

Dinacharya (Daily Routine)

A daily routine is absolutely necessary to bring radical change in body, mind and consciousness. Routine helps to establish balance to one's constitution and reduces decision-making fatigue. It regularizes ups and downs in physical and emotional wellbeing and builds resilience. If you are working to establish a daily routine for yourself, don't take on too much. Introduce a few, simple practices that are possible to maintain and then add more as desired.

1. **Wake up early in the Morning** - It is good to wake up before the sun rises, when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Say a little prayer or affirmation to yourself before you rise to express gratitude for this day.
2. **Drink Water in the Morning** - Drink a glass of room temperature water first thing in the morning, preferably from a pure copper cup filled the night before. This washes the GI track, flushes the kidneys, and stimulates peristalsis.
3. **Clean the Face, Mouth, and Eyes** - Splash your face with cold water and rinse out your mouth. Wash your eyes with cool water (or one a rosewater solution)
4. **Evacuation** - Sit on the toilet and have a bowel movement. Improper digestion of the previous night's meal or lack of sound sleep can prevent this. However the water, followed by sitting on the toilet at a set time each day, helps to regulate bowel movements.
5. **Scrape your Tongue** - Gently scrape the tongue from the back forward, until you have scraped the whole surface for 3-5 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria.
6. **Clean your Teeth** - Always use a soft toothbrush and all-natural toothpaste
7. **Gargling** - To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle daily with warm sesame oil. Hold the oil in your mouth, swish it around vigorously, then spit it out.
8. **Clean your nose** - Use a Neti pot with warm water and salt. Insert the spout of the neti pot into one of your nostrils, lean over the sink and tilt your head to the side until water flows out the opposite nostril. Nasal cleansing flushes out allergens and clears the nasal passages of excess mucus. Do both sides and then gently blow your nose.

- 9. Nasal Drops (Nasya)** - Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Our nose is the door to the brain, so nose drops nourish prana and bring intelligence.
- 10. Oil Drops in the Ears** - Conditions such as ringing in the ears, excess ear wax, poor hearing, lockjaw, and TMJ, are all exacerbated by dryness in the ears. Putting 5 drops of warm sesame oil in each ear can help these disorders.
- 11. Bathing** - Bathing is cleansing and refreshing. It removes sweat, dirt, and fatigue, brings energy to the body, clarity to the mind, and holiness to your life.
- 12. Apply Oil to the Head & Body (Abhyanga)**- Rub warm oil over the body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline. Oiling your body before bedtime will help induce sound sleep and keep the skin soft. If you oil before you shower it is detoxifying. If you oil after you shower, it is more moisturizing. Be aware that oil that soaks into clothing and towels is hard to wash out.
- 13. Meditation** - It is wonderful to meditate morning and evening for at least 15 minutes. Meditate in the way you are accustomed. Meditation brings balance and peace into your life.

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