

# ***Begin Your Personalized Health Practice Today***







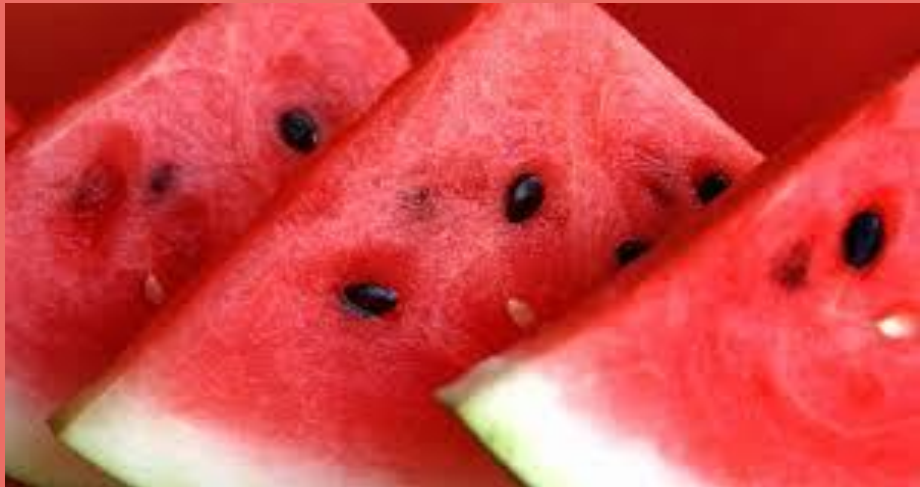
# SETS OF QUALITIES (GUṆAS)

**HOT** ←-----> **COLD**

**SOFT** ←-----> **HARD**

**SMOOTH** ←-----> **ROUGH**







**LIGHT** ←-----> **HEAVY**

**FAST** ←-----> **SLOW**

**DRY** ←-----> **UNCTUOUS**

# What Quality Can We Infer?





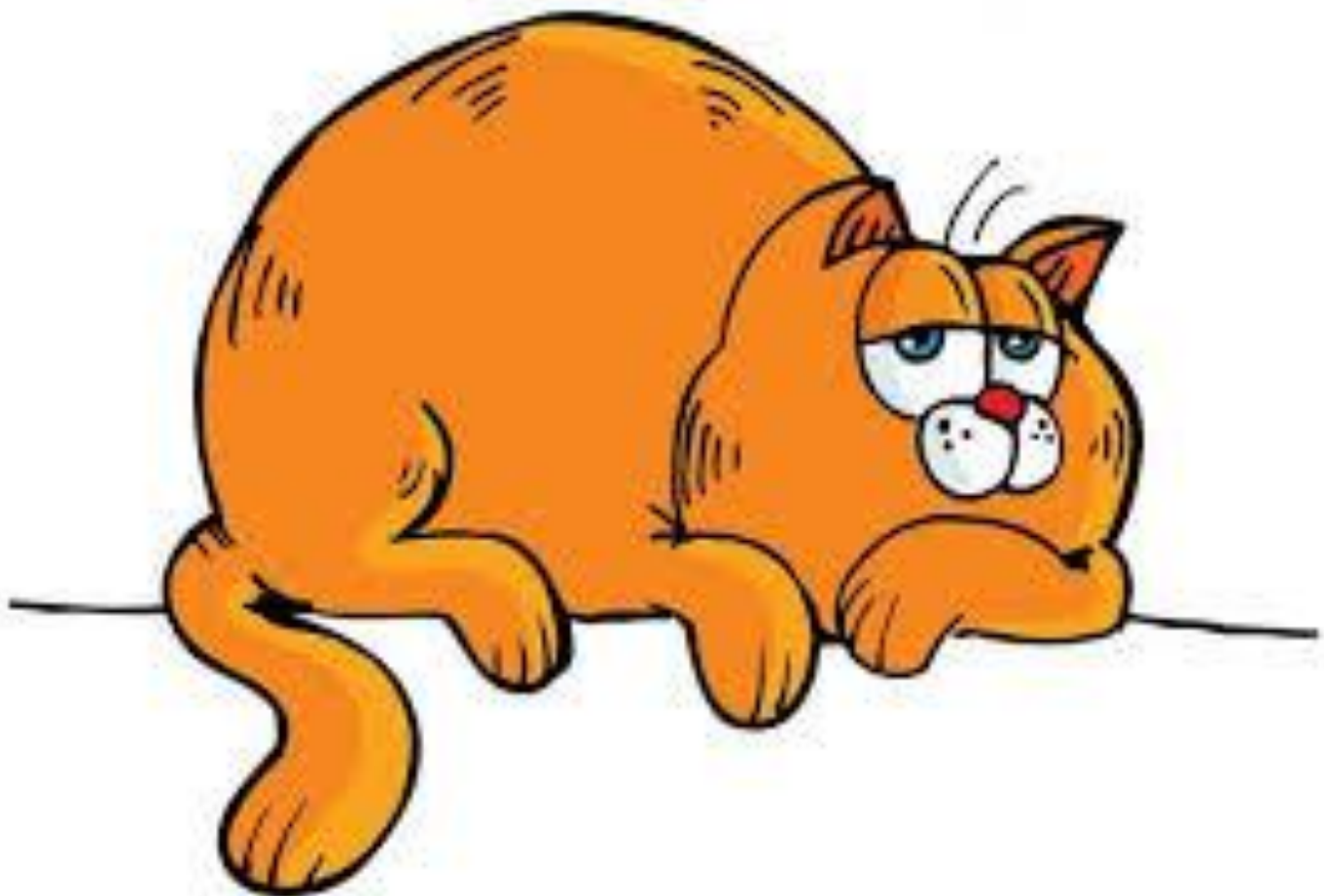


## *A Series in Ayurveda # 3*

Ayurveda focuses on the uniqueness of each individual.









LIKE INCREASES LIKE

OPPOSITES DECREASE



Did you know the brain accounts for 2% of total body weight but accounts for 20% of the body's energy use!







## *A Series in Ayurveda #5*

Nothing is separate. Everything is connected. Practicing Ayurveda is as much about understanding one's own inner nature AND fulfilling one's potential.



# Recap Your Key Concepts

1. The ability to trust what you already know and apply it to impact your health.
2. Guṇas are the common denominator in our world. They are everywhere.
3. Like increases like
4. Opposites decrease

**Āyurveda as a science and body of knowledge offers specific guidance and instruction demonstrating how guṇas and matter and action either support a long full healthy life or a shortened life.**



# What Can You Do Next?

**Guṇas are a TOOL, coming from yoga and ayurveda which YOU can apply in your daily life.**

**I encourage you to:**

- **Get real familiar with the guṇas, like the back of your hand**
- **Look at your food, environment and body using guṇas**
- **Then sit with what the guṇas reveal to you (this takes away the judgement process that we can get caught up in which creates obstacles and limitations for us)**
- **It might lead you to try something different, see a situation in a different way and have a totally different outcome.**