

The background of the entire image is a grayscale photograph of two women. The woman on the left is smiling and has her hand near her face. The woman on the right is also smiling broadly. The image is framed by a thin black border.

RVE RITUAL

# Self Mastery

part 3 - purify



# Part 3 - purify

Intro

Meditations

Saucha

The Body & Mind

The Life

Outro

# Why purify?

"Through cleanliness and purity of body and mind (Saucha) comes a purification of the essence, a goodness and gladness of feeling, a sense of focus with intentness, the mastery and union of the senses, and a fitness, preparation and capability for self-realization"

— Patanjali, Yogasutras II.41

# THE POWER OF PURIFYING

In all areas of life we accumulate stuff and behaviours that do not serve us. Taking inventory and detoxing what you do not need is essential to moving forward creating the life that you want. With purifying we move energy and make space for the new

## LETTING GO

This part is more about doing and less about studying! It is all about letting go of things that don't serve you. Foods, behaviours, fear, things, chores, relationships!

# Practice of the week

In this part the meditation support your  
cleansing of the body and mind.

Tune in - Optional

3 MIN -BREATH OF FIRE

8 MIN VIPASSANA MEDITATION

# BREATH OF FIRE - 1 min

This breathwork gives you a quick lift in energy, increased clarity, and a sense of balance. Begin with 1 minute and work up to 2 minutes . Breath of Fire is a rapid and rhythmic technique with even inhales and exhales equally through the nose with no pause between them. This breath is powered from our navel point and solar plexus, helping us unravel the power that lies within.

## HOW TO :

- Posture: Sit in easy pose with your hands resting on your knees in gyan mudra (with the tip of your index finger and thumb touching).
- Eyes: Keep your eyes closed, gently focusing up and in at the brown point.
- Breath: Begin an even inhale and even exhale through the nose and pump the navel as you breath. The breath should be strong and rapid, but even. Do not overemphasize the exhale or put too much emphasis on the navel point. Even inhale, even exhale.
- Time: 1-3 minutes
- To End: Inhale deeply, stretch your body up, exhale, and relax. Well done!

# Vipassana - 6 min

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was rediscovered by Gotama Buddha more than 2500 years ago and was taught by him as a universal remedy for universal ills. This technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.

**DIRECTIONS:** Sit on the ground. Cross your legs in a comfortable position. Engage your core, straighten your back, and relax your body. Close your eyes and breathe normally. Focus on your natural breath and what you feel. Be mindful of each inhale and exhale. Observe your thoughts, feelings, and sensations without reacting or judging. If you become distracted, simply observe the distraction, let it go and return to your breath.

# SAUCHA

This week is inspired by one part of the second limb of Yoga, Niyama. Niyama has to do with self-discipline and spiritual observances. There are five Niyamas, and SAUCHA is a powerful one, and that is what we are diving deep into.

Saucha is the personal practice of cleanliness – of body, mind and spirit. Keeping our space and our body pure, we are able to move closer to pure consciousness. The practice of Saucha is about removing that which gets in the way of you getting the abundance that is already yours. Like the rest of the limbs, and the reason why Yoga is a way of life, it is always a practice - not a “perfect”. Saucha is a never- ending quest, a constant practice like all Yoga. Cleanliness and purity of our environment, communication our bodies and our minds are impermanent and something we have to do and practice every single day

# purifying the 3 areas

## The body

Needs clean food,  
breathing, watering,  
dinacharya (ayurvedic  
practices)

## The mind

Needs to get rid of  
judgement, gossip, fear,  
stress and practice  
meditation to purify

## The life

The need for a safe space  
and relationships,  
projects, work that fulfills  
you



Your body & mind  
are one

# YOUR MIND&BODY

Our mind and our body are more connected than we humans realise and working on one without the other does not get us where we need to go.

In the last weeks we have been taking inventory to where we are at in our mind by starting our meditation practice. This gives us a glimpse into our mental health. We are stuck with this mind of ours and we need it to be our friend and trusted companion. Later in this chapter we will go through balancing the chakras, the importance of meditation and looking at fear and judgement. But let's start with the body.

# the body

We get one physical body in this life and we should try our best to treat it with respect and care. But a few of us truly do; many of us sit too much, eat too much sugar, drink way too little water, too much caffeine, stress over small things, are vitamin deficient ect. Then we are surprised when the body is not co-operative,

We have so much power over our health and we believe many mild chronic illnesses can be cured or kept down with a balanced life. In an interview with Amanda Chantal Bacon, founder of the wellness brand Moonjuice, said: "I take care of myself and my body as I do a baby" Sounds weird at first but the more you think about it, the more it makes sense. And the more you realize how far you truly are from that goal! We would never neglect a baby of anything so why do we do it to ourselves? We are not saying you need to take this literally, but take it as food for thought.

# Detoxing body shame

Before we go into the cleansing of the body, we need to address body shame. One of the most powerful things we can do is to embrace the idea that we are both perfect and imperfect. We are inherently alive with a body that ages and transforms over time. Body shame is a deep rooted toxin that many of us carry. Statistics reveal that even as children we start to experience shame around our bodies, often because of what we have picked up from our parents and the adults around us. Negative body image is associated with depression, anxiety and suicidal thoughts. Body shame doesn't affect us just from a health and wellness perspective. It has been shown that girls with low body image tend to be less assertive, which can hold us women back professionally. It can also keep us from asking for the support we require and stating our needs. Imagine the detrimental lifelong effects on your own health if you constantly shame yourself and your body. Practicing compassion toward ourselves is a huge part of our own healing. We can know this on some level, yet harsh thoughts and judgement can slip in. Incorporating practices and rituals every day can help as they support us in feeling consistently good from the inside. When you feel good, you are less likely to be so mean to yourself. We will recommend powerful practices for this in the following weeks, but a morning routine is a life saver for this, taking some time to make nourishing food for yourself and following this important rule; SAY SOMETHING NICE TO YOURSELF OR NOTHING AT ALL! The path to detoxifying body shame is something that we have to keep working on throughout our lives.

