

With Katie Silcox & The Shakti School



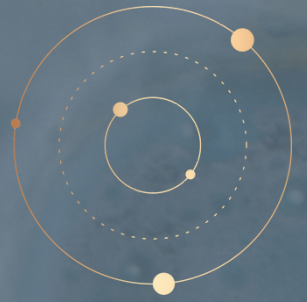
# FEMININE-FORM AYURVEDA

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Learn a feminine-form approach to  
Ayurveda you can use to heal your body  
and ignite your soul!



# The Five Elements in Ayurveda



Ayurveda teaches that the whole world, from the tallest mountain to the tiniest atom in the body, is composed of five essential elements, all of which were born of a deep, cosmic love affair. Ether, Air, Fire, Water and Earth- these elemental love babies of the Universe are constantly at play in both the physical and nonphysical realms. Typically, we are strongly composed of 1-2 of these elements, with side helpings of the rest. When you read about each of them, look for clues as to which elements you tend to embody.



# Ether

Ether is the space that exists between things. It is defined as the absence of the other four elements. It is the fabric upon which the Divine story is written.

On a physical level, Ether is represented by the cavities or empty spaces that exist in the body, such as the space in the lungs or the cavity of the stomach.

We feel mentally spacious when we are not bogged down by the minutia of daily tasks and can see the bigger picture



# Air

Air is not only the principle of movement and change, it is also that which sets all events into motion. If you are having trouble getting a project off the ground, you may need to cultivate a little more Air in your life.

In the body, Air governs the movement of the nerve impulses, the breath and the movement of our limbs. In the mind, Air moves thought. Too much Air can leave us feeling hyper-mobile.



# Fire

We need Fire to transform our lives. Without Fire, our life may feel stagnant. We have all felt the heaviness and inertia of a lack of motivation. Too much Fire, on the other hand, can leave us feeling burned out or raw from the sheer transformational life force.

The lesson of Fire: let life slowly burn you. When life becomes challenging, we know we are in the Fire. Fire brings wisdom by melting away everything that we are not.



# Water

We need Water to lubricate our lives with sweetness. Without Water, our life may feel like it lacks pleasure. Too much Water, on the other hand, can leave us feeling unambitious and lazy.

The lesson of Water: go with the flow. Practice surfing the waves of life with grace and compassion. To fully receive the gifts of Water, let everything wash over you like an ocean wave.



# Earth

Earth is the principle of stability and the solidity of matter. It is the quality that makes up the firmness of wood, metal, a blade of grass, or your calf muscles. In the body, Earth represents physical structure. In the mind, Earth represents mental and emotional stability.

The lesson of Earth: I am worthy. Earth tells us that we are worthy of being here, with the full weight of our presence. It teaches us to stand firm and be confident about who we are.



# Doshas 101

Each of us have a unique constitution that is dominated by one or two of the doshas—usually ;) (There are some of us with a tri-doshic constitution where each of the doshas are in equal balance within us.) A dosha can be defined as a particular pattern of energy that creates your unique physical, emotional and mental being. We can think of the doshas as different patterns of intelligence that govern our body, emotions and mind.





# Vata Dosha

Vata is the first dosha, “that which moves things.” Vata is the part of us associated with the elements of Air and Ether. Like a wild artist with unstoppable creativity, she has the qualities of lightness, movement, change, roughness, quickness and dryness. Physically, vata is the force behind the nervous system, respiration and elimination.

## You may be a vata type if:

- You have a slimmer frame body with a fine bone structure and unpronounced muscles.
- You have drier skin.
- You tend toward constipation or gas when your digestion is off.
- You have been called spacey or even an airhead.
- Your speech is fast, with an exuberant or nervous tone.
- You are capable of original thought, and you’re an artist, musician or inventor.



# Pitta Dosha

Pitta dosha is mainly governed by the fire element. Pitta is the force that digests things in us. It is metabolic energy, related to assimilation and transformation. Pitta dosha is present within each of us as it governs many bodily processes, but some individuals are dominated by Pitta, making them Pitta types. Pitta types usually have a medium frame with natural muscle tone, more angular facial bone structure, sensitive skin (especially prone to rashes or acne) and a more fiery temperament.

## You may be a pitta type if:

- You have a naturally muscular body with medium bone structure.
- You have a more angular face, with deep set, moderately sized eyes.
- You have slightly oily skin, with a rosy or ruddy complexion.
- Your hair started turning gray or balding early.
- You have leadership qualities and it's difficult for you to be a follower when in a group setting.
- When you are emotionally out of balance, you tend towards anger, intensity or irritation.



