

Fall Agenda

7-DAY AYURVEDIC PROTOCOLS TO WELCOME AUTUMN



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Protocols you'll find:

Day 1 — Understanding the energies of fall

Day 2 — Balancing the air within

Day 3 — Fall ayurvedic diet

Day 4 — Mindful meditation for anxiety relief

Day 5 — A grounding ritual

Day 6 — Soothing yoga flow

Day 7 — Connecting with fall's bounty



DAY 1

Understanding the energies of fall

In many cultures, autumn is viewed as a time of harvest – a period when we reap what we have sown throughout the year.

Spiritually, this translates to an opportunity for us to take stock of our personal growth, achievements, and lessons learned over the past months.

Just as trees shed their leaves, autumn encourages us to let go of what no longer serves us, making space for new possibilities and growth. It's a time to release old patterns and beliefs, allowing for transformation and renewal.


The energy of fall is one of grounding and inward reflection. As the days become shorter and the nights longer, we are naturally inclined towards introspection. This seasonal energy invites us to explore our inner selves and evaluate our paths.

Feel free to journal your responses to the below questions or simply ponder over them during quiet moments. The goal is to gain clarity on your personal growth journey and identify the changes you'd like to make.

- *What has brought me joy and fulfillment so far this year?*
- *Which aspects of my life require change or improvement now?*
- *What personal patterns or beliefs am I ready to let go of?*
- *What new habits or practices do I want to incorporate into my life?*
- *How can I align my daily actions with my long-term goals?*

The fall season, often seen as a period of transition, carries with it an energy of transformation and self-observation.

It's an invitation to slow down, reflect on our journey, and embrace the beauty of change.



Autumn, with its vibrant colors and calming energy, is more than just a transitional period. It's a gentle reminder that change is beautiful, necessary, and part of our personal growth.

Adaptogenic morning oats

A wonderful breakfast to have during fall.

Ashwagandha is a powerful adaptogenic herb especially effective in balancing Vata dosha due to its warm, heavy, and oily nature.





Ingredients

Old-fashioned oats	1/4 cup
Plant-based milk	1 cup
Coconut dry	1 tbsp
Ghee	1 tbsp
Ashwagandha	1/4 tsp
Sucanat	1 tsp

*

Cinnamon powder, sea salt.

ADAPTOGENIC OATS

Directions

STEP 1

In a small sauce pan, add the milk, oats, cinnamon, ashwagandha, sea salt, and sucanat. Mix well.

STEP 2

Bring to a boil and stir until slightly thickened, about 1 minute.

STEP 3

Reduce heat to a simmer and let it cook for about 5 minutes (uncovered), stirring occasionally.

STEP 4

Once the oats are thickened and the milk is mostly absorbed, serve in a bowl and top with ghee and shredded coconut.



Autumn is a great time to set new goals.

With your reflections as a guide, determine what you want to achieve in the coming months.



Managing Vata dosha in fall

When the world transitions from the warmth of summer to the crisp coolness of fall, you might notice a shift in your physical and emotional state too.

According to Ayurveda, the ancient Indian system of holistic health, this is the time when Vata dosha – one of the three energy types in our body – becomes predominant.

Characterized by qualities such as *dry*, *light*, *cool*, and *mobile*, an imbalance in Vata dosha during the fall can lead to restlessness, anxiety, dry skin, and digestive issues.

However, with some simple Ayurvedic practices, you can balance your Vata dosha and enjoy a healthy, vibrant autumn.

Regular Routine

Vata is characterized by movement and change, so maintaining a regular daily routine can be truly grounding. Try to wake up, eat meals, exercise, and go to bed at consistent times each day.

Hydrate and Moisturize

The dryness of fall can aggravate Vata, leading to dry skin and lips. Stay hydrated by drinking plenty of warm water throughout the day. Consider oil massages with warm sesame or almond oil to nourish the skin and calm the nervous system.

