



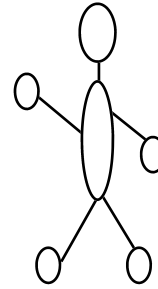
# Section 1

## About the Workbook

**1A** The Workbook is dealing with Ayurvedic lifestyle principles, not with Ayurvedic medicine.

**1B** Be creative in how you use the Workbook – Ayurveda is not a linear system.

- Have coloured pens and crayons handy.
- Try using spider diagrams.
- Add your own links and boxes.
- Update the Contents page when you add your own material.



**1C** The suggested readings for this Section are listed in the box on the previous page.

It helps to read more than one introductory book to gain insight into how different authors interpret the teachings. It is not essential to do this, but do have a look at other introductory books when you can.

A book I do recommend you have available is *Ayurveda: Life, Health & Longevity* by Robert E Svoboda (see p 99). This is not an introductory book, but will add breadth and depth to your growing interest in Ayurveda. The Appendix indicates which parts of Dr Svoboda's book to read as you use the Workbook.

Dr Robert Svoboda, B.A.M.S. is an American, who lived in India for more than a decade and is an Ayurvedic Physician. He is an international lecturer and author on Ayurveda. His writings make Ayurveda accessible to a modern Western culture without losing, in translation, the depth of wisdom and experience of this traditional healing system. (See [www.drsvoboda.com](http://www.drsvoboda.com))

**1D** Here are some suggestions about using the readings:

- Skim through quickly first, just to get an overview of how long the piece is and what it is covering.
- Next read through more slowly picking out the points being made.
- Make a note of any words that are new to you.



- Make some brief notes for your folder.
- Make notes of questions and insights. Let these 'sit in your mind' and review them from time to time.
- Reading the piece within 24 hours of the first reading and then a few days later will help with retention of the information and aid your understanding and assimilation of the new material.

If you are working in a group:

- You may wish to review together the notes you each made.
- You may also wish to allocate readings to members of the group to present to the group at the next meeting, as a springboard for discussion and exchanging your experiences as you learn about Ayurvedic lifestyle principles.

**1E** The layout of the Sections is:

- General suggestions and information.
- Quotes, to introduce you to other authors and writings or points to reflect upon.
- Diagrams, to emphasise key points and to encourage you to make diagrams and notes as you read and reflect.
- Exercises, to encourage you to interact with the material and concepts. Your own experiences are your best teacher.

**Q** = Quotes

**D** = Diagrams

**E** = Exercises

These symbols appear on the bottom outer corner of pages containing either quotes, diagrams or exercises. Also the exercise symbol has been added to two boxes.

Use all the material creatively. Add your own notes, thoughts and questions.

**1F** In the readings from *The Book of Ayurveda* there are Assessments. Do these at the end of the Section. Keep notes as you do them. Often you will find it helpful to ask a friend to do them with you. Or if you are using the Workbook in a group, do the Assessments in smaller groups of two or three.

It is useful to go back and redo the Assessments as your understanding of Ayurveda grows.



**1G** You can skip Section 3, if you wish, but Section 3 contains interesting information about *Sankhya's* philosophy which demonstrates fundamental principles of Ayurvedic thinking. Western science has tended to think that consciousness arises out of the physical body. Ayurveda's view is the opposite. Regular reflection on the concept of *ahamkara* is likely to deepen your understanding of Ayurveda.

**1H** Spend time in a reflective or meditative mode with any questions that arise. This can help develop both your intuition and understanding. Often you will find the answers you need coming to you later in the day or when you look at your folder or book again. Remember, Ayurveda is looking at qualities, relationships and context.

**1I** Use the blank spaces to jot down your thoughts and questions. Make your own notes about the readings and assessments. Add these to your folder.

**1J** Although this is called a Workbook, please use it in a light-hearted way. It takes a little effort initially to grasp the Ayurvedic way of thinking and see yourself and your circumstances in terms of *doshas*. Once you can relate the qualities you experience in daily life to the three doshas – *vata*, *pitta* and *kapha* – you are well on the way to being able to use Ayurveda to enhance your wellbeing.

Most importantly, enjoy learning about Ayurveda and using it in your life.

**Keep your folder handy, so that you can easily:**

- Make notes in it when ideas pop into your head.
- Flick through it in odd moments, as if it is an interesting magazine – this will help keep the material fresh in your mind without the effort of learning it.
- Look up points.

**E**



## GLOSSARY, KEYWORD LIST AND RESOURCE SECTION

As you use this Workbook make your own Glossary, Keyword List and Resource Section. Add these to your folder.

### Glossary

You will meet many Sanskrit words. Often there is no direct translation. You are building up what the concepts embrace. Part of the joy of Ayurveda for me is the insights that unfold as understanding of the concepts grows and how this understanding enables me to assist my wellbeing in simple, practical ways in daily life.

Some of the words you could use to start your Glossary have been italicised in the Workbook. You will learn more about them in the suggested readings.

### Keyword List

Ayurveda is a way of thinking. You will notice connections and patterns emerging. It is useful to reflect on these connections and patterns as your understanding of Ayurveda grows. This will bring depth to your learning. Your keyword list will include:

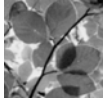
- Context
- Qualities
- Relationship
- Energies
- Continuum
- Awareness

### Resource Section

Now you are interested in Ayurveda, you will keep noticing things with the word “Ayurveda” attached to them. Have a section in your folder where you file adverts and brochures. Add the date and where you found the information, and use your discrimination when assessing adverts.

Update the Contents page as you add items to your folder to help locate them later.





## BOOKS ON AYURVEDA

Make notes about books you find on Ayurveda. As well as noting the title and author, include the edition, publisher and ISBN. It is useful to note where you came across the book, e.g. borrowed from Mary, the City Library, mine. Also add comments about your impressions of the book.