# RITUAL ASSIGNMENT: TAKING INVENTORY: BODY

What can i do every day to think  
better about my body?

What do I need to stop doing?

What do I need to start doing?

What does my body need now?

where are you now 1-10:

WATER = \_\_\_\_

MOVEMENT = \_\_\_\_

NOURISHING FOOD = \_\_\_\_

VITAMINS = \_\_\_\_

SELF CARE = \_\_\_\_

SLEEP = \_\_\_\_

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# Cleanse

We recommend doing a cleanse or a detox regularly, but NOT with a one way fits all approach. We are all so different and to heal and become healthier we need to respect that and honour it. We recommend that you take a week with us where you do a mild food cleanse, excluding irritating foods from your diet And also incorporate other detoxifying things to your routine, like drybrushing, oil pulling, movement. The cleanse is SUPER simple, exclude irritants and include the good stuff and be mindful as you eat!

Digestion is key; Our approach to eating and health in general is not, “You are what you eat” but rather “you are what you digest” Eating to support digestion and gut balance is critical for helping to avoid physical and emotional inflammation in your body.

Digestion is the cornerstone of all health and if your digestion isn't strong the rest of your body will fall out of balance. We digest not only food, but also pollutants, skincare, household products, thoughts and emotions. Therefore we need a strong digestive system to break down, assimilate and detox everything we take in. Digestion is what turns food into nutrients, thoughts into action, toxins into waste, emotions into self awareness. It's the ignition within us and when it's weak everything else goes off balance, from our skin to our hormones to our immune system to our mood..

# THE RITUAL CLEANSE

## 7 days

### No To

Sugar, Coffee, Gluten, Dairy,  
Sodas, Animal products  
(except for organic eggs),  
Alcohol

### Yes To

Lemon water, Vitamins, greens,  
beans, matcha, cacao, physillum  
husk, tea, smoothies, apple cider  
vinegar, vegetable juices, soups,  
stews, herbs, adaptogens, dosha  
inspired diet, mindful eating, recipes  
from the ritual cook book

### Ayurvedic tools & mindful eating

Using ayurvedic tools to  
help the body get rid of  
toxins. Being mindful as  
we eat and listen to what  
YOUR body is saying.

# THE RITUAL CLEANSE

RITUAL ASSIGNMENT: FOOD PLANNING  
use our cookbook & shopping list for inspiration

FRIDAY	SATURDAY	SUNDAY	MONDAY
BREAKFAST: _____	BREAKFAST: _____	BREAKFAST: _____	BREAKFAST: _____
LUNCH: _____	LUNCH: _____	LUNCH: _____	LUNCH: _____
SNACK: _____	SNACK: _____	SNACK: _____	SNACK: _____
DINNER: _____	DINNER: _____	DINNER: _____	DINNER: _____

TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST: _____	BREAKFAST: _____	BREAKFAST: _____
LUNCH: _____	LUNCH: _____	LUNCH: _____
SNACK: _____	SNACK: _____	SNACK: _____
DINNER: _____	DINNER: _____	DINNER: _____

# THE RITUAL CLEANSE

This cleanse is totally doable with a little planning. Plan out your meals, go shopping and let's do this together for a week! Also look at these mindful eating tips to make it a mindful experience

- 1. Know your body's personal hunger signals.** Are you responding to an emotional want or responding to your body's needs? Rather than just eating when we get emotional signals, which may be different for each of us, be they stress, sadness, frustration, loneliness or even just boredom, we can listen to our bodies. Is your stomach growling, energy low, or feeling a little lightheaded?
- 2. Organise your meals beforehand** and make a plan. With that you let the more developed part of your brain make the decisions in what you are eating today, rather than becoming too hungry and then letting the "lizard brain" decide which does not make as good choices.
- 3. Slow down before eating.** If you are cooking enjoy that experience as well and try to stay in the moment,.
- 4. Engage the senses:** When was the last time you truly paid attention to what you were eating — when you truly savored the experience of food? Often, we eat on autopilot, chowing down a meal while our attention is on the TV or the screen of our devices or a book or a daydream. Slow down and really let the senses enjoy the meal, chew slowly and be grateful for each bite.
- 5. Connect more deeply with your food.** Consider where food comes from vs. thinking of food as an end product. Unless you are an organic farmer, we have all become ever more disconnected from our food. Many of us don't even consider where a meal comes from beyond the supermarket packaging. This is a loss, because eating offers an incredible opportunity to connect us more deeply to the natural world, the elements and to each other. And it increases the gratitude and the choices we make when buying food!

# THE COFFEE ADDICTION

By now if you are a coffee person you are probably in shock! NO TO COFFEE! FOR A WHOLE WEEK!

Just so you know this cleanse is a suggestion, decide what you are ready to take on. BUT we truly do recommend you look at your relationship with addictives like sugar and coffee this week with the support from us and the group. YOU CAN DO THIS. The interesting thing is to see what thoughts arise and what resistance you feel.

