



3" x 5" Recipe Cards

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SCRAMBLED TOFU

Yield: 4 cups Servings: 4

3 blocks	tofu (1/2 lb. each)	1/4 c	cooked basmati rice
2 T	ghee	1/4 T	paprika
1/4c	onions, diced small	1/4 T	cumin powder
1/2 T	salt	1/8 T	turmeric
1/8 T	pepper	1/8 T	ginger powder
1/2 cloves	garlic, minced	1/8 T	onion powder
1/2 c	tomatoes, diced small		

- Crumble tofu into 2 mediums. Put into steamer, 15-20 minutes.
- Heat wok. Add ghee, onions, salt and pepper. Fry until translucent.
- Add garlic, tomatoes and rice.
- Add spices, mix well.
- Take tofu out of steamer. Pour of excess water. Add to wok. Mix well.
- Return to 2 mediums. Steam 15 minutes or until time to serve.

Author: Slim Miles, Himalayan Institute

BLENDED ZUCCHINI SOUP

Yield: 8 cups

3 T	ghee	2 t	salt
1 clove	garlic, minced	1/2"	ginger, peeled, grated
1/2 T	whole coriander seeds	1-2T	butter (optional)
8 c	zucchini, 1/2 moons		

- Grind coriander with spice/coffee grinder until fine.
- Heat ghee and roast garlic. Add coriander, roast.
- Add zucchini, 4 T salt and water to cover, bring to a boil.
- When almost cooked add ginger and butter. Continue to simmer until soft and tender but still bright green.
- Blend until smooth.
- Add salt to taste.
- Transfer to deeps.

Author: Himalayan Institute

STIR FRY SUBZI

Yield: 4 cups

1/8 c	cashews, pan roasted	1/2 t	ginger, minced
1/4 c	zucchini, 1" sticks	1/4 c	bok choy
1/4 c	carrots, 1" sticks	1 T	tamari
1/4 c	broccoli, florets, 1"	1/8 T	toasted sesame oil
1/2 T	sesame oil	1/2 T	ghee
1/4 c	onions, sliced thin	1/4 t	mustard seeds
3/4 clove	garlic, minced		salt to taste

- Pan roast cashews over medium heat until golden.
- Steam broccoli, zucchini and carrots.
- In skillet or wok, heat sesame oil on medium, roast mustard seeds until gray.
- Add onions and roast until translucent. Add garlic and ginger, roast.
- Add bok choy and some salt, cook until leaves are wilted and stems tender.
- Add steamed vegetables and cashews.
- Add tamari and toasted sesame oil. Add salt to taste.

Serve with tamari on the side.

Author: Himalayan Institute

QUINOA-CARROT SALAD

Servings: 4-6

1/2 c	almond slices, pan roasted
1 c	quinoa
1 c	grated carrots
1/4 bunch	scallions, sliced thin
1/4 bunch	parsley, chopped fine
1/2 c	lemon ginger vinaigrette
1/4 T	salt
	black pepper

- Rinse quinoa several times with cold water. Bring 2 cups water to a boil in a small saucepan. Add 1/4 t salt and quinoa. Lower heat, cover, and simmer until the liquid is absorbed, 12-15min. Allow to cool completely.
- Toss quinoa with remaining ingredients and vinaigrette.
- Add salt and pepper to taste.

Author: Chef Michael's of Cleveland Food Coop



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LEMON GINGER DRESSING

Yield: 1 cup

1/4 c	lemon juice	3/4 clove	garlic, minced
1 T	honey	1 T	white pepper
1 T	tamari	3/4 c	olive oil
1 T	ginger, minced finely		

- Combine all ingredients except oil. Slowly add oil while blending

Author: Himalayan Institute

CASSIDY FRENCH DRESSING

Yield: 2 cups

1-2 cloves	garlic, minced or pressed	1 t	onion powder
2.5 T	lemon juice	1.5 c	olive oil
2.5 T	apple cider vinegar	1/4 c	fresh parsley leaves, chopped
2.5 T	dijon mustard		salt
1.5 T	honey		

- Roast garlic in a little olive oil. Allow to cool.
- Combine lemon, vinegar, mustard, honey, garlic and onion together in bowl. Whisk well.
- Slowly add olive oil while using immersion blender.
- Stir in parsley.
- Add salt to taste.

Author: Himalayan Institute

JOYFUL GINGER DRESSING

Yield: 2 cups

1-2 cloves	garlic	2.5 T	tamari
1"	fresh ginger, peeled, chopped	2.5 T	honey
1/4 t	onion powder	2.5 T	tahini
1/2	lemons, juiced	1/2 T	dijon mustard
1/2	oranges, juiced	1.5 T	toasted sesame oil
1.5 T	brown rice vinegar	5 T	sesame oil
1.5 T	apple cider vinegar	1 c	olive oil

- Roast garlic in a little olive oil - low heat until browned and soft.
- Blend ginger, garlic, onion powder with orange and lemon juice in blender or food processor. Pour into large bowl.
- Add vinegars, tamari, honey, mustard, tahini, and toasted sesame oil. Blend. Slowly add sesame and olive oil while blending until smooth.

Author: Himalayan Institute

RAIN FOREST BALLS

Yield: 12 bars

1/2 c	butter, softened	2/3 c	almonds, chopped coarse
1/3 c	sucanat	2/3 c	dates, chopped coarse
1/2 c	all purpose flour/unbleached white flour	2/3 c	brown rice syrup
1/2 c	whole wheat pastry flour	3.5 T	water
1/2 c	coconut		

- Preheat the oven and lightly ghee baking sheet. For the crust: • Cream butter and sucanat. Mix flours together. Add to butter and sugar. Mix well. • Press into lightly ghee'd tray. Bake 10 min. Let cool 10 min. Topping: • Spread coconut to cover crust. Add almonds then dates. • Combine water and syrup in pot. Stir over low heat until smooth. Pour evenly over almonds and dates. • Bake for 30 min. Look for edges to get golden brown and center to brown and become solid. • Allow to cool completely, and slice into bars. *Author: Kripalu Cookbook*



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KT'S MEDICINAL OIL

A Calming and Rejuvenating Oil for Seasonal Change

2 T Ashwanghanda
4 T Shatavari
8 C Water

- Place in saucepan with 8 cups of water. Simmer the ingredients and reduce until it resembles a creamy, thick paste. There should be little to no loose water in the pan. Add mixture to sesame oil.

Author: Kathryn Templeton www.kathryntempleton.com

GINGER NECTAR

1 part Fresh ginger juice
2 parts Freshly squeezed lime or lemon juice
3 parts Raw, unprocessed, *uncooked* honey

- Combine all three ingredients and take 1 tablespoon before lunch. This enhances the digestion, metabolism and assimilation of food.

Author: Kathryn Templeton www.kathryntempleton.com

KT'S BHRAMI GHEE

Helps with the transitions of seasonal change

Yields: 8 cups

4 T Bhrami
2 C Water

- Place in saucepan with 2 cups of water. Simmer the ingredients and reduce until it resembles a creamy thick paste. There should be little to no loose water in the pan.
- This recipe is enough for 8 cups of butter. Add this ghee to your kitcheri or mix 1 tsp. in warm milk. You can also use this on the skin, or as a nasya. Enjoy both the taste and the benefits.

Author: Kathryn Templeton www.kathryntempleton.com

BUTTERNUT SQUASH & APPLE SOUP

Yields: 8 cups

2 Medium Butternut Squash, peeled and cut into 2" pieces
1 Medium Sweet Onion, peeled and cut into 1" pieces
2 Green Apples, skinned and chopped into 1" pieces
1 C Apple Cider
Olive Oil
Curry

- Take above items and mix with some olive oil and a pinch or two of curry and bake at 450 degrees for about 30 minutes. •Put into a blender and add in one cup of apple cider and blend • Suggested garnish options: cashews, flaked coconut, parsley, lime zested creme fraiche, finely chopped scallions

Author: Kathryn Templeton www.kathryntempleton.com



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KT'S 'ON THE SPOT' LUNCH

Yields: 4 cups

2 C	Water	1 Small	Sweet Onion, chopped
1 C	Basmati Rice	2 T	Ghee
	Tumeric	1 C	Asparagus, chopped
	Fenugreek		Seasonal spices
	Hing		

• Chop small, sweet onion and put into two TBSP ghee. Saute until golden brown with a pinch of salt, if desired. • Add in chopped asparagus and cover, allowing to steam, and saute for about 5 minutes or until soft. Add in some spices of the season if desired. • Mix with rice and add ghee and churna until at desired moisture.

Author: Kathryn Templeton www.kathryntempleton.com

QUINOA WITH ROASTED VEGETABLES

Quinoa seeds, with their nutty, grain-like texture, are a delicious and healthy alternative to pasta. A wonderful food for all the doshas, quinoa is especially healthy for balancing kapha and vata.

