



## **Intuitive Medicine Summit™**

### **The 5,000-Year-Old Ancient Intuitive Medicine from India: Ayurveda for Mind, Body, Soul Acharya Shunya**

Lisa: Welcome to this session of the *Intuitive Medicine Summit* where we'll explore ways to participate in our own healing with my guest, Acharya Shunya. Our topic today is "The 5,000-Year-Old Ancient Intuitive Medicine from India: Ayurveda for Mind, Body, Soul." Acharya Shunya is the first female lineage holder in a 2,000-year-old line of spiritual teachers and healers, globally recognized Ayurveda master, scholar, bestselling author, and teacher of an alchemically alive, spiritually and psychologically rooted awakening health model of Ayurveda. Shunya, thank you so much for joining us today. Welcome.

Acharya: It is such a pleasure. Thank you for having me, Lisa.

Lisa: Oh, it is my pleasure, absolutely, because I'm fascinated by your topic. I wonder if we can just start out, maybe you can tell us just a bit about your journey with Ayurveda and what makes you such a passionate ambassador.

Acharya: Well, we Hindus believe in karma which means you do some things in your past lives. Because of it, you have a designer life in the present moment. The designer aspect of my life was that I was born in this incredible family, Lisa, this incredible family of healers. These are householder sages. They marry, they have children, but they commit to a life of devotion, meditation, and service. Ayurveda, it's the sciences of yoga and nondual wisdom, Advaita, these are all part of my lineage. Thousands of people would come and go in our family to learn from my grandfather, great-grandfather. Then when I was chosen at a very young age, I couldn't believe it. I thought, no, this is not for real. I didn't even have the confidence in the beginning. I also had a genetic condition because of which I can walk on many days. But I think it was all perfectly orchestrated life script because Ayurveda has helped me walk, even run. I am leading my lineage. I have students and readers of my book worldwide. This journey continues, the journey of falling in love with Ayurveda more and more and helping it fill my gaps and making me overflow with gratitude. Here I am having this chat with you on a lovely morning.

Lisa: That's wonderful. Would you tell us more about your Ayurvedic lineage? It goes back 2,000 years?

Acharya: That's right. We come from a holy city called Ayodhya in Northern India. My ancestors had a wisdom school known as Gurukulam right there in that city. They have contributed to the most ancient text in India known as the Vedas. We track back our lineage. Everybody in my family, my father, my grandfather, my great grandfather, in a personal blood lineage, are also renowned yogis and teachers. I am the first female lineage holder and how perfect in the 21st century. I bring this knowledge. When I established my own wisdom school in Northern California, when I talk about Ayurveda worldwide, I bring my lineage, knowledge, its secrets, its recipes. Its sheer trust in this knowledge that it has worked for thousands of years, it will work again. That's how it is. I'm an ambassador both of the tradition as well as the science of Ayurveda, you can say.

Lisa: I also love that you mentioned that you're the first female in your lineage to do this. It is timely. It is absolutely time for the feminine to be awakened and become a more equal energy in a global system. I know that Ayurveda is an energy medicine. It's one of the world's oldest formalized intuitive medicines. It goes back thousands of years. Why do you suppose it's so popular in modern day giving how old it is?

Acharya: Yeah, it's incredible. Every part of the world I travel to people just appear saying, I've read your book, or I've read some book, or Ayurveda has changed my life. It's not even like the government of India is doing an all-out PR mission for Ayurveda like the Chinese government did for Chinese medicine at some time, raising its quotient in the world. It's kind of neglected in its own country, and yet Ayurveda is famous worldwide. The reason for that is it works. The reason for that is it's so intuitive that you learn a few things about Ayurveda and you're empowered to change your own life. I have worked with people with multiple sclerosis to Parkinson, to depression, to infertility, to the average cold and cough and the spring allergies.

Everybody has changed their life with Ayurveda. I'm the kind of teacher who does not even prescribe medicine. I prescribe only lifestyle teachings, food teachings, and behavioral changes that Ayurveda recommends. Not only the world's first documented systematic, scientific, or intuitive medicine. But also, the world's first holistic medicine, Lisa, which says that the human subject is, and if I may chant, [Chanting]. A 5,000-year-old verse which says that you might be a subject who is suffering, you are not only just a body, but you also have senses which run here and there and get overwhelmed. You also have a mind, but you also have a blissful soul. Together, all of this, becomes you.

