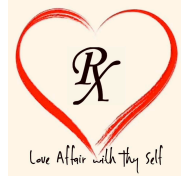


*A COMPANION GUIDE TO
THE WOMAN’S GUIDE TO UNDERSTANDING
YOUR OWN NATURAL RYTHYMS AND THE
GUIDE FOR THOSE WHO LOVE US*

INTRO TO ARUYVEDA

*LIVING IN ALIGNMENT WITH YOUR OWN
UNIQUE NATURAL RHYTHMS*

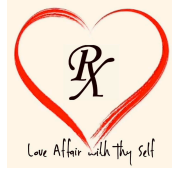


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***This introduction guide is not intended as a substitute for the medical, health or alternative healing advice of physicians, therapists or mental health care professionals. The reader should regularly consult a physician, therapist or mental health care provider in matters relating to his/her health, safety, or emotional well-being, particularly; with respect to any symptoms that may require diagnosis or medical attention and/or more specifically, as it relates to any and all mental illness or substance abuse issues.**



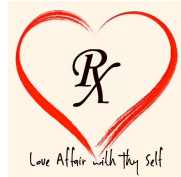
Love Affair with Thy Self: The Movement

HOME: In my own skin
BODY: I LOVE THY
MIND: SET!
SPIRIT: MOVING THROUGH ME

“Ayurveda teaches us to love "as is" - not as we think people "should be.”

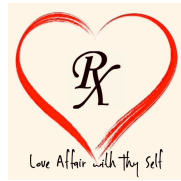
— **Lissa Coffey**

That is the place where Ayurveda begins. While culture has it's on vantage point, preferences on what constitutes “healthy,” In Ayurveda, there is a softness as it relates to where we are now “as is,” with an invitation to move towards healthy based on our own unique nature. The more you understand your own constitution, the more relief you can have within your body, mind and heart.



“We can’t talk about our own health without understanding our place in our environment, because in order to fulfill our potential we have to live in the context of our surroundings. We have to know our place in the ecosystem of which we are a part, and this means living 'consciously': being aware of nature and how it affects us and how we, in turn, affect nature.”

— **Sebastian Pole, Discovering the True You with Ayurveda: How to Nourish, Rejuvenate, and Transform Your Life**

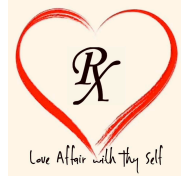


The principle within both Rhythm Guides

SELF REFERRAL

An Ayurveda Perspective: The Self, as our unique natural rhythm within. The central point of our being, the hub of where our diversified selves exist. All our thoughts, feelings, speech, actions and relationships originate from inside ourselves. The whole field of interpersonal behavior can be holistically enhanced by our willingness to refer back to our own natures. Our creativity, intelligence, our happiness flowing through us and therefore, out into the quality of our existence.

Each Guide has the same simple practice as it's beginning....

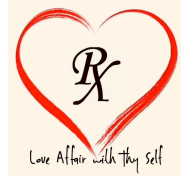


Here are a few places you can go to right now to begin to figure out your own Dosha's

<https://www.mapi.com/doshas/dosha-test/index.html>

<https://www.joyfulbelly.com/Ayurveda/body-type/Dosha-Quiz>

<http://www.foodpyramid.com/ayurveda/dosha-test/>



Now that the Guide for Those Who Love us is published to be the companion Guide to the Women's Guide...

Everyone has an equal opportunity here to re-connect to their own daily body, mind and heart. Everyone has the opportunity to cleanse, reach clarity, generate innovation and be intentional about their own self care. All within a four -week process.

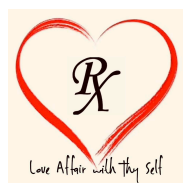
Additionally

What it means to

HOLD OUR SHAPE

And

OWN OUR SPACE



Mending fences while building bridges in reverent time.

Where both the wounded feminine and the wounded masculine gets realigned within due to the fine tuned simplistic natural rhythm guide system. We all grow as we all go and whatever that means at any given time in life, through life stages and life phases.

How lovely to be on this path together regardless of sexual orientation. Everyone wins...(Or at least they can if they want to)

HOLDING YOUR SHAPE

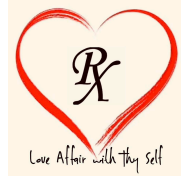
DURING

Intentional Self-Care Phase

Luteal phase
(aka PMS)

&

Cleansing Phase
Menstrual Phase
(aka Period)



OWNING YOUR SPACE

DURING:

Clarity Phase

Follicular Phase
(Directly after period)

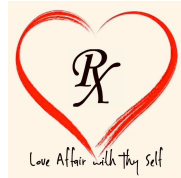
&

Innovation Phase

Ovulation Phase
(Before PMS)

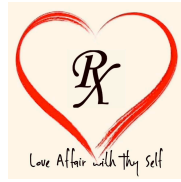
You can download the **BODY.MIND.HEART.ONE WORD MANTRA WORKSHEET** directly from the website:

<https://www.loveaffairwiththyself.com/>



All of the web-links provided are free and can help you begin to discern what is true for you personally within your own constitution and what is true within your own BODY.MIND.HEART daily

Then, the doctor doesn't just "do it to you," leading you. You are working together as a team for your greatest good. This is how we grow doctors. That's what is happening now in the women's health OBGYN world. Medical professionals are now recommending *ARUYVEDA* in all the places medicine has not had the power to help. This recommendation is working- it is helping women return to their own nature. That serves everyone.



Ayurveda is a journey of Self-Discovery

WHAT IS IT?

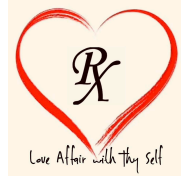
**Ayurvedic Medicine:
Ancient Insights into Modern Health Care**

<https://maharishi-ayurveda.us/what-is-it/>

DOSHAS DECODED

<https://www.yogajournal.com/lifestyle/doshas-decoded-learn-unique-mind-body-type>

At the foundation of A Woman's Guide to
Understanding Your Own Natural Rhythms AND



The Guide for Those who LOVE US.... Is the depth of respect and reverence for people to be able to be in self discovery.

“Ayurveda teaches us to cherish our innate-nature - "to love and honor who we are", not as what people think or tell us, “who we should be.”

— Prana Gogia