We cannot count the benefits we have had by kicking the coffee habit, and we have both took 2 years away from coffee and are now very mild coffee drinkers. Better sleep, better skin, lower stress levels, less anxiety, more balanced energies and MORE! But of course it is a challenge for the first few days.

Also you don't have to go completely caffeine free, we recommend you drink matcha, green tea & ceremonial cacao for some energy. If you don't feel up to no coffee, then do one coffee a day, NEVER on an empty stomach.

# WOMEN AND COFFEE

Here are 3 little-known reasons you, as a woman, shouldn't be drinking coffee or caffeine in general, especially if you have PMS, are trying to conceive, or have a diagnosed menstrual issue.

## **#1 – Caffeine Causes Cyst Formation in the Breasts and Ovaries.**

Caffeine can increase the development of benign breast disease. For women with PCOS, Fibroids, Endometriosis, Ovarian Cysts, and Fibrocystic breasts- caffeine is a guaranteed way to make more cysts. For everyone else with hormonal sensitivity, it might not cause cysts, but it will disrupt your system.

Sometimes it seems like coffee is our national drug of choice. We're too often overworked, under-rested, plus poorly fed, and so coffee has become the crutch many of us use just to get through another busy day. A lot of people feel like coffee must be good for them in one way or another, and with all of the extraordinary marketing by big brands and continuously reported contradictory research, of course you would. The truth however is that we're addicted and we don't know the biochemical effects of this substance on our hormones.

Coffee is absolutely terrible when it comes to the female hormonal ecosystem and beyond this cyst formation situation there are 3 other reasons it's not good for us ladies. If you're struggling with your period, fibroids, cysts of any kind in the breast or ovary, endometriosis, infertility, low sex drive, moodiness, low energy, and weight issues. Tada..! Coffee is making all of these problems much worse.

## **#2 – Your Genes Determine If You Can Metabolize Caffeine Safely.**

Caffeine is broken down by the liver using the enzyme CYP1A2. Your ability to produce this enzyme is regulated by the CYP1A2 gene. If you have a mutation in this gene, it will dictate how your liver will be able to break down and eliminate caffeine from your system. Based on your gene variation, you'll either make a lot of this enzyme (and be a successful caffeine consumer) or a little. Turns out only 10% of the population make a lot of this enzyme! If you are a slow metabolizer, a 2006 study showed that you are at an elevated risk of suffering a heart attack from consuming 2 or more cups of coffee a day. With heart disease being the number 1 killer of women, it seems that every woman should be testing their genes before consuming caffeine.

Here's the other interesting thing about this, CYP1A2, is also involved by the liver in the metabolism of estrogen. So if you haven't had your genetic testing done, but you struggle with PMS, a diagnosed estrogen-dominant condition like PCOS, Fibroids, Endometriosis, etc, then you have reason to suspect that you may have a mutation with this gene and are making less of this enzyme needed not only to break down caffeine but also estrogen.

In 2008, research was done to build on the earlier studies linking caffeine to breast tissue changes and showed some association with increased risk of breast cancer. Perhaps the variation in risk factors has something to do with this gene variation. If there's a history of breast cancer in your family, then this is important information to consider.

# WOMEN AND COFFEE

## #3 – Caffeine Increases Infertility Rates.

- 3 cups of coffee a day consumed by women increases the risk of miscarriage dramatically
- Caffeine is associated with sub-optimal or suppressed fertility and, therefore, difficulties conceiving
- Drinking caffeinated beverages during early pregnancy (before you may know that you're pregnant) increases the risk of early pregnancy loss
- Caffeine is considered an impairment to fertility alongside alcohol and smoking
- Men who drink 2 or more cups of coffee a day had a lower chance of conception via IVF
- Coffee disrupts ovulation by increasing cortisol levels and stressing the adrenals
- Coffee depletes vital vitamins and minerals needed for ovulation and healthy fertility (including absolutely necessary B vitamins and folate) and coffee's acidity causes gut health problems
- Caffeine depletes the body of micronutrients essential for hormone balance

Ando also! Coffee flushes magnesium and other nutrients and minerals that are vital for happy hormones, such as B vitamins from your system. The acidity of coffee causes an imbalance in your gut flora and makes it harder for you to absorb the goodness of even the healthiest of diets. This makes it harder for your endocrine system to do its job of balancing your hormones. Taking the right supplements is a very clever idea when recovering from caffeine exposure.

# GOODBYE COFFEE

For those of you who find yourselves groggy and tired even after what seems like a full night's sleep, you might well be suffering with adrenal fatigue. Rather than jacking up your energy levels artificially, you need to think about healing your adrenal glands. Here's how to start that process:

1. Calorie Load for Breakfast – Eat a really good, big savoury breakfast every day. Make it the central meal of your day. This is eating with the natural biorhythm of your body. Your body needs fuel early rather than in the evening when it's preparing for rest.
2. Boost Your Adrenal Support – Support your need for mental focus with ginkgo biloba and rhodiola. For natural and sustainable energy take ashwaganda, vitamin B12 and vitamin B5. To reduce stress and calm your cortisol, drink holy basil tea.
3. Swap coffee for ceremonial cacao, matcha or green tea, which is made from the roasted stem from which green tea leaves are plucked. These options are alkalizing for the blood and full of mineral versus the acid-forming cup of coffee.
4. Replenish your Nutrient levels!! Explore supplements to ensure you rebuild your lost magnesium and B's and help your adrenals, gut and your liver heal from the long term caffeine exposure.
5. Eat, exercise, and work in a way that supports your fluctuating hormones, you build energy daily, instead of working against your hormones and leave yourself drained.

