

Getting Results Through Ayurveda

Ayurveda^{i[1]}, the traditional healing system of India is more than a path toward optimal health and healing. It is a path toward harmony, peace of mind and enlightenment. Ayurveda merges the physical art of healing with the spirituality inherent in Yoga. In this union, Ayurveda offers healing for the body, mind and spirit.

Ayurveda is a theoretical path which, when properly applied, promises perfect health and enlightenment. In order to be valuable to the general population, it must also be practical. Healing through Ayurveda involves more than simply taking herbs and watching one's diet. It involves transforming one's lifestyle so that it is in harmony with their environment. This equates to how one uses their 5 senses to take in the environment. Through the proper use of aromas, colors, sounds, taste and touch. Ayurvedic practice creates an optimum environment within the body for healing to take place and for optimal health to emerge.

Transformation of our habits is rarely an easy task. Motivated by desperation, changes can sometimes come easily. However, lacking a crisis, the motivation for personal change wanes. Often times, a person chooses to put up the chronic, mild-to-moderate discomfort rather than make the changes they know would be beneficial.

At the California College of Ayurveda we teach our practitioners how to help their clients get the results they desire. A person must make communication to successfully implement program of care their practitioner recommends. Our graduates take the following to maximize client success:

Step One: Be Focused: The practitioner and the client choose one task to focus on such as implementing the proper diet for the clients constitution^{i[2]}.

Step Two: Spiritual Counseling: An Ayurvedic practitioner helps the client succeed. Each week or two the practitioner and the client have a follow up visit to see how the client is doing, implementing the assigned program of care.

Step Three: Adding more tasks: Only when the client is successful should the practitioner assign more tasks to accomplish.

Step Four: Accountability: In the case that the client has not implemented change or task, the practitioner and the client must explore what got in the way of success. This process takes a client closer to the core of what is obstructing their well being. During this stage, the practitioner uses their creativity, counseling and coaching to address core concerns. With a refreshed approach, the assignments might be reduced or different assignments recommended.

Through focus, accountability, and coaching, clients gradually become successful transforming their lives into a lifestyle based in harmony. The belief of Ayurveda is that where there is harmony there is health and where there is disharmony is disease. A disharmonious life always leads to physical or mental disturbance. Symptoms are simply the body's voice communicating disharmony. Hence, without the creation of harmony, there can be no complete and total healing.

Source URL: http://www.ayurvedacollege.com/articles/drhalpern/Getting_Results

Links:

[1] <http://www.ayurvedacollege.com/glossary/term/10>

[2] <http://www.ayurvedacollege.com/glossary/term/15>