

Dinacharya

“Daily Conduct”

View

Appropriate patterning, or ritual conduct, is the foundation of a healthy life. Dinacharya promotes healthy organization of the energy channels and the seating of the prana, or internal winds. You may want to fine-tune this practice for your constitution. In order to do that, consult a beginning book about Ayurveda, the Tantrik life science.

This version of *dinacharya* has been shortened and simplified. You can find instructions for a more detailed version at www.ayurveda.com, or in books by respected Ayurvedic physicians. If you are being advised by an Ayurvedic doctor, or you have a Guru, that person will give you more detailed instructions based on your constitution and *sadhana*.

Remember that dinacharya is ritual. Don't treat dinacharya as a series of mundane, distinct activities. Try to directly experience the rhythm you are establishing in your life. As you are practicing dinacharya, feel that you are honoring your self, your body and God by participating in this daily ritual.

Morning

Wake up by 6 AM. People with pitta and kapha constitutions can wake up earlier. If you can't manage this at first, work your way into it. You can train yourself to wake up at this time naturally. It helps to sleep in a room that allows some natural light to enter.

Before opening your eyes or getting out of bed, sense the energy of the day. Spend a few moments connecting with the larger cosmos. Breath through the top of your head directly into your heart space (the center of your chest, not the physical heart). You can visualize a golden, luminous stream of compassion and love coming to you from all of your spiritual teachers, past, present and future, and from all realized beings. Feel a sense of grace expanding throughout your body.

Rub your palms together quickly to generate warmth, then gently massage your face, head, arms and hands with long, smooth strokes. Repeat this sequence until you have gently massaged your entire body, including your feet.

Sit on the edge of your bed facing North or East. Say a little prayer asking for help to act appropriately and grow, or simply expressing sincere gratitude for having found the *dharma* in this lifetime. If it feels real, you can generate a desire for the liberation of all beings and send that out.

Evacuate your bowels. You can train yourself to do this at this time. If your digestion is normally sluggish, drink a glass of warm water (fresh ginger, optional).

Wash your hands, and splash cold water on your face. Scrape your tongue with scraping tool available at pharmacy or yoga studio. Brush your teeth with mild, natural toothpaste and a soft toothbrush.

If you are doing a seated practice, perform 5-10 minutes of gentle hatha yoga and begin. If your practice includes more vigorous hatha yoga, do this *after* your seated practice. The aim is to maintain the softer, more open feeling you have when you first wake up and bring that to your seated practice.

In the bathroom, dry brush your whole body. Use a natural bristle brush. *Vata* types should be particularly careful to stroke downward and without too much force. *Pitta* types should also use strokes that are less intense. *Kapha* types can use more vigorous back-and-forth strokes.

Perform abhyanga—self-massage with gently warmed organic sunflower oil. Spend a few moments massaging the oil into your skin with long strokes, including ears, face and neck. A drizzle of warm oil may be poured on the crown of your head if you are planning to wash your hair. If your constitution is mainly *kapha*, you should perform *abhyanga* only one to two times per week. You may want to use one of the massage oils formulated specifically for a *kapha* constitution. If you are experiencing high *vata* or *pitta*, you may want to use sesame oil or coconut oil respectively.

Take a shower. Use natural soap and only on underarms, genital area and your face if you like. Pad yourself dry.

Eat breakfast. Follow the Ayurvedic dietary instructions for your constitution. If you want a caffeinated drink, choose white or green tea. Drink black tea only if you are not already nervous, angry, depressed or hot. Do not drink coffee.

Throughout the day, try to remember to connect with the sense of a larger cosmos.

jayakula.org
distribute freely

Evening

Shower after work if the day has been stressful, or especially hot or humid. A bucket shower is great at night. The sheets of warm water from the bucket are much more relaxing than a typical shower.

Eat dinner no later than 7 pm. Follow the dietary guidelines for your constitution.

Stop watching TV, using the computer or reading at least an hour before bed. Instead, spend some quiet time with your loved ones. Or sit quietly, linking up with your Guru or simply the larger cosmos and a sense of grace. You can also do a second session of seated practice now.

Go to sleep by 10 PM at the latest, before you become exhausted, or even very sleepy. Try to fall asleep with God or Guru in your heart.