

# Saturday, 19 October 2024

## Conscious Living

Yesterday, we discussed how everything connects to consciousness and how consciousness relates to who you truly are. We also talked about how the brain is involved in this process and the four stages that occur between perceiving something through the brain and how it is transferred to the spirit. Today, during the yoga session, we tried to experience this.

Now, how many of you feel hunger at this moment? I'm talking about hunger, not anger. Do you feel hunger? This is a sensation from inside your body. You also have sensations from outside your body. Most of the time, we are not aware of these sensations.

The first step in healthcare is becoming conscious. If we are not conscious, we don't even realize why we eat. When we talk about food, we tend to discuss everything but the process of eating. We eat unconsciously, often distracted by conversations or other activities. To me, the nutritive value of food, while important, is secondary. What matters more is how you eat. Are you eating slowly and mindfully? Are you conscious of the act of eating?

Eating is a big process. It's about finding the raw materials to rebuild your body. So if you ask people, "What is food?" everyone will give a different answer. Most of the time, these answers don't align with what food truly is. At its core, food is the fuel for your body. Just like you put gasoline in a car to make it run, food provides the energy for your organs—your heart, lungs, intestines, and nerves—to function.

All your cells are constantly dying and being replaced. From a scientific perspective, you could say you are more of a "dying being" than a "living being" because your cells are always in a state of death and regeneration. Every cell in your body has a lifespan of a few weeks to a few months, and your body is continuously rebuilding itself. The molecules in the food you eat are what your body uses to create new cells. This is why eating is such a serious process, yet many people don't even pay attention to what's on their plate because they are too busy talking.

Conscious eating means being aware that the external world (food) is becoming part of your internal world (your body). It's also important to be aware of when to start eating and when to stop. Many people eat like they're plugging in a charger, mindlessly putting food into their bodies while doing something else. But we need to be conscious of what we eat and how we eat. It's a big responsibility to choose the right foods.

When we eat, we should be present. Often, when we eat, we are thinking about other things or other people—our neighbors, our spouses, our problems. Where your focus goes, your energy

flows. If you focus on a problem, you're feeding the problem. If you focus on the solution, you're feeding the solution. This is the same in all aspects of life, whether it's food, business, or relationships. Your focus is the fuel for everything.

In Ayurveda, the key to health is living consciously. It's not about the clothes you wear or any decorations you put on. It's about how you live, how much intention and awareness you bring to your daily actions. Conscious living starts with simple things like paying attention to the food you eat. If you eat consciously, you'll notice the sweetness of rice, ghee, or olive oil. You'll realize that food has to be cooked properly. Ayurveda teaches that cooking is half of digestion.

Digestion is a process of breaking down food so the body can absorb it. Proteins need to be broken down into amino acids, carbohydrates into sugars, and fats into fatty acids and glycerides. This process is endothermic, meaning it requires heat. Cooking helps to break down the food and make it easier for the body to digest.

In Ayurveda, there are over 1,000 herbs, each with specific medicinal properties. This knowledge requires a high level of consciousness. Just as you have plants in your garden, but may not listen to them, Ayurveda encourages you to become more conscious of the world around you. It's about paying attention to the wonders within ourselves and the natural world.

When you live consciously, every experience becomes more profound and fulfilling. You don't need to search for joy outside of yourself, whether through technology or other distractions. The most important knowledge is experiential knowledge—the kind you gain through direct experience, not just reading or hearing about it.

So, the key to healing is not just a massage, a herb, or a specific treatment. It's about living a life that's aligned with the rhythms of nature, as explained in ancient scriptures. The best medicine, used improperly, can become a toxin, and the most toxic substance, used properly, can become a medicine. It's all about how you use it.

Ultimately, living consciously and investing your life energy into your actions is the path to healing. Ayurveda is not for everyone, and that's okay. It requires courage, awareness, and the willingness to take responsibility for your health. Only those who are ready for this level of consciousness can truly benefit from it.

