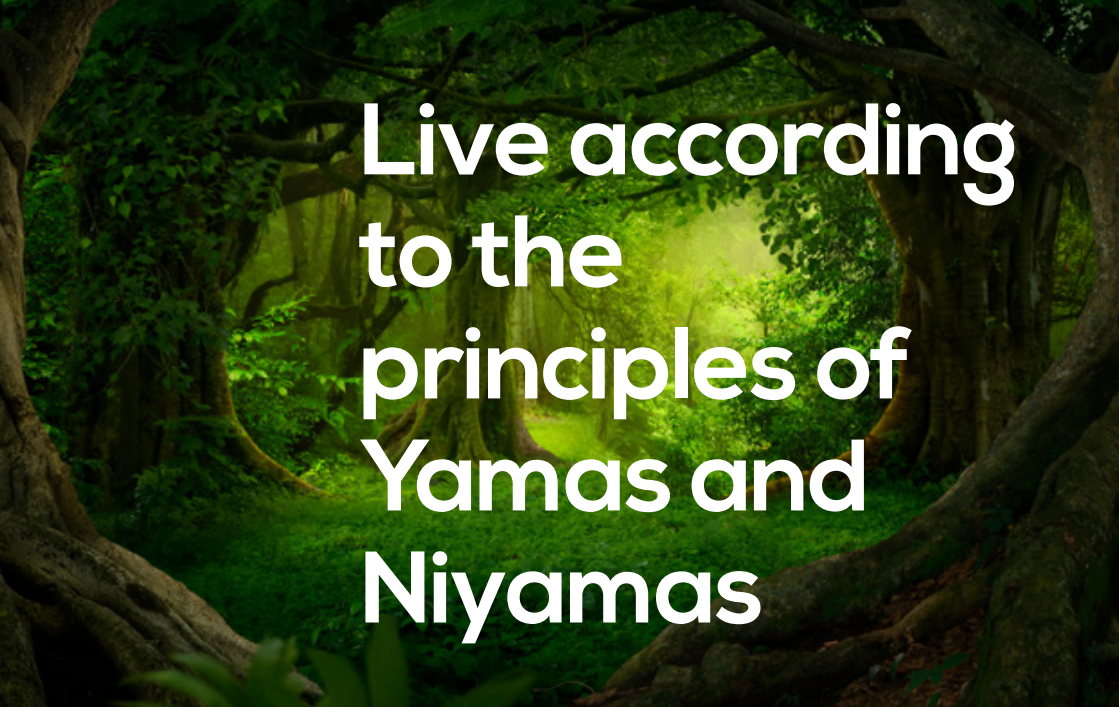
WORSHIPPING OUR PROVIDERS

Every family should perform Pancha Yagna every day.

Pancha Yagna is performed to make up for the everyday himsa (violence) that we do through cooking, cutting etc which are unavoidable in our lives; we also do it to express our gratitude to the Devatas, our ancestors, living beings like cows and fruits, and knowledge, which are fundamental to providing for our daily needs.

The Pancha Yagna include:

1. **Deva Yagna** (to be done daily at sunrise and sunset)
The worship of Devas, which involved Agnihotra, the feeding of fire with ghee and purifying herbs while reciting the Vedas. The substances of Agnihotra, such as ghee and camphor, helps keep the air fresh and pure, in addition to promoting health in intellect.
2. **Pitr Yagna:** The worship of forefathers, and is divided into two parts; Shraddha and Tarpan:
 - a) **Shraddha:** That by which truth is accepted and practiced is called Shraddha
 - b) **Tarpan:** Anything that is done to one's parents and elders to make them happy, such as serving and honouring them.
3. **Bhuta Yagna:** The worship of other beings, bali or offering food to all creatures is Bhura Yagna.
4. **Manushya Yagna:** The worship of fellow humans, feeding the poor and the hungry, clothing the naked, giving shelter to the homeless, comforting the distressed are all forms of Manushya Yagna, feeding the guests is also a form of that, as long as one is serving the suffering humanity.
5. **Brahma Yagna** (To be done daily at sunrise and sunset). The worship of knowledge, which comprises of studying and preaching vedic scriptures, morning and evening meditations, and discipline.



Live according to the principles of Yamas and Niyamas

WITHOUT COMPROMISE
OR MITIGATION

*Apply principles of Yamas and Niyamas to
enhance your lifestyle.*

AHIMSA

NON-VIOLENCE, NON-INJURY,
HARMLESSNESS

Always respect what others have to say, even under difficult circumstances, this expands your own realms of living as a human being.

