

Spring Agenda

7-DAY AYURVEDIC PROTOCOLS TO WELCOME SPRINGTIME

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Protocols you'll find:

Day 1 – Manifest a new beginning

Day 2 – Spring cleaning

Day 3 – Renew your life

Day 4 – Eat seasonally

Day 5 – Plant the seeds of your flowers

Day 6 – Balance your spring energy

Day 7 – Release grief



DAY 1

Manifest a new beginning

The first day of spring is Monday, March 20. For those of us in the Northern Hemisphere, this is marked by the arrival of the Vernal Equinox.

Vernal means new or fresh, and the Latin roots of equinox refer to the near-equal length of day and night on this day.

Springtime, a Kapha season dominated by the water and earth elements, brings a much-anticipated return to life.

This is the perfect moment to pause. Reset. Assess how things are going in our lives, our bodies, and our hearts.

And create space. Especially, if we feel like life is piling up.

Spring is an opportunity for us to grow and evolve. Although, this hope for a new beginning is happening beyond what the eye can easily see, the shift is indeed happening.

To manifest our desires, we first need to spend some time in contemplation.

Journal the answer to these questions to invite change and create a new promise to yourself.

What's working for you?

What is not working for you?

What energy do you want to embody?

How do you want to feel going forward?

How can you best serve your Higher Self?

How can you step into your power?

What fears are clouding your vision?

In what ways can you be kinder to yourself?

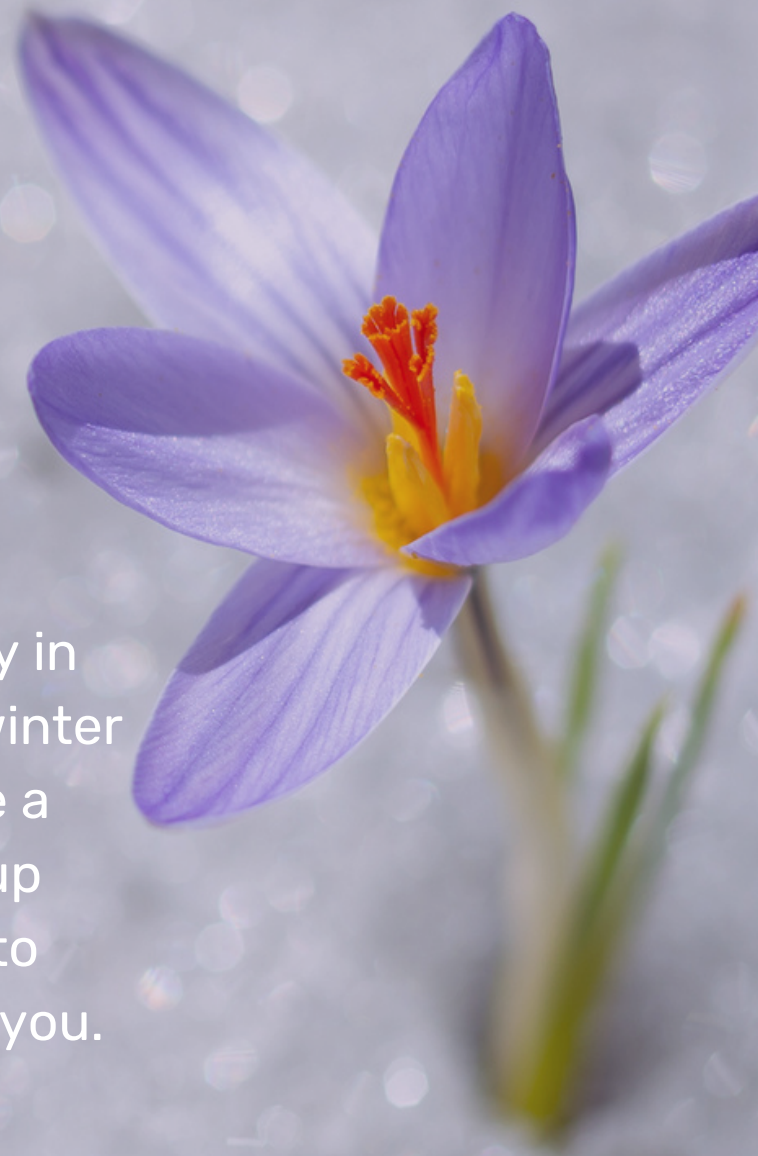
My intention for this season is to ...