Yields: 2 light meal sized servings or 4 side dish servings

1 T	Sunflower Oil	1 C	Quinoa
1 t	Kapha churna	1.5 C	Cold Water
1 C	Zucchini (cut into 1" cubes)		Salt to taste
1 C	Eggplant (cut into 1" cubes)		
1 C	Butternut Squash (cut into 1" cubes)		
1 C	Asparagus (cut into 1" cubes)		
1 C	Red Pepper (cut into 1" cubes)		

QUINOA EGG BAKE

Yields: 1, 9" baking pan

1 small	onion, diced	2 T	Fresh Thyme
2 T	olive oil	1 t	Salt
1 T	minced garlic	1/4 t	Black Pepper
1 Doz	Organic Eggs	1 C	Quinoa
3 C	Milk	1/4 C	Fresh Grated Parmesan Cheese
4 C	Fresh Spinach, Chopped		

• Saute the onion and garlic in olive oil until the onion begins to carmalize. Meanwhile, whisk together the eggs, milk, thyme, salt and pepper. Wash the quinoa well and drain, then add to egg mixture. Add cheese. When onions are ready, lay spinach in an oiled pan, followed by the onions and then the egg mixture. Cover and bake for 35 to 40 minutes at 350 degrees. As the eggs bake, most of the quinoa will make its way to the bottom of the pan and form a crust—like magic!

Author: Kripalu www.kripalu.org

QUINOA WITH ROASTED VEGETABLES

• For the quinoa: Soak the quinoa for 15-20 minutes in cool water. Wash and rinse, using a sieve near the end so as not to lose any of the quinoa seeds. Add the 1.5 C of cold water to the clean quinoa along with a little salt to taste. Bring to a boil, reduce the heat to simmer, and simmer with a tight fitting lid for 20 minutes. Allow to cool 5 minutes before removing the lid and fluffing with a fork. (Note: This will result in fluffy quinoa; if you want softer, moister quinoa, add more water when cooking.)

• In a separate saucepan, heat the sunflower oil and add kapha churna. Stir quickly to cook the spice mixture, and immediately add the vegetables. Roast them until they are crisp-tender. Add salt to taste. Remove from heat.

• Serve the roasted, aromatic vegetables over the quinoa while hot and fresh.

Enjoy!

Author: Kathryn Templeton www.kathryntempleton.com

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VEGETABLE BROTH

Yields: 2.5 quarts

2 Quarts	Spring Water	4	Carrots, Cubed
3 Medium	Potatoes, diced	2 Med	Spanish Onions, Chopped
1 Small	Beet, diced	3 Stalks	Celery, Chopped
1/4 C	Parsley, finely chopped	2 Cloves	Garlic, minced or pressed
2 t	Dried, flaked dulse (seaweed)		

Pinch of sage

Wash and scrub all vegetables. Do not peel if organic (except do peel beets, even if organic). Bring water to a boil. Add vegetables, bring back to a boil, then turn heat down to simmer. Cover the pot. Simmer 20 minutes until vegetables are soft but not mushy. Remove 2/3 C of vegetables, blend in a blender and return to the soup to form a heartier broth. This soup is alkaline and rich in minerals, especially potassium, which can be flushed out of the body when taking extra liquids (as in a fast).

Author: Kripalu www.kripalu.org/article/373

KT OATMEAL

Make oatmeal as recommended on 'Steel Cut Oats' package.

Use whole milk

Add in:

2 T	Ghee
1/4 t	Cinnamon, Nutmeg, Cardamom
	Pinch of Salt

(optional)

Peeled almonds in at start of cooking

Add in blueberries or raspberries (or both) at end of cooking

Remove from stove and add in real maple syrup to taste

APPLE CUCUMBER JUICE

Yields: 10 Ounces

1 Large or 2 Small	Cucumbers, sliced lengthwise
1/2	Apple, sliced
2 T	Loosely chopped parsley

If the cucumber is not organic or if it is waxed, peel it. Slick the cucumber and apple to fit the juicer. Use the apple and cucumber slices to push the parsley through the juicer. Drink immediately for maximum benefit. If you want to store fresh juice in the refrigerator, it is best to put it in a darkly colored glass container.

BACKGROUND: Cucumber is alkaline, high in silica, which strengthens connective tissue. Cucumber is especially useful in cleansing sugar from the body and helps to dissolve kidney stones. Parsley is high in vitamins A and C, magnesium and potassium. Parsley is rich in chlorophyll, which stimulates oxygen metabolism and cell regeneration. Apples are rich in vitamins A, B and C as well as iron, magnesium, potassium and silicon. *Author: Kripalu www.kripalu.org/article/373*

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BAKED OATMEAL

3	Organic Eggs	1/2 C	Jaggery
2 T	Ghee	2 T	Cinnamon
3.5 C	Milk	1/2 t	Baking Powder
2 t	Vanilla Extract	1/2 t	Sea Salt
4 C	Rolled Oats	3/4 C	Dried Cherries (or other dried fruit)
1/2 C	Toasted, slivered almonds		

In a medium bowl, whisk together the softened ghee, eggs, milk and vanilla. In a separate bowl, combine the oats, jaggery, cinnamon, baking powder and salt. Slowly fold the dry ingredients into the wet ones. Use a little butter to grease a baking pan, and pour the mixture into it. Top with dried fruit and nuts. Bake at 350 degrees for about 25 minutes.

Author: Kripalu www.kripalu.org/

PITTA CHURNA

Churna means "Powder" in Sanskrit. They are mixtures (usually of equal parts) of a variety of spices. Churnas are most often used in cooking.

Coriander
Fennel
Cumin
Cardamom
Ginger
Turmeric
Cinnamon

www.kathryntempleton.com

KAPHA CHURNA

Churna means "Powder" in Sanskrit. They are mixtures (usually of equal parts) of a variety of spices. Churnas are most often used in cooking.

Ginger
Black Pepper
Coriander
Turmeric
Cinnamon
Garlic (optional)

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VATA CHURNA

Churna means "Powder" in Sanskrit. They are mixtures (usually of equal parts) of a variety of spices. Churnas are most often used in cooking.

Cumin
Ginger
Fenugreek
Turmeric
Hing (asafoetida)
Licorice (optional)

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KATHRYN TEMPLETON'S

BIG

Spring Cleanse

A 21-Day Program with Daily Instruction

▶▶▶ Why do we need to do an *Ayurvedic Spring Cleanse?*

Great question! Dr. Frawley describes the process of spring cleansing by saying: “Almost everyone can benefit from a mild detoxification in the spring season, such as eating fresh greens, and cooling herbs to cleanse the blood. With the rising of heat and promotion of growth externally, internal toxins accumulated through the winter season gradually begin to surface. It is important to eliminate them at this time so that they cannot cause diseases through the summer season.”

Another way to think of spring cleansing is the idea of cleaning out your closets! In our culture we talk about spring cleaning all the time... and then we get overwhelmed. Many of us look forward to being able to “take stock” of ourselves and then have the momentum of the season to create more space: in our closets (minds), our homes (our bodies) and in our life plan (spiritual connection) so we can give birth to what we want in our lives: a new relationship, job, time to meditate, travel or time to spend enjoying our lives, families, or nature. We need to expel the frenetic energy that winter creates within us so we can embrace the inherent

growth and lushness of springtime.

Our cleanse process moves in three stages:

First, we do a pre-cleanse or an accounting. We find out what is at hand. Part of this is the cleaning out of our closets, seeing how our mind is holding onto habits that may not serve us or our vision. We need to be clear that we are taking actions that help us to move toward what we want in life: health, stability and ease...maybe even joy!?!?

Days 1-7 is the mental prep for our transition from winter to spring—hibernation to being awake and aware. Once we know what we are working with, what habits we want to keep and what behaviors and actions we can let go of, then we must physically and mentally get the stuff out! The ‘stuff’ I am referring to is the toxins in the physical body and the patterns of thinking that support our resistance to getting and being what and who we want in our daily lives.

Days 7-14 is the physical cleanse (diet) and daily practices to establish space in the closet (mind) so we can rebuild new, more healthy habits

to keep our lives moving with ease, comfort and toward fulfillment.

Finally, we move into our post-cleanse phase of cleansing. The diet begins to open back up to a wider variety of seasonal foods. We can notice the clarity of thought and lightness of the body from our work and we want to imprint this awareness of how we are feeling so we can keep moving in a direction to support how we are feeling in the coming months. We will solidify our daily practices and make mindful compromises on how to make adjustments, as needed, so we can continue to feel optimal health in our body and mind!