# Kapha Dosha

The third dosha is kapha, or “that which holds things together.” Luscious and well-lubricated, kapha is the ancient dependability of a mountain, the stable womb of a mama’s belly, or the absolute trust of a family dinner ritual. Kapha is the combined elements of Earth and Water. Kapha is also the force behind the lymphatic system and the mucous membranes. It is related to the qualities of stability, heaviness, wetness and coolness.

## You may be a kapha type if:

- You have a thicker build and a rounder face.
- You sometimes say, “If I just look at food, I gain weight.”
- You have rounder body features in general.
- Your cheeks are plump and your nose is fleshy.
- Your eyes are large and round.
- Your hair is thick, curly, wavy and/or has a polished look.
- You tend toward slower digestion and may feel heavy after eating.
- You sleep heavily when in balance. You love sleeping late and it can be hard to get out of bed in the morning.



# Abhyanga (Self-Massage with Oil)

This practice calms the nervous system, nourishes the skin and harmonizes mind and body.

Make sure to use chemical-free, organic, cold-pressed oils. Do not use any mineral oils, such as baby oils. (**VATA:** Sesame, Almond. **PITTA:** Coconut, Sunflower. **KAPHA:** Sunflower, Calendula-infused).

We love Banyan's [Vata Massage Oil](#), [Pitta Massage Oil](#), or [Kapha Massage Oil](#) depending on your dosha.



# How to Oil Your Bodacious Body:

1. Start by warming up your oil. We warm the oil because it cures it, allowing the oil to be more easily absorbed by the skin and tissues.
2. Remove all clothing and jewelry. Sit on an old towel so as not to make a mess.
3. For the full bliss treatment, we would start at the top of the head and pour the oil directly onto the crown. If you are doing this before work and do not want an oily head for the rest of the day, you can skip this part and save it for a day when you do not need to be presentable.
4. Continue onto the face (gently) and the rest of the body.
5. On the arms and legs, use back-and-forth strokes.
6. On the joints, use circular strokes.



7. On the belly, use circular strokes in a clockwise motion (if you are looking down at your belly) as this is the direction in which our long intestine moves and will stimulate proper digestion.

8. Ideally, you want to spend 15-20 minutes massaging your body. If time is an issue, spend at least five minutes in total communion with your vehicle. And notice the spots of the body you avoid. The thighs? The feet? Spend the most time there, as these are your bits that need the most love.

9. Sit for some time. I recommend 20 minutes.

10. Rub off any excess oil with your oil towel, and then take a shower. Showering causes the pores to open, allowing the herbal oil to penetrate even deeper into the skin. You do not need to soap-off the oil. The body will most likely absorb it all, especially if you are quite dry. Make sure not to leave the oil on for more than 45 minutes as this can actually clog the channels we are trying to cleanse.



# Trataka (Candle Gazing)

Trataka, or candle gazing, is a profound energy-clearing practice in both Ayurveda and yogic traditions. It serves as a tool for mental, emotional and energetic purification by harmonizing the mind, activating energy centers and removing deep-seated blockages. Trataka is considered a cleansing technique that clears both the physical and subtle bodies.

Trataka can help remove mental and emotional blockages, harmonize the flow of prana and open the door to deeper states of consciousness and spiritual growth.



# How to Practice Trataka:

## 1. Set Up a Calm Environment:

- Light a candle and place it at eye level, about an arm's length away. Ensure the space is dimly lit, with minimal distractions.
- Sit comfortably in a meditative posture, keeping the spine straight to ensure energy flows freely through your body.

## 2. Gaze at the Flame:

- Focus your eyes on the flame of the candle without blinking. Keep your attention steady on the flame's tip. As you gaze, imagine the light clearing and purifying your mind.
- Continue until your eyes feel slightly strained or begin to water. This is a natural part of the practice, symbolizing the release of toxins and energetic impurities.





### 3. Close Your Eyes and Reflect:

- After your eyes have watered, gently close them and visualize the afterimage of the flame in your mind's eye (third eye). Focus on this internal image, allowing it to expand in your awareness.

### 4. Complete the Practice:

- Once the afterimage fades, take a few deep breaths, noticing the lightness and clarity in your energy field. Feel the subtle pranic flow becoming more balanced, especially through the Ajna Chakra and down the spine

### 5. Repeat Regularly:

- For maximum benefit, practice Trataka regularly, particularly in the early morning or evening when your mind is calm. Over time, you will notice not only clearer vision and mental focus but also enhanced energetic flow and emotional harmony.