Spiritual direction can be taken from the rhythm of nature.

As this equinox is the representation of new life, paths, and seeds and inspired beginnings, focus with all your heart on the beauty of what's coming this season.

There is now conflicting energy in the air, as we transition from winter into spring. I know there will be a part of you that wants to curl up under the covers and go back to sleep. This is the Kapha within you.

Yet, listen to the voice that gives you the impulse to leap from the bed, throw open the windows, and burst forth in song with the birds.



Tridoshic amaranth porridge

A wonderful breakfast to enjoy this week.

Amaranth is lighter than other cereals, and the combination of spices makes this recipe tridoshic, light, and balancing.





Ingredients

Amaranth (raw)	1/4 cup
Hemp milk	1/2 cup
Chia seeds	1 tbsp
Water	1 cup

*

Cardamon, cinnamon, fennel seeds.

AMARANTH PORRIDGE

Directions

STEP 1

Cook the amaranth as per the packet instructions with the water and fennel seeds.

STEP 2

When the water has been absorbed and the amaranth is done, add the milk, chia seeds, cardamom, and cinnamon powders. Mix well and simmer for about 5-8 minutes.

STEP 3

Serve in a bowl and enjoy warm.



A close-up photograph of a woman's face, partially obscured by several long, green palm fronds that create a natural frame. The woman has dark hair and is looking directly at the camera with a soft expression. The lighting is warm and natural, suggesting an outdoor setting.

Spring Is The Season Of Renewal,
Refreshing And Restoration.

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Spring cleaning

Oftentimes, our hearts, bodies, and spaces need a reset. Some things need to be released, including drama, toxic relationships, and negativity.

On day 2, let's focus on cleansing to support our new beginning intentions.

Unblock your home's energy flow

Clean your mirrors. They are believed to be a resemblance of the water element and a tool to attract prosperity. You want to avoid blocking the flow of energy. Redecorate the spaces that feel chaotic and disorganized.

Organize your closet for emotional release

Wardrobes can feel like decades old because we refuse to get rid of items that we never wear. Attachment is a typical characteristic of Kapha, the dosha aggravated in Spring.

Kitchari for spring cleansing

Kitchari is an Ayurvedic detox food that has been used for thousands of years as nourishment during times of cleansing and spiritual practice.

In both Ayurveda and Traditional Chinese Medicine, mung beans are used to purify the blood and pull environmental toxins out of the tissues of the body, which is especially beneficial for the reproductive organs, liver, and thyroid gland.

In addition to its medicinal and spiritual uses, Kitchari is a delicious comfort food we can prepare any day to simplify our diets.

To welcome spring, I invite you to have kitchari for lunch or dinner every day this week.

Tridoshic kitchari

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Lunch or dinner for the week.

This recipe, although simple, is powerful and aids in balancing your dosha or body type. [Find the recipe for your dosha here.](#)

