



ASTROLOGY  
& AYURVEDA

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# What are the *goals* of *Ayurveda*?

The primary goal of Ayurveda is to enhance mental, emotional, and spiritual well-being. Regardless of race, gender, age, religion, or cultural background, everyone shares common emotional needs.

The second goal focuses on prevention. Ayurveda advocates for a lifestyle that harmonizes daily routines with the rhythms of nature and the universe. The third goal is therapeutic. Ayurveda employs the five senses to restore balance, combat diseases, and prevent disorders.

The ultimate goal of Ayurveda is the development of awareness.

# Importance of *Emotional Wellbeing* in *Ayurveda*

In Ayurveda, emotional well-being is regarded as a fundamental pillar of health, on par with nutrition, sleep, meditation, and mindful movement.

Ayurvedic diet and mindfulness practices support mental clarity, balance overthinking, and maintain flexibility. Alongside processing nutrients and eliminating physical toxins, our bodies also address emotional toxins, or emotional ama. Chakra healing assists in releasing stagnant or excessive energies.

# *Conscious* Communication

Conscious Communication techniques help us manage how we RESPOND to our experiences. By focusing on controlling our responses rather than merely managing or recovering from our REACTIONS, we can cultivate more mindful interactions



# Emotional *Freedom*

Emotions are reflections of our needs. Unmet needs can lead to judgments and discomfort. When we are unable to digest, release, or verbalize a dissatisfying emotional experience, we store unprocessed feelings in our psychological layer (subtle body) and ultimately in our physical body.

The Ayurvedic system recommends self-care methods tailored to your unique dosha combination (Prakruti) and any current imbalances you may be experiencing (Vikruti).

**Discover your Prakruti and Vikruti with our free quizzes available on the [Astrology & Ayurveda website](#).**





## How do *I* get started?

To advance your personal Ayurvedic lifestyle practice, reach out to me, a Certified Ayurvedic Health Counselor, at [po@astrologyayurveda.com](mailto:po@astrologyayurveda.com).

By implementing the techniques recommended in your personalized Lifestyle program, you will be able to:

- Boost your energy levels and digestion.
- Enhance your sense of ownership and control over your emotions.
- Build resilience against external actions and words.
- Reduce emotional turbulence.
- Reawaken your senses.



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