



Umā Inder: Cell-Deep Embodiment: How to Come Home to Yourself



Uma is the co-founder of KUSH, the Ayurvedic Rejuvenation Center at The Yoga Barn, and also the founder of A.T.Y.A., The Synergistic Alignment of Tantra, Yoga and Ayurveda, a vehicle for intensives and in-depth training. Learn the fundamentals of Ayurveda and how it can help you embrace the process of embodiment.

TOP EMBODIMENT TIP: Oil yourself. (Abhyanga)

Finding Meaning in Words: In The Roots Of The Word Embodiment, We Find Awakeness and Connectedness.

- The word body derives from *bud*, which means awakeness, aliveness and connectedness. Embodiment means to come home to the Self and remain in the Self. Embodiment is a dynamic process, where individual knowledge of Self is at one with the universe and each individual is also a container of the universe. “As above, so below”.

Ayurveda: It Is a Tool to Master the Embodiment Process.

- Ayurveda gives us access and training to understand the primary energies, their functions and the unique combination of forces that form the seed of who we are. Each individual is a unique combination of energies, forces and elements. Our true purpose of being is to rediscover and be true to our own fundamental original self.

Embodiment and Disembodiment: They Are Both Contained in the Same Process.

- The process of embodiment is the ability to understand the forces of nature and harness them within our body (in the form of *doshas*), also understanding that doshas regulate balance and also cause disorder and imbalance. Being embodied demands a dynamic equilibrium and therefore it requires resilience and flexibility.

All Life Experiences Have the Potential to be Nourishing or Toxic:

- **Life is a full-balanced meal.**
- “Eating” is not limited to food but to **everything that comes into us through our organs of perception.**
- It is necessary to keep them adequately purified to serve life as a balance of all six tastes.
- **An undisrupted cycle of digestion results in OJAS (the heart, the unconditional love)** to flow freely. This requires working from within, rather than searching on the outside.

Resources

- ❖ **Courses:** goingwithnature.com/embodiment
- ❖ **Website:** www.umainder.com



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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