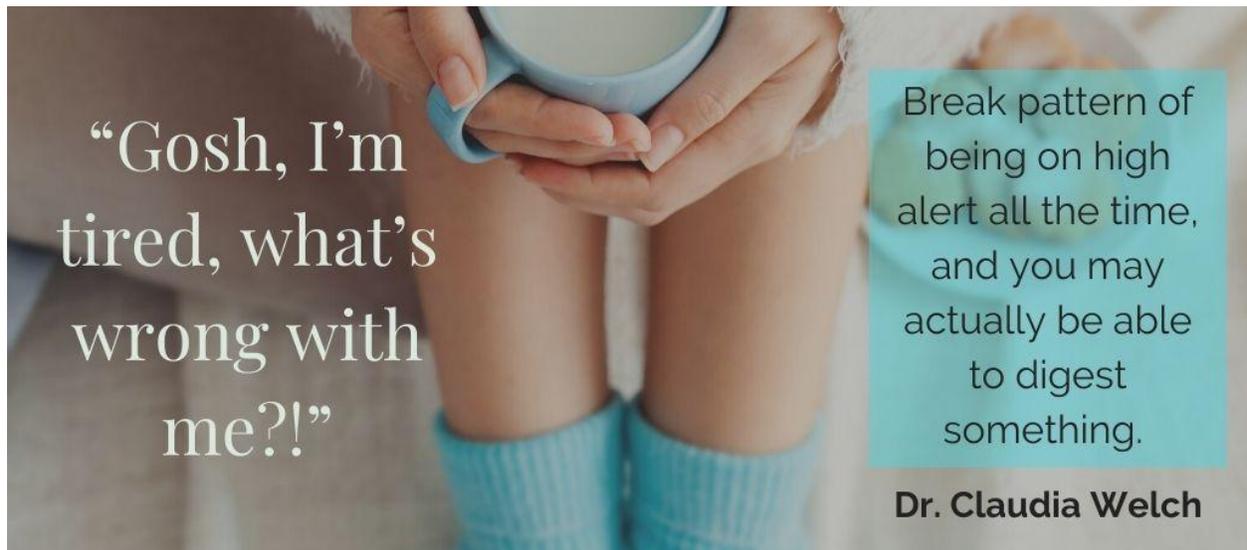


## at home in your body

### Week 2

- Earlier Bedtime
- Nighttime Digestion
- Nadi Shodhana

**Questions I have for myself as I explore this new habit:**





"The circadian clock is an endogenous biological timekeeping system that synchronizes physiology and behavior to day/night cycles."

-- Hans Reinke & Gad Asher

<http://www.sciencedirect.com/science/article/pii/S0016508515017254>

**Endogenous** = having an internal cause or origin (Thanks, Oxford English Dictionary)

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**Review:** What's the best time to eat supper? Why?

**New:** What's the best time to go to sleep? Why?

What else do you find interesting about the Ayurvedic Clock?

"Later in the afternoon, the body clock reduces its output of active, energetic hormones. Body temperature begins to fall, metabolism slows down, and we begin to wind down. Because of these slowdowns, we are poorly prepared to digest a large dinner when most Americans have dinner, at around 6:00 to 9:00 PM, which is why smaller meals at dinner time are better suited to your inner rhythm."

<http://www.drfranklipman.com/what-are-circadian-rhythms/>

"During the night, the day shift molecules depart the liver genome, and fat production increases due to other regulatory molecules. The fat production is kept in check when the [dayshift molecule team] returns to the genome the next day. However, if [this molecules team] is prevented from doing its job, the cycles do not occur, and the liver fills with fat."

[https://www.eurekalert.org/pub\\_releases/2011-03/uops\\_mwt030311.php](https://www.eurekalert.org/pub_releases/2011-03/uops_mwt030311.php)

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## **Western Medicine meets East Ancient Wisdom:**

Much like when we partake in a longer fast, during which "the digestive fire becomes enkindled and, since there is no food to digest, agni slowly burns away the long-existing toxins in the intestines," – Dr. Visant Lad (Ayurveda: The Science of Self Healing, p. 86), when we are asleep (sleeping is meant to be a fast)

The liver is in the upper abdomen near the stomach, intestines, gallbladder, and pancreas. The liver has four lobes. Two lobes are on the front and two small lobes (not shown) are on the back of the liver. The web site of the National Cancer Institute (<http://www.cancer.gov>)

YOU ARE NOT JUST WHAT YOU EAT,  
YOU ARE WHAT YOU **DIGEST!**

## **Reflection:**

**When my daily rhythms are *irregular*...**

I do:

I think:

I desire:

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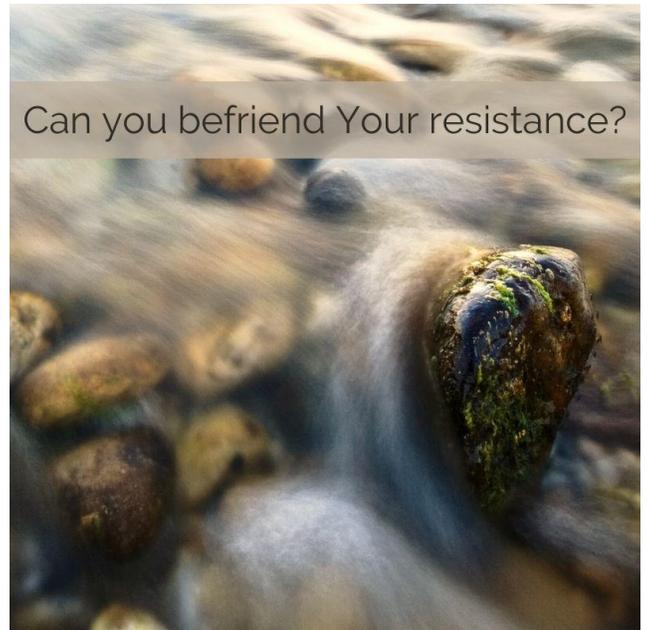
**Prajñaparadha** = misuse of the intellect;  
Willful indulgence in unhealthy practices that leads to unbalanced  
body functions and disease.

Hey, we all do it. This is about being aware:)

Are you under the spell that tells  
you who you are, what you choose  
to do or believe, is fixed,  
unchangeable?

Resistance in this stage can show  
up as, "I know what to do, but I do  
what keeps me out of balance. I  
can't help it! It's what I'm used to!"

Do you think once a night owl,  
always a night owl? It's a myth  
friends!





## **Start repeating to yourself:**

*I am who I want to become, not what I have done.*

**What's your new desired behavior/way of being?** (ex: be in bed by 10pm):

**What's your first tiny (1% change) step toward this new habit?** (set a bedtime alarm for 15 minutes BEFORE you currently start getting ready for bed):

## **Are you wired & tired?**

***"Some signs that we are under-rested in America** are reflected by the Center for Disease Control's assessment that "insufficient sleep is a public health problem." In 2009, 37.3% of women in a 12-state study reported falling asleep unintentionally during the day at least once in the month prior to the report. And while the National Institute of Health concludes adults need 7-8 hours of sleep, about 1/3 of us get less than 6 hours/night on average. Not getting enough sleep impacts our concentration, our memory, our ability to drive safely, mindfully manage our finances, and engage effectively in the activities we love."*

<http://www.cdc.gov/Features/dsSleep/index.html>

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## **Remember when we talked about Vata dosha?**

It's the one made of air & ether/space.

It's qualities are hard, dry, rough, cold, mobile, clear, and subtle.

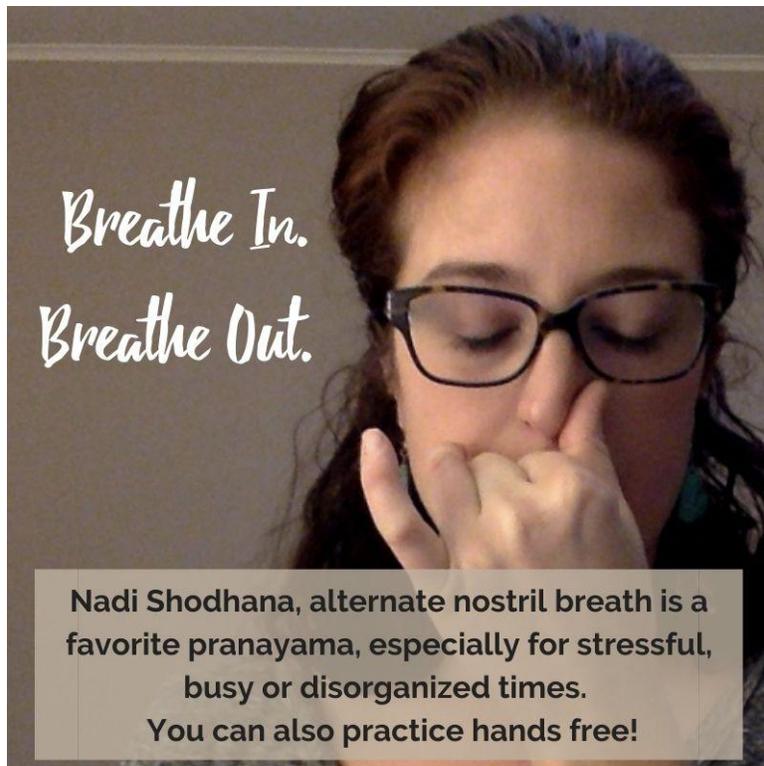
### **Vata is responsible for:**

- Bodily movements
- Nutrient absorption and assimilation
- Listening and speaking
- Breathing
- Circulation
- Creativity

### **Depletion leads to:**

- Constipation (& gas)
- Inability to focus
- Restlessness or insomnia
- Sense of feeling ungrounded/disconnected
- Forgetfulness

### **Where and how do you see Vata at play in your life?**



### Reflection:

Describe what you were aware of during the Nadi Shodhana Pranayama (breathing practice):

Is this a practice you want to incorporate into your day? If so, when? How? What will be your spark (triggor) & your reward?