# SELF MASTERY RECOMMENDS

In this class we always get so many questions about where to buy good food/vitamins/herbs and other Ayurvedic products for the PURIFY week. We will share a shopping suggestion list on the instagram. We of course have a webshop that we have Matcha, Tea & Cacao in but we also recommend Systrasamlagið and Tropic.is for supplements.

- RVK RITUAL STORE: sign in and get 15% off all products in our shop and courses!

WE ALSO RECOMMEND THE HEALTH FOOD SECTION IN NETTÓ IF YOU ARE LOCATED IN ICELAND. THEY HAVE ALL OF OUR FAVOURITE FOODS FOR PURIFY WEEK

RESTAURANTS RECS IN REYKJAVIK FOR PURIFY WEEK FOR THE BUSY LADY THAT IS LOCAL

PURE DELI (the salads are amazing & gluten free wraps and green juice)

Joe & the juice (smoothie & gluten free avocado wraps)

Gló restaurant (choose vegan and GF bowls)

Systrasamlagið (the smoothies, breakfast and more)

MAMA REYKJAVIK - the dahl is the perfect purify meal and will leave you full and happy

Garðurinn: vegetarian restaurant in downtown Reykjavik

ÍSEY (minus the skyr & the granola)

MAIKAI or NÚTRÍ ( amazing acai bowls and more)



Balancing dosha

# START BALANCING YOUR DOSHA

## GOOD REMINDERS FOR VATA

### VATA

1. Maintain a consistent daily routine and keep exercises both gentle and regulated.
2. Find time for rest and to nurture yourself. Be in a calm, safe, and comforting environment.
3. Have regular massages as this is soothing and grounding for Vatas.
4. Avoid very cold and windy conditions, as well as dry climates.
5. Minimize travel and too much movement; avoid loud and noisy places as well as crowds and too much talking.
6. Keep warm and get enough sleep.
7. Eat more grounding meals. Stews, curries, roasted veggies, and soups. Tastes to focus on: sweet, sour, salty
8. Dry cold foods like popcorn, crackers or excess raw foods will throw a Vata off balance, causing bloat, gas and anxiety.

# BALANCE YOUR DOSHA

## GOOD REMINDERS FOR PITTA

### PITTA

1. Get plenty of fresh air and choose cooler times of day to get physical exercise.
2. Keep cool physically and mentally, and apply an attitude of moderation in all things.
3. Avoid situations of excessive heat, steam, or humidity and take plenty of fluids.
4. Be considerate and patient with others.
5. Engage in quiet and contemplative activities.
6. Avoid situations of potential conflict.
7. Eat more cooling detoxifying meals: leafy greens, juicy fruit, simple grains, steamed vegetables and protein packed legumes. Tastes to focus on: sweet, bitter, astringent
8. Spicy and pungent foods like tomato, onion, garlic and meat will knock Pittas off balance, causing acidity and impatience

# BALANCE YOUR DOSHA

## GOOD REMINDERS FOR KAPHA

### KAPHA

1. Wake early (before dawn), sleep less, and avoid sleeping during the day.
2. Indulge in plenty of physical exercise every day
3. Perform activities that stimulate and energize the body and mind, and build the metabolic rate.
4. Allow for excitement, challenge, and variety in life.
5. Break away from stagnation and clinging to old ways of thinking and behaving.
6. Keep warm and dry.
7. Eat more stimulating, light foods. Bitter vegetables, leafy greens, spices and herbs are perfect for Kaphas. Tastes to focus on: bitter, pungent, astringent.
8. Eat less oily and heavy foods like dairy products, excess carbohydrates, fats, wheat and sweeteners will cause them to gain weight and become sluggish.



# AYURVEDIC PRACTICES

Dinacharya practices help us to establish balance in our vata, kapha, and pitta energies. Here we recommend a three simple practices to do this week to increase your purification. .

# AYURVEDIC PRACTICES



## 1. DRY BRUSHING - 3 MIN

Dry brushing is a manual form of exfoliation that involves brushing dry skin with a soft-bristled brush (or a dry towel). It sits somewhere between a massage and an exfoliating treatment. The bristles slough off dead skin cells and the pressure of the brush combined with the sweeping motions can help to stimulate lymphatic drainage, which helps the body to rid itself of toxins. Lymphatic drainage can improve many ailments, including fatigue, headaches, swelling, and the common cold. Dry brushing is a very potent tool for detoxing! DIRECTIONS: Before a shower. Starting with your feet, brush in circles upward towards your heart. Put medium pressure and light where the skin is very thin.

# AYURVEDIC PRACTICES



## 2. TONGUE SCRAPING - 1 MIN

Ayurvedic tongue scraping is the practice of removing toxins and bacteria from the tongue. The tongue scraper is one of the most powerful and simple tools you can add to your daily wellness routine. It is used for oral hygiene and stimulating digestion. Used very first thing in the morning before oil pulling or brushing your teeth, tongue scraping clears ama (toxin) accumulation and bacteria from the surface of the tongue, eliminates undigested food particles, and gently stimulates the internal organs and digestive system. Use a tongue scraper or just start by using a spoon, scraping the tongue. DIRECTIONS: in front of a mirror, open your mouth, and stick out your tongue. Gently set the rounded end of the tongue scraper at the back of your tongue. Gently touch the scraper to your tongue. Slowly pull it forward, toward the tip of your tongue. You should never push the scraper from the tip of your tongue back. Always go from the back of the tongue to the tip. After each scrape, put under water to remove debris from the scraper. Repeat until you've scraped the entire surface of your tongue. One to two scrapes across the same area is usually enough.

