



# THE NATURAL LAW

*What if nature's goal is to make us whole?*

# MEDITATE BETTER

**with Ayurveda**



*Harness your Dosha to go  
deeper, and heal your body,  
mind, and spirit*



# Table of CONTENTS



## PAGE **1** INTRODUCTION

- The power of Ayurveda and meditation combined
- What to expect from this ebook

## PAGE **2** PART 1: AYURVEDA

- The principles of Ayurveda
- Identifying your unique mind-body type (Dosha)
- The importance of balance in Ayurveda



## PAGE **3** PART 2: MEDITATION

- What is meditation?
- The benefits of meditation for mind and body
- Techniques for cultivating mindfulness and focus

## PAGE **4** PART 3: THE INTERSECTION OF AYURVEDA AND MEDITATION

- How Ayurveda and meditation intersect
- How Ayurveda can support your meditation practice
- How meditation can support your Ayurvedic journey



## PAGE **6** PART 4: UNLEASHING YOUR FULL POTENTIAL

- How Ayurveda and meditation can help you tap into your full potential
- The latest research on the benefits of Ayurveda and meditation
- Creating a personalized plan for optimal wellness

## PAGE **9** CONCLUSION

- Recap of key points
- Encouragement to continue your journey with Ayurveda and meditation.

## **11** REFERENCES

### DISCLAIMER:

This information is for educational purposes, and should not be considered a replacement to professional medical diagnosis, treatments, cures, or preventions. Please consult your healthcare professional before attempting any new wellness practices or lifestyle changes.



# INTRODUCTION

*Are you searching for natural, holistic methods to look, feel, and show up as the best version of you?*

*Or a way to heighten the benefits of your meditation practice and build a deeper connection to the divine?*

*Or are you maybe looking for ways to solve a challenge in your health, wellness, or spiritual journey?*

If your answer to any of these questions is yes, then you're in the right place! This ebook serves as a guide through the process of unleashing your full potential, whether it's a life free from stress, an optimized immune system, or greater balance.



***The key(s): Ayurveda and meditation, two ancient practices that have been time-tested and science-proven to help practitioners achieve the health and wellness they've always dreamed of.***

Individually, they're incredibly powerful sciences designed to help improve your physical, mental, and spiritual health.

Together, each practice adds a new dimension of healing to the other, resulting in a holistic system that not only benefits your bodily strength, but also strengthens your mental fortitude and realigns your bodily functions with what Nature intended.

Many people either practice one or the other, not knowing that combining the two can awaken their fullest capacity.

## **Today, that changes.**

Then we'll move on to how meditation's ability to help you cultivate focus and awareness perfectly aligns with Ayurveda's holistic health and wellness approach. We'll also delve into the latest research in neuroscience and psychology to show you how meditation can lead to profound, lasting changes in the brain and body - and how this will help you on your journey to optimal wellness.

***And lastly, we'll discuss the intersection of Ayurveda and meditation, and how incorporating these practices can reap life-changing benefits.***

## **Let's dive right in!**



# AYURVEDA

## PART 1

Ayurveda is a holistic approach to health and wellness that has been practiced in India for thousands of years. At its core, Ayurveda teaches us that each person has a unique mind-body type, or Dosha, that determines their physical, mental, and emotional characteristics. By understanding your Dosha makeup and the imbalances that may be present, you can work to restore balance and achieve optimal health and wellness.

According to Ayurvedic principles, there are three Doshas that correspond to the elements of earth, water, fire, air, and space. These Doshas are called Vata, Pitta, and Kapha, and each person has a unique combination of the three. Understanding your Dosha combination can help you make lifestyle and dietary choices that support balance and well-being.

## Identifying Your Unique Mind-Body Type, Or Dosha

To determine your Dosha, you can take a Dosha quiz or consult with an Ayurvedic practitioner. A practitioner will take into account your body type, energy levels, digestion, sleep patterns, and emotional tendencies to determine what your unique type is. Once you know your Dosha makeup, you can begin to make lifestyle changes and dietary choices tailored to your bodily needs, and get on the right track towards complete balance and improved health.

## The Importance of Balance in Ayurveda

In Ayurveda, balance is the key to health. When one or more of your Doshas are out of balance, you may experience physical and emotional imbalances like stress, anxiety, digestive issues, and more.

