



Wise Earth Ayurveda: The Philosophy & Teachings

Cardinal Principles of Wise Earth Sadhana

- Wholeness: Realizing the true self to be one with nature
- Simplicity: Practicing humility through surrender to nature's intelligence
- Harmony: Committing to harmony within and without
- Memory: Restoring cosmic, cognitive, and ancestral memories
- Rhythm: Honoring nature's nourishers: Food, Breath and Sound
- Sacred Practice: Aligning every activity in accord with nature's rhythms
- Consciousness: Cultivating inner awareness and knowingness

Wise Earth Sadhana lays the foundation for cultivating inner awareness and reclaiming our connections to nature's rhythms (cyclical, daily, seasonal, lunar, and solar), thereby carrying the potential for self-healing and profound peace. Wise Earth Sadhana informs that food, breath and sound are the three nourishers of nature through which we can live in peaceful accord with Her and discover the true self. It is one of the most significant tools for self-healing. In Wise Earth practice, we realize that disharmony and disease arise from forgetfulness of the Self as being One with the Whole.

In Wise Earth Sadhana practice we learn "the principles of ahimsa" to be mindful "and non-hurting" of the living earth within and without. We learn to see, intuit, and honor the self, humans, trees, animals, birds, and fishes as sacred life. This path of practice with food, breath and sound, connects us to the greater energies of nature. Just as we cannot separate body, mind and spirit, neither can we separate Food, Breath and Sound from each other. Integrally connected, they provide a path of practice that brings us in harmony with nature's rhythms and helps us to cultivate good health, profound peace, and an understanding of our cosmic anatomy. Sri Swami Mayatitananda informs that an integral part of our cosmic anatomy is cognitive memory (individual memories gathered from previous lives). Awakening this memory is essential before healing is possible. (*Copywriting from www.wisearth.org*)

WEA Food Breath & Sound Daily Schedule*

7:00am-8:00am	Vedic Chant/Morning Walking Meditation
8:15am-9:45am	Breakfast preparation/eating**
10:00am-11:30am	Sadhana Knowledge Teaching I
11:30-NOON	Vedic Chant/Midday Meditation
12:15-2:30pm	Lunch preparation/eating**
2:45pm-3:15pm	Rest
3:30pm-4:30pm	Sadhana Knowledge Teaching II
4:45pm-6:15pm	Dinner preparation/eating**
6:30pm-7:00pm	Vedic Chant/Evening Meditation

*There will be one field trip to a local organic farm, which will alter this schedule for that day.