# AYURVEDIC PRACTICES



1+ time  
this week

## 3. OIL PULLING 5-15 MIN

Oil pulling is an ancient practice that involves swishing oil in your mouth to remove bacteria and promote oral hygiene. Studies suggest that oil pulling can kill bacteria in the mouth and improve dental health. DIRECTIONS: On an empty stomach, take about a Tablespoon, of coconut oil into your mouth (its good to have it liquid form so putting the jar under hot water). Push, pull and draw the oil through the teeth, from side to side and front to back, for 5-15 minutes (perfect while showering). If you feel the need to spit during this time, spit a little out and keep “pulling.” At the end, the oil will be milky white, thin and frothy. Spit it out in the toilet, not sink, as the coconut oil can clog small pipes.

# AYURVEDIC PRACTICES



1+ time  
this week

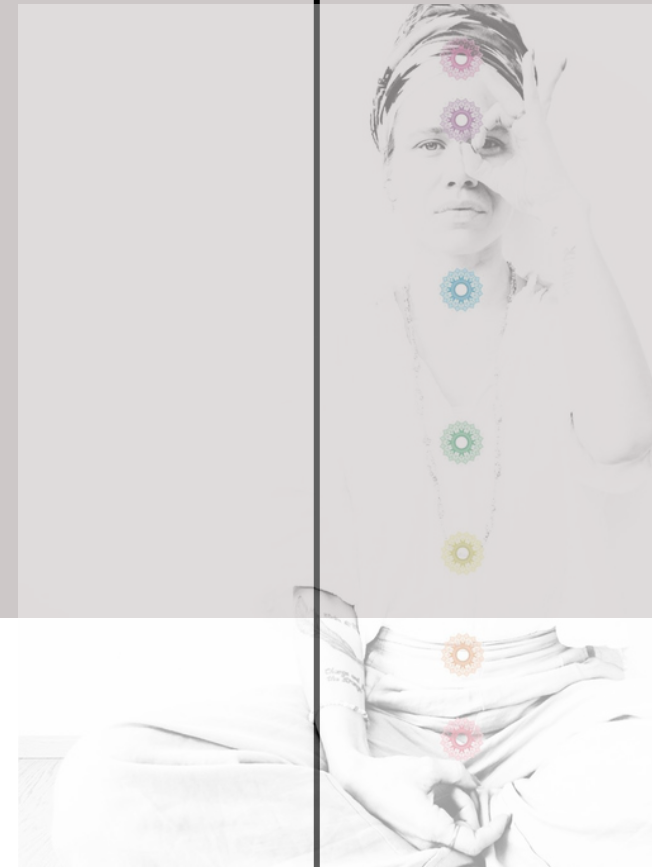
## 4. NETI POT

The neti pot is a form of nasal cleansing. Made from plastic, ceramic, stainless steel, or copper, it resembles a teapot but has a longer spout. Many have noted its resemblance to the magic lamp from the story of Aladdin. DIRECTIONS: Mix a half-teaspoon of salt for every cup of water, start boiling the water and then let it cool down to room temperature. Pour the saltwater into one nostril tilting your head, let the solution flow through the nasal passage, flushing out excess mucus and accumulated debris, and exits through the other nostril. The same process is then done to the opposite nostril. Why Use It? When you breathe in allergens, pollution, and other forms of irritation, mucus production can increase, setting the stage for congestion and infection. Using a neti pot can help clear nostrils for improved breathing, reduce snoring, reduce nasal dryness, ease sinus headaches, alleviate facial pain and sinus pressure, relieve allergy symptoms such as runny or stuffy nose, heighten the sense of smell and taste, prevent the common cold and other upper respiratory infections. Users with a history of nosebleeds may want to avoid nasal irrigation.

# BALANCING YOUR CHAKRAS

Chakra balancing is the process of restoring a harmonious flow of energy across the chakra system. The effect of well balanced chakras often translates into a feeling of well-being, relaxation, centeredness, increased vitality and embodiment of oneself.

Balancing tools such as food (see recipe book), affirmations (repeat 3 times in the morning), essential oils (rub on the chakra location or diffuse) and colors can be use to strengthen the imbalanced chakra. This week choose one chakra to focus on and get in better balance. You can always revisit this.



# 1. ROOT CHAKRA: RED

How to balance a depleted ROOT Chakra, try this;

MOVE: Exercise, dance and movement

GROUND: Walk barefoot on the Earth. Get out in nature

LET GO: Practice letting go. Get rid of old junk and things the are no longer useful.

GRATEFUL: Practice gratitude. Recognize abundance in your world

MASSAGE: Give and/or receive a massage

SAFE: Practice self-reliance, create safety in your environment

FEET: Get a pedicure

RED: eat red, wear red

AFFIRMATION: "I am filled with humility. I am enough as I am."

CHANT: LAM

ESSENTIAL OIL: Cedarwood, Cypress, Vetiver, Abundance, Grounding, Valor

STONE: Red jasper, Red Carnelian, tigers eye

# 2. SACRAL CHAKRA: ORANGE

How to balance a depleted SACRAL chakra;

DANCE: like nobody is watching, move those hips

FOOD: enjoy food without guilt!

LUXURIES: treat yourself, whatever that means to you

PLAY: have fun with life, be silly

RELASHIONSHIPS: Establish and maintain healthy boundaries in your relationships

YOGA: Hip opening Yoga poses

WATER: drink enough water and spend time in and around water.