Gentle Exercise

While exercise is beneficial, high-intensity workouts can increase Vata. Opt for gentle, grounding exercises like mindful weight training, yoga, tai chi, walking, or light cycling to promote balance and stability, essential for managing Vata.

Meditation and Rest

Taking the time to rest and relax is crucial during this season. Engage in mindfulness practices like meditation or deep breathing exercises to calm the mind. Ensure you're getting enough sleep — ideally, head to bed by 10 PM when Vata is naturally high.

Tridoshic kitchari

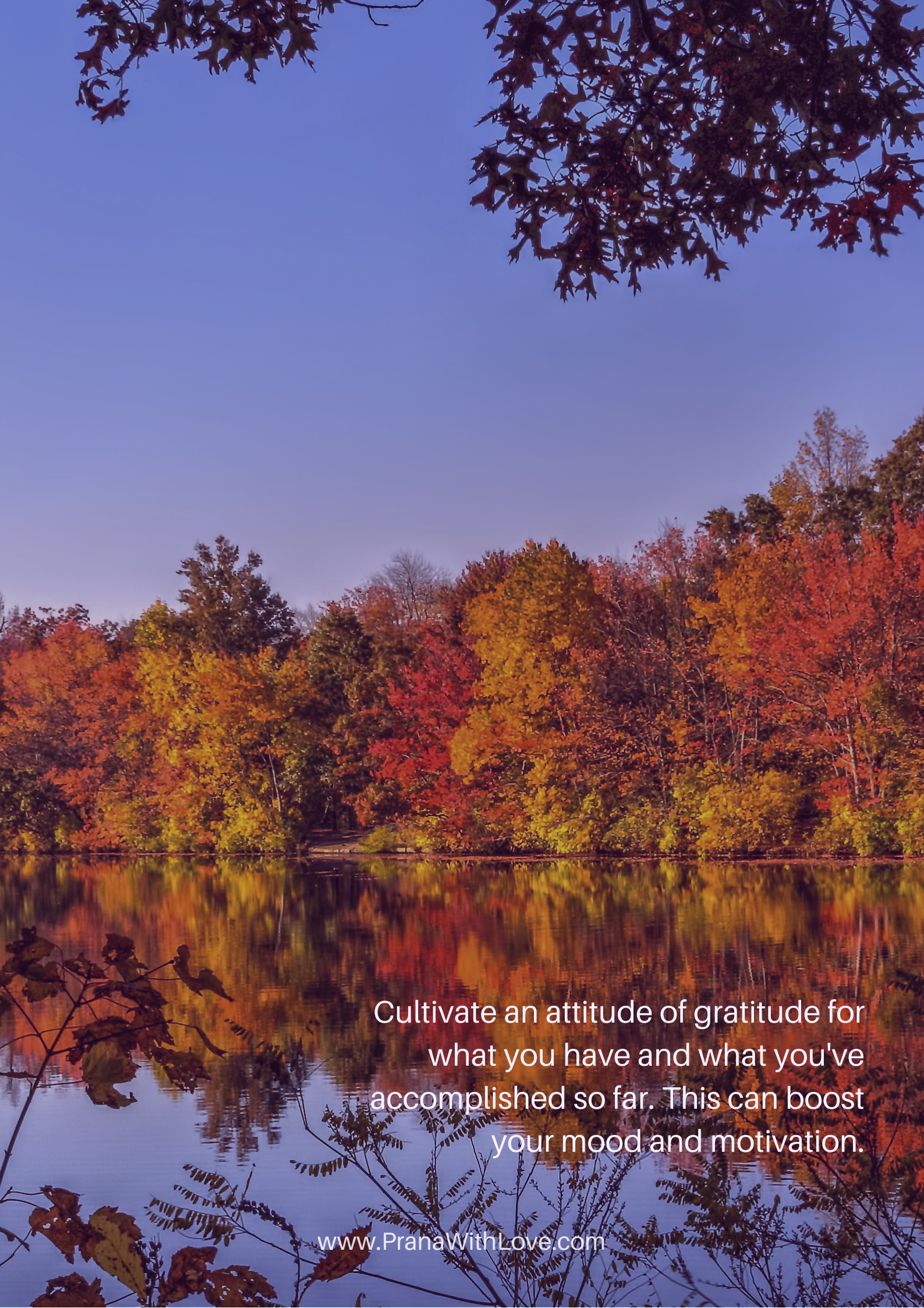
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Lunch or dinner (or both) for the first week of fall.