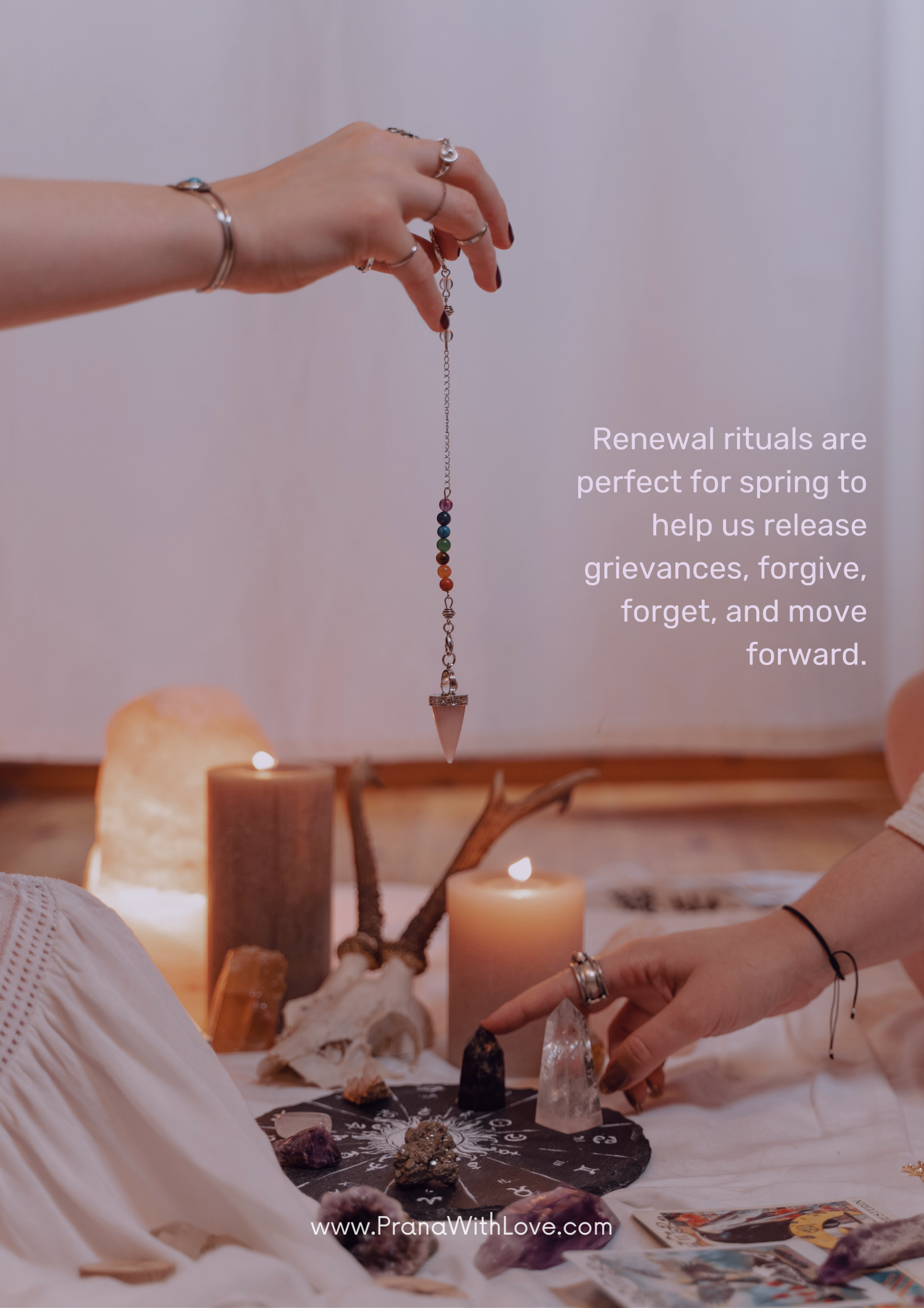


The spring Equinox is physically,
emotionally, and spiritually a healing
time filled with energetic
opportunities.





DAY 3

A hand with several rings and a bracelet holds a pendulum with a chain of colorful beads and a pink crystal tip. Below, a ritual setup on a white cloth includes a black circular mat with zodiac signs, various crystals (purple, clear, dark), a skull with antlers, and two lit candles. A person's hand is also visible on the right, interacting with the crystals.

Renewal rituals are
perfect for spring to
help us release
grievances, forgive,
forget, and move
forward.

Renew your life

As the coldness of the winter months begin to abate, it makes way for spring to begin again, signifying not only worldly renewal but also personal renewal.

What better time to renew your life than now? One of my favorite ways to overcome old habits, let go of the past, and reprogram my mind, is through a Renewal Ritual.

You will need:

Two pieces of paper
A pencil
A bowl
Some water
A lighter
Incense
Palo santo
A stick
A pot with soil to plant something

Steps

- Create a threshold with the stick to symbolize your past and future.
- Stand on one side of it with the bowl of water, pencil, and paper. Have your sage and lighter handy. Write on the piece of paper a belief, emotional pattern, or tendency that you are ready to dissolve.
- Fold it up and bring it to your lips. Thank the pattern for the experience that it offered you in the past. Let it know that you no longer need this to be okay. Give it permission to leave your mind and body.
- Place the note in the water, letting it dissolve from your being. Place the bowl on the side of the line that is your past.
- Grab your sage and light one end until it begins to smoke. Facing the line, sage in front of you like it is a portal or doorway you are blessing. Send your prayers for the life you are manifesting into this space. When you feel ready, step through, over the stick into your future.
- Take your second piece of paper and write out the belief, emotional pattern or tendency that would replace the old belief.
- Dig into the soil and plant your new promise. Bless this seed with all of your love and belief in its fruition. Thank the earth for her support in the manifestation. When you finish planting it, state, *"And so it is."*



DAY 4

Eat seasonally

In Spring season, the world is slowly coming out of hibernation.