These imbalances are remedied by incorporating Ayurvedic practices like diet, herbal remedies, and self-care rituals that restore balance and achieve a state of optimal health and wellbeing.

In the next section, we will explore the practice of meditation and how it can complement Ayurveda to support your overall wellbeing.





## PART 2

# MEDITATION



Research has found that the ancient practice of meditation has numerous benefits for both the mind and body, including helping to reduce stress and anxiety, improve your mood and emotional wellbeing, increase focus and productivity, and even lower blood pressure and improve cardiovascular health.

## Cultivating Mindfulness and Focus Through Meditation

One of the primary goals of meditation is to cultivate mindfulness, or the ability to be present in the moment while being aware of your thoughts and feelings without judgment. By practicing mindfulness, you can learn to be more present and focused in your daily life, and better manage the stress and anxiety that's part and parcel of modern day living.

## Getting Started with Meditation

New to meditation and not sure where to start? Try guided meditations! There are many apps, videos, and resources available, ranging from just a few minutes to an hour or more. The important thing is to practice it consistently, even if it's just a few minutes a day, to fully see and experience the benefits of meditation over time.

In the next section, we will explore how Ayurveda and meditation can work together to support your overall health and wellbeing, and provide practical tips for incorporating these practices into your daily routine.



# The Intersection of AYURVEDA and MEDITATION PART 3

As we've discussed in the earlier sections, Ayurveda and meditation are two powerful practices that work together to support your optimal health and wellbeing. By understanding the intersection of these practices, you can unlock their full potential and achieve a deeper level of balance and harmony.

## Ayurveda and Mind-Body Connection

Ayurveda recognizes the intimate connection between the mind and body, and the role that this connection plays in our overall health and wellness. According to Ayurveda, imbalances in the mind and emotions can lead to physical imbalances, and vice versa. Meditation is the perfect support for this holistic health system because of its ability to support mind-body connection and balance. Doing just a few minutes every day can help reduce stress and anxiety, improve your mood and emotional wellbeing, and increase focus and productivity.

## The Role of Doshas in Meditation

While Ayurveda and meditation are two separate practices, they can work together to support optimal health and wellness. In Ayurveda, the three Doshas (Vata, Pitta, and Kapha) are the foundation of individual health and well-being.

**VATA**



**PITTA**



**KAPHA**



In Ayurveda, certain types of meditation may be recommended based on your Dosha and unique imbalances. For example, a Vata type person may benefit from a grounding meditation to calm their overactive mind, while someone with a Pitta type of Dosha may benefit from a cooling meditation to manage and dissipate feelings of anger or frustration.



## Ayurvedic Practices to Support Meditation

In addition to incorporating specific types of meditation based on your Dosha, there are many Ayurvedic practices that can support your meditation practice and help you achieve optimal balance and wellbeing. These may include:

### Following a Dosha-specific diet

Eating foods that are supportive of your unique Dosha can help balance your mind and body, and make it easier to meditate.



### Practicing self-care rituals

Self-care rituals like abhyanga (self-massage) and pranayama (breathing exercises) can help calm your mind and prepare your body for meditation.



### Creating a consistent routine

Establishing a consistent routine that includes both Ayurvedic practices and meditation can help make these practices a natural part of your daily life.



## BRINGING AYURVEDA AND MEDITATION INTO YOUR LIFE

Incorporating Ayurveda and meditation into your daily routine can be a powerful way to kickstart your journey to your best health! Start by exploring your Dosha and incorporating Ayurvedic practices that are supportive of your mind and body into your lifestyle. Then, find a meditation practice that resonates with you and make it a consistent part of your routine. With time and practice, you can unlock the full potential of these powerful practices and enjoy better health and wellness than you've ever experienced before.

## PART 4

# APPLYING AYURVEDA AND MEDITATION IN YOUR DAILY LIFE

Ayurveda is a holistic health practice that takes your entire lifestyle into account, from your mindset, to the foods you eat, to the way your body moves and stretches. Combined with meditation's mindful and peaceful benefits, you will begin taking charge of your entire way of life, and effect deep and lasting change. Here are a few easy ways you can bring that potent Ayurvedic healing power into your everyday life:

## Set Your Intentions

Start your day with a short prayer upon waking or with a simple mantra:

***Om Shanti (peace), So Hum (I am), Om, or a positive phrase like "I am enough".***

These little lifestyle additions help focus the mind and bring a positive vibration into your day and life.