Days 14–21 are the supporting and rebuilding phase. We keep supporting all the right effort in lifestyle and we slowly add foods back into our diet so we can be clear how they make us feel. This clarity and understanding will help us to move into the spring, and summer too, with greater ease, steadiness and joy.

How does ayurveda understand why we have symptoms like: bloating, gas, constipation, diarrhea, anxiety, depression, weight gain, or loss...? The idea is called our current state of imbalance—imbalance in our natural elemental quality. That imbalance is called “vikruti.” Everyone is born

with a specific amount of each element: Earth, Water, Air, Fire and Ether (space) and that is why bodies look so different. Our biological humor is called our “prakruti.” It is made up of the elements and we understand this elemental make up as our dosha prakruti or our constitution. When our diet, environment and/or season changes, our lifestyle is not supportive of our biological humor or constitution. Then, we are imbalanced or in “Vikruti.” This state of imbalance is not static and changes with the hour of the day, season of the year and chronological stage of life.

Please take the following little self test to see what seems to be most imbalanced in your constitution currently.

You make decisions based upon vikruti as to how to best support your digestion, what specific asana might be best for you to bring balance to your constitution or true nature. I suggest considering a digestive herb for the cleanse based upon what seems to be imbalanced, as great digestive fire is our goal post-cleanse!

Please answer questions according to how you have been feeling over the past month (see next page).

▶▶▶ VIKRUTI TEST

1. I have been feeling nervous, fearful, panic, anxious or frantic.
2. When I fall asleep my body makes sudden twitches, or I fidget during the day.
3. My skin is dry and chaps easily.
4. My weight goes up and down by more than 10 pounds during the year.
5. Lately I have a strong dislike of the wind and cold more than usual.
6. My sleep is light, irregular, restless or interrupted.
7. I feel more scattered or spacey, and sometimes have poor memory retention/recall.
8. I am prone to worry/over-thinking and I get ambivalent or immobilized around actions.
9. My hands and feet are often cooler than the rest of my body.
10. I have a hard time tolerating loud noises and/or sudden movements.

VATA SCORE: _____

1. I get acid reflux, heartburn, acid indigestion or gastric or peptic ulcer. Sometimes I might describe that I have a burning feeling in my stomach or digestive tract.
2. I wake up a little nauseated or I feel uncomfortable or nauseas when I skip a meal.
3. I have been feeling uncomfortably warm, where others seem to be just fine.
4. I can be easily judgmental or self critical, impatient and intolerant with myself/ others.
5. I tend to have inflammation issues, joints, fevers, red eyes, acne.
6. I expect perfection of myself and/or others.
7. I get cold sores, fever blisters or other 'mystery' skin rashes.
8. Sometimes I am having loose stools.
9. I get hot easily.
10. I am told that I am too passionate or intense.

PITTA SCORE: _____

- I feel I am overweight and it takes time for me to really loose weight.
I have a thick white coat on my tongue when I wake up.
I tend to have excess mucous in my lungs and body and congestion.
I have a deep, wet cough that is heavy and in the morning. I tend to cough up mucous.
I feel complacent, stubborn and resistant to any change.
I am prone to excessive emotional eating.
I like the sweet taste: honey, sugary foods, sweet drinks and fruits.
My bowel movements tend to be slow, heavy, move sluggishly, feel incomplete.
It is difficult for me to wake up in the morning. I move slower in the mornings.
10. I am slow to change: I feel complacent, stubborn and resistant to change.

KAPHA SCORE: _____

If you had a higher Vata than either Pitta or Kapha then you need to focus on not only cleansing, but on pacifying Vata dosha or air element. If your Pitta was the high score, even if it ties with Vata, you will need to pacify your fire a bit. Now if your Kapha was the high score, or tied with one or two others then you need to pay attention to pacifying this dosha or earth and water elements as we are moving into that season and the qualities of kapha—wet, dense, gooey, stable, slow, dull and cold—will continue to accumulate and you will be even more imbalanced. Not to fear, as you are starting an ayurvedic cleanse!

Okay...now you're ready to start to pre-cleanse! Tomorrow is your Day 1...I am excited for you as this is going to make such a difference in how you feel. Your energy level will be even and you will have more endurance. You might even improve your weight and sleep, if those are even issues.

▶▶▶ DAY ONE

Welcome to the ‘look inside and see the mess’ day! Today, I want you to get all your tools in order to comb the closets and see what is REALLY in there. It is the only way to know what to keep and what to let go of, right? All the kaphas know exactly what I mean and their closets are probably less overwhelming (although, you have stuff from 1988 because you’re good at holding on to things, memories, feelings). The vata types might look in their closet and see nothing, because it is all on a chair in their room, or halfway done in the laundry room, or...wait, what were we talking about? The pitta types really don’t see the point of all this and wonder, “Why can’t we just get to the diet part? This seems to take too much time and Kathryn is rambling...”

Here is what I want you to do:

Get a calendar with big spaces or a journal. Take the next seven days and make a grid with four sections. Label the sections so that you will use them to begin to bring awareness in four general areas:

1. Begin to notice your habits around eating: time of day, environment, your mood, amount of food.
2. Begin to observe if you tend to eat warm, fresh cooked foods or leftovers, cold and processed foods.
3. Begin to observe if you eat fruits and vegetables of the season, or frozen, or fruits and veggies ‘shipped’ into our area that are not naturally occurring during this season.
4. Begin to observe what tastes you’re choosing: sweet, sour, salty, pungent, astringent, bitter.

That is it. No, really...I just want you to start today to observe what you are doing without making any adjustments.

TO DO LIST

Please begin to use Triphala, 500mg at bedtime. This is an Indian herb made of three fruits that will help us move out the toxins in your body. It has a rejuvenating effect on each of the three doshas (more later on this) or biological humors. It is safe to take with most medications and if you are concerned please consult your doctor. There are several ways to take this herb; either by tablet, capsule, in a tea of 1/4 teaspoon in 6 oz hot water and let steep for 10 minutes then strain and sip; or in a glass of water with 1/4 teaspoon in a 6 to 8 oz glass of water that you have covered and let stand all day. Please do not drink the herb at the bottom of glass, just the water. Please start to use your tongue scraper in the morning to remove the toxins off your tongue and out of your mouth.

▶▶▶ DAY TWO

Today we begin to understand what happens, from ayurveda's point of view, when digestion does not work. We build up undigested wastes in the body and ayurveda calls this Ama.

In order to prepare for detoxing the body and getting rid of the Ama (undigested food that Ayurveda considers the root of disease) we must be aware of what we are putting into the body. This process is much like going to your closet and becoming aware of the sweaters folded under the ones you 'know' are there, seeing shoes you forgot about, and 'finding' the pants you thought were lost. Having a clean closet has less to do with organization, and more about awareness.

Ama and agni are terms used in Ayurveda to describe what happens to our foods when we do not digest them properly or when we eat foods that do not serve us. Ama can be created by poor or improper digestion that occurs when we eat at the wrong times or in chaotic situations such as in front of the TV, standing, when driving, etc... We all have or have had ama and we usually notice it when it begins to build. Ama not only causes disease, but also blocks the assimilation of nutrients. Without first clearing this accumulation, the right herbs and foods cannot be absorbed properly.

Imbalances in the metabolism and a weakened immune system are both related to ama and poor agni. Chronic illnesses such as arthritis, allergies, and IBS occur when ama has not been addressed over long periods of time. Good news... only three tastes promote the ama condition: sweet, salty and sour. Bad news...yep, it is the American diet.

Some Symptoms of Ama are:

1. Indigestion, hyperacidity or diarrhea, fevers or toxic blood conditions.
2. Gas, along with abdominal distention, and maybe a little or a lot of constipation.
3. The mind seems dull and there might be a difficult expectoration of thick phlegm, or constant production of phlegm in the body.
4. Coating of the tongue, bad breath and/or foul body odor
5. Feelings of heaviness and dullness after eating or in general.

Ayurveda addresses the reduction of ama with a mono-diet along with spices, herbs, special teas, yoga, and daily cleansing or dinacharya. We will begin these techniques of cleansing after we have cleaned our closets and brought awareness, not shame or guilt, but non-judgmental awareness to those habits that are building up ama in our bodies. This is why we are journaling!

TO DO LIST

1. Journal on your observances. Note what your habits are: food choices, daily lifestyle, emotions associated with when and what you eat, without making any adjustments.
2. Upon waking please tongue scrape.
3. Please start your day with a cup of hot water with a quarter lemon squeezed in and some raw honey. Do not cook the honey, please stir in after the water has cooled a bit.