Kitchari provides you with the necessary nutrients while giving your digestive system a much-needed rest, preparing it for the dryness of the season.

[Find the recipe for your dosha here.](#)





Cultivate an attitude of gratitude for
what you have and what you've
accomplished so far. This can boost
your mood and motivation.

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DAY 3

Nourishing the body

When seasons change, our bodies naturally crave a shift in what we eat.

According to Ayurveda, the ancient Indian science of life and wellness, aligning your diet with the rhythm of the seasons can help maintain balance, boost immunity, and support overall health.

As we move into fall, a season dominated by Vata dosha, it's time to adjust our diets to counteract the dry, light, cool, and erratic qualities of Vata.

Embrace Warm, Cooked Foods

Fall brings with it a certain chill in the air, making it the perfect time to replace raw, cold foods with warm, cooked ones. Think hearty soups, stews, and casseroles using seasonal produce like squash, sweet potatoes, carrots, and beets. These foods are not only warming but also grounding, which helps balance the light, airy nature of the Vata humor.


Favor Sweet, Sour, and Salty Flavors

In Ayurveda, taste is used as a therapeutic tool. The sweet, sour, and salty tastes are particularly beneficial for balancing Vata dosha. Sweet foods like grains, dairy, nuts, and ripe fruits provide nourishment and grounding. Sour foods such as lemons, yogurt, and fermented products stimulate digestion. Salty foods, in moderation, encourage water retention, which counteracts dryness.

Use Warming Spices

Spices play a crucial role in Ayurvedic cooking, and in the fall, it's all about the warming spices. Incorporate spices like ginger, cinnamon, cumin, turmeric, and black pepper into your meals.

These spices enhance digestion, increase circulation, and generate warmth — all properties that help balance an aggravated Vata dosha.