CREATIVITY: Do something creative

ADDICTIONS: Explore the root of your addictions

ORANGE: eat orange and wear orange

AFFIRMATION: "I am radiant, beautiful and strong and enjoy a healthy and passionate life"

CHANT: VAM

ESSENTIAL OIL: Grapefruit, Jasmine, Orange, Rose,

STONE: citrine, carnelian, orange calcite, Moonstone

### 3.SOLAR PLEXUS CHAKRA: YELLOW

How to balance a depleted solar plexus chakra;

FOOD: do intermitting fasting and rest your digestion

BREATH: Practice breath of fire

SUN: Spend 20 min in direct sunlight every day, when possible

NEW EXPERIENCES: Try new things, be brave

FINISH: follow through and keep your word

YELLOW: wear yellow, eat yellow foods

AFFIRMATION: “I accept myself completely. I accept that I have strengths and I accept that I have weaknesses.”

CHANT: RAM

ESSENTIAL OIL: Lemon, Ginger,

Peppermint, Sandalwood, Purification,

STONE: amber, citrine, golden or honey calcite, yellow sapphire

### 4.HEART CHAKRA: GREEN

How to balance a depleted heart chakra;

LOVE: Do something you love. Let yourself fall in love with life.

SELF LOVE: Practice selfcare rituals such as abhyanga, dry brushing and warm baths with candles

CACAO: drink ceremonial cacao

GIVE/RECIPE: Focus on receiving if you are naturally inclined to be a giver; and on giving if you're more inclined to receive.

GRATITUDE: practice gratitude, gratitude journal

GREEN/PINK: eat green foods, wear green and pink

AIR: Practice deep breathing with your hands on your heart.

AFFIRMATION: “Love is the answer to everything in life, and I give and receive love unconditionally”

CHANT: YAM

ESSENTIAL OIL:Jasmine, Lavender, Rose, Believe, Joy

STONE: rosequartz, clear quartz, jade, green calcite

## 5. THROAT CHAKRA: BLUE

How to balance a depleted throat chakra;

TRUTH: speak the truth, and allow yourself to share your feelings, thoughts and ideas

JUDGE: Stop judging yourself and others.

CAT/COW: do catcow 3 minutes daily

VOCAL: Get vocal! Find your way of doing it, whether it is through writing, chanting, singing, talking to loved ones.

EXPRESS: Try all kinds of forms of expression, even those who may not come naturally to you.

JOURNAL: Keep a journal. Write about your meditations, dreams, goals, fears, challenges Remain in a constant state of self reflection.

BLUE: eat blue and wear blue. Look at the clear sky

CHANT: HAM

AFFIRMATION: "My thoughts are positive, and I always express myself truthfully and clearly"

ESSENTIAL OIL: Lavender, Peppermint, Believe, Deep Relief roll on, Thieves, Valor

STONE: Amazonite, Turquoise, Lapiz, Aquamarine

## 6. THIRD EYE CHAKRA: INDIGO

How to balance a depleted third eye chakra;

SLEEP: make getting enough sleep a priority

MEDITATE: Meditate every morning and night, focusing on the third eye center, between your eyebrows.

NATURE: Immerse yourself in nature to regain touch with your true nature.

DRAMA: Letting go of the daily dramas, and staying grounded in the present moment

YOGA: Headstand, downward facing dog, shoulder stand.

Practice physical yoga to lessen the ego

INNER CODE: Figure out and follow your dharma, life purpose, no matter what those around you say.

PURPLE: eat purple and blue food.

CHANT: OM

AFFIRMATION: "I am wise, and I understand the true meaning of life's situations"

ESSENTIAL OIL: Frankincense, lavender, Geranium, Sandalwood

STONE: Amethyst, Black Obsidian

## 7. CROWN CHAKRA: WHITE/ PURPLE

How to balance a depleted crown chakra;

MEDITATE: Practice meditation twice a day, for at least 20 minutes each time. Focus on the crown and connecting to the universe

DOWNLOADS: When the downloads (ideas/thoughts from the universe) come through be prepared to write, because specific downloads rarely reoccur. Surrender to the act of receiving higher source energy.

EXPAND: Do what makes you feel expansive. Get lost in the song, dance, in the moment.

PERSPECTIVE: Remind yourself of how small you are. Spend time in the magnitude of nature

LISTEN: instead of chanting we listen

AFFIRMATION: "I am complete and one with the divine energy".

ESSENTIAL OIL: .Frankincense, Lavender, Petitgrain, Vetiver, White Angelica

STONE: Agate, Amethyst, quartz

## 8. AURA CHAKRA: WHITE

How to balance a depleted aura chakra;

WORD: Stay true to your word.

COMMITMENT: Commitment! To yourself, your practice and to other people.

WHITE: Wear white or light colored clothing, made out of natural fibers.

HAIR: Do not cut your hair.

YOGA: Downward dog, Ego Eradicator, Archer Pose, all arm exercises, all meditation.

AFFIRMATION: "I am radiant and strong"

ESSENTIAL OIL White Angelica, Frankinsence, Myrrh.

STONE: Amethyst, Clear quartz



# Purifying the mind

Getting started into releasing negative thought patterns and cleansing the mind of obsessions and fear is a lifelong practice. The following is just an introduction to a few powerful tools.

# RITUAL-ASSIGNMENT: TAKING INVENTORY: MIND

What can I do every day for my state of mind?

What do I need to "stop" obsessing about?

What do I need to start thinking more about?

What does my mind need now?