▶▶▶ DAY THREE

Preparing a good fire starts with a clean fireplace! In ayurveda, we speak about our digestive fire using the word 'Agni.' The word agni means many things in yoga/ayurveda. We are going to explore agni as related to digestive fire. We will use week two, diet management, to kindle our digestion of food, but this first week is about recognizing our mental digestion! Noticing our habits, what we do because of our emotions beckoning us to soothe or stimulate them. Sometimes the mind will chant, 'get a candy bar so you feel better,' 'drink the coffee so you wake up.' The mind will give us habitual messages that used to help us and now...not so much—'don't speak up, others will make fun of you.' Whatever the thought is, that no longer serves you, this is the time to identify it, appreciate how it served you...then let it go!

So, agni is the digestive fire of thoughts, foods and emotions. When it is working properly there will be excellent digestion, meaning no ama and daily pooping...or letting go! Yes, pooping daily is a sign your digestion is in tip top shape. When agni is low or irregular the ground is ripe for ama to form and symptoms (see day two) to show up. In order to address kindling our digestive fires we need to bring awareness to how we are currently digesting our foods, thoughts and emotions.

Your journal is a start on making these observations. Now, it is time to begin to remove some of the foods/drinks that you feel are not necessary to your health, red meat, shellfish, pasteurized milk, heavy salted or roasted nuts, iced drinks, yogurt, cheese, processed sugar (white and brown)... and always a crowd pleaser—coffee and alcohol.

Are we still friends?! You will get to put them back into your diet if you so desire. Remember this is just for another week or two...no biggie!

So make a list and remove one item a day...start with the one you use the most. Trust me, this will be necessary as the mind is powerful and we want some space from that big pull for the "cuppa coffee" when we start the week of special cleansing meals!

So here we go, please decide how to begin to remove the habits, the emotional foods, the foods you 'think' you need to get through the day. As you list each food/drink, from the suggestions above, please answer the questions listed for each. You can do this!

Today I will stop eating/drinking

for two more weeks.

What have I observed? Am I using this food/drink as a habit? To comfort myself? To be social? To provide some physical change (wake me up, stimulate my mind, calm me)?

Tomorrow I will stop eating/drinking

for two more weeks.

Day five of pre cleanse I will stop eating/drinking

for two more weeks.

Day six of pre-cleanse I will stop eating/drinking

for two more weeks.

TO DO LIST

Please start to oil your body, called Abyhanga, with sesame oil before you take your morning shower. It would be wonderful if you would use a dry brush before you oil to clean and warm the skin. This will help the oil to be better absorbed after application. If you can let the oil soak into your skin for about 15 or 20 minutes before bathing, well, this is even better!

▶▶▶ DAY FOUR

Hey, good to see you again! Yesterday was challenging for many of us...no worries, you are doing well in the process. Yesterday we spoke about ayurveda's digestive fire as that which digests our foods, thoughts and emotions. This is an important concept in 'cleaning out our closets' as there are some attachments in our minds and habits that are more difficult to break than others. Right? When we break these habits, remove that food, that daily thought, there is sometimes sadness...even a bad habit is something we will 'miss' when gone, so be prepared!

Now, don't get all bummed out...you can eat these foods you are removing and digest them fully when your agni is working well. This cleanse process is to help us support our digestive fire so we live with greater ease and stability, remember. However, if your agni is low or irregular, even a bowl of cereal with organic milk, cane sugar and home grown fruit will form ama. It is not to say that you cannot enjoy a bowl of cereal from time to time, but make sure that your agni is kindled or you will have to deal with undigested foods from poor food combining and the inability to digest the elements in the food and have those icky symptoms: feeling bloated, heavy, or acidic, and irritable—maybe even constipation or diarrhea—or BOTH!

Review the list you made yesterday and, without judgement, see what you feel like now, and see how you feel as you begin to make the change in your daily diet. Notice how the withdrawal of that food or drink impacts your mood, lifestyle and emotions. Cleansing can be a rocky road as we are attached to our habits and the mind is not keen on changing things up! The mind likes its routine, even one that might not be creating good health. Identify a lifestyle habit that no longer serves you. Practice changing that one habit for the next two weeks. Notice and journal on how it does or does not impact your mood and energy level. The following are a short list of ayurvedic lifestyle suggestions. Choose one to 'replace' your lifestyle habit that you are letting go of; the mind prefers to fill a vacuum. So replace the old habit that no longer is needed with a new action that supports optimal health!

TO DO LIST

Today I have let go of ONE lifestyle habit and replaced it with practicing (not perfecting) ONE new lifestyle action. This will support my natural rhythms and my digestion.

1. I will change my eating habits to eating ONLY three meals a day! (Maybe even the largest meal at lunch.)
2. I will eat only freshly cooked foods.
3. I will eat foods that are naturally occurring in my region of the country. (For example, we go to the orchards to pick the fruit of the season or go to a farmer's market for local produce from our community. Grocery stores often ship in foods from around the country or other countries that are not in 'season' in our hometown.)
4. I will cut down on my _____ intake. Or, maybe I will use less sugar in my tea and begin to use raw honey.
5. I will begin to eat foods cooked with moisture instead of raw foods that might exhaust my digestion.
6. I will try to wake up earlier, like 5:30am (no really!?!?) and go to sleep at 10pm

▶▶▶ DAY FIVE

What is your morning routine? Snooze button? Big cup of coffee followed by a barrage of different ‘prep’ activities? Finding _____ (cleans socks, that one shoe, your car keys)? If kids are involved you might need to engage in ‘animated discussions’ including topics like, “Do we have any extra egg cartons, ‘coz I need five?” followed by your response, “WHAT? Why didn’t you ask for this last night when we could have gotten it taken care of???” ... Oops, that is my life :-)

Anyway, one of the ways ayurveda helps us manage our agni by cleaning out ama is by developing a few stable daily cleansing practices.

Our bodies naturally work on clearing excess toxins out of our body during the nighttime hours. These toxins are deposited in our colon and skin. That is why it is important to take care of personal hygiene first thing in the morning. We must remove these toxins from the body by bathing and eliminating to prevent them from backing up and becoming reabsorbed by the body. The following rituals are very helpful in clearing these excesses from our body and preventing toxic build-up.

Below I have a list for you to try for the next two weeks:

1. Tongue Scrape
2. Dry Brush and Abyhanga—self oil massage before showering
3. Cup of hot water with lemon and a little raw honey; stimulate evacuation and metabolism.
4. Neti pot—see (HI website link)
5. Nasya oil—see (HI website link)
6. Sit down in the morning to evacuate for 10 minutes. This will begin to re-train the body
7. Pranayama practice—with or without home asana (yoga postures) practice.
8. Seated meditation. Start with a few minutes. Fine to use CD for guided practice.
9. Wake up time moves ahead by at least 1/2 hour. Work towards a 5:30am wake time.
10. Journal observations while in cleanse process. Set intention for the day in journal.
11. Massage gums with sesame oil, take sip of water; gargle and spit. Then brush teeth.

See Appendix A for the Dinacharya Checklist.

TO DO LIST

Add in the three activities we have already been practicing (see, you're already a superstar). Next, choose from the list a new activity each day and add that into your daily morning routine. Yes, please make sure that by the end of week two you have established at least 9 items that you will be doing EVERY day (not three days a week, but the whole enchilada, 7 days a week). Be kind to yourself and try everything. Choose the tasks that seem to work best for your time, and environment.



▶▶▶ DAY SIX

We are now in the thick of it. You have started to eliminate some of your favorites and have been observing what those tastes/flavors are attached to—habits, emotions, social interactions. You have been adding in some daily routine cleansing activities. And, you are noticing some changes already. This is exactly where you need to be in our pre-cleanse. The set up for our detox is critical as we want the mind to support the process of cleansing the body. If we don't gently loosen the grip on our habits, the mind will experience a loss or 'starving' or pain. There is no need for pain! Take it easy and gently work with your habits, tendencies and emotions. What is the best way to work with this? Meditation, pranayama and SHOPPING!

TO DO LIST

Here is our shopping list for the next week. Today is the perfect day to gather what you will need as tomorrow is our transition day and we start our second week involving our meals. Remember you will be eating THREE meals a day while trying to keep the largest meal at lunch. You want all six tastes at every meal (more on this in the post-cleanse). The way we work with this during the cleanse is by using a 'Churna' or spice mix. These are listed on your recipe cards. Please gather the spices listed on the churna cards.

Grocery list for the cleanse:

Triphala herbs
Massage oil for your dosha
Tranquility Tea (Dr. Lad)
Lemon or lime (Pitta)
Raw honey
Netti pot and salt
Nasya oil
Ghee (can buy or make from butter)
Maple syrup
Cayenne pepper (except Pitta)
Cumin
Coriander
Fennel
Tongue scraper
Farina or Cream of Wheat
White basmati rice
Chyawanprash
Yellow split mung dal (for kitchari)
Cilantro
Churna (these are spice mixes):
turmeric, coriander, fennel, cumin,
etc. all listed on our recipe cards
Vegetables: local and in season
Epsom salt
Prune juice OR castor oil
Raw almonds
Tea for your dosha
Organic whole milk
Meditation CD- Rod Stryker [www.
parayoga.com](http://www.parayoga.com) or Rolf Sovik [www.
himalayaninstitute.com](http://www.himalayaninstitute.com)

Great Extra:

*Hing (Asafoetida) you will find it
at an Indian Grocery store. Great to
pacify Vata and cut down on that gas!

