



HOW MUCH DOES YOUR TIME COST YOU?

An Ayurvedic Daily Routine to Stop You from Wasting Your Time and Life Energy ~ "Dinacharia"

Many people would agree that time is our most precious asset because of its scarcity and irreversible properties. Yet how to utilize that time, is what keeps us digging. People say "time is money"; though I would prefer saying "time is gold". For that 'gold', we keep on digging and digging, for more and more value in our life.

So the Big Question is: *"How do we utilize our time, to make it efficient, noticeable, exceptional, solid, effective, and value-adding to the rest of our Life?"* How do we organize, defragment, prioritize, compartmentalize time, so on and so forth, to get the best out of every moment we have?

As one of the oldest and time proven sciences of well-being and longevity, Ayurveda believes that how you manage ONE day, reflects how you would determine the rest of your days. The term "managing your day" starts from simply managing your body and mind first thing in the morning, when you wake up. Then it continues to how you manage the rest of your activities and responsibilities; to both yourself and others you serve throughout the day. I always believe that when I manage my 24 hour day to the best of its potential, I am managing the rest of my life with the similar sense of value.



Here is how to manage our Daily Routine according to Ayurvedic science. It is referred to as "Dinacharia".

1 The best time to wake.

Start your day as early as you can, if possible. Watching the sunrise is proven to increase psychological well-being. It improves self-esteem and confidence to face the day, lightens the heart, and inspires gratitude. Your body produces extra serotonin at this time; realization you've earned yourself a new day to make the most of every moment.

2 How to clear the old, so you are ready for the new.

As soon as you wake, preferably just before sunrise; take a little time to expel toxins. Scrape your tongue to expel the toxins that your lungs have processed and breathed onto your tongue while you slept. Wash your face and eyes with cool water, then brush your teeth. You could take a sip of warm water or ginger tea only after this mouth cleansing, to avoid swallowing those toxins back in. Sit on the toilet, preferable in a squat position, to empty the toxins which have been moved from the liver and small intestine to the colon.

3 Sparking inspiration and purposeful living.

Do a prayer in a comfortable place and position. At the bottom of this handout we have included a ThaiVedic prayer as inspiration. Do some meditation practice as well, or if you prefer, a simple breathing exercise. Go outside where the sunlight can hit you and do some warming exercises to stimulate your day, preparing your body and mind for productivity and focus.

4 For suppleness, endurance, and lubrication.

After the exercises, is the best time to give yourself a little massage. We call it 'abhyanga' or self-massage in Ayurveda. We use warm massage oil on at least our feet, scalp, ears, and nose. When time permits, we would also do a nasal passage purification or 'nasya'.

5 Remove impurity and freshen the mind.

Shower with warm water for a steam effect, which increases circulation of the oils through the lymph. To maintain supple, beautiful skin, which reflects your internal health too; Ayurveda says to only use soap on truly necessary areas rather than your entire body. While showering, rinse your mouth using a special mouthwash oil (such as warm sesame oil). Then after you finish, dry your body and apply natural scents that promote freshness, vibrancy and joy.

6 Enjoy your first fuel of the day.

Enjoy a hearty breakfast of stewed grain with digestive spices and easily digestible fats. Listen to your body as some people feel hungry earlier due to fast to digestion (Pitta dominant). You could eat a little later if your digestion takes more time to be hungry in the morning (Kapha dominant); but try to finish all of these morning activities by 9 or 10 am.

7 The most effective time to transform.

During 10am to 2pm, as the sun is at its peak, is the most productive time of the day from the work/business perspective. Your mental alertness is at its best, making it is the best time to get through tasks. Be aware of burnout though; you could always take a little break, and remember to stay hydrated. At this time, we should avoid intense physical exercise at all cost. If you need a snack, have a small bowl of nuts or fruit, but keep your hunger alive for lunch time!

