




RASĀYANA^{LLC}
AYURVEDA | MASSAGE | YOGA

FIRESTARTER | MODULE 2

Balancing Your Mind & Mood

KRIS QUIÑONES, LMT, AHC, CYT500

- Owner & Founder of Rasayana, LLC, specializing in traditional Ayurvedic bodywork treatments
- Over 2 decades of combined professional experience in clinical massage, orthopedics, competitive sports, Yoga, and Ayurveda
- Certifiable Foodie
- Pitta-Kapha Constitution



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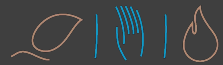
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रसायन

RASĀYANA (RUH-SAI-YA-NAH)

A remedy or formula in Ayurvedic medicine, promoting intelligence, vitality, and longevity.

OBJECTIVES



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OBJECTIVES

Prepare you for
fluctuations in the mind



OBJECTIVES

Recognize the 3 universal forces that impress upon the mind

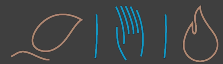


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OBJECTIVES

Identify the relationship between food prep and post-meal moods.



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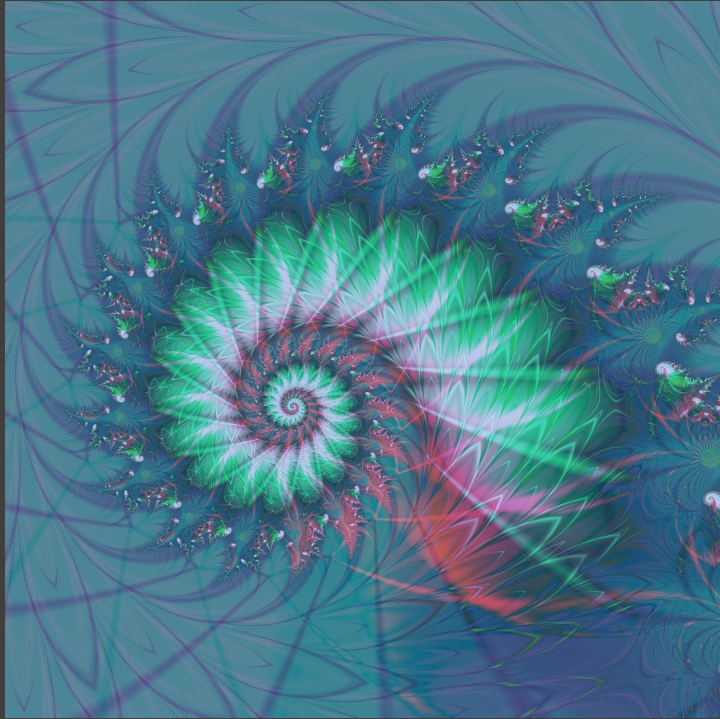


AYURVEDIC DEFINITION OF HEALTH

Sama dosha samagnis ca sama dhatu mala kriyah. Prasannatmendriya manah svastha ityabhidhiyate.

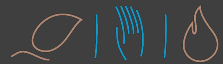
- Sushruta Samhita, 15.38

One who is established in Self, who has balanced Doshas (primary life force), balanced agni (digestion), properly formed dhatus (tissues), proper elimination of malas (waste products), well-functioning bodily processes, and whose mind, soul and senses are full of bliss is called a healthy person.



“SPIRITUALITY IS NOT GOING TO A TEMPLE AND RINGING A BELL. IT’S ABOUT CHANGING YOUR INTERNAL LANDSCAPE. IT’S TAKING CARE OF THE MIND.”