DAY SEVEN *Transition Day!*

Day	Breakfast (Before 10am)	Lunch (Big meal of the day, between 11am-2pm. Take digestive herb 20 minutes before.)	Dinner (Small meal, take <u>triphala</u> before bedtime with room temp. water or night time tea.)
FIVE TASTE WATER: Everyday, for 6 days, make a quart of water, lemon, maple syrup, and everyone except the Pittas a little cayenne pepper and sip on this throughout the day ending by supper time. (If pitta imbalance please do not sip during 10am-2pm)			
CCF: Cumin, coriander and fennel tea: equal parts of each herb. This should be made daily and sipped warm to hot from after lunch until the end of the day.			
Drink room temperature spring or good ol' clean water, not tap water.			
7 8 9	Farina or Cream of Wheat	<u>Kitchari</u> & veggies in ghee with <u>churna</u>	<u>Kitchari</u> with vegetable broth
Add in 1 table spoon of ghee to your food each day; take <u>chwyanprash</u> daily at 10am or 2pm			
10 11 12	<u>Kitchari</u> or Kanji	<u>Kitchari</u> with <u>churna</u>	<u>Kitchari</u> with vegetable broth
Add an additional tablespoon of ghee each day (day 10 two, day 11 three, day 12 four) along with cleanse beverages, herbs and <u>chwyanprash</u>			
7 No work today!	Upon rising drink warm water and lemon (lime) Take a warm (Pitta)/hot Epsom salt bath. Drink 1½ cups of prune juice Or 4 teaspoons of Castor oil. In 1-4 hours you will have a laxative effect and evacuate the toxins loosened during the week	Eat after evacuation	
Snacks: Take at 10 am & 3pm: raw fruit or peeled almonds; <u>Rasayana</u> drink if very <u>vata</u> in pm			

TO DO LIST

1. Begin your food Sadhana or food cleanse practice.
2. Continue your morning routine.
3. Learn Agni Sara (visit himalayaninstitute.org for instructions if you need them) and begin to practice to support your agni during this week.
4. Please practice the “Twisting Home Practice” today.

▶▶▶ DAY EIGHT

Dear Courageous Cleansers,
Welcome to the second day of the food body cleanse. I want to share with you why certain practices, like cleansing, bring up fear. Yep, my F word! This important to talk about because your mind might be unhappy at the moment with so many adjustments in your eating and drinking. The everyday rhythm has been ‘messed with’ and the mind ain’t too keen on this type of behavior. So, fear is often a loud voice that lands with both feet on the deck of your mind and tries to regain control over the ship.

Pema Chodron, in her book *When Things Fall Apart* writes about fear saying: “Fear is a natural reaction to moving closer to the truth.” She goes on to say that going on a “Spiritual journey is like getting into a small boat and plopping into the vast ocean looking for unknown lands. For all we know, when we get to the horizon, we are going to drop off the edge of the world.” Spiritual journeys require dedicated practice and a great deal of courage to push off from the known world in search for what lies deeper, in the vast waters of the unknown. This “unknown” is often what we have forgotten about, our internal world. That realm sometimes gets forgotten and lost amidst the speed of the internet or the multiple roles we play in a given day: mother, daughter, partner,

teacher, healer, tax payer, yoga student...

For the rest of this note visit kathryntempleton.com/bsc

TO DO LIST

Morning: Kapha Time 6am-10am

1. Practice your morning routine and yoga practice with meditation.
2. Make a nice Farina or Cream of Wheat or warm rice cereal. Use ghee and some subtle spices. Maple syrup in the breakfast cereal, in small amount is yummy!
4. Prepare lunch to bring with you or enjoy at home.
5. Make your cleanse drink and sip .

Afternoon: Pitta Time 10am-2pm

1. Eat your Kitchari and veggies.
2. Stay cool and calm.
3. Sip some CCF tea.
4. Have a teaspoon of Chyawanprash at the glitches (when time changes dosha) or 10am and 2pm

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Sip CCF tea or hot water to rid ama
2. Enjoy a supplemental meal of Kitchari and veggie broth
3. Go for a nice walk outside or yoga
4. Practice Yoga Nidra or Deep Relaxation followed by mediation

Evening to bedtime: Kapha Time 6pm-10pm

1. Journal your observations.
2. Night time routine.
3. Try a restorative pose to aid relaxation.
4. Lights out by 10pm... yawn:-)

▶▶▶ DAY NINE

Another beautiful day! Ahhh, is it starting to dawn yet? Today or tomorrow you will be able to breathe easier as the ama is leaving and digestion (agni) is beginning to regulate now. Remember, hydration is key at this point. Folks have asked about how much water, master cleanse and tea to consume. Here are some basic guidelines for when you are not on the cleanse. While cleansing, one should increase consumption at least 6 to 8 ounces more than the guidelines below. Basic rule of thumb...sip when thirsty!

Guidelines regarding daily water consumption:

>> Vata should consume about 6 to 8 glasses of water a day.

>> Pitta should consume 5 to 6 glasses of water a day.

>> Kapha should consume 4 to 5 glasses of water a day.

(‘Water’ includes tea and master cleanse beverages.)

Drinking lots of liquids just before a meal might dampen the agni.

Drinking beverages right after a meal creates more kapha causing weight gain. It is best to sip warm beverages during the meal. It helps digestion, absorption and dhatu (tissue) building. Sipping throughout the day is recommended too.

Check out the rest of this note on my blog: www.kathryntempleton.com.

TO DO LIST

Morning: Kapha Time 6am-10am

1. Practice your morning routine; yoga, pranayama and meditation.
2. Make a nice Farina or Cream of Wheat or warm rice cereal. Use ghee and some subtle spices. Maple syrup in the breakfast cereal, in small amount is yummy!
3. Prepare lunch to bring with you or enjoy at home.
4. Make your cleanse drink and sip.
5. Have a teaspoon of Chyawanprash.

Afternoon: Pitta Time 10am-2pm

1. Eat your Kitchari and veggies.
2. Stay cool and calm.
3. Sip some CCF tea.
4. Have nine soaked and peeled almonds at the glitches (when time changes dosha or 10am and 2pm).

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Sip a warming tea like licorice, marshmallow and vanilla...Yum!
2. Enjoy a supplemental meal of Kitchari and veggie broth.
3. Try a forward folding yoga practice.
4. Practice Yoga Nidra or Deep Relaxation followed by meditation.

Evening to bedtime: Kapha Time 6pm-10pm

1. Journal your observations.
2. Night time routine.
3. If sleep is an issue try the “Nightly Night” Rasayana drink just before bed (Recipe listed on Day 16).
4. Lights out by 10pm... yawn:-)

▶▶▶ DAY TEN

Well, here we are at day ten, but hey...who's counting? So many concerns and discoveries have been occurring it may seem like you need a cleanse from your cleanse! Not to worry, this is the process. Your experience during this week (cleanse) is whatever it needs to be for where you are in your life at this very moment. Some of us deal with the 'blocks' or gratis, Sanskrit for knots, early in the process and some of us hit the wall about now.

Consider what you are attempting to do. You have stayed in the flow of everyday life—all the speed, demands and external forces of nature—and chosen to alter how you respond to that experience. You have set yourself a mighty task. My guess is that might be your nature, setting up mighty tasks for yourself and then working through those tasks, sometimes with grace. Sometimes, without grace—then what? Judgment. Gosh, that does not sound useful. Here is another opportunity to turn your gaze inward and love yourself. Love the fact you are in this wacky, kitchari-eating, maple-syrup-drinking, nostril-oiling thing! Love the fact you care enough about yourself to pause and oil your own body. Allow the critical voice to call, but instead of answering, let it go to voicemail. Why not? You know what it wants to say.

More at kathryntempleton.com/bsc

TO DO LIST

Morning: Kapha Time 6am-10am

1. Practice your morning routine; yoga. pranayama and meditation.
2. Start taking a Tablespoon of ghee on empty stomach; to prepare for day 14
3. Prepare lunch to bring with you or enjoy at home.
4. Make your cleanse drink and sip.
5. Life is simple today! Kitchari for breakfast :-)

Afternoon: Pitta Time 10am-2pm

1. Eat your Kitchari with a dosha-balancing churna of your choice. (See recipes on day 15.)
2. Stay cool and calm.
3. Sip some CCF tea.
4. Have nine soaked and peeled almonds at the glitches (when time changes dosha or 10am and 2pm).

