

# Ayurvedic Journal Instructions and Healing Tips



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## Ayurvedic Journal Instructions and Healing Tips

- 1 Accuracy, truthfulness, consistency and descriptiveness is very important. Please provide as much information as possible – the more the better.
- 2 Be sure to note times, your moods, emotions and how you feel before, during and after each item.
- 3 Remember that Ayurveda is basically a self-healing system. Nobody can do this for you. Embrace the change and make it a fun hobby. Happiness and health go hand in hand and it is difficult to have one without the other. Be happy, it's healthy!
- 4 Be sure to note environment, surroundings and other outside influences in your journal. Awareness is key to healing. Be sure to identify stressors and addictions.
- 5 Be honest to yourself and your journal. As humans we are all drawn to sugar, as an example. People find that being humble while healing is very important to their success.
- 6 Set an intention each day. Can't think of one? That's okay. Try this: live your life with these attributes; appreciation, care, compassion, gratitude, forgiveness and love.
- 7 It is advisable to journal for a minimum of 30 days when starting your Ayurvedic journey. Some have done it for years and get great benefit. Feel free to add sections for meditation and other healing modalities.
- 8 Nature and exposure to the morning sun are very beneficial for healing the mind, body and spirit. Taking walks in nature and letting the rising sun warm your face are very beneficial. Try it!
- 9 If you run into snags on what to eat you can always eat kitchari. Kitchari is a traditional healing preparation made of mung dahl beans and rice with special spices. Kitchari is easy to digest and tastes great. Just call us and we can provide you with a supply and even give you a prep demonstration!
- 10 Set aside time and space for self-love. Daily abhyanga (ayurvedic oil massage) is perfect. Even just telling yourself you are unique and wonderful vs the thoughts we know we typically tell ourselves.

*This information is not intended to diagnose, cure, treat or prevent disease.  
This information has not been evaluated by the FDA and is simply tips on successful journaling.*