That's why I really like to address the physical body with food, the senses with discipline, the mind with thought management, and the soul with connection with the cosmos and dharma. All of this is a prescription of healing that doesn't make you dependent on anything. Because it is intuitive, it connects you with times of the day, the bio-circadian rhythms, the seasons. You get a mind-body constitution that I'd love to talk to you about where you can know your own self, and so you can predict what foods will work for you, what won't. It makes you an informed consumer on planet Earth. You can hack your own system and know what will work for it. I love that. You don't need so many visits to even the Ayurveda healer.

Lisa: Right, right. Yeah, let's dive into that, the mind-body constitution. That's where I'm so fascinated. Is it possible for people to self-diagnose by tuning in? How does that work?

Acharya: Totally, totally. I mean, of course, sometimes there are complications. It's great if you can find a person like me to take your pulse or talk to you and ascertain something. But nine times out of ten, everybody can ascertain their own constitution known as Prakriti. Prakriti literally means your natural state. That's how you were created by your Creator. What is that all about? That's all about how this whole universe. The seers went looking for what is the common building blocks of everything. They said, well, the common building blocks of everything is known as five elements and these are ether or space, air, fire, water, and earth. These are not just poetic descriptions, but even if you look at matter, you have gaseous matter which is your etheric matter, just pure space. Then you have liquid matter which is known as water. Then you have dense matter or matter, matter which is known as earth. Finally, quantum physicists have discovered a fifth state of matter which is known as thermal matter, that is fire.

There was this knowledge of the subtle states of matter. Everything you and I eat and our own bodies are made up of that five states of matter. Ultimately, at the motherboard level, we're all made up of these five elements. When you and I eat ginger, it also is made of five elements, but it's more dominant in fire. It is fire dominant, you can say. If we eat a citrus orange fruit, it's more dominant in water, as well as some fire, because it can have some burning. Similarly, if you eat nuts or a piece of meat, it's more earth dominant. These five elements are being exchanged between us and it's how simple. Say, if you are burning up, you know you don't want to eat ginger. You want to eat something cooling and watery like grapes. You intuitive right away you can go grocery shopping, and you can eat for the element that you want to increase, or eat for the element that you want to decrease. That's one level of knowledge right away.

Now let's go to the constitution. According to Ayurveda, Lisa, when we are born, each one of us, we are born free borrow body. We create body from the food our mother ate and our father ate. We know that and then what our mother ate through the nine months. We weave a body around us. This body is swirling with five elements. When we are born, these elements combine to form forces or energies, so to say. When air and space combine, they form an air energy of water, vata dosha, which controls all the movement in our body. From the movement of my hands to the speech, to the movement of thoughts, to the movement of urine or blood or plasma in my body, subtle conscious and unconscious movements are all being handled by this energy which is created or re-fed or re-nourished by the air and space element that we eat through our food. There's a second kind of energy known as pitta. This energy literally is the combination of fire element with water element. It's a little bit of wet heat. When that's dominant within us, we are able to digest well.

That fire causes us to think, and we are kind of like natural leaders. We might even have a sharp tongue. We're very creative. We will dot all the i's and cross all the t's. We're compelled to do that because we have this fire within us. This is another kind of constitution. One is an airy constitution. The second is a fiery constitution with some water there. There is a third constitution created by a third energy which happens due to the coming together of water and earth elements. You can see it's colloidal. It's heavy. It's sticky, water and earth. It's muddy. It creates denseness and compactness and thickness in the being. Even in the mind, it can create good traits like patience, loyalty, endurance, or it can create heaviness, depression, sleepiness, dullness, inertia. This is a third constitution, energetic constitution, which is more watery, earthy, so to say. The first one, airy constitution, is known as vata constitution. The fiery constitution is known as pitta constitution. The watery/earthy constitution is known as kapha.

Now, when we have this knowledge, even I'm sure, Lisa, when I was talking to you, you were thinking, maybe I'm this, maybe I'm that, right? It's that easy to pick up. Once you know yourself, you will know how certain foods will increase your air or decrease it, increase your fireness or decrease it. In fact, even who should you marry, who should you date, what should you be wearing, all of these things can be there to either support you, or they can disturb you. Knowledge of this constitution is like literally having a mirror and constantly looking at it because in my last thing, I would say it also leads to disease prevention. For example, the hot summer months and even the early fall when it's really the summer has ended and everything is peaking, many people who are pitta dominant will naturally get some source, outsource, some fevers, some rashes. They want to eat more cooling things throughout the hot fiery months. When it's wet and cold, people who have the watery constitution can be careful and take more spices in their soups and in their foods to heat themselves up.

