

THE EMPOWERED ATMA

Dive into Holistic Self-Care



Innate Balance & Disease

Can your balanced state be different from mine?

The human body is a mirror of our physical environment. The space we inhabit, the air we breathe, the water we drink, the heat of the sun, and the earth underneath our feet are all examples of the physiological structures outside of our bodies reflected in our elemental compositions. The five elements, known as the pañca mahābhūtas, are the fundamental building blocks of nature including all natural things such as fruits, vegetables, grains, plants, herbs, animals, and humans!

Each natural thing has a specific balanced state at the time it is created, in humans this happens at conception. So, when you were originally created your prakṛti (which is the inherent balance of the three doshas-see diagram on next page) was created. Based on many things, including your parents' state of balance & environmental factors that were present at the time of your conception, your unique balanced state was determined. It is at this moment that a person's physiological and psychological tendencies become fixed. This means your innate balance state will be different than mine, or anyone else. When one is not in their unique innate balanced state, disease forms known as vikṛti. Therefore, health and wellness is not a "one size fits all" it has to be looked at in a holistic and individualized way.

Article Highlights in This Issue

Prakṛti vs Vikṛti
Tridoshas

Tridoshas

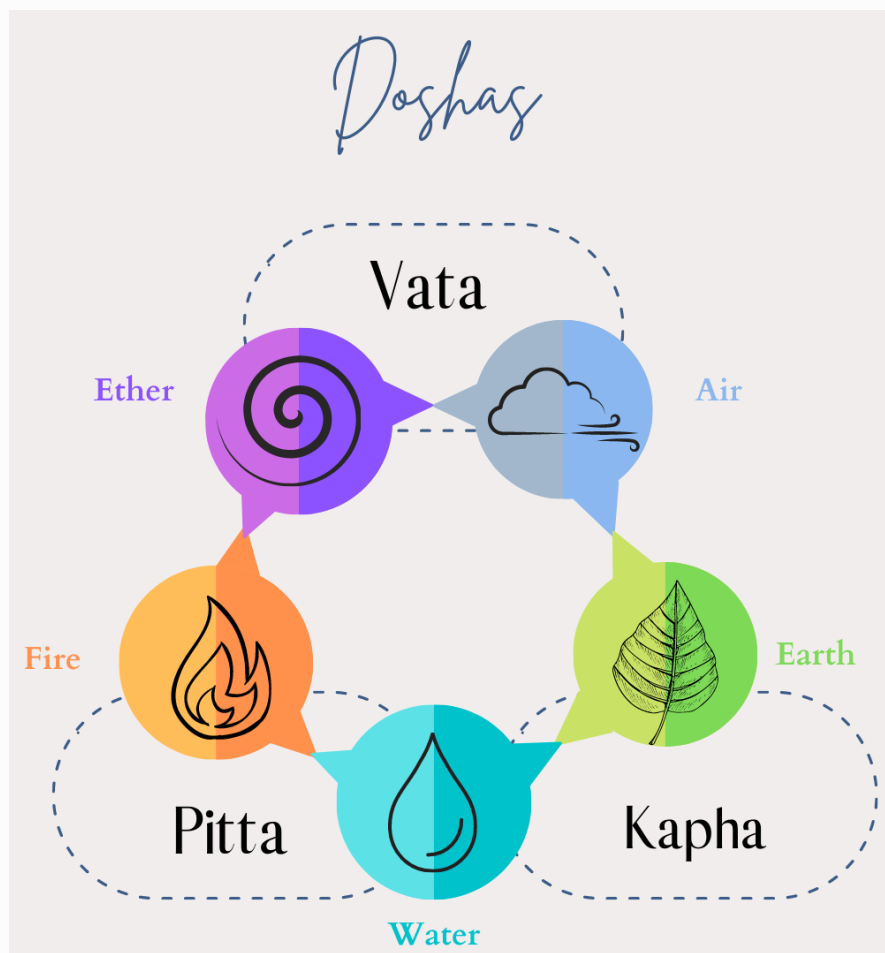
How are the elements and doshas related?

Tridoshas are that which when imbalanced, can cause a disorder (vata, pitta, kapha). Vata is composed of Air + Ether. Vata is the energy of action, transportation and movement. Pitta is composed of Fire + Water (Primarily Fire). Pitta is the energy of transformation, conversion and digestion. Kapha is composed of Water + Earth. Kapha is the energy of construction, lubrication and nourishment.

Vata is like the wind. It is constantly moving and scattering things around (can create racing mind). It is the moving force behind everything. Pitta is like the sun's heat, giving light and transforming things. It helps us to think, discriminate, be confident, have a clear vision, speak to the point and see different things and colors, digest food, maintain body temperature, protect from excess heat and cold, and gives luster to the skin. Kapha is like stagnant water. As two-thirds of the earth is composed of water, two-thirds of the physical body is also composed of water. The energy of Kapha helps us to feel calm and content, nourishes all of the organs and cells of our body, builds tissue, lubricates your joints and air passages, and protects all of the physical systems in the body. The goal of Ayurveda is to live in a balanced state.

Our prakriti which is our physical and mental constitution is a unique mix of the doshas. Doshas can influence the mind as well as the body.

Are you curious what your Prakṛti is? Are you feeling out of balance and want to know what you can do to help yourself? Are you wondering why what worked for your friend doesn't work for you? Visit www.empoweredatma.com to schedule a consultation to discover the unique nature of your mind & body, and find out how the qualities of the doshas can be used to balance certain symptoms you are experiencing.



Prakṛti is a person's innate balanced composition made up of doshas.

Vikṛti is when a person is not aligned with their innate balanced state which results in imbalance or disorder/disease.