You could also try starting a gratitude journal, where you write down things that happened throughout the day that you'd like to highlight and be grateful for. Studies have shown that the brain's survival instinct is to remember negative events (in order to preserve your safety), so mindful actions like these help you remember the joyous moments - and writing them down makes it easier to flip through when times feel dark.





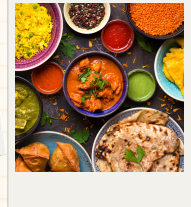
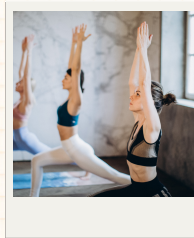
## Incorporate Ayurvedic Principles

You don't have to completely overhaul your existing lifestyle - Ayurvedic principles are simple and are easy to implement even on busy days.

### **Mini Dinacharya (daily routine)**

- Upon waking up, head into the bathroom to splash water on your face and brush your teeth
- Your first drink of the day should be warm water with lemon, lime, or ginger - these Ayurvedic health boosters are cleansing and detoxifying, and perform best on an empty stomach
- Start your day on a mindful note with meditation or pranayama exercises

- Get your blood flowing with some exercise or yoga
- Refresh your body (and wash off that exercise sweat!) with a shower
- Breakfast fuels your day, so remember to eat



- **And now, your day begins**

## Listen to your Body

Listening to your body and answering its needs is a key part of Ayurveda, but many of us tend to ignore our bodies. Here are some easy ways to be more attuned to your body:

### Create a rhythm for your body

Eating your meals at the same time each day ensures your digestive system knows when to produce gastric juices, leading to a more efficient digestive system

Eating your meals at the same time each day ensures your digestive system knows when to produce gastric juices, leading to a more efficient digestive system

As part of creating a rhythm, it's important that you notice - and meet! - your body's natural urges. Bathroom urges, burping, sneezing - don't hold them in, as it is believed to cause diseases.



## Follow seasonal routines

As the seasons change, your body's needs change - it's important to align your diet and lifestyle to accommodate your new needs in order to improve your digestion, sleep, immunity, and more.

Ayurveda recognizes four seasons: Spring, Summer, Fall and Winter, each with its unique set of characteristics and effects on the body. Incorporating the seasons into your daily life can be as simple as making small changes to your diet and lifestyle based on the current season, like eating seasonal foods, or spending time outdoors to connect with nature.

Spring	Summer	Fall	Winter
Opt for: Cleansing, Rejuvenation	Opt for: Cooling, Hydrating	Opt for: Grounding, Nourishing	Opt for: Nourishing, and Recharging
Drink: Green Juices or Ginger Tea	Drink: Coconut water	Drink: Golden Milk	Drink: Chai with warming spices
			
Eat: Spicy and drying foods like bitter greens and puffed rice	Eat: Fresh cooling vegetables and hydrating fruits	Eat: Well cooked easy to digest foods like soups, sweet, sour and salty tastes, meat, whole grains, dates, and yogurt	Eat: Warm well cooked foods like hearty stews, sweet, sour and salty tastes, meat, whole grains, dates, and yogurt
Limit: Heavy, moist, oily, and cold foods like smoothies, cold drinks, dairy, and citrus	Limit: Spicy, heating foods like chili peppers, fatty foods, yogurt, fermented foods, and excess salt	Limit: dry, light foods, raw vegetables, crackers, and chips	Limit: dry, light foods, raw vegetables, crackers, and chips
Practice: Dry brushing and deep tissue massage, and exercise to help move stagnation that has accumulated over winter	Practice: Oiling your body with cooling coconut oil, taking cool showers, practicing Sheetal (cooling breath practice), and exercising in the morning to avoid the summer heat	Practice: Oil massages to combat Fall's dry air, and avoid erratic schedules	Practice: Oil massages to combat Winter's dry air, and avoid erratic schedules



## Cultivate Mindfulness

- Practice mindful food meditation by focusing on your eating experiences, body-related sensations, and your thoughts and feelings about food with heightened awareness, and without judgment.
- Practice feeding someone else before yourself, whether it be a plant, loved one, or a pet.
- Say a prayer or give gratitude before eating, including giving thanks for the farmers, food, plants, and even the Earth.