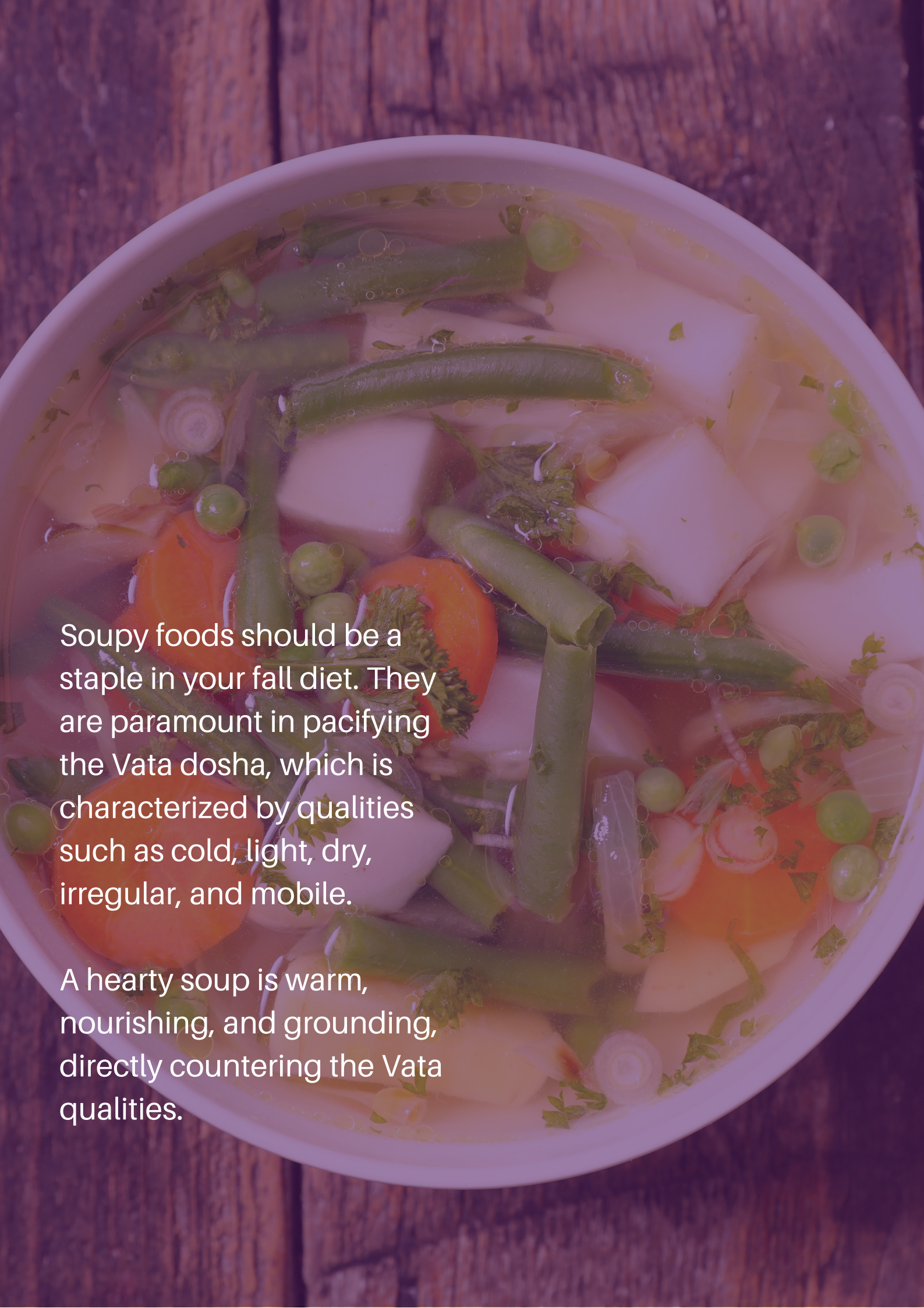
A top-down view of a white bowl filled with a vibrant yellow soup. The soup is garnished with a dark red chili pepper, several slices of green jalapeño, a sprig of fresh green cilantro, and two pieces of white, curved vegetable. A dark, leafy herb is also visible. The bowl sits on a light-colored surface with a textured orange cloth underneath. In the top left corner, a small portion of a white plate with rice and a green pea is visible.

Fall is the perfect time to indulge in hearty soups, nourishing stews, and comforting casseroles, all crafted with seasonal produce like sweet squash, earthy sweet potatoes, vibrant carrots, and rich beets.

Autumn shopping list

Ideal foods for Autumn are *warming, grounding, hydrating, and in-season*. Nature, in her abundant wisdom, offers us exactly what we need to maintain our inner equilibrium during the fall season months, and our task is to open our eyes and tune into that wisdom.

- ☐ Apples, bananas, dates, figs, grapefruit, mangoes, oranges
- ☐ Papayas, prunes (soaked), raisins (soaked), tangerines
- ☐ Beets, carrots, chilies, garlic, okra, onions, pumpkins
- ☐ Squash (winter), sweet potatoes
- ☐ Amaranth, basmati rice, brown rice, oats, quinoa, wheat
- ☐ Kidney beans, miso, mung beans, toor dal, urad dal
- ☐ Butter, buttermilk, ghee, kefir, sour cream, yogurt
- ☐ Beef, buffalo, chicken, crab, duck, eggs, fish, lobster
- ☐ Oysters, shrimp, turkey, venison
- ☐ Almond oil, olive oil, peanut oil, safflower oil, sesame oil
- ☐ Honey, jaggery, maple syrup
- ☐ Anise, asafoetida (hing), basil, bay leaf, black pepper
- ☐ Cardamom, cinnamon, clove, cumin, dill, garlic, ginger
- ☐ Mustard seeds, nutmeg, oregano, paprika, parsley
- ☐ Rosemary, saffron, turmeric
- ☐ Rose water, rose petals
- ☐
- ☐
- ☐

A top-down view of a white bowl filled with a clear vegetable soup. The soup contains several green beans, sliced carrots, and chunks of white potatoes. There are also some green onions and small green herbs floating in the broth. The bowl is set against a dark, textured wooden background.

