

Would you like to live more

NATURALLY?

By Radhika Randall

Ayurveda the Ancient Indian system of Living well, has a lot to offer in this modern time, where we have too much stress, no routine or rhythm, or we have lost our connection with nature, our community and ourselves.

Ayurveda is based not on rules, but upon very WISE premises, which can be applied to your daily lives.

BUT what is WISDOM?

Such things have been philosophised greatly in the past. Many great sages in the ancient past in India have done the same, and it is from this contemplation, that they derived the nature of some simple truths.

What are these simple truths you may ask?

The FIRST is that much of our suffering stems from our loss of Wisdom towards how we live. If we can step back from our lives and review how we lead our lives we may be surprised, that it may not always be how we would like. Much of what we do may be more from habit, than wise choice.

The SECOND principle, that is quite easy to apply, is the Principle of Opposites. This in a way is quite common sense. If you have been very physical, then have rest. If your mind has been active, then have some mind time out. Do physical activity, to focus on the body, such as brisk walking or physical yoga, or meditate to allow the mind time to be quiet. If the day is windy and drying, then apply oils/creams to the skin, increase fluids, and perhaps try air humidifiers. If it is hot, then be more active in the cooler times of the day, stay cool during the day, with cooling fluids (not cold), stay out of the sun, or cover up if you have to be in the sun, cool with wet compresses. These are just a few simple examples.

By understanding these and many of the other principles and establishing some simple routines to our lives, you may be able start to break free of negative habits, and begin to live more wisely.