

I spoke with a woman the other day that I was following up with, after I saw her in my practice a month earlier for fatigue, difficulty sleeping and stress. These are three very common concerns these days. Over the month from when I first saw her to her follow up scheduled to review some labs done concerning nutritional deficiencies commonly associated with fatigue, I offered her some Wise Earth Ayurveda® *Sadhanas* to practice. Over the month I recommended she lay in Shivasana before she go into her bed at night and avoid those Vata stimulating activities many of us do. I asked her to start reading “Women’s Power To Heal” by Mother Maya. We talked about “Taking Pause” which supports “cultivating awareness” so she can understand what makes sense for her own physiology.

On the phone a month later, she spoke to me for over an hour with vitality she had not had for a while. Her energy had improved. She is now able to sleep. She is inspired by the awareness of her own *Shakti* and relationship with the *lunar cycle* that she is learning about in WPTH. She made up her own Sadhana for Taking Pause! She tells me that on weekends she has been telling her husband and sons she is spending some time alone and goes up to her bedroom and with the sun pouring through her windows onto her bed, she lays on her bed to take a sunbath! She has noticed that her family is more peaceful and her husband has noted a positive change in her.

What is amazing is how her community is changing as well from her own self-nurturance. Like many woman, not only is she busy with her own exhaustive list, she then creates an exhaustive after school activity list for the children which has them tired and her even more stressed. This woman took her children out of some of their after school activities and now are spending quality time together at home, again creating more possibility for tranquility in all of their lives. Though some members of her community were not so thrilled with her, taking charge for taking pause attitude, other mothers knew a pioneer when they saw one and started following suit. When you are “mindful of the living earth within as well as without” as Mother Maya speaks about, you see how that resonates with your family, the community and... the world! Self-nurturance is *self-full* and *self-less* Sadhana. For me, this *attiti* (guest) inspires this awareness.

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April 5, 2010
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