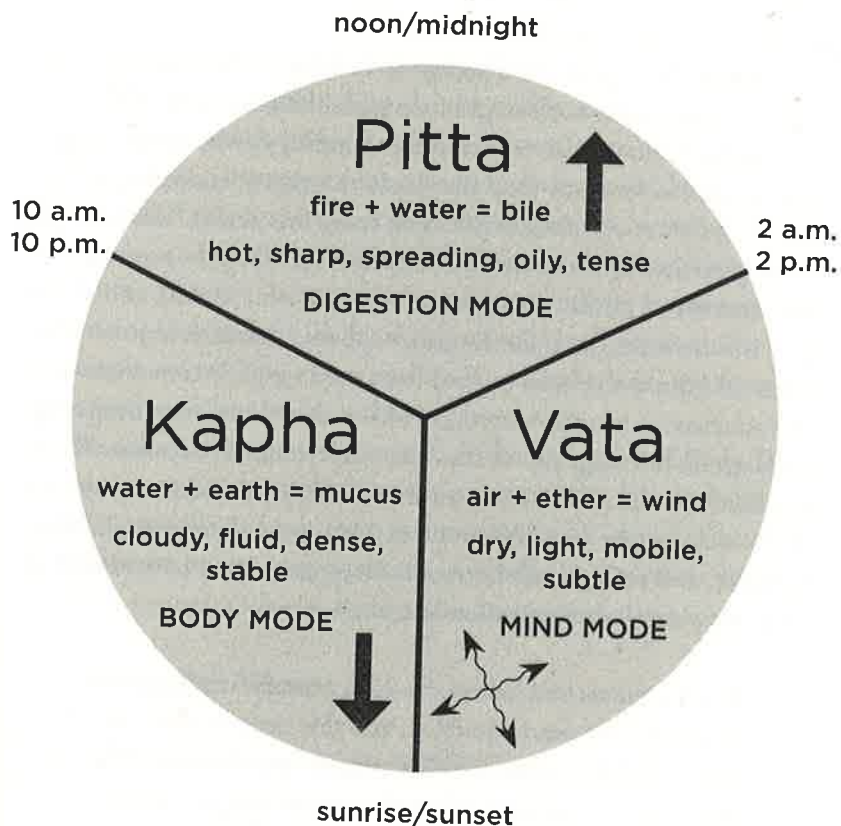


That is the *evil* second wind. If you'd gone to bed early, you'd have been asleep for it. This rising energy is supposed to clean your inner body-house while you dream-travel the waves of the etheric realm. But if you press "next episode" on your remote or open the next email, your mind and spirit take in yet more information instead of processing the day you just lived. This is the equivalent of helping yourself to seconds when you are already full. Mental digestion and reflection are key to building ojas.



**The Three Energies  
of the Human Body and Mind**

Physical Body	Mental and Emotional Body	Examples
Oil, fat, deep nutrients, deep energy—builds body tissue	Provides grounding and a heavy, potent energy; most seeds need to be soaked or roasted first	Spice seeds, grain and legume seeds, nuts, oil seeds, anything that can sprout
Quick energy, protein, boatloads of nutrients	Zippy, energized, childlike, quick energy	Alfalfa sprouts, sunflower sprouts, bean sprouts, sprouted quinoa
Minerals, fiber; sugars	Building energy, grounding, nutritifying; balance with leaves to avoid stagnation	Carrots, beets, potatoes, radishes, yams, jicama
Hydration, fiber, low calorie, great for chewing the cud without calories	The chewing action relaxes the jaw and the nervous system	Celery, broccoli stalks, chard stalks, dandelion stems, kale stalks
Sunlight energy, chlorophyll, nutrients, minerals, cleansing, scraping, and contracting; boatloads of nutrients	Quick daily energy, clarifying, cleansing, removes stagnation	Lettuces, kale, collards, dandelion greens
Nurtures the senses and soul	Adds beauty, sensitivity, refinement, and joy	Roses, Johnny jump-ups, lavender, fennel
Sugars, quick carbs, replenishes blood sugar energy quickly	The sweet, heavy quality of fruit creates relaxation and ease, reminding us of the sweetness of life	Apples, bananas, avocados, pineapples, dates, raisins, grapes


noticing a flood of thoughts, mem-  
ory makes you anxious, return again  
down and feeling the earth support  
way to start.