-DR. PARTAP CHAUHAN



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AYURVEDA IS

The instruction manual for the human system



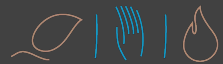
4 TYPES OF LIFE:

- Beneficial, not disrupting to lives of others
- Non-beneficial
- Happy (including health)
- Unhappy (unhealthy)



QUALITIES OF A HAPPY, BENEFICIAL LIFE ARE ONE WHO HAS:

- Compassion
- Control of the senses
- Thinking before acting
- Capability
- A strong immune system
- Economically satisfied
- Senses are strong
- Involved in doing something positive
- Free of diseases - physical, mental, spiritual



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3 UNIVERSAL FORCES



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3 UNIVERSAL FORCES

Sattva

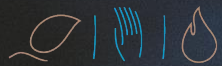


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3 UNIVERSAL FORCES

Sattva
Rajas



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3 UNIVERSAL FORCES

Sattva
Rajas
Tamas



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SATTVA BOOSTING FOODS & PRACTICES

- Practice meditation or develop another mind-body practice that allows you to turn inward and look inside yourself
- Take slow walks in Nature
- Favor a mostly vegetarian diet
- Eat freshly cooked organic foods, favoring: whole grains, veggies, raw honey, butter & milk, fruits, nuts, seeds, sprouts, or legumes.
- Enjoy good company; spending time with positive, kind, compassionate people.
- Establish/schedule times of silence weather a half or full day, taking some time to **turn the senses inward (pratyahara)**, rather than continuing to engage with the world, will cultivate the state of mind allowing for sound sleep and a sense of calm and ease.



SATTVIC FOODS...

- Are fresh and seasonal
- Are prepared with love and attention
- Are well digested
- Feelings of lightness and energy



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RAJAS IS...

The state of a restless mind – marked by change and excitability

Easily agitated or irritated by too much talking, moving, traveling,
eating sharp spices

A state very common in this modern age with our general
over-desiring and over-working.



RAJASTIC FOODS & PRACTICES

Have lost quality (stale, leftover, spoiled)



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RAJASTIC FOODS & PRACTICES

- Take a brisk walk
- Do some invigorating vinyasa yoga
- Perform some energizing pranayama techniques, such as Kapalabhati and Bhastrika
- Celebrate and create sound: sing kirtan, play a musical instrument, shout, laugh
- Sprinkle small amounts of black pepper, ground ginger, or cayenne pepper on your food



TAMAS IS...

The passive, obstructing, or negative force, which sustains previous activity

A dull and unmotivated state of mind – marked by cloudiness or confusion

A state that imparts emotional clinging and stagnation



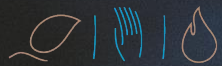
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TAMAS IS..

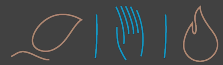
- Take a warm bath or shower in the evening
- In early evening, dim the lights in your home, favoring floor or side lamps and minimizing overhead light
- Add a weighted blanket or sandbag to your hips or thighs during Savasana
- Stretch while seated or laying on the floor
- Drink warm milk with dates, almonds, and spices like nutmeg, cardamom, or cinnamon
- Massage the soles of the feet with warmed sesame oil before bedtime
- Create a consistent bedtime routine