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Sip a warming tea like licorice, marshmallow and vanilla...Yum!
2. Enjoy a supplemental meal of veggie broth; only add Kitchari if still hungry.
3. Enjoy some time outside; go on a "Crocus hunt" or become a "nature photographer" with your smartphone.
4. Practice Yoga Nidra or Deep Relaxation followed by mediation.

Evening to bedtime: Kapha Time

6pm-10pm

1. Journal your observations.
2. Night time routine.
3. Practice Viparita Karani (“Legs up the Wall”) or use the side of your bed. Try for five to 15 minutes to support integration and sleep.
4. Lights out by 10pm...Night night yogi!



▶▶▶ DAY ELEVEN

As we are taking special care of ourselves now, and perhaps feeling sensations we were not noticing before we began to remove the habitual grind. In the past, folks have described feeling ‘off balance,’ or discovered emotions, aches and pains that are brand new. This happens when those habits are disrupted. This is why it is important to cultivate and sustain your new behaviors of self care. Now that our ama is clearing, and the digestion is being kindled, it is important to set up and practice a daily routine you can sustain: a proactive, self-loving daily routine. Creating a new habit to remind the body and mind that you are an auspicious being.

This is an invitation for you to see what other ‘daily rituals’ sustain you and are useful in helping you see yourself and all others through the eyes of compassion. This is one of our main goals...to loosen the attachments we have so that we can stretch ourselves to embrace a more expanded sense of self. A sense of self that is comprehensive and aware that we are writing our own story, the plot does not need to be painful or repetitive. Our narrative can transform as soon as we are willing to let it.

Each morning, we begin life (waking up) with appreciation. This is key to ayurveda’s approach to health.

Paying homage to nature, the divine, God—whatever idea resonates with your spiritual practice. Usually, we do this before we rise and just after our eyes have opened, we say a prayer of thanks. Then, we leave the bed with the foot of our dominant nostril. Yep, we are that detailed! Go to my blog for details! (See post titled: “Waking to Life.”)

TO DO LIST

Morning: Kapha Time 6am-10am

1. Tweak your morning routine; try that one activity you have been avoiding.
2. Take two tablespoons of ghee on an empty stomach to prepare for day 14.
3. Prepare lunch to bring with you or enjoy at home.
4. Make your cleanse drink and sip.
5. Life is simple today too! Kitchari for breakfast... yummy!

Afternoon: Pitta Time 10am-2pm

1. Try practicing a few rounds of Agni Sara before lunch to stimulate your digestion.
2. Eat your Kitchari with a dosha-balancing churna of your choice.
3. Sip some CCF tea.
4. Take a tablespoon of Chyawanprash at the glitch times of 10am and 2pm.

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Try a nice long abhyanga (self oil) session and leave on until morning or a soothing bath tonight... Ahhhh!
2. Enjoy a supplemental meal of veggie broth; only add Kitchari if still hungry.
3. Sip some "Tranquility Tea" from Dr. Lad. (www.ayurveda.com)

Evening to bedtime: Kapha Time

6pm-10pm

1. Journal your observations.
2. Nighttime routine.
3. Practice Viparita Karani ('Legs up the Wall') or use the side of your bed. Try for five to 15 minutes to support integration and sleep.
4. Lights out by 10pm...Night night yogi.

▶▶▶ DAY TWELVE

It seems that in our life, along the way, we forget to listen to ourselves. There is a cellular intelligence that is constantly sending us messages and we are often too busy to listen. There is also, according to Samkhya philosophy, a cosmic intelligence which is guiding us and supporting us at all times. We often feel separate from this source and thus alone, and at times, lost in our lives.

Sitting still offers us a way to begin to 'hear' again. Sometimes, there is no 'land line' or sutra (thread), or so it feels, and we cannot make out any messages. This is when yoga and pranayama are most helpful. The movements of yoga help to uncover those lines of communication within ourselves that we have buried so deeply, often due to lack of use.

You have all the knowledge you need to fully express your bliss. It sounds corny, but it is true. It is my hope that this cleanse is helping you uncover your 'land line', helping you thread the path between body and soul. Helping you to remember, to hear, to feel the love that pulses within you and all around you, at all times.

Oh, and cleanser, please hang in there... only a few days left and you will be all shiny and clean; inside and out!!

TO DO LIST

Morning: Kapha Time 6am-10am

1. Keep the morning routine practice and include 3-9 rounds of Agni Sara.
2. Take three tablespoons of ghee on an empty stomach to prepare for day 14.
3. Prepare lunch to bring with you or enjoy at home.
4. Make your cleanse drink and sip.
5. Life is simple today: Kitchari for breakfast...yummy!

Afternoon: Pitta Time 10am-2pm

1. Eat your Kitchari with dosha-balancing churna of your choice.
2. Sip some CCF tea.
3. Take a tablespoon of Chwyanprash at the glitch times of 10am and 2pm.

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Try some Dandelion Root tea, perfect for cleanse support and liver function.
2. Enjoy a supplemental meal of veggie broth; only add Kitchari if still hungry.
3. Add in a restorative practice with postures to support your cleansing; my favorite is Supported Bound Angle or supported Supta Baddha Konasana

Evening to bedtime: Kapha Time

6pm-10pm

1. Look over your journal and notice any changes or themes.
2. Night time routine.
3. Practice alternate nostril breath or Nadi Shodhana 9x followed by a practice called 31 Points of Light or Rotation of Consciousness (check out the Himalayan Institute's website or Rolf Sovik's CD).
4. Lights out by 10pm...Sweet Dreams!

▶▶▶ DAY THIRTEEN

Yep it is time...savor that last sip of master cleanse. Luxuriate at the smell of your last cup of CCF. Say a big thank you to your kitchari. 'Coz you are almost done and like every ending, now you're ready to start anew!

The Vedas tell us that "Asana reflects our relationship to the past, Pranayama reflects our relationship to the present, Meditation changes our relationship to the future." I share this with you as you're ready to set your intentions for what you want to manifest for your future with a clear mind. "Carpe Diem!" (not Sanskrit, and means 'seize the day')

Endings are so important. So many of us are not too good at them, and thus we have rocky starts. The way you 'end' the cleanse, the acknowledgement, will be a wonderful practice for other endings that may happen in your life.

In our asana, we practice endings by taking Savasana, or Corpse Pose. It is our physical daily practice of death. This asana allows us the opportunity to practice releasing physical tension that builds up from our fear of death. Asana almost never permanently changes the way we think for very long. However it does help the body imprint and practice change.

Remember, you have been working on your relationship to the past via our cleanse (past eating habits, behavioral habits, Samskara or past impressions/experiences). Lots of impressions are "loose" now, like the ama, so continue to find opportunities to let them slide off or out of you. One method that will continue this process is your breath work. The breath is a precise mirror of how we think. If we change the way we breathe, we will challenge the deeper pattern of how we think. We practice new beginnings when we change our breath. It is a rebirth. Just like waking up every morning is a rebirth.

TO DO LIST

Morning: Kapha Time 6am-10am

1. Practice morning routine and Agni Sara.
2. Take your last four tablespoons of ghee on an empty stomach.
3. Prepare lunch to bring with you or enjoy at home.
4. Sip on hot water with lemon, or lime if you tend to have high pitta, and a little raw honey.
5. Have farina, cream of wheat or kitchari; subtly use spices.

Afternoon: Pitta Time 10am-2pm

1. Eat your Kitchari with a dosha-balancing churna of your choice.
2. Sip some CCF tea.
3. Alternate between Chyawanprash at 10am and soaked, peeled almonds at 2pm.

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Choose from one of the teas we have been using; sip till evening and enjoy.
2. Enjoy a supplemental meal of veggie broth only.
3. Check your supplies for tomorrow morning: epsom salts, castor oil or prune juice.

Evening to bedtime: Kapha Time 6pm-10pm

1. Journal your thoughts on 'endings' or new beginnings and anything in between.
2. Please do a full abhyanga (self-oiling) head to toe and put on your oiling pj's.
3. Practice the deep relaxation technique you most enjoy; Legs up the Wall; 31 points or even Yoga Nidra.
4. Lights out by 10pm...Rest well.

DAY FOURTEEN *Transition Day!*

Congratulations! This is your second transition day! NOW WHAT?????

Well, today we get it all out! We are going to do some more evacuations... take one more teaspoon of ghee on an empty tummy. You have been taking ghee (well, at least trying) and your food has had ghee all along! It will be of help when you take the purgative. The ghee will loosen the toxins from the super tube (Yes, TMI, I know!) Before you have your meals today please take two to three teaspoons of castor oil. This may seem daunting, have no fear; you will be fine. Now, just have a seat to evacuate. This should be mild as your system is clean and you are not taking too much. After an hour or so please draw a warm bath with the Epsom salts. Let yourself soak for the better part of 30 minutes. These two practices will help draw out any ama “hiding” in your system. These are NOT intense practices.