Soupy foods should be a staple in your fall diet. They are paramount in pacifying the Vata dosha, which is characterized by qualities such as cold, light, dry, irregular, and mobile.

A hearty soup is warm, nourishing, and grounding, directly countering the Vata qualities.



DAY 4



Let go of habits or thoughts that no longer serve your wellbeing. This could include self-limiting beliefs, negative thought patterns, or even relationships that drain us.

Peaceful serenity

During fall, Vata dosha becomes predominant. This shift can have a profound impact on our mental well-being, often manifesting as increased feelings of anxiety, restlessness, and stress.

The light, cold, and irregular attributes of Vata can lead to an unsettled, fearful mind. Thus, it becomes essential to balance these qualities through mindfulness.

In this context, meditation emerges as a powerful tool to help calm the mind, reduce worries, and foster a sense of inner peace and balance, particularly during the Vata-dominated autumn.

You will need:

- A quiet, comfortable space
- Comfortable clothing
- A cushion or chair
- A timer (optional)

Steps

- Find a quiet, comfortable space: Choose a tranquil location where you will not be disturbed. This could be a corner of your room, your garden, or even a park.
- Sit comfortably: Sit on a chair or a cushion, ensuring your back is straight, and your body is relaxed. You can choose to sit in a cross-legged position, or if you're using a chair, place both feet flat on the ground.
- Set your timer (optional): If you wish to meditate for a specific length of time, set a timer for that duration. This can help you stay focused without worrying about the time.
- Close your eyes and breathe: Close your eyes gently and bring your focus to your breath. Notice the sensation of the breath entering and leaving your nostrils. Feel your chest and belly rise and fall with each breath.
- Observe your thoughts: As you focus on your breath, thoughts will arise. This is natural. Simply observe them without judgement, as if they were clouds passing in the sky.
- Return to your breath: Each time you notice your mind has wandered, gently guide your attention back to your breath. This act of returning to the breath is the core practice of mindfulness meditation.
- Finish your meditation: When your timer sounds, or when you feel ready, slowly open your eyes. Sit quietly for a few moments to transition out of your meditation before you stand up and continue with your day.



DAY 5

Honoring the earth element

Now it the perfect time to connect with and honor the Earth element, which is associated with stability, patience, honesty, and practicality, a grounding force that helps us feel physically and emotionally connected to the world around us.

In the season of fall, as we observe the cycle of life and death in nature, we are reminded of our own mortality and the impermanence of all things.

This awareness fosters a deeper appreciation for the present moment and invites us to let go of what no longer serves us, just as the trees let go of their leaves.

For this ritual, you will need:

- A quiet and comfortable space outdoors.
- A small stone or piece of earth from your favorite outdoor spot.
- A candle (preferably brown or green, representing the earth).
- A mat or cushion to sit on.

1. Find your space: Choose a quiet spot outdoors where you feel comfortable and connected to nature.
2. Set up your space: Place your mat or cushion on the ground. Light the candle and place the stone or earth next to it.
3. Sit and ground: Sit comfortably on your mat or cushion. Close your eyes and take a few deep breaths, feeling the solidity of the earth beneath you.
4. Connect with the Earth element: Hold the stone or earth in your hands. Imagine drawing energy from the earth, feeling its stability, and the grounding essence of the fall season.
5. Meditate: Focus on your breath. As you exhale, imagine any stress, anxiety or negativity flowing out of you and being absorbed by the earth. As you inhale, draw in the Earth's energy, feeling grounded and centered.
6. Closing the ritual: When you feel ready, thank the Earth element for its grounding energy. Blow out the candle, and leave the stone or earth piece in your special spot as a token of gratitude. Carry the sense of grounding and stability with you as you move through the rest of your day.



