

CULTIVATING SATTVA:

Finding Happiness Within

Building a Sattvik Life can help us let go of negativity, pain and suffering. It doesn't happen all at once. But little by little we can cultivate Sattva in our life through positive relationships, foods, thought patterns, practices and daily habits.

The energy of Sattva removes the clouds of confusion, ignorance or wrong understanding. Sattva encourage perfect health and harmony of the mind-body-spirit. Sattva connects us to Source or Creator, by purifying the mind and heart, and calming emotional turbulence and over thinking. Sattva supports meditation, mindfulness and the artistic process. When you are in a state of Sattva it promotes art, music, dance, and poetry.

SATTVIK FOODS: Sattvik foods are fresh, pure, organic, and living. Sattvik foods tend to be sweetened by nature. They have a rejuvenating effect on the body and can calm the mind.

Most fresh fruits, vegetables

Grains like rice, and wheat

Mung beans, lentils, and most beans

Organic cow milk (from cows that allowed to graze, and are treated with love, kindness and fed a healthy natural diet)

Ghee or clarified butter (again from healthy, happy cows)

Honey (organic and raw)

Nuts (almonds, walnuts)

RAJASIC FOOD: Rajasic Foods are stimulating in nature and usually have the taste of salty, sour, bitter, and pungent. Most spicy foods are rajasic. In moderation, rajasic food enhance digestion and metabolism.

Examples:

Peppers,

Spice foods

Garlic (garlic is a very powerful aphrodisiac. It can enhance libido. Garlic in moderation can lead to a healthy sex drive. In excess, it can give you an insatiable appetite)

Onions

Peanuts

Fermented foods like pickles or alcohol

Coffee, Black Tea and substances with caffeine that stimulate the mind-body

TAMASIC FOOD: Tamasic Foods are lifeless. Leftovers, stale foods, microwaving, frozen foods makes food Tamasic (even if originally Sattvik). The life-force or the prana is lost in through the above processes. Tamasic foods disturb digestion, and are harder for the body to digest. Ayurveda advises to avoid Tamasic foods as much as possible because it can lead to mental and physical lethargy and inertia.

Examples:

Stale foods

Leftovers

Microwaved foods

Overcooked food

Greasy fried foods

Meat (especially if reheated can be heavy on digestion)

Frozen foods

Garlic

Excess Alcohol or drug consumption

LIFESTYLE AND HABITS THAT PROMOTE SATTVA:

Positive Mindset and Thoughts

The Sound OM – chanting and listening

Practicing yoga

Going for walks in nature

Practicing tai chi

Meditation

Breathing exercises

Visualizations

Mantras

Listening to calming music

Art, painting, drawing

Prayers

Service – Mahatma Gandhi says, the best way to find yourself is Losing yourself in the service. Service and charity connect us to the wellbeing of all existence. We move past our individual needs and consider the welfare of another as our own.