WHERE ARE YOU NOW 1-10:

GRATEFUL \_\_\_\_

SELF LOVE \_\_\_\_

HAPPY \_\_\_\_

PEACEFUL \_\_\_\_

HUMOUR \_\_\_\_

FEARLESS \_\_\_\_

# JUDGEMENT

We tend to overuse our judgement on a daily basis. We judge strangers, friends, partners, family members and mostly ourselves. The author Gabriel Bernstein defines judgment as a **separation from love**. We rationalize or dismiss what seems like innocent behavior. We get a quick hit of self-righteousness when we judge others. It's a reliable little crutch when we feel hurt, insecure or vulnerable. When we judge our energy weakens and our thoughts darken. Judgement leads to gossip, mental abuse and passive aggressive behaviours. Time and time again, judgment leaves us feeling deeply uncomfortable, isolated and out of alignment with the person we want to be.

## RITUAL ASSIGNMENT: JUDGEMENT DETOX

**Choose** one day this week, to notice all your judgement when they arise. Don't judge them, notice them and when you do, try to notice the wound beneath it; what insecurities or fear is causing this? After that bring love and compassion to you and the person you are judging. At last try to see the person for the first time, without all of your history or perceptions. Try to see the light in them and you.

From here on try to pay attention whenever judgement comes up, as it can be a great teacher for us and a mirror for what we don't like in ourselves. It is a good idea to have a Judgement Journal and write out what you don't like in others. Spend some quiet time examining where you might have exhibited such traits in your own life, without feeling guilty. See what you can learn and where the roots of such traits may come from. Such as coping mechanisms for not feeling good enough. Dedicating writing and reflection can help heal.

# MEDITATION

The most profound ways you can experience saucha (purification) is to meditate every single day for long periods (40 days) ! Meditation cleans your mind and helps balance the 10 bodies!! What better way to declutter the mind than daily meditation. Practicing any form of meditation helps calm and clear the head, and gives us glimpses of pure stillness.

Meditation is also a tool to help with JUDGEMENT

The real benefits of meditation come when you do it regularly, every day. This is what will change your brain to the better, and change your life. Constant, daily practice.

RITUAL PRACTICE: Meditation journal. Make it a practice to journal for a minute after each meditation, what is coming up, what is difficult, what to release.

# BREATHWORK

Pranayama (breathwork) is one of the eight limbs of the yoga philosophy, and for a reason! It is a sure way to cleanse and purify within. It is very detoxifying for the physical body, increases your energy, raises your moods, cleanses the nervous system and fights stress. We have already been proposing you do daily pranayama or breathwork so far. So far you have learned left nostril breathing and the 8 part breath. **This week** we suggest the very cleansing breath of fire to help with detox (see the beginning of this pdf and instagram for tutorial) and also for more energy.

Breathing exercises are one of the simplest and most effective tools we have tried to change our moods and our energy. It is very underrated what deep breathing can do for your health, mind and body! Also for you pranic body!

Later in the course we will teach more breathing exercises to try out.

A faded, grayscale background image of two women. One woman is smiling and looking towards the camera, while the other is looking slightly away. They are wearing light-colored, ribbed long-sleeved tops. The text "YOUR LIFE" is centered over the image in a black, serif font. The entire image is framed by a thin black border.

YOUR LIFE

# YOUR SURROUNDINGS AND YOUR TIME

You can approach your daily life with Saucha by bringing more mindfulness into all areas of your life. Decluttering each area of your surroundings and life takes time, but just by taking inventory and seeing where you need to "clean up" already starts you on your journey.

# RITUAL-ASSIGNMENT: TAKING INVENTORY

What in my life or surrounding me is the most chaotic? Name 4 things

What do I need to throw out or clean out?

What do I need to organise better?

What does my home need to be a safe and lovely place?

WHERE ARE YOU NOW 1-10:

HOME & SPACES \_\_\_\_

TIME MANAGEMENT \_\_\_\_

RELASHIONSHIPS \_\_\_\_

A black and white photograph of a hand holding a small, dark, dried plant stem. The hand is positioned on the left side of the frame, with the thumb and index finger gripping the stem. The background is a light, neutral color. The image is partially obscured by a vertical grey bar on the right side.

# PURIFY SPACES

In the book *Shambhala: The Sacred Path of the Warrior*, the author speaks about the importance of personal dignity, self-respect and discipline. He suggests that the environment with which we surround ourselves - both our physical environment and our personal comportment - is a direct expression of dignity and self-respect. There is much magic in cleaning and decluttering your surroundings so they reflect who you are and/or who you want to be.

# BE MINDFUL OF YOUR SPACES

## RITUAL ASSIGNMENT:

Choose **one** area to clean out and organize this week

### HOME - AREA

Closet, kitchen cabinet or maybe the junk drawer.

Choose ONE area, throw out and organize

### CAR

Make it spotless and organized, does it have something that represents you?

### WORKSPACE

Make it organized and add a wellness things; a plant, waterbottle, vitamins, crystal ect.

### DESKTOP

Organize and clean up  
Also consider making you computer password an postitive affirmation

# MAKING SPACE FOR SOMETHING NEW

When your space is dirty and disorganised, it can be hard to focus on any tasks and especially hard to manifest what you want in life. If you want to be magnetic in a specific area you need to clean and declutter. We recommend regularly decluttering an area that feels stagnant. Throw away anything that weighs down your energy. Throw away dead plants. Give away items that have served their purpose. Get intentional about every item you place in your spaces. This is an example of the energies around decluttering and being intentional with your surroundings.