SATYA

TRUTHFULNESS, HONESTY

We should inculcate the habit of being true to ourselves. Catch yourself telling unnecessary lies , untangle your web of lies, figure out who you are and accept it.

ASTEYA

Non-stealing, honesty, non-impropriety

Self-care is the key to a healthy life, You need to keep a check on yourself as much as you do for others. Self-reflect, whenever you see yourself following the wrong path. Find your joy and help others find theirs.

BRAHMACHARYA

Sexual continence in thought, word and deed as well as control of all the senses, this means simply living life – to live the way you were born to.

APARIGRAHA

Non-possessiveness, non-greed, non-selfishness, non-acquisitiveness : This teaches us to be ever-evolving, nothing in life remains the same. Learning the art of letting go is the path to peaceful living. We open ourselves to fresh ideas, new relationships, and more harmonious ways of living and being.

SHAUCHA

Purity, cleanliness: This refers to physical and mental cleanliness of an individual. Saucha is about purity of energy, as in our homes; it's about the way we organise and maintain our space.

SANTOSHA

Contentment, peacefulness : This is contentment, as in looking around at your perfectly-imperfect life, waking up to the little graces, and being ok with it.

TAPAS

Austerity, practical (i.e., result-producing) spiritual discipline.

SWADHYAYA

Introspective self-study, spiritual study : Here lies the key of exploring the capacity of your life and your own self.

ISHVARAPRANIDHANA

Offering of one's life to God.

1. Learn authentic Indian and Yoga philosophy. Read the Bhagavad Gita, the Upanishads and a translation of the Yoga Sutras not written by a propagandist for a particular yoga method or teacher.
2. You do not need to dress like an Indian and sit on the floor and eat with your fingers. But you do need to adopt and identify with Sanatana Dharma. If you really do so, you will find yourself at one with all true religion.
3. Never close your mind. Be ready to learn, adopt and conform to any wisdom you encounter.
4. Do Kirtan and participate in chanting mantras.
5. Spend time in India, looking and learning. Merge into the real India of the spirit.

DAILY LIFE OF A Yogi

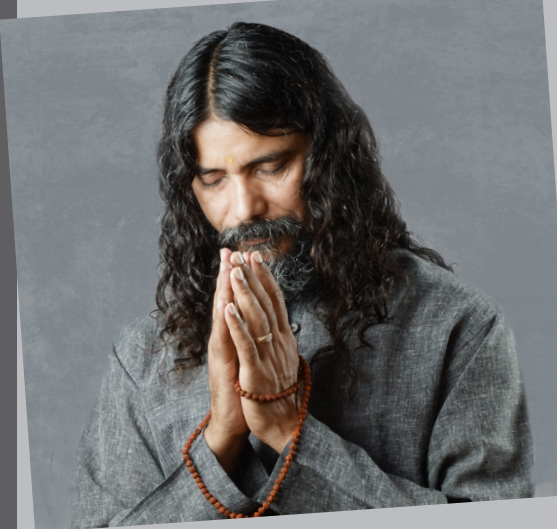
Yoga is a lifestyle which enhances one's mind, body and soul.

In such a life full of hustle-bustle we need something to gain our sanity and yoga is a pathway to live a life brimming with Joy.

You live such a life that your body is regulated and negativity does not overpower you. You reflect and respond mindfully to things. Your actions are more thoughtful than usual. You take charge of your sensory organs, action organs, mind, body and intellect.

Yoga is a way of life. It involves sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities.

For a happy life and a spiritual soul, Yoga is a blessing and one must follow the needs of the soul.



Yogi Vishnu has been steeped in spiritual endeavours his whole life and from a very young age sought to receive teachings from the Great Himalayan Masters of Yoga & Meditation. He has had the privilege of studying under many great teachers. For 9 years Vishnu taught at the Swami Rama Institute of Meditation and Inter-faith Studies and obtained his Masters Degree in Sanskrit and in Yoga. He studied the Vedic Scriptures, Vedanta, Yoga and Tantra Science.

For many years Yogi Vishnu has been traveling and teaching spirituality in India as well as travelling to many countries in Europe, Asia, Africa, and South America, by request of his seekers who wish to receive his wisdom. Yogi Vishnu lives at Samadhi Yoga Ashram situated in Laxmanjhula, Rishikesh, on the banks of Ganga in India. He is deeply dedicated to guiding students at his two yoga schools, World Peace Yoga School and Samadhi Yoga Ashram, to experience a unique and spiritually nourishing life journey of their own. With his warm, loving and generous spirit Vishnu welcomes people from all over the world to come to learn and practice with him.