

The 10 habits of Ayurveda are the gateway to your aligned life. Notice which habits you already do, and where your opportunity lies. Start a new habit with an attitude of curiosity. Take baby steps daily. Find a mentor or friend to co-navigate the process.

__1. Eat an Earlier Lighter Dinner

Is lunch your main meal or do you hold out for dinner? Eat a satisfying lunch to diminish skyrocketing blood sugar crashes and cravings. Eat a lighter, soupy meal in the evening. Be done eating at least 2 hours before bed.

__2. Get to Bed Early

Are lights out by 10? If so, you're sleeping better. You're more well-rested than your night owl friends. If not, reverse engineer your evenings. Unplug. Unwind. Get to sleep by 10.

__3. Start Your Day Right

Wake up, hydrate, poop. If you've had your main meal at lunch, your body's ready to release waste and welcome prana, your life force energy. Yogis experience a grounding, energizing rush of prana in the colon after hydrating and pooping before their day begins. Wake before dawn. Enjoy *brahmamuhurta*, the quiet sacred time before the daily hustle.

__4. 20 minutes Breath Body Practices before Breakfast

Move for 20 minutes minimum. Your body needs this to get jumpstarted into health each day and release the night's stagnation from sleep. Find your perfect breath-body balance.

__5. Eat a Plant-Based Diet

How many plant-species did you eat this week? Pursue local, native, and invasive species to eat seasonally. Bring new plants into your diet and notice which plant parts you crave in which season: seeds, sprouts, roots, shoots, leaves, or fruits? Mix it up for balance.

__6. Self-Massage

Oil lubricates your joints and keeps you grounded. Use organic cold-pressed oils on your skin daily- NEVER chemical-laden lotions. Skin is your largest organ. Your hands are designed

to heal, nurture. Other mammals do self-massage with their tongues. You get to use your hands! Notice benefits: relaxed nerves, deeper sleep, glowing skin.

__7. Sit in Silence

With all the hubbub of our digitally activated lives, it's a luxury to unplug and simply sit and do nothing. It's a necessity. Sit in silence. Upgrade to meditation. Let your busy mind, emotions, and nerves hit the reset button. Do it. It will help you make great choices. Practice silence to tap into your true elf that is beyond your fickle mind.

__8. Befriend Healthier Eating Guidelines

Do you eat again before previously ingested food is digested? The result is that blood sugar stays up. Instead of burning fat, we burn sugar and crave carbs. Consuming food more than four times daily may mean you are emotional eating. Two or three meals a day is enough.

- Eat your meals at regular times.
- Drink *only* water between meals.
- Eat in a calm environment.
- Pause to be grateful before eating.

__9. Come to Your Senses

Your senses are the gateway to your experiences. Take a break from your computer, rest your eyes on the horizon, apply oil in your ears (karna purana) and nostrils (nasya), and scrape your tongue. When done regularly, these practices open perception and longevity of your sense organs.

__10. Choose Easeful Living over Stress

Live in receptivity rather than reaction. Reaction creates tension, limitation, disconnection and perpetuates stress. Receptivity leads to an extraordinary, heart-centric, intimate, and evolutionary life cultivating ease. Pause. Take a breath. Decide. Can you teach yourself to expand when your thoughts or emotions want you to contract? Practice receptivity to experience easeful living.