When it's windy and when it is really dry and windy, at that time, people with airy constitution should take more nourishing foods, oily foods, fattening foods so that their dryness and their spiciness and windiness calms down. Believe it or not, it sounds so simple, like a child could learn it. People have been healing diseases of 30 years, 40 years, chronic conditions, acute conditions, with this marvelous knowledge of the constitution and how to keep it in balance.

Lisa: Yeah. Again, I find this so fascinating. I'm not in any way an expert on Ayurveda, but I've learned some things about it. I know that there are many sites online where you can take a test, where you figure out which dosha you are. I've discovered that, for me anyway, there isn't one dosha that I fit in. I usually sort of have, there's an overlap between two and maybe a little bit of a third. Is that common?

Acharya: That is very common. Then we get to the next step of an ideal constitution could be just one dosha dominant. It could be two dosha dominant where one is a little more, one is a little less. Then there could be some people with three equal dosha dominancy. It really depends. For example, in my case, I can tell you I have both the fiery constitution, which makes me an author, a teacher, and I like to organize things. I also have a sharp memory. But I also have a watery constitution which makes me emotional, sentimental, have a tendency to put on some weight. But I do have oily skin and richness in my, there's oil in my hair and everywhere there is a roundedness and a fullness. There is the blessings of water and earth element. When I bring the two together, only can you understand me and can I understand me. That's more important. I really have to hold both these sides of me, the leader side of me, which just makes it pitta, and I'm the leader of many organizations, and then this more kapha which makes me a homebody. I like to be close to my intimate circle of friends. I'm an introvert, and I'd like to only speak my closest things to very few people.

Though I'm on social media and a general personality well known in the world, my really deep, deep secrets or whatever very few people know, if any. The reason for that is this earth and water, they go deep. Imagine a mountain or a lake, it's like deep. I'm sure you have these paradoxes. But Ayurveda will bring them together and say, look, Lisa, this is you. Then you can embrace all of you and protect yourself in specific months and eat certain foods if any one fiery part of your constitution goes up over the other. You want to bring it back to balance. For example, in my case, I have fire, but I don't want to burn up from the fire. I also have kapha constitution, but I don't want to have too much cholesterol because of that. I have to keep them both in balance. You might be having your own challenges as well as opportunities. Once you learn this, it is so intuitive that you can literally know, for example, if I drink ginger tea, I will feel a burning and my husband won't. The reason for that is that the fire in the ginger and the fire in my

body, they don't get along. It's too much. To calm it down a little. That's how it goes in. You become your own doctor very quickly in that sense.

Lisa: Yeah, I can see how using your own intuition would be very helpful in this form of, I guess, self-diagnosis, for lack of a better way to put it. Where you just ask your body which, even though I've got these two doshas that are predominant, which one should I work with right now? How would you recommend we listen to our body signals to know which dosha we're walking in at this specific moment?

Acharya: Once upon a time in India, this knowledge that you and I are discussing was common knowledge. Just like children grew up in the Western world and know about vitamins, right? Everybody knows A, B, C, D, B complex. People knew about the doshas. It's like the doshas have entered. They are in common language. But slowly that knowledge is forgotten. India was also colonized. When a nation is colonized, people forget their inherent knowledge, their indigenous traditions. That's why Ayurveda took on a second status compared to Western medicine in India. Whereas at one time, the history of Ayurveda shows that Ayurveda was known worldwide. It was a mother tradition to Greek medicine, to Tibetan medicine. It influenced Chinese medicine too. Today, Ayurveda took a backwards status because of the forgetting that Indians had. Because now this knowledge is not in the public domain, it's always good to listen to experts like me or read our books. There are a series of symptoms, for example, that I've mentioned in my book *Ayurveda Lifestyle Wisdom* which, by the way, became a top 10 books on alternative medicine the year when it came out. What that shows is people are looking for Ayurveda. That's what I felt. But there are a series of symptoms that you can know through which you can know your doshas going out of control.

For example, as an example, when vata dosha starts increasing in your constitution and you have that constitution, it will quickly go out and you shall start feeling like your sleep is getting disturbed. Some aches and pains may increase. Air is dry, so you might notice a dryness on your skin, your hair, and especially in your colon. You might start noticing that you're skipping going to the bathroom or you are constipated. You might even feel some flatulence and bloating. You might also feel some tiredness because when air and space increases, the other elements go down. What is air and space? It's very non-substantial, doesn't support you as much. When you know that, then it's time to eat a vata-balancing diet and opposite elements balance each other. Air is dry, so supply some oil in your body. Air is dry, so eat some fattening foods. This way, very quickly, one can restore balance. When pitta dosha starts going out of balance, you can imagine redness may increase in the body. Heat may increase in the urine and stool. One may experience some burning sensations. This is not just hot flashes which happen due to hormonal reasons. This is random.

