



at home in your body

Mindful Meal Making

- How to make your meals more mindful
- Build Your Recipe
- Kitchen Sadhana

We are not only what we eat, but what we digest. Therefore how we eat is of utmost importance.

--Kripalu School of Ayurveda



| Describe your ... | Recent Stressful Meal | Recent Easeful Meal |
|-----------------------------|-----------------------|---------------------|
| Environment | | |
| Conversation Quality | | |
| Body Position | | |
| Level of Hunger | | |
| Food Contents & Quantity | | |
| Food Preparation | | |
| Emotions | | |
| How I felt the next morning | | |

Additional Notes/Observations:



Stress: an acute threat to homeostasis, shows both short- and long-term effects on the functions of the gastrointestinal tract.

Vishama Agni: irregular digestion/erratic metabolism, due to Vata imbalance (excess air & ether elements, characterized by stress, excess movement or change); Ex: IBS' chronic or recurrent pain associated with altered bowel motility.

[\[https://www.ncbi.nlm.nih.gov/pubmed/22314561\]](https://www.ncbi.nlm.nih.gov/pubmed/22314561)

OVER 80% OF
DISEASE IS ROOTED
IN VATA IMBALANCE

Due to
excess

mobile = driving, chaotic/irregular
schedule, exercise

dry = dehydration, forced air

rough = lack of ease

hard = hardened perspectives on life

cold = distant, cold shoulder,

underdressed

Some examples of Vata imbalance with elimination:

- Severe Constipation
- lazy colon
- Fecal Incontinence
- Severe abdominal pain

Mantra Notes:



WHICH APPROACH MOST INTRIGUES YOU?

*"But you cannot say anything to yourself physically that does not
impact you emotionally..."*

long lasting change can only come from kindness to yourself."

—Genene Roth

<http://geneenroth.com/when-you-eat-at-the-refrigerator-pull-up-a-chair/>

When Confused, Simplify
Ayurvedic Wisdom

Mindful Meal Recipe: _____

From the Kitchen of: _____

Ingredients: _____

Steps for Success: _____

Some of my favorite recipes are at
www.groundedhere.com/healing-food

Sadhana = Spiritual practice, ritual to connect with higher Self or the divine

Batch Tasking = Doing a bunch of tasks at once, rather than spreading them out over time throughout the week



What works best for you?

1. Is setting aside a big chunk of time on a less demanding day or smaller amounts of time daily more suitable to you?
2. What time of day/week is best for you to batch task or spend time preparing for upcoming meals?
3. Are there items you wish you had around each week that preparing in advance would save you time, money, and perhaps an excess of ingredients that don't serve you were you to buy it premade?

What brings you joy?