# Oil Pulling

Oil pulling is actually a fairly modern Ayurvedic practice for detoxing the teeth, gums, tongue and throat as the pure oils act to “pull” out disease-causing critters. Scientific research shows that lipids in the oil pull out bacteria and fungus, preventing them from adhering to the walls of our mouth and gums. It can also significantly reduce gingivitis, bacteria counts and dental cavities. And it’s not just your mouth that reaps the benefits, but your whole body.

Oil pulling is best first thing in the morning on an empty stomach, after brushing your teeth.

Use pure, unprocessed sesame or coconut oil. We also love Banyan Botanicals Daily Swish for a refreshing taste.



# How-To Oil Pull:

- Swish 2-3 tsp in the mouth as if you're using mouthwash. The oil will become more liquidy and take on a whitish color as you go, this is how you can tell you're getting to the end!
- It's ideal to oil pull for about 15-20 minutes. This can feel long at first, so try to either work up to the full amount of time with practice or do this while doing your morning routine, showering, or multitasking.
- Don't spit down the drain—avoid clogging by disposing of the oil in the garbage.



# Simple Secrets for Boosting Your Digestion

- Warm Water with Lemon: Drink a cup of warm lemon water first thing in the morning. About one quarter of a medium-sized lemon in a normal coffee cup full of water will suffice. Warm water helps to wake up the digestive system, while lemon stimulates the production of digestive enzymes and bile, preparing the stomach for food.



# Simple Secrets for Boosting Your Digestion

Cumin, Coriander and Fennel Tea: Enjoy this dosha-balancing tea after meals to aid digestion, between meals to promote detoxification, and in the morning or evening for gentle cleansing.

Ingredients:

- Cumin seeds
- Coriander seeds
- Fennel seeds

Take 1 tsp each and place into 1½ cups cold water. Bring to a boil. Remove from heat and let cool to drinking temperature. Strain to drink.

If you'd prefer an already prepared CCF Tea, we love this one from Banyan Botanicals.



# Resources from The Shakti School on Feminine-Form Ayurveda:

- [Glow-Worthy Meditations](#)
- [Ep. 147 Meditate with Me](#)
- [Ep.163 The Deepest Meaning of Ayurveda with Shakti School teacher, Sandhiya](#)
- [Ep. 166: How to Connect with Your Inner Divine Feminine](#)
- [Ep. 185 How to Be an Ayurveda Beauty Bombshell](#)
- [Ep 190: What is Feminine-Form Ayurveda?](#)



# Shakti Ayurveda School

Ayurveda School Level 1 begins on January 15th, 2025 so get yourself in NOW if you want to:

- 🌿 Change your life perspective and reduce limiting mindsets
- 🌿 Learn ancient and modern ways of accessing your inner healer
- 🌿 Meet like-minded women who want to take radical responsibility for all aspects of their life
- 🌿 Craft a vision board for a future life and career that feels authentic and spirit-infused
- 🌿 Connect to the best medicine = loving presence

Every week - for ONE YEAR - you will join New York Times bestselling author and Ayurveda expert, Katie Silcox and her hand-picked expert teaching staff for what our students now lovingly call “Ayurveda Wednesdays.”

Together we will laugh, learn, grow (and cook amazing recipes!)



# Sample Ayurveda School Course Topics:

- ✓ The foundations of women's health
- ✓ The role of stress in women's health
- ✓ The endocrine system and its role in women's health
- ✓ Yoni Steaming
- ✓ Regulating Agni, removing Ama and building Ojas
- ✓ Sex, Ojas and Motherhood
- ✓ Menopause
- ✓ Ayurvedic understanding of sexual health
- ✓ Drafting your own healthy sexual ecology
- ✓ Fertility & conception
- ✓ Pregnancy
- ✓ Postpartum
- ✓ Uses of common Ayurvedic herbs and their properties
- ✓ Rasayanas (rejuvenative tonics and aphrodisiac medicine)
- ✓ Setting Moon-Based intentions and menstruation
- ✓ The Wise Woman archetype
- ✓ Milestones and rituals in a woman's inner & outer ecology
- ✓ Enhancing sexual life force with herbs
- ✓ Working with emotional heartache





To learn more about the course or set up a free coaching call with one of our Shakti Grads, click here: <https://theshaktischool.com/ayurveda-school/>



# To Learn More:

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