## Embrace Your Unique Self

Everybody is beautifully unique, and no other science embraces this as much as Ayurveda. Uniqueness is seen as Prakati - your unique Doshic constitution. If you're not already aware of your Prakrati, you may see an Ayurvedic practitioner or take a Dosha quiz to find out, and begin tailoring your lifestyle to fit the one-of-a-kind human that is you!

# CONCLUSION

As you embark on your journey towards greater balance and well-being, remember to approach these practices with an open mind and a willingness to learn. Allow yourself the time and space to explore and experiment, and don't be afraid to seek guidance and support along the way.

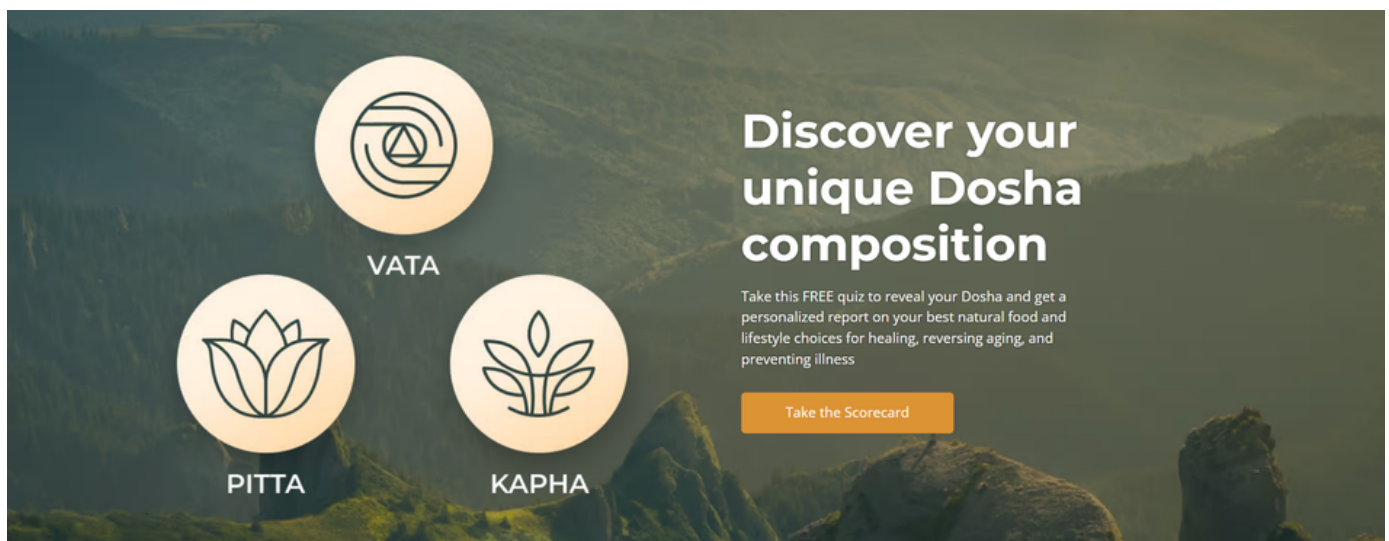
May this ebook inspire you to unlock the full potential of Ayurveda and meditation, and to unleash your own unique strengths and gifts for the benefit of yourself and others. Wishing you all the best on your journey towards optimal balance and well-being.



# Take the next step on your natural wellness journey...

This ebook is only the beginning. We now invite you to continue your journey through two steps that will shine light on yourself, your unique needs, and nature's answers to your lifelong health and wellness:

