

# Sattvic Living

by Vivica Schwartz



## 1. Match Your Nature with Mother Nature

Follow the circadian rhythms and seasonal routines.  
Take advantage (or surrender) to certain energies that prevail during the day (ayurvedic clock).

- rise and slow down with the sun
- eat your main meal when the sun is at the highest point (mid-day)
- eat an earlier and lighter dinner
- repeat: your body thrives on routine

## 2. Nourish Your Self

Ahara (food) is one of the 3 vital supporting pillars, sustaining life and maintaining health.

- eat fresh, seasonal, and locally produced food that is rich in prana. Aim for a 80% plant based diet
- Avoid processed and manufactured foods
- Prepare your food with love, and eat it in peace with your full attention

## 3. Nurture Your Relationships

- our tendency is self-preservation. Re-open your heart to connection and intimacy
- listen deeply and offer compassion, rather than advice.
- shift your mindset to one that prioritizes collaboration over profit.



#### **4. Invest in the Local Economy**

-get involved with local businesses. Be part of your community.

Serve others!

#### **5. The Spiritual Dimension**

-Sattva is the connection to the spiritual dimension.

-engage in sadhana daily to foster a connection to something greater than yourself.

-cultivate peace and calm through pranayama, meditation and asana practice

-live mindfully, and practice being fully present in each moment.

#### **6. Kindle Joy, Passion and Equanimity**

-do something everyday that reminds you of your purpose, your reason for being here

-a sattvic state of mind is a daily practice of cultivating positive thoughts, gratitude, acceptance and forgiveness.



## **7. Move Your Body**

- our physical body thrives on movement, just like the mind thrives on stillness.
- take several movement breaks every day, and move your spine in all directions (forward bend, backbend, side bend, twist).

## **8. Find a Teacher that Inspires You**

- a teacher/spiritual guide/community can hold you accountable and show you the way when you lose track.

## **9. Balance Sensory Input**

- choose wisely what and how much you allow to come in through the sensory organs to avoid overwhelm and over stimulation.