8 Time for a break and refuel.

Have your lunch no later than 1pm, as this is also the best time to digest the biggest meal of the day. I've heard the saying "Breakfast like a King, lunch like a Prince, and dinner like a Pauper." Ayurvedically, that motto is not so accurate, because our stomach is not ready in the morning to digest more than a simple meal. We should instead lunch like a King, but still be mindful of what and how much we put on our plate. Lunch is also the best meal to chew those leafy greens and salads, as our digestive juices are at their peak to break apart all of those fibres.



9 Recharge and get your creative juices flowing.

After 2pm, praise that the Universe created this time for creative endeavours. Many people have a tendency to feel lethargic or even sleepy at this time. However, it is not the time for a sweet dream yet, unless it is a daydream! Indeed, this is the best time to get your creative energies going. Right after the biggest meal of the day (lunch), our digestive system needs more blood supply in that area to fuel the digestion. Therefore, it is not advised to do any vigorous movement. Rather, 100 gentle paces, or sit quietly to read or write, have a creative chat with your colleagues, plan your next day's activities, or you could do a short meditation such as yoga nidra to relax and bring back focus to your body, mind, and the present moment.

10 To snack or not to snack?

A few hours after lunch, the blood sugar levels naturally drop to their lowest point in the day. You could feel an energy drop, slight headache, or any other symptoms that indicate a drop in blood sugars. If this happens, this is the best time of the day for a fresh fruit snack. Avoid coffee at this time of

the day, since this is not the best time to have your blood pressure pumped and burn off stored energy. We want to wind down and preserve our energies as the twilight time approaches.

11 Unwind before sunset.

Just before sunset is another good time for exercise. Ideally, something light and not too strenuous; a walk in the park, or even just around your workplace is good enough. Closing your day watching the sunset or twilight sky maximises harmony in the mind and purifies negative thoughts.

12 Big dinner or skip all together?

The best time to have dinner is just before sunset. If you have a very fast digestion (dominance of Pitta), you could dine just after sunset. Your digestion will thank you and it will help you sleep earlier. Your dinner should be the lightest meal. It could be soupy because water cooked into food will naturally lighten the meal. Or if you feel your body needs to shed a little weight, you could skip dinner occasionally and drink herbal tea instead.

13 Cuddles-and-chat time of the day.

After dinner, we would naturally seek for more human or nature connection. We want to feel and share the love, have the oxytocin hormones flowing, before we prepare ourselves to rest and sleep. This is the time of day to literally "give yourself a break" and relax altogether. A great way to do this is by creating a relaxing ambience with warm orange lighting. Turn off all of the bright white/blue lights. Doing so 3-5 hours before bedtime, your melatonin level increases, improving deep sleep and lengthening your life. The best recipe for insomnia!

14 How would a great day end?

Ayurveda believes that a little self-nourishment just before sleep goes a long way for a good night's sleep. You could start by sipping chamomile tea, chywanprash, or warm milk

with cardamom and nutmeg, to nourish your nervous system. Then, give a little massage with oil to your feet. End your day with a short meditation; which is an activity that calms your identifying mind by giving it a task that does not relate to achievement. E.g. ball of light going up and down the spine.

15 When should I sleep to wake up happy?

Sleep before 10pm helps to reduce stress response hormones like cortisol. It also nourishes liver function because the liver works at full potential during the middle of the night, but only if we are in deep sleep. This is the time when our body transforms all unprocessed material we accumulate throughout the day and detoxifies itself. During deep sleep is also the time when our body makes more human growth hormone to repair the tissues.

Ensuring a good routine and ample nourishment throughout the day AND night, is key to maximising the time we have in this world. Prioritising service to self is as essential as prioritising service to others, as those who can take care of oneself well, are those who can do so for their surroundings.

Start slowly, with just one or two small changes each week, and eventually, your whole life will transform. As we improve our daily habits, interestingly we find even more efficiency and time in our lives. In years to come, each small step builds on the last, leading to an abundant life.

The ThaiVedic Prayer

*"I acknowledge the One, all-knowing wisdom in Creation,
and I open myself to this guidance.
I understand my purpose is to praise and serve
all of Creation and its many forms.
I am blessed with this opportunity and offer myself
with love and compassion toward all life."*

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