Would you like to sip a nice tea while in the bath?

Teas to Soothe Your Constitution

Vata Tea

Equal parts ground ginger, cumin and coriander or licorice tea

Pitta Tea

Chamomile tea, Mint tea, or Tulsi (Holy Basil) tea

Kapha Tea

Equal parts ground ginger, cinnamon, and a pinch of clove or just a nice simple Cinnamon tea

TO DO LIST

Morning: Kapha Time 6am-10am

1. Practice morning routine and Agni Sara.
2. Take one tablespoon of ghee on empty stomach.
3. Take your purgative; either a few teaspoons of Castor oil or half to a whole cup of Prune juice.
4. Sip on hot water with lemon, or lime if you tend to have high pitta, and a little raw honey.
5. An hour after the purgative, go to the potty, if not already there.

Afternoon: Pitta Time 10am-2pm

1. Please stay inside and rest all day... as much as possible.
2. Take some time and give yourself a nice warm oil abhyanga and let it soak into your skin for 30 minutes.
3. Take your Epsom salt bath with your constitution-soothing cuppa tea.
4. After your bath enjoy some Kitchari for lunch.

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Stay hydrated while sipping warm water, lemon (or lime) and raw honey.
2. Enjoy a supplemental meal veggie broth and kitchari.
3. Gentle yoga with twisting postures, belly down back bending with a long savasana or supported ending posture.

Evening to bedtime: Kapha Time 6pm-10pm

1. Journal your experiences and sensations of the day
2. Plan your meals for tomorrow, FUN!
3. Sweet dreams you shiny, clean spacious yogi you!

▶▶▶ DAY FIFTEEN

So, here we are all shiny and clear! What to do now? We begin to rebuild our tissues, or bodies, with wonderful food and drink, YAY! We begin to see our world with clear eyes and discriminating senses. We realize that we are spacious. We carefully feed our fire, our digestive engine, so that we keep feeling THIS GOOD for a long, long time.

We keep kitchari around as part of our main meal, at midday. We continue the daily routine of morning cleansing. We begin to add foods back into our daily diet by taste. Yep, ayurveda works on the principal of the six tastes: sweet, salty, sour, pungent, bitter and astringent.

Our mind sends messages to our body when it needs fuel aka thoughts, foods, experiences. We want to taste, take in, or experience the fullness of life. In ayurveda we do this by taking in the six tastes at every meal. When we take all six tastes at each meal we complete the process of these signals from our mind, and our needs or tastes are satisfied! This helps us cut down on food cravings and overeating certain foods or tastes.

Remember, we are just starting to practice our new habits, our daily routines. Be gentle with yourself and know that you are more aware

of habits and will hear their call more clearly. Let your past two week experiences support your efforts to offer yourself nurturing activities, foods and company. Rebuild and restore yourself slowly over these next seven days.

TO DO LIST

Morning: Kapha Time 6am-10am

1. Wake up just before dawn.
2. Practice your morning routine.
3. Enjoy a lovely breakfast with warm moist foods and the six tastes. (See recipes for springtime oatmeal.)
4. Get out there and enjoy the day!

Afternoon: Pitta Time 10am-2pm

1. Enjoy lunch. Be aware of what food you are craving, or what taste, notice the post-digestive effect of that food/ taste.
2. Keep to your three meals a day and snack only at 10am and 2pm until our post-cleanse if done.
3. Try a piece of seasonal fruit at the glitch times of 10am and 2pm.

Late Afternoon into Evening: Vata Time 2pm-6pm

1. Get outside and enjoy a nice walk or spring sport, spectator or athlete matters not!
2. Enjoy a supplemental meal.
Generally, this is a leftover from your larger meal served earlier in the day around noon. If in doubt, have Kitchari with warm, moist veggies of the season. How much? Easy, cup your hands together and that is how much you you would take at any meal.

Evening to bedtime: Kapha Time

6pm-10pm

1. Journal or spend 5 to ten minutes in self reflection reviewing the day and offering gratitude.
2. Practice deep relaxation or meditation.
3. Practice your nighty-night routine; lights out, time to recharge!

▶▶▶ DAY SIXTEEN

Who knew you were holding on to so much ‘stuff’ you did not really need? One of the great secondary gains from spring cleansing is the clarity of mind. When folks think about cleansing they think about a healthier body, and they forget that the mind and body are mirrors. As one evacuates so does the other, until both mind and body are light, spacious, efficient and at ease. You are taking good care of yourself, Cyber High-Flve!

I know that you are doing great now, and my job is simply to support you keeping a relationship to the new practices to help you anchor yourself with nurturing practices. I am going to share my top three daily tips for a healthy lifestyle. These are the actions that I find help me take the effect of this cleanse and s-t-r-e-t-c-h it out to last all year long:

1. Feed someone else before you feed yourself. Live alone? No problem... feed your dog, cat, plant, or the divine with a prayer.
2. Drink all beverages at room temperature or warm to hot. Bye-bye iced drinks!
3. When I crave something to eat, something snackish, I use my go to “thungry” (hungry for something) magic goo: I take a teaspoon of Chwyanprash or have some rice with churna.

Oh what the heck! Here is my 4th favorite tip:

Springtime, I get sluggish in the morning, so every morning I have added Bastrika Pranayama to my practice! And I start my day with great energy and clarity.

▶▶▶ DAY SEVENTEEN

You are now getting pulled to engage in old habits. Do not fret, rather practice.

In order to support you and your new awareness, I will include three yoga practices over the next few days. Feel free to make adaptations. This is simply my attempt to nurture you and remind you that you are still rebuilding and restoring.

TO DO LIST

Please make some time today and try this Vata-pacifying practice. If possible try during the Vata time of day, remember? Yep! 2pm-6pm. Allow yourself to take your time, be kind to yourself and remember that this is a practice to support you and the “Winds of Vata” that help us have energy move in our body and mind with greater ease, efficiency and stability.



Vata Balancing Practice

Begin with seated belly breath; hands on your belly and feel the inhale and exhale a little longer;
OM with the sound vibrating up the spine 9x silent or aloud; bathing the spine in prana

Bring your awareness into the spine and find stillness. When your awareness moves from the spine, sway the spine to find it again then settle, repeat as needed.

Begin with cat/cow pose 7x
Move on the breath

Move back to down dog for some wiggle/settle breaths then hold pose steady for four breaths
Walk hands back to feet, knees soft, on inhale float to long spine, on exhale let hands trail down legs to forward fold 4x on even breath

Standing for heel lifts, using arms on inhale to lift onto toes and move arms down as you exhale Then move back to tadasana, mountain pose. 7x moving on even breath and slowly extending your exhale.

Parvoskonasa, or folding forward

pyramid pose moving on the breath with longer exhale. Keep your hands behind back, lengthen spine and fold forward on exhale, from the top of the head draw spine up on inhale. Hold on last round for one round of breath. 4x

Repeat other leg forward

Move to center of mat and take wide legged twist. After moving in and out of three twists on each side, hold the twist for one round of breath on each side.

Come to the ground (Yippee!) lie on your back with knees to chest and take gentle twists on the breath side to side. Knees up on inhale and exhale them to the right, head looks left then inhale back to center. Exhale knees to the left, head looks right and inhale back to center.

Viprita karini- legs up the wall with sandbag or strapping thighs to “swaddle” the lower body and reduce strain. Hold pose for three to five minutes. Breath at the belly.

End with seated meditation- Awareness at the navel: Feel a flame behind the navel and put your awareness on the flame. Inhale flame grows brighter, exhale and it expands across the solar plexus spreading light and warmth.

▶▶▶ DAY EIGHTEEN

How are you doing with the six tastes? It can be challenging learning a new idea, paradigm, about eating. See if the information below helps you understand ayurveda's position on the six tastes I will review two tastes a day for the next few days:

SWEET

Sweet is the taste of pleasure. It makes us feel comforted and content. It is one of the most important healing tools for debilitating weakness. It nourishes and strengthens us while promoting growth of all tissues. It is good for hair, skin and complexion as well as healing a broken heart (grief). The sweet taste is cooling in nature and it increases kapha dosha while pacifies pitta and vata dosha. You don't need examples of sweet taste, do you??

SALTY

Enthusiasm in life? Catalyst for full intensity of flavor? Need some stimulation for digestion? Well, you have found the right taste! Salt added to a soup makes it even more yummy. Salt creates enthusiasm in life and stimulates the nerve tissue. It creates thirst and builds up our ability to "keep our moisture locked inside" (Dr. Lad). Salt can help in evacuation by breaking up hard masses in the digestive tract. It is heating in nature and aids in our digestion. Salt is found in nature and taken in many forms: Table salt, Sea Salt, Rock Salt, Kelp and sea weeds.