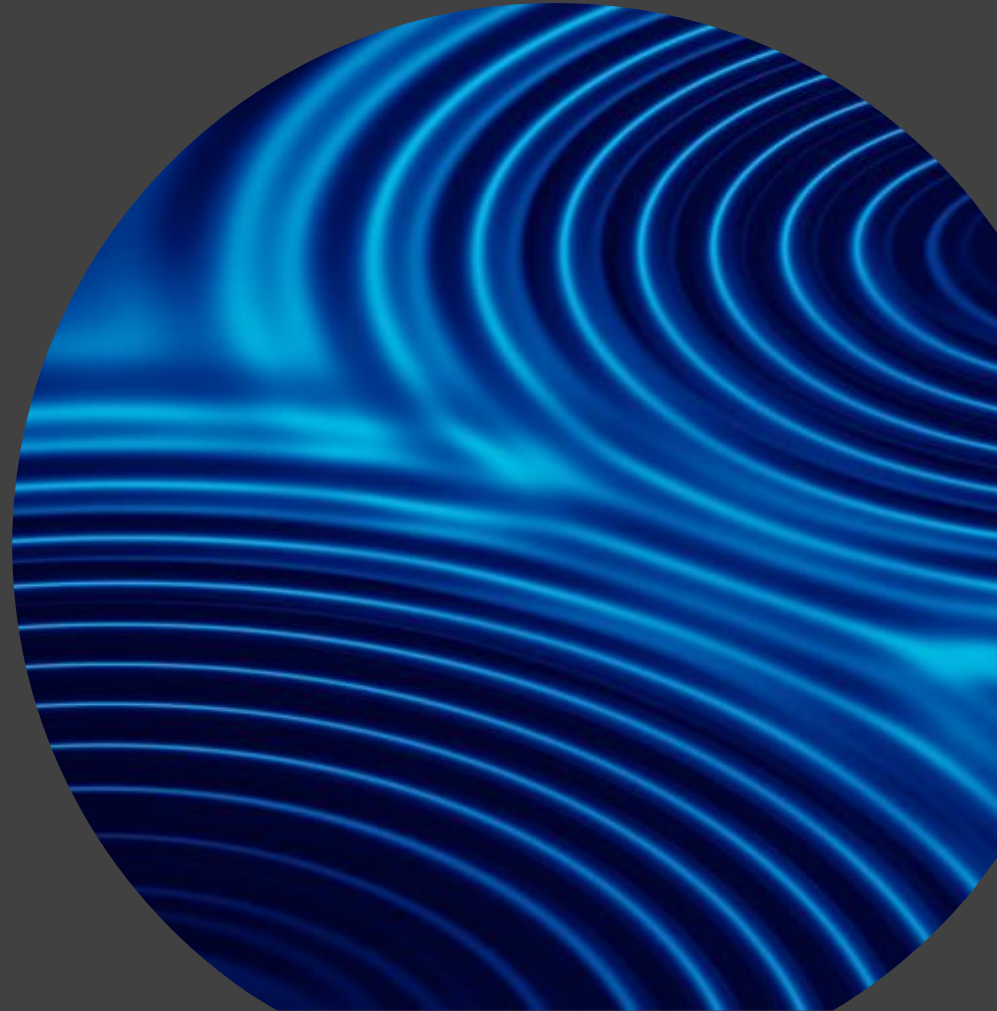
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SAMKHYA

