

THE HABITS

1-EARLIER LIGHTER DINNER

Eat your last meal of the day by 6 or 7 p.m., at least three hours before bed. For dinner, prefer soups and salads to solid foods, as more water content is easier to digest. Eat more green and nonstarchy root vegetables and less grains, legumes, meat, or dairy. After dinner, close your kitchen and don't snack.

2-EARLY TO BED

Enhance your bedtime routine with nourishing habits that wind you down. Land yourself in bed with lights out by 10 p.m. If you have fatigue, dis-ease or immune issues and your nerves need more juice, aim for a 9 p.m. bedtime. Wind your bedtime routine back by 15 minutes per week, or an hour per month, until you get there. Even night owls thrive when they become morning doves.

3-START THE DAY RIGHT

Take the two minutes before you get out of bed to appreciate the coming day, see your life in a bigger context, and mentally rehearse your better habits day. Upon rising, drink enough water to provoke complete elimination. Favor warm water if you tend towards constipation.

4-BREATH BODY PRACTICE

After your morning evacuation, take 20 minutes to move and groove to open up your body. Infuse your cells with oxygen and invigorate your body into resiliency and power with breath-coordinated exercise before you head out into your day.

5-PLANT-BASED DIET

If you want to be nourished deeply and receive abundance, tap into the consciousness of plants. Receive their gifts and give back your care for their protection. Reenter the web of give and take. Shift from consumerism to collaboration. Feast upon higher quality phytonutrients, the raw material of your inner universe, through eating an increasingly diverse plant-based diet. You'll up your immune function and get connected to your local ecosystem or indoor gardening possibilities.

6-SELF-MASSAGE (ABHYANGA)

Dry brush or oil massage your body each day. Your hands are your body's ultimate healing tool. The practice of daily self-massage tones your tissues, improves your sleep, stimulates your lymph, promotes longevity, strengthens your immune system, improves your joint mobility, and even synthesizes self-esteem from the inside out, which amplifies your confidence.

7-SITTING IN SILENCE

Take some time each day, preferably at the same time, to sit in silence. Simply stop, drop, and sit.

8-HEALTHIER EATING GUIDELINES

Eat only two to three meals a day, without snacking. You'll burn fat between meals and be hungry to thoroughly enjoy them. Reconnect with the chicken-scratching sensation in your stomach, signifying readiness to eat, and you will provoke a deeper, fat-burning metabolism. Empower your digestion to work undisturbed by taking only water between meals.

9-SENSE ORGAN CARE

Learn the basics to enable your senses to last a lifetime. Each sense organ has specific self-care therapies and practices. Know your weaknesses and start using those therapies.

10-EASEFUL LIVING

When you notice stress, choose ease. The problem isn't the problem. Your reaction to the problem is the problem. Stabilize your day-to-day perspective in the expanded backdrop of easeful awareness, in touch with intrinsic plenitude.