Soothing yoga flow

A soothing and grounding yoga flow typically involves slow, mindful movements synchronized with deep, rhythmic breathing.

The focus is on poses that promote stability, balance, and a sense of being anchored to the earth. These might include standing poses like Mountain pose (Tadasana) and Warrior II (Virabhadrasana II), or seated and lying poses like Child's pose (Balasana) and Corpse pose (Savasana).

Transitions between poses are smooth and unhurried, allowing the practitioner to fully inhabit each pose and experience its nuances.

The practice often ends with a period of meditation or relaxation, providing a counterbalance to the physical exertion and inviting a state of calm and centeredness.

This style of yoga is particularly effective during the fall season, as it mirrors the slowing down of nature around us.



LET'S WALK THROUGH THE STEPS:

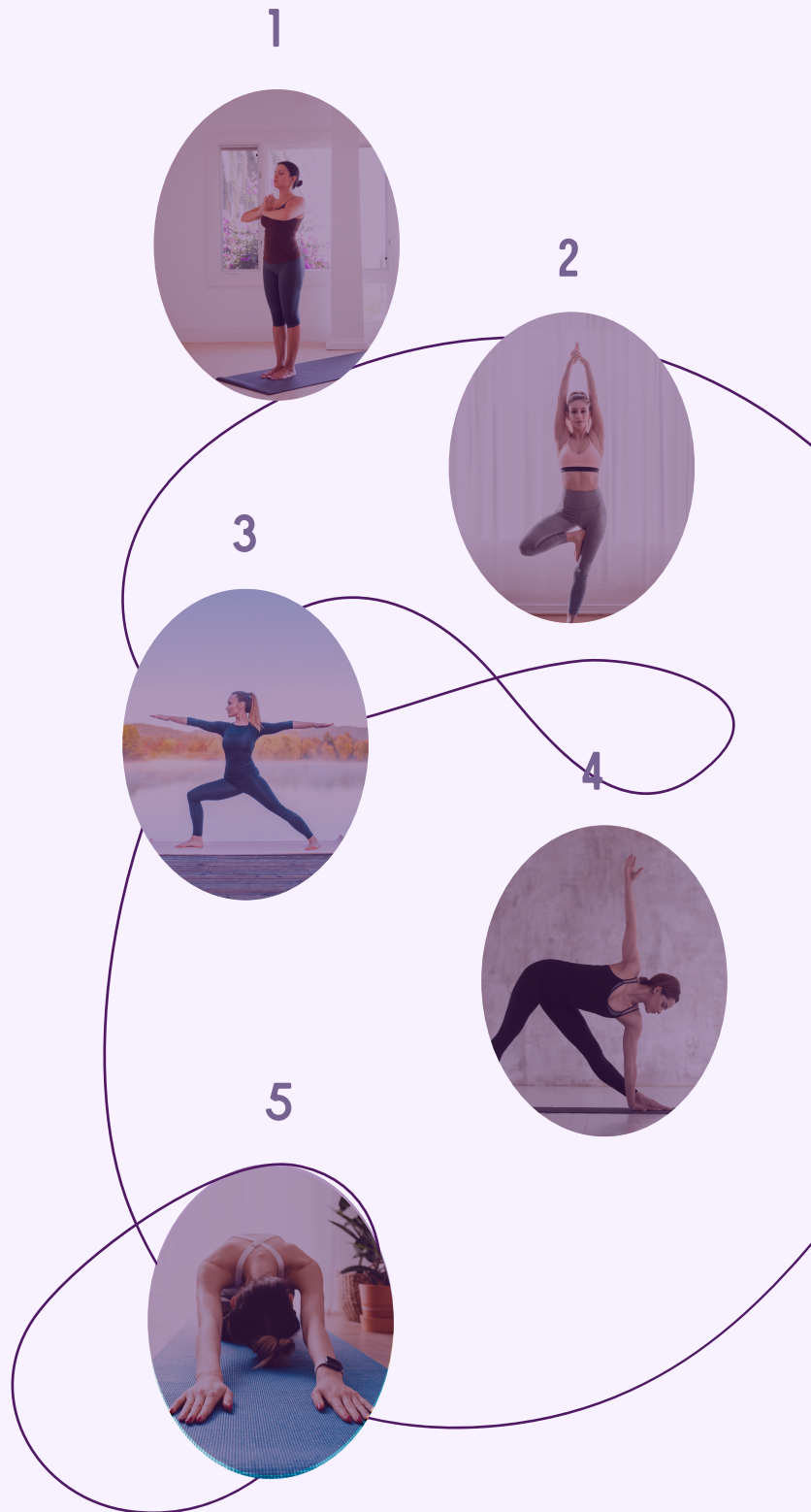
Mountain Pose (Tadasana): This foundational pose helps to ground your energy and establish a strong connection with the earth. Stand tall with your feet hip-width apart, allowing your energy to root down into the earth beneath you.