consistent micro-choices on increas-  
relaxed state and safe space. This is  
brain grows while the impulsive  
you are making while you are  
I scratch that itch? Can I relax  
I stop early to send that email?  
emotions, and feelings from  
practice and let the riff do its  
it, the more your brain chem-

attention, again and again,  
similar to rubbing the  
ease your inner genie, who  
ded awareness, more brain  
And, while you meditate,  
repair. The hitch? It only  
out of the bottle again.

from meditating, this  
mode than in "relaxed"  
fall asleep, either you  
need to learn how  
endency—and even  
a noun. It has the  
brushing against  
To become whole,  
Time meets time-

## The Paradox of Meditation

Relax	Pay attention
Release	Be alert
Let go	Sit upright 
Be restful	Become awake

Between relaxing and attending, you let go of the world, of busy-  
ness, and dissolve into higher mind. You melt into the wholeness of  
your deep, unlimited presence.

The increasingly subtle action of meditation is paying attention to  
your power of attention. When you wander into thinking, recollecting,  
or planning, stop. Relax and pay attention to attention itself. When  
you're quiet enough, you can feel your brain chemistry interconnecting.

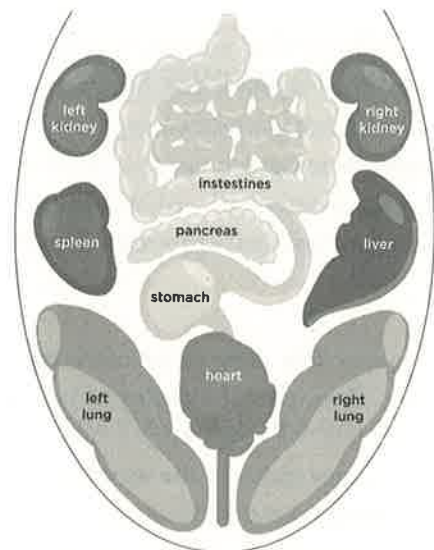
### Am I Doing It Right?













"Am I doing it right?" This is the most common question from begin-  
ners and experienced meditators alike. One way to know is how you  
feel after, not during, your practice. Signs that your practice is working:

- You don't feel as rushed. You may feel calm and at ease.
- You notice more detail, including the sky and the trees.
- You experience more gratitude and less fear.
- Your perspective is widening.
- Your field of compassion expands and empathy deepens.
- Your attention is less self-absorbed.

...can get it from  
 ...You can start with  
 ...won't match up to a  
 ...rest of your life.

...drink your quart of water,  
 ...even to fourteen times. Then,  
 ...tongue scraper. It is light and  
 ...chunky? If so, not so good.  
 ...tongue scraper, look at a tongue  
 ...fecting in your gut. Is it in  
 ...olon? Go on an ama hunt.  
 ...healthy pink? Patchy? White?  
 ...along the sides? Cracks?  
 ...page 183. Read your friends'  
 ...balance. It's fun. Your tongue  
 ...ous system, and your organ  
 ...of the universe of you.  
 ...our tongue, take a moment  
 ...for the body, the tongue  
 ...any symptoms on the chart,  
 ...better care of yourself? If you  
 ...what is easily scrapeable, then  
 ...the day. Eat light, warm,  
 ...coating on your tongue indi-  
 ...ere to eat a bagel and cream  
 ...our body, resulting in a cold  
 ...the morning you can make  
 ...and getting sick.  
 ...nce how your cravings and  
 ...ll have a bitter, dead after-  
 ...d foods will taste vibrant,  
 ...e. You'll stop swallowing  
 ...yeah!"



			
Ama in GI tract Be aware!	Stressed-out kidneys	Malabsorption	Erratic rhythm in the nervous system/anxiety
			
Ama in colon	Mucus in lungs	Anxiety	Yellow coating = excess bile in the small intestine
			
Sensitive colon (Red bloches)	Heart sensitivity	Emotional ama in corresponding part of spine	No coating, pitta imbalance

### Ayurvedic Tongue Chart

Get to know your tongue by printing this chart and taping it to your bathroom mirror. Do you have a healthy, pink tongue? Or do you have patches, cracks, bumps, or different colors? As you get to know your tongue you'll notice subtle changes. You can track your tongue's evolution back to a healthy, even pink color as you refine your Body Thrive Habits.