As the world wakes up, the effects of Kapha in the respiratory system, clogged lymphatic system, and lack of energy can be felt.

Eating seasonally is key to pacify Kapha. Spring is when fresh and light veggies come back into season. After a long winter of hearty meals and hibernation, we're ready for something lighter— whether that be our bed linens, our clothing, or our food.

This season is all about cleansing the liver and skin, and embracing detoxification.

Foods that are abundant in spring are refreshing, regenerating, and detoxifying. Spring's offerings are simple—radishes, leafy greens, asparagus—but they restore our dulled appetite after a winter of meat and potatoes.

Some of the most important guidance we receive from Ayurveda to thrive in Spring and maintain Kapha dosha in balance is to favor bitter and astringent tastes, add plenty of spices to our recipes, and cook food well.

I suggest you also limit certain foods like sour fruits and fried foods. Snacking between meals is aggravating too.

In spring, eat minimal amounts of meat. We tend to feel with more energy if vegetables and cereals make up most of our plate.

Plus, I want you to stay away from chilled drinks and ice creams. They weaken the digestive fire and elevate Kapha.

I have a nice tea recipe that kindles agni and helps us assimilate the foods we eat better. Plus, it is naturally sweet and full of antioxidant properties. This is the [**Ginger and Apple Tea recipe.**](#)

Eating food that's in season tastes better and is thought to contain ingredients that the body needs for that time of year. Aligning our eating habits with the rhythms of Mother Nature will lead to better nutrition, increased energy, and the ability to find the gift of each season.



Spring shopping list

Now it's time to favor foods that are colorful, light, fresh, and in-season. Include fresh fruits and vegetables and cook them well with spices and limited amounts of oil. Choose your favorite foods from every line of this shopping list (if you eat them) and prepare simple meals with them.

- ☐ Apples, blueberries, cherries, peaches, berries, lemons, and limes
- ☐ Artichoke, asparagus, broccoli, brussels sprouts, celery
- ☐ Cauliflower, chard, chilies, collard greens, corn
- ☐ Dandelion greens, garlic, onion, kale, leeks
- ☐ Peas, radishes, spinach, sprouts, turnips
- ☐ Amaranth, barley, buckwheat, millet, oats
- ☐ Quinoa, basmati rice
- ☐ Rice cakes, rye
- ☐ Seitan, tapioca
- ☐ Beans, lentils, miso, tempeh
- ☐ Popcorn, pumpkin seeds, sunflower seeds
- ☐ Cottage cheese, yogurt
- ☐ Eggs, freshwater fish, chicken (white meat), shrimp
- ☐ Ghee, mustard oil, safflower oil, olive oil
- ☐ Honey, maple syrup, molasses
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

During spring, do your best to minimize your intake of dairy products—especially in the morning—as they are congesting.

Rice milk and almond milk are adequate substitutes.

If you still want cow's milk, boil it first, take it warm, and add a pinch of turmeric or ginger to make it more digestible and less Kapha-aggravating.



APPLE & GINGER TEA

After a long winter, we often feel sluggish from heavy foods and hibernation. But now spring is in the air, and it's time to wake up the body and the senses! This is a recipe to recreate spring aromas and tastes in your own tea cup.





DAY 5

Plant the seeds of your flowers

We start each year with plenty of resolutions to improve physically, spiritually, professionally, or financially.

Yet, when we have not practiced our new intended habits for long, the first trimester can be incredibly challenging, and it might even feel like we are not going anywhere.

It is no coincidence that the first few months of the year are a resemblance to hibernation. Plus SAD (Seasonal Affective Disorder) can make us experience a Kapha sign: depression during winter.