WORK: Clear and organise the desk at work or in your home office. Maybe you need to make space for new possibilities to come your way. Like if you have had the dream to work freelance and quit your full time job you need to create your dream home office to tell the universe that you are ready.

HEALTH: Clean out your refrigerator and cupboards so that healthy and delicious food is more easily visible and within reach if you want to get your health in better shape. Make your kitchen about health, for example have a smoothie station.

SPIRITUAL: Create a dedicated space in your home for spiritual practice, an altar or a mat to practice yoga and meditation. Make a ritual of cleaning your mat and/or altar following every asana and/or meditation practice you do.

# NON TOXIC HOME

Your home is its own eco system that you have full (well almost) control over what comes in and goes out. We recommend taking a look at your little universe and seeing if you can make tiny changes that have a big ripple effect. Indoor air for example can have higher concentrations of toxins than outdoor air! Ironically, these chemical toxins come from the products we use to make our lives better. These are just a few things we recommend to make your home a non-toxic haven.

- Make your own cleaning products or buy non toxic (and even better refillable)
- When choosing furniture or things for your home, choose things from natural materials; wood, bamboo, glass, clay, stone.
- Re-cycle, re-use and re-duce!
- Plants! They clean the air and are great reminders of that we are nature and we aswell need enough water and sun to thrive

# SPACE CLEARING

Our homes and environments retain the energetic imprint of those that inhabit the spaces. It is always good to just take a little time and burn off the old energy to welcome fresh and new chi. Our favorite methods of space clearing are the following: burn palo santo, smudge with sage or spray high quality essential oil with water (purification, eucalyptus). Palo santo is light and great for everyday use. White sage is heavier for the heavy duty space clearing (both available in the rvk ritual online shop). And the essential oils for detoxing air and lifting your mood. Whatever you use, make sure to vision the space being filled with positive energy and your dreams for the future.



# PURIFY LIFE

Your time, your relationships, your work, your hobbies, your chores. All of this makes up most of your life. Taking a mindful approach to each of these areas starts transforming your life into something you will truly enjoy

# PURIFY YOUR TIME

Start by noticing where most of your time is going. And practice focusing your attention on one thing at a time. By doing so, you are able to experience the fullness of whatever is right now. Work on your time management skills. Clean up your calendar or ical. If you do not use a calendar, start using one right now!

## RITUAL ASSIGNMENT: HOW AM I SPENDING MY TIME?

Choose a day and notice what you do with your time, write it out in your journal . Be specific; instagram, tv, cooking, eating, phone-calls, vacuuming, feeding the baby, EVERYTHING

This can give you clues on what you can clean out to make space for something you truly want to do/ call in.

# DIGITAL DETOX

We need to find a better balance with technology. It is not going anywhere, and the answer is not looking at it as the enemy so we need to look at our relationship to it and how we use it so it keeps on serving us, so we don't become the servants!

Here are a few tips for a more mindful approach to tech

1. Turn off notifications of most (or all) apps. This is life changing. Then you are less reactive.
2. Keep the phone and computer out of the bedroom. Control what goes into your subconscious just before sleep and in the morning.
3. Make your own rules: is dinner time a phone free time? When you visit people do you leave the phone in the car? Do you want to practice being without it while you do something else (work, hike, connect)

# Living by your inner code

In the first part you found your 4 words that represent your inner code. This is just the beginning of this journey, we recommend updating your inner code regularly. Here are a few ways to live by your inner code.

1. Pay attention to how you are spending your money. Are you spending cash on things you're soon after casting away? What are you collecting that doesn't bring you joy?
2. Learn the power of no. This can be the most powerful word in our vocabulary. Create boundaries, say no to things you know don't align with what you value.
3. Seek out activities that bring you joy. I encourage you to do one thing that brings you joy each day. May this be sipping on a cappuccino because you value luxury or taking a long bath and meditating because you value self care and spirituality.
4. Delegate or detox one thing from your day that doesn't align. Maybe that's your protein bar breakfast you eat on the go because you think its cheap and quick, but really it tastes like crap and you wish you had a green smoothie blended with love instead.Or maybe a chore that you hate that your partner could do.
5. Take note of how living your inner code makes you feel. Pay attention to the joy that comes up when you participate in an activity that aligns with your inner code. Compare that to other activities you fill your day with. Listening to your inner voice can help you to decipher where you may be uncertain.

# Relationships

Your relationships to yourself and others takes up the most mindspace for most people. If you have difficult relationships we encourage you to look at yourself and what you can improve in how you communicate. Just read over these and let them marinate, look at them regularly for a reminder.

# purify your relationships

1. Watch your language! Check in with the type of words and sentences you use! Maybe something that isn't even your language to start with. Does it accurately represent who you are? Do you curse a lot? or does your language represent that you are a victim or that you are in constant lack? Do you put yourself either below or over other people? Instead of looking at everyone as an equal. Try cleaning up your language and speaking more from your soul.
2. Do not engage in gossip or low-vibration discussions. It makes you feel bad and it keeps you away from prosperity and abundance
3. Speak kindly to yourself and others. When you wake up in the mornings make it a ritual to stretch your body and bless every part before getting out of bed.

# PURIFY: INVENTORY AND ACTION

We hope this week inspired you to take inventory and action. This part is meant to be a reminder of the energies and power that comes with purifying your life. How it feels to shift things, decluttering, detoxing and with that work towards getting closer to living your life more as your true self. In the next part we start working on your daily practices & rituals that can sustain you and elevate you to your vision.