1. Purusha, Prakrti, Atma



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SAMKHYA

1. Purusha, Prakrti, Atma
2. Chitta, Buddhi, Ahamkar, Manas



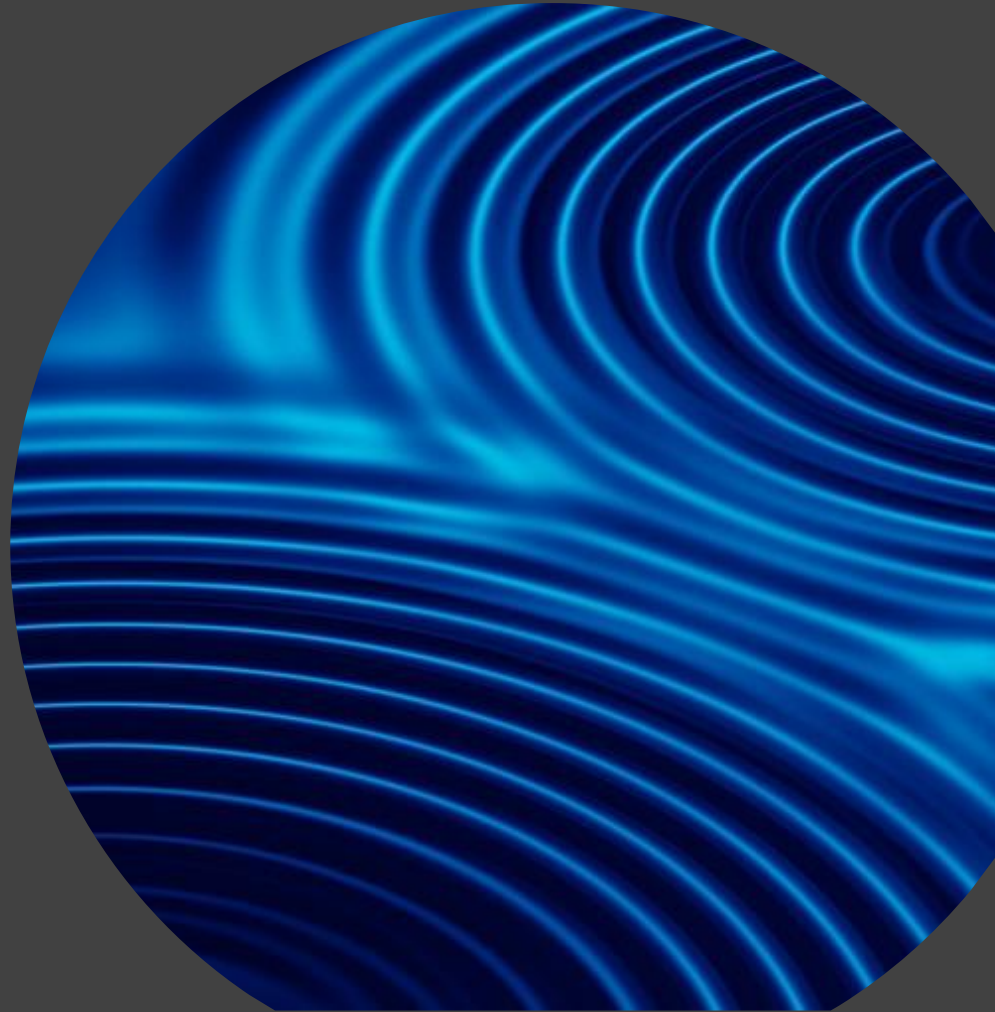
SAMKHYA

1. Purusha, Prakrti, Atma
2. Chitta, Buddhi, Ahamkar, Manas
3. Sharira, Elements, Organs



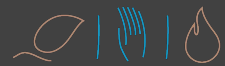
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QUALITIES OF THE MIND

- Thinking, prolonging, and expanding thoughts



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QUALITIES OF THE MIND

- Thinking, prolonging, and expanding thoughts
- Capable of imagination



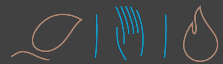
QUALITIES OF THE MIND

- Thinking, prolonging, and expanding thoughts
- Capable of imagination
- Capable of deep thinking and concentration



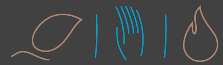
QUALITIES OF THE MIND

- Thinking, prolonging, and expanding thoughts
- Capable of imagination
- Capable of deep thinking and concentration
- Perception of things you can't see



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THE MIND OPERATES FROM
THE BRAIN, BUT IS
LOCATED IN THE HEART

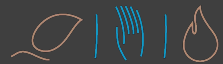
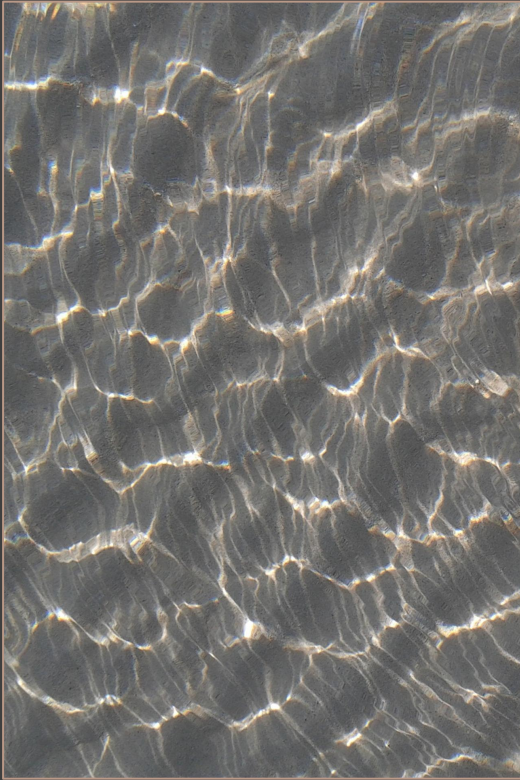