Tree Pose (Vrksasana): A balancing pose that fosters stability and calm. Stand on one leg, place the other foot on the inner thigh or calf (not on the knee), and bring your hands together at heart center.

Warrior II (Virabhadrasana II): This powerful pose enhances your sense of stability and grounding. With your front foot pointed forward and your back foot parallel to the back of your mat, extend your arms to the sides, gazing forward over your front fingertips.

Triangle Pose (Trikonasana): This pose helps to ground your energy while enhancing focus and balance. Extend and lower your front arm, resting your hand on your shin or the floor, and reach your other arm up to the sky.

Child's Pose (Balasana): A pose of surrender and release that helps to calm the mind and body.



Remember to listen to your body and modify the poses as needed. It's your practice, honor what feels right for you.

Through the natural process of shedding, we create room for new growth and experiences, mirroring the cycle of life. Engaging with symbolic dryness can lead to richer understanding of our inner selves and promote spiritual evolution.



Connecting with fall's bounty

From the Ayurvedic perspective, fall is the season of Vata, characterized by the qualities of air and ether – cool, dry, light, and mobile.

These qualities can be pacified by connecting with the bounty of the earth through grounding or “earthing”.

Grounding is not just a physical but also a spiritual practice that can help balance Vata energy during autumn.

Engaging in grounding practices can help us root ourselves physically and energetically, drawing nourishing energy from the earth and offering stability amidst the winds of change.

Grounding can be practiced as an active meditation. This involves taking the time each day to connect with the earth beneath us. This could be as simple as walking barefoot on the grass, sitting under a tree, or even working in the garden.

These activities help us to absorb the earth's energy, promoting calm, fostering mindfulness, and providing a sense of stability and connection.

From a dietary perspective, autumn's bounty offers a wealth of grounding foods that are ideal for Vata pacification. Root vegetables, squashes, nuts, and seeds are all abundant in the fall and are inherently grounding due to their earth connection.

Consuming these foods, prepared in nourishing ways, can help to pacify Vata and foster a profound sense of grounding during the autumn season.

When feeling anxious, prepare this healing recipe:

[Chai latte for your dosha](#)



Vata dosha is light, dry, and mobile. Learn how to make a Vata dosha pacifying chai latte to better navigate the most stressful moments in autumn.

Embrace the spark of transformation!


A wonderful season is upon us.

By following these protocols and rituals, you will be welcoming fall with open arms, protecting your body, and shielding your heart from what could be an overwhelming transition.

Questions? Email me at monicagisella@pranawithlove.com.

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PS. Download Prana app today on [iOS](#) or [Android](#) to customize your Ayurvedic journey to what you need, your body type, and the season 

Did you like this guide? Share it with those you love to help them not only survive but thrive this Autumn.

With all my gratitude, happy healing!

Monica xx