TO DO LIST

1. By now you know that morning and afternoon routine are the baseline for how you will move forward, post-cleanse, to keep yourself nurtured, balanced and healthy.
2. Becoming more informed about how to discriminate between the six tastes will carry you beyond our cleanse.
3. Developing a daily yoga practice will be of great help to you too.

Kapha Balancing Practice

Begin with Kapalabhati Pranayama
Sit and absorb the prana and sense
the lightness this practice can offer

Begin on your back moving bridge
pose on the breath. Use your arms
as you inhale, lifting them over head
and as you exhale bring them back to
your side. Do this 9x

Bring both knees to your chest
and give them a hug. Gently move
to supine twisting on your back;
moving on your breath.

Move onto your stomach for locust
pose or Shalambasana. Move on the
breath, turning your head to the side
to rest on exhale.

Move back into child's pose to rest.
Take cat / cow pose moving the spine
on even inhale and exhale. 5x ending
in Downward Facing Dog.

Begin a series of Sun Salutations
moving from 3 to 9 rounds. Ending
in Uttanasana.

Come to the mat and take Savasana.

▶▶▶ DAY NINETEEN

Let's explore more about the six tastes...this does not mean we are done with our cleanse. We have a few more days to keep ourselves in the structure of our daily activities. Keep yourself in tune with the flow of the doshas on the ayurvedic clock.

SOUR

The idea of sour foods is not so pleasant. We think of sour foods as fermented foods or sour fruits. In ayurvedic medicine we classify sour as helpful to increase digestive juices. Taking the sour taste in sour or acidic fruits is helpful to digestion as it creates lubrication and form. This effect moistens the mouth. Sour increases thirst and sensitivity of the teeth. It causes the eyes to close. The mind is pacified by the sour taste as it helps to mind to focus scattered thoughts and to increase intensity or desire. Desire, a double edged sword, as when we do not get what we desire we. Sour foods include: lemons, limes, sour fruits, sour creme and other fermented foods.

PUNGENT

The qualities of the pungent taste are light, sharp or intense, and fast acting. The idea of 'a little goes a long way' strikes home with pungent. It stimulates appetite and improves sluggish digestion. It has a burning or penetrating action and improves circulation. It thins the blood and increases heart rate; think about

biting into that jalapeño pepper!. This taste both stimulates courage and activation. It offers mental focus and clarity. It softens hard mucus. Circulation, metabolism and tissue toxins get burned up. The immune system gets a boost by sweating and the GI tract and lungs can get cleared out. Too much pungent taste can be harmful as the sharpness and heat could lead to bruises, ulcers, inflammation and rash. Examples of pungent taste: peppers, chilies, mustard, garlic, cinnamon, paprika, fenugreek, fresh ginger, curry leaves, hing (asafoetida).

TO DO LIST

Kapha Time

1. Wake up! Smell the roses, or whatever flowers have decided to join us in full bloom.
2. Practice your daily routine.
In Sanskrit this is called your Dinacharya.
3. Enjoy a yummy breakfast with warm moist food and maybe our old pal CCF tea?!?!

Pitta and Vata Time

1. During Pitta time of day enjoy a nice big, six taste midday dinner (lunch is a modern term).
2. Later today in Vata time try the Vata-Pacifying Yoga Practice

Kapha Time

1. Nighty night routine
2. Abyhanga before bedtime; sweet dreams:)

▶▶▶ DAY TWENTY

Okie Dokie...only two more tastes to learn about...then you are all set! You will be ready to embrace more 'beginnings and see your life with more compassion. Compassion is one of the profits of clarity for yourself and for all others.

ASTRINGENT

Astringent taste causes the body to contract and become lighter by squeezing out water from the tissues. It has a dehydrating effect to moisture and mucous, and on the tissues has a tightening effect. Astringent taste promotes healing and is anti-inflammatory in nature. We think of this taste as drying up 'gooey thoughts' that wont let go. The effect on the mind is to draw together the scattered thoughts and cooling it off. This taste brings things into form; the crunch of the apple or potatoes sticking together. So watch out as constipation will occur if too much astringent taste is taken, even swallowing this taste can be difficult due to the tightening and drying of tissues. Examples of the Astringent taste: Aloe vera juice, apples, black beans (most beans), alfalfa sprouts, beet greens, dark leafy greens, asparagus, raspberry, back and green tea, kale, lavender, okra, yellow lentils, turnip, walnut.

BITTER

Bitter is considered to be one of the most healing tastes in ayurvedic

medicine. It helps to dry and cool the mind and increase lightness. It promotes other tastes and relieves thirst. Due to its cooling and expanding nature it helps to reduce fevers and promotes digestion. Bitter taste helps us increase metabolism and scrape fat. This taste helps to purify the body by supporting right flow of prana while creating a 'sweeping out' of the blood toxins and stimulates peristalsis. In the mind, bitter increases a sense of clarity that is enhanced by the building of the Ether element. This effect helps us transcend our ego or Ahamkara, and proffers an increase in awareness. It is excellent support for meditation. Examples of foods with Bitter taste: Dark leafy greens, orange peel, artichoke hearts, dandelions, dark chocolate, neem, mung beans, turmeric, brussels sprouts, beets, eggplant, red leaf and romaine lettuce, jaggery, parsley, coffee.

TO DO LIST

1. Decide if you would like to keep taking Triphala after our cleanse. If you decide you want to continue the evacuation support, that is fine. After three months of Triphala is it generally recommended to stop the Triphala for a month. You can then restart.

2. Set up a spot in your home where you can practice your yoga, pranayama and meditation with regularity. Best to be able to leave your mat, cushion and any props in that area so you will have an easy time setting up your daily practice.

▶▶▶ DAY TWENTY ONE

Congratulations! You have taken the time to investigate your inner world. You have had the courage to surrender your grip on some habits that pulled you away from yourself. And you have discovered that you have all the knowledge you need to fully express your bliss. I shared this idea a few days ago and I know, it sounds corny, but it is true. So I will repeat it again now. It is my hope that this cleanse helped you to uncover your 'land line.' That it helped you thread the path between body and soul so you remember and hear the love that pulses within you and all around you at all times.

I am so happy for you all having the courage to do this for yourself. I know it is not easy and what you thought would be no biggie, often takes you by surprise. Please know that you're all done and you will reap the benefits for months to come. The outcome so outweighs the investment. Please check in with yourself, find out what you need and continue to support you efforts to regulate the doshas, reconnect with your self and live in your own light of the divine.

Om tat sat
Many blessings to each of you,
Kathryn

*The bud
stands for all things,
even for those things that don't flower,
for everything flowers, from within, of
self-blessing;
though sometimes it is necessary
to re-teach a thing its loveliness,
to put a hand on its brow
of the flower
and retell it in words and in touch
it is lovely
until it flowers again from within, of
self-blessing;*

© 1980 by Galway Kinnell , an excerpt from
the Poem the Sow and St Francis

APPENDIX A *Dinacharya Checklist*

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Practices								
1								
2								
3								
4								
5								
Notes								
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Practices								
1								
2								
3								
4								
5								
Notes								
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Practices								
1								
2								
3								
4								
5								
Notes								

SUPPORTING RESOURCES

Complete resources for this cleanse can be found at **KathrynTempleton.com/BSC**. You'll find additional text to go along with certain days of your cleanse and links to supporting information.



Do you want to Learn More About Ayurveda?

If you are interested in ayurveda and have a yoga background, you might be interested in becoming a Himalayan Institute Certified Ayurvedic Yoga Specialist. If you have at least a 200 hour teaching certification from a Yoga Alliance accredited school, you are eligible for certification. If you don't, you can still participate in the program. The Ayurvedic Yoga Specialist program is broken down into four different units, each with a unique focus. After completing the program, you'll be qualified

to teach workshops of your own like 'Ayurveda 101' and 'Ayurvedic Cooking.' If you are actively teaching yoga, you'll bring a widened perspective to your classes and will be able to apply what you've learned in the program on the mat. After receiving your certification, you can then move into the Advanced Ayurvedic Yoga Specialist program.

For complete details, including locations and specifics on what you'll learn, please visit kathryntempleton.com.

Do You Want to Teach the Big Spring Cleanse?

Would you like to teach a spring cleanse of your own from this workbook? Please, just let us know. We have a program in place to help teachers and venues offer a BIG Spring Cleanse of their

own. Non only will you receive a discount on booklets to teach from, but you'll also be able to use the BIG Spring Cleanse name and will receive additional support items. Contact hello@kathryntempleton.com!



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