

Yogic Eating Assignment Q&A

Remember that a yogic eating is not a KRI requirement for certification. **Starting** a specific yogic diet is a requirement for the optional i-SKY TT Unit 1 certification but completing 40 days is not (i.e. students are encouraged to stop the diet when they deem it is sensible to do so before or after 40 days). Students with (eating) issues must agree their diet with Guru Dharam by email gds@i-sky.net **Annie Bassil aka Siri Chand Kaur** has 25 years experience advising people on what they should eat – and why. She prepared this Q&A after her own (personal and observed) experience of this component of our course. You can also email Annie: diet@i-sky.net

Q&A Why change your diet?

Once you have got your head around the fact that it is not just for the sadistic pleasure of our teachers the answers are quite simple:

- Discipline.
- Re-establishing the balance between body, mind and consciousness.
- Awareness of how we genuinely feel when we eschew our recreational eating habits and latte/chocolate pick-me-ups
- 40 days? - Well that's how long it takes to break old habits

Q&A What are my choices:

- Potentially anything – (but by agreement with Guru Dharam). Most usually one of the three below:
- **The Green Diet** - Cell renewal, cleansing the body, powerful detox - Diet for the warmer weather spring/summer. Allowed to eat any combination of food, the only requirement is that whatever you eat must be green. **To end fast introduce fruit, then grains, then dairy**
- **Fruit, Nuts/Seeds & Vegetables Diet** - Cleanses and rebuilds the body, good intestinal broom and alkalises the blood. Diet for the warmer weather spring/summer. **To end fast add dairy, then grains.**
- **Mung Beans, Vegetables & Rice Diet** - Cleansing, establishing balance and clarity - the traditional cleansing diet that gives plenty of nourishment and can be done at any time of the year. Fruit can be eaten between meals as a snack. **To end fast add dairy, then other grains.**

Q&A Which is the best diet for me:

This question caused a great deal of discussion on our course and the first obvious answer is if you are in any doubt ask Guru Dharam but the following might help to clarify your options:

- What is your state of health, have you been unwell lately, which diet would nurture you the most?
- Do you lead a busy life style that you cannot take a break from - if so maybe choose a diet which doesn't have such a powerful detoxifying effect. Maybe build up to the full diet by eliminating foods like caffeine and sugar for a couple of weeks before. It helps to eliminate the detox side effects
- Do you have to feed a family - which diet would fit in with them best - there is no pleasure in getting home after a busy day and finding you have to prepare 3 different meals - one for the kids, one for the husband and one for you.
- **Raw food?** - this one came up a few times on our course and I don't think it can be said any better than is quoted in our manual on page 252 "Eating raw food is essential because of the powerful effect of roughage on the intestines, as well as the retention of vitamins and minerals. However, some of the minerals and metals in vegetables, though plentiful in raw form, are locked into large molecules so that they are unavailable to our nourishment unless cooked. Therefore, yogic dietary theory proposes a sensible approach to eating a balanced between raw and cooked foods."

Q&A I think I am starting to feel unwell, is this normal:

If you are undertaking a diet that is intended to detoxify the body there is a chance that you may experience detoxification side effects, as the body releases its toxins and dumps them in the blood stream for removal. It wouldn't be unusual to experience some or even all of the following: headaches, nausea, light-headedness, grumpiness, joint pain, but these symptoms should last no longer than 3/7 days. **If you continue to feel unwell after the first week the diet may need adjusting so speak to Guru Dharam.** It is preferable get to the end of the 40 days feeling vibrant and full of energy, not looking like something the cat dragged in. And don't worry about how your friends are doing; this is your personal journey, we are all walking in the same direction towards the same goal but we may have to use different paths to get there.

Q&A When should I end the diet:

As soon as you need to or choose to (i.e. after speaking to Guru Dharam because you have health concerns) or when you discover that the 40 day diet has just turned into 50+!

Please remember, your body has just been treated like a temple for the last 40 days, if you decide to take it on a trip to Costa Coffee for that latte and croissant or the cheese and pickle sandwich you have been salivating over on day 41, be prepared for an intestinal revolution. Ease yourself gently back into a more normal eating pattern.

Q&A If you can't digest it and eliminate it don't eat it:

Although this statement was probably meant to apply to those foods incompatible with the yogic way of life i.e. meat/fish, refined foods, caffeine, it wouldn't hurt to also keep in mind that, for some people, this can just as easily apply to some highly recommended yogic foods as well. Some people, of whom I am one, find it extremely difficult to digest beans, so mung beans, which are extolled in every book I have ever read, as being easy to digest and as having a detoxifying and balancing effect on the body, can have totally the opposite effect. After 3 days I look and feel like I am about to give birth to sextuplets and without going into the gory details, it is suffice to say that my digestive system shuts down. Likewise with yoghurt; yogic breathing can dry the mucous membrane, so dairy, e.g. yoghurt, is recommended to keep the membranes moist, due to its mucous making abilities, but if eating yoghurt fills your sinus passages with so much mucous you cannot breath through your nose, it sort of defeats the object. Goats and sheep yoghurt are a good alternative, as they are easier to digest but does not always fix the problem. If a food doesn't suit you don't eat it.

Q&A Any other tips:

- If you know you have a real issue with your blood sugar levels, try taking 200 micrograms of chromium (yeast free) with each meal, it helps to balance out your blood sugar levels.
- Medical meditation to strengthen the pancreas helps control blood sugar (Meditation as Medicine by Dharma Singh Khalsa M.D. & Cameron Stauth Pg 204)
- Vatskar Dhouti Kriya - kriya to master the digestive system - **must be done on an empty stomach.** (Kundalini Yoga - The Flow of Eternal Power - Shakti Parwha Kaur Khalsa - Pg 92)

Q&A Who do I turn to for advice during the diet?:

- Share your experience with the other members of the group – don't go it alone – but remember they are going through their own process and are not best placed to advise you.
- If you are developing health concerns contact Guru Dharam gds@i-sky.net or call the office 01635 523900 before it becomes a health problem. Yogic eating should be a beneficial challenge not a punishment.