## Step 1: Take The Natural Law's Dosha quiz



The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

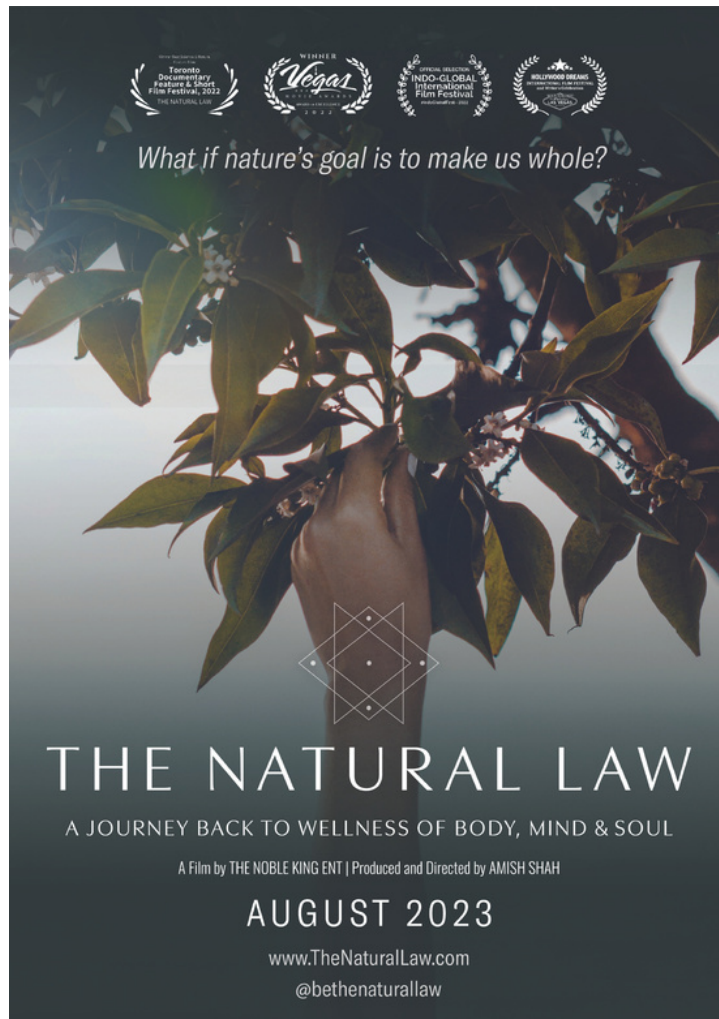
Everyone has a unique Dosha composition. And by discovering yours, you'll understand how to correct any imbalances in your health and lifestyle, and heal and nourish your mind and body.

Take it now to receive a personalized report summarizing your Dosha, and your path to wellness of mind, body, and soul.

**TAKE THE DOSHA QUIZ**



## Step 2: Watch The Natural Law film



The Natural Law explores Amish Shah's decade-long journey back to wellness with Ayurveda.

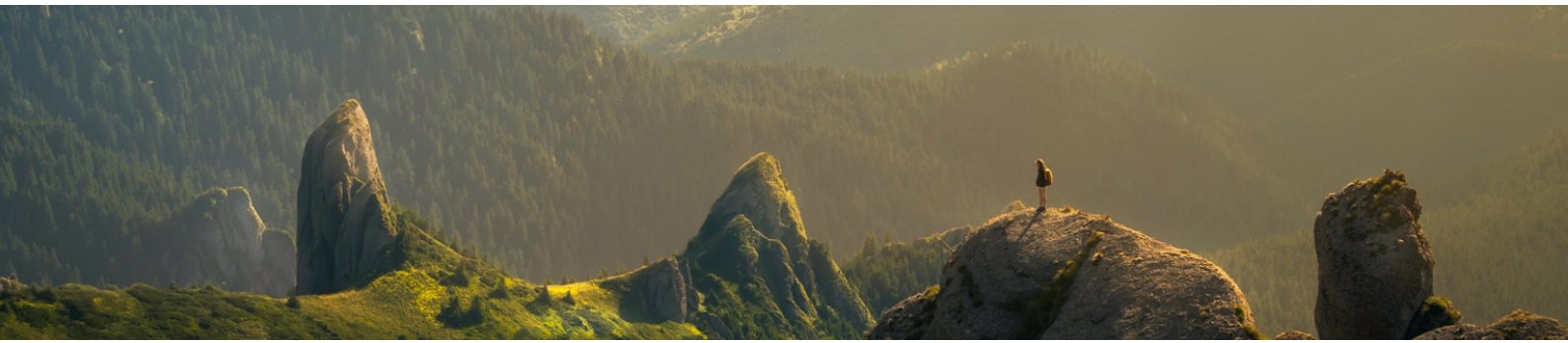
Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

And through his journey, you'll learn how to remedy the root causes of illness and emotional turmoil in yourself and your loved ones.

The Natural Law launches online in August 2023. Claim your free viewing pass now.

**Watch The Natural Law Film**  
**(available in August)**

# THE NATURAL LAW



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