

## 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.

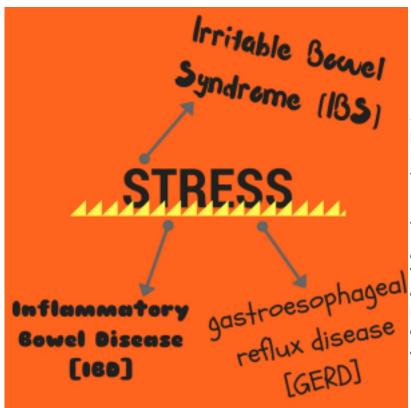
--Kripalu School of Ayurveda



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:

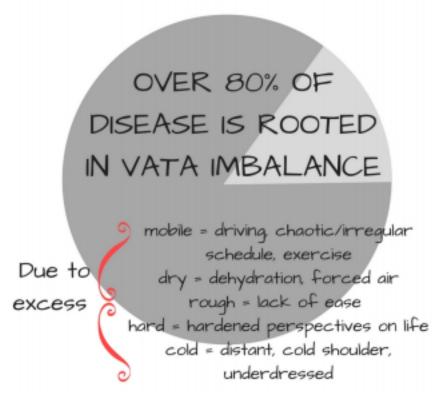




Stress: an acute threat to homeostasis, shows both short- and long-term effects on the functions of the gastrointestinal tract.

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]



#### Some examples of Vata imbalance with elimination:

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



MINDFUL MEAL MANTRAS

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:	102
From the Kitchen of:	1 11,0
Ingredients:	0 / 8161
MARA	A DIPPLY
1 3 VOV	DEPORE
Steps for Success:	
	1 / White

Some of my favorite recipes are at <a href="https://www.groundedhere.com/healing-food">www.groundedhere.com/healing-food</a>

<u>Sadhana</u> = Spiritual practice, ritual to connect with higher Self or the divine

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



### What works best for you?

1. l	s setting	aside a	ı big o	chunk	of time	on a	less	demar	nding	day	or sm	aller	amo	ounts
	of time of	daily m	ore s	uitable	e to you	ı?								

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?