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HOW TO RIDE THE WAVES

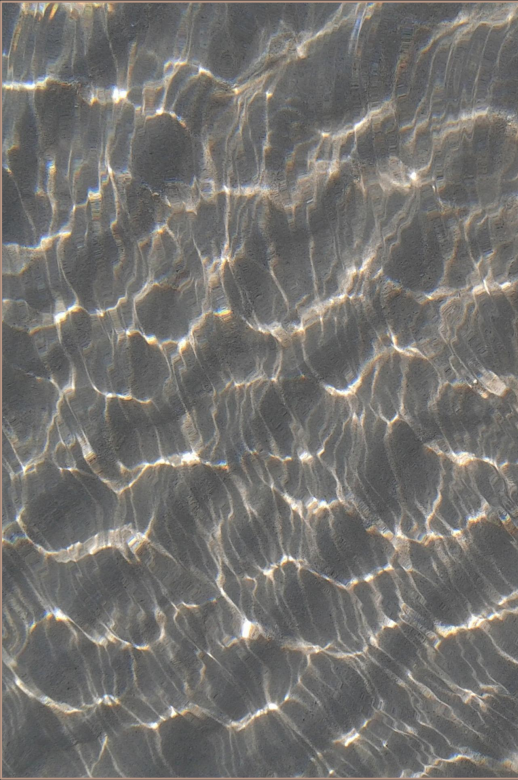
- Maintain & modify your schedule



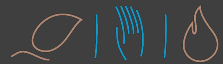
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HOW TO RIDE THE WAVES



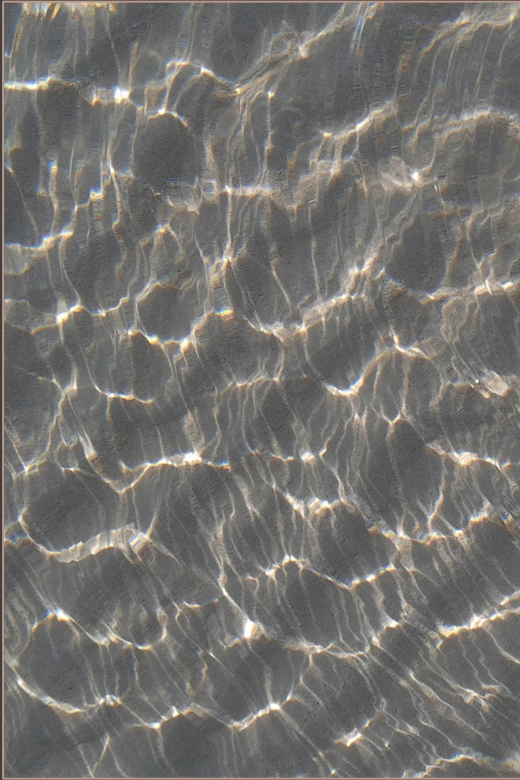
- Maintain & modify your schedule
- Pranayam



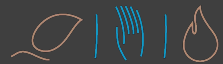
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HOW TO RIDE THE WAVES



- Maintain & modify your schedule
- Pranayam
- Mantra



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GUNA MANTRA



GURU MANDA HIMA SNIGDHA SLAKSNA SANDRA MRDU STHIRAHA |
GUNAHA SASUKSMA VISADA VIMSATIḤ SA VIPARYAYA ||


Heavy, slow, cool, unctuous, smooth, dense, soft, stable, subtle, and clear -
These qualities along with their respective opposites are the twenty qualities of substances.

OM DAN DAN VAN
TARAYE NAMAHA





SO HUM, SO HUM
SO HUM SHIVA HUM
SO HUM, SO HU-AM
SO HUM SHIVA HUM



**“HERE’S TO A LIFE OF
ENDLESS ENERGY AND
STEADY STAMINA, SO YOU
CAN LIVE OUT YOUR
PURPOSE WITH PASSION,
GREATER CLARITY AND
EASE!”**

Kris