That is why in numerous instances, and because of the spirituality behind the season, spring can be the perfect time to set new resolutions and plant the seeds of our flowers.

This is when the earth reawakens, crops grow, and waters flow.

Spiritually, this new cycle of the sun represents the path to enlightenment & awakening.

Spiritual energy is ripe at this time of year, making it easier for you to let go of what you don't need and usher at the beginning of new things as the year (and you) move forward.

To make progress, it is essential to re-structure your morning routine (dinacharya).

Implementing the self-care practices of dinacharya into your life, every day, can help you cultivate balance, bliss, and overall long-term health.

Dinacharya

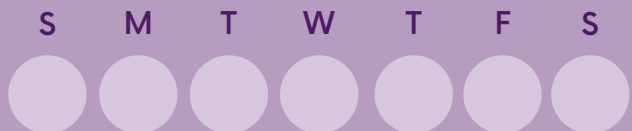
Week

- ☐ Tongue scrapping
- ☐ Brush teeth
- ☐ Massage gums with sesame oil
- ☐ Cleanse eyes with rose water
- ☐ Drink warm water
- ☐ Eliminate
- ☐ Loving self-massage (abhyanga)
- ☐ Meditation & deep breathing
- ☐ Exercise
- ☐ Shower & skincare
- ☐ Have breakfast

You'll need:

Tongue scrapper
Rose water
Sesame oil
Body oil for your dosha

I did it!



Reminder

Notes



Ingredients

2 tbsp olive oil
2 cups asparagus (chopped)
2 large carrots (chopped)
3 stalks celery (chopped)
½ green cabbage (shredded)
1 cup cauliflower (chopped)
1/2 cup peas
4 cloves garlic
1 onion (chopped)
8 cups of water
Fresh cilantro

Turmeric, cumin seeds, fresh ginger grated, lime zest, Himalayan salt, black pepper, fresh cilantro.

SPRING VEGETABLE SOUP

Directions

STEP 1

Melt the oil in a large soup pot over medium heat. Add the cumin seeds, the garlic, the celery, and the onion. Let it sauté for 3–4 minutes.

STEP 2

After, add the water and rest of the ingredients.

STEP 3

Increase the heat to high and cook for about 12 minutes or until desired vegetable consistency.

STEP 4

Serve with fresh cilantro and enjoy warm in a wood bowl.



Balance your spring energy

Spring is here, awakening within it sparkling new beginnings. A time to grow, to renew and to discover. A time also that needs balance, steadiness and nurturing.

Breath is important.

Breathing deliberately and deeply anchors you to the present, but also grounds and lifts your energy.

On day 6, we will reduce the excess of Kapha dosha, through breath and Vrksasana or Tree Pose.

This yoga position embodies a tree energy, with the roots going down and connecting us to the earth.

The firm stem of the plant is symbolized by the muscles and bones of our legs and torso which add to this support and help to lift the energy upwards.

The leaves and flowers are the soft core of the body, comprised of the internal organs (heart, lungs, brain etc.) and face.

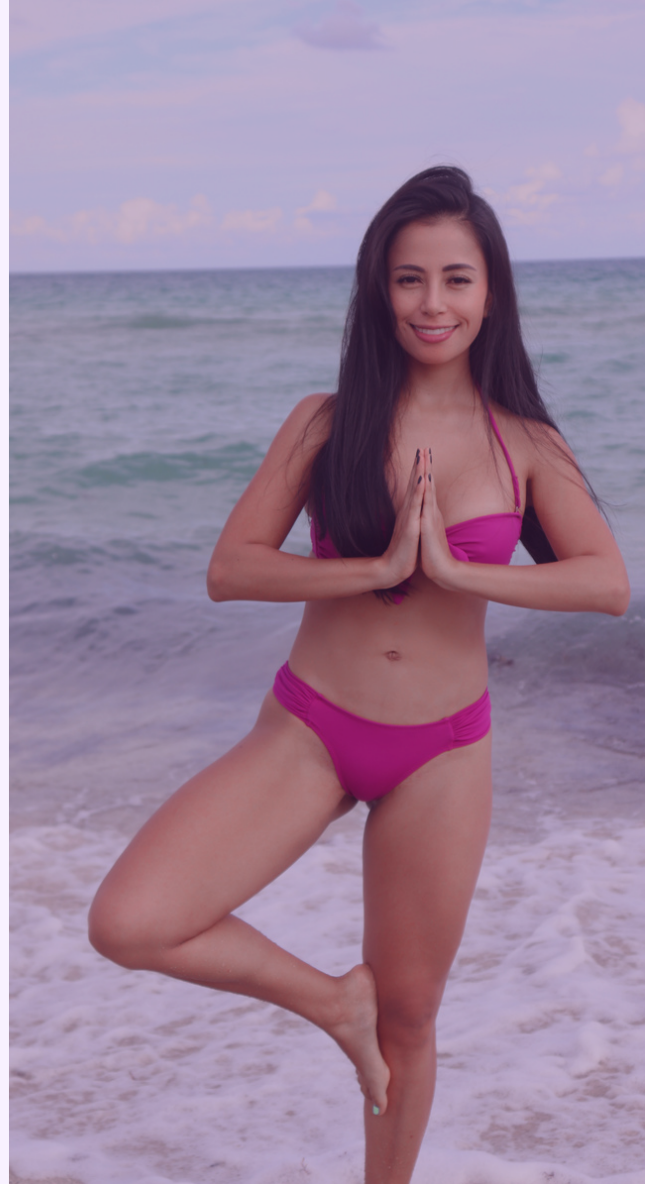
Hold your standing yoga tree pose and try visualizing your tree to ground your spring energy with your breath.

Breathe deeply, so you can lift the energy up through the stem of your body tree to allow your leaves and flowers to grow and flourish, and your heart and face to shine.

The tree pose is a symbol of growth, beauty, strength, and interconnectedness.

How to do the tree pose

1. Stand in mountain pose. Spread your toes, press your feet into the mat and firm your leg muscles. Raise your front hip points toward your lower ribs to gently lift in your lower belly.
2. Inhale deeply, lifting your chest, and exhale as you draw your shoulder blades down your back. Look straight ahead at a steady gazing spot.
3. Place your hands on your hips and raise your right foot high onto your left thigh or shin. Avoid touching the knee.
4. Press your right foot and left leg into each other.
5. Check that your pelvis is leveled and squared to the front.
6. When you feel steady, place your hands into Anjali Mudra at the heart or stretch your arms overhead like branches reaching into the sun.
7. Hold for several breaths, then step back into Mountain Pose and repeat on the other side.





The inward breath is like the sunshine and just like the rays of the sun, its energy spreads throughout the body, invigorating and nurturing every cell. The outward breath, just like the moon, calms, and grounds your energy. It is releasing and draws us closer to the earth. A perfect balance for spring.



Release grief

It is impossible to live and love and not experience grief. It is part of our human experience.

And yet, most of us flee from it, avoid it, accumulate it deep inside, numb it, do whatever it takes not to have to feel it.

Grief feels like a terrifying vortex from which we aren't sure we will emerge whole.

Deep sorrow is often a Kapha emotion, wet and heavy, just like Spring.

It lives in the lungs, a place that kapha tends to reside and accumulate. Interestingly, in spring, we typically experience imbalances in respiration –from allergies to sinus congestion.

Making space for grief and mourning can support the natural cleansing of spring. This will be our intention for day 7.

Self-care for grief

Cleansing and motivating practices, fresh foods, and spices like black pepper, fenugreek, ginger, and cinnamon are effective ways to cope with grief.

Open your windows

Grief can be affected by the energetic “clutter” that can accumulate when our homes are closed off from nature during the winter months. Opening the doors and windows will help welcome fresh prana into your space and help you release grief.

Harness the power of the sun

Healing is in the sunlight. Make sure to practice sunbathing this season to regulate your hormones, boost your immunity, and let go of sadness.

Eat simple and fresh foods

[Like this coconut and broccoli soup](#)

Try my delicious and creamy
Coconut and Broccoli Soup to
brighten your day. It is yummy
and easy to digest. Enjoy!




Here's to a fresh start!

A wonderful season is upon us.

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

Questions? Email me at monicagisella@pranawithlove.com

PS. Prana app is growing and expanding, and I can't wait to share with you all the Ayurvedic magic that is being created 

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

Monica XX