A 20-year-old can start feeling heat in the body or more flushed. Western doctors might say hormones, but then Ayurveda healer will say, let's look at your pitta dosha. As we eat a pitta-balancing diet, pitta is hot, so start putting cooling things on your body, start drinking and eating cooling foods and fruits, et cetera. Within a week, you start noticing that things are calming down. When kapha energy starts going up, you start feeling heavy, tired. It's lethargy, but it's another kind. You feel like your legs are made of leather or something. You feel heavy. You have too much saliva in your mouth or phlegm. You don't even have a cold. You just feel like all the time like this. [Clearing the Throat] It's like things are sticky. Everything is heavy. That's when some kapha-reducing measures will be recommended, like adding spices to your food, drinking ginger tea, even fasting between meals, or walking after each meal to increase the movement. Gradually things are restored. But I would say that some diagnosis helps. It's definitely that intuitive part of Ayurveda. Then I would appeal to all listeners that they should then resort to authentic sources of knowledge to embellish what they know intuitively, and then follow a protocol in a proper way.

Lisa: That was very helpful. Thank you for that. You mentioned hot flashes. Let's go there for a minute because women of our age all deal with this. Are hot flashes a sign of imbalanced doshas, or can that go across the entire range?

Acharya: Hormones are related to pitta dosha. Hormones, enzymes, bile, blood-related things, all these are inherently you can see related to fire. When women go into menopause, they are no longer shedding the blood. When every month the blood came out, we don't not only release blood, but if we think about it, we are releasing extra pitta from the body. That's why until the women have the period, they feel cranky. They feel irritable. Pitta is built up. They feel hot. But once the bleeding starts, they feel calm. Isn't that true? I mean, I can say that from my experience. I think nine out of 10 women feel that. But now that there is no menopause happening, there's a pitta buildup in the body. As a result, there is hot flashes. When hot flashes have to be addressed, which I have to address in my own case, I have instituted a pitta-balancing diet where I have low salt because salt contains fire, very low spices though I'm an Indian and Indians are all about spices, but I use cooling spices like fennel.

Instead of regular salt, I would use Himalayan pink salt or the rock salt, which is a cooling salt. I would use coriander or cilantro and even the powdered version of it. These are all cooling things. I would drink goat's milk or cow milk if I want milk because it's very cooling, whereas the sheep melt which is heating. All this knowledge is contained in Ayurveda. I teach it painstakingly through my books, through my courses. This knowledge can be obtained. But very quickly when the flashes started for me and I had a hot sweat, I said, oh, yes, I'm there. I made changes, and I'm much better. I do drink more water. I still feel more thirst. But those are benign symptoms. You feel more thirst because you have more heat.

Because the more heat, you feel more parched. Then even in my water, like even in my water, I've added some rose petals to cool the water. This knowledge is contained in Ayurveda of how to use the world and its ingredients to take care of your increased doshas. Instead of getting into this fear of menopause and I have hot flashes and I'm going to suffer and do I have to go on the questionable estrogen replacement therapy and whatnot. I can just use roses and even spend some time under the moonlight which is cooling. All these things really bring back the health and the normalcy back to doshas.

Lisa: Thank you again. Very helpful information. Now is there anything in Ayurveda that is good for all of the doses? I understand triphala is a good tonic for everybody.

Acharya: Yes, of course, there are things which are known as tridoshic. They help everyone. For example, winter melon is one of those things. Rose, if you grow your roses at home without pesticides and things, you can take a fresh rose, put it in some hot water, leave it alone, and after a while, the rose will leave its essence in the water. You drink that water when it's cool. This is three dosha balancing. Rosewater is also good for the heart and the emotions. There's a whole list of things that help. One of the herbs or compound of herbs is known as triphala. It contains three herbs in it. One by one, one is called amalaki which is good for pitta. Then there is an herb called haritaki in it which is good for vata. Then there is a third herb called the bibhitaki in it which is good for kapha. All three are put together and it is like a complete cleanser for each and every cell of your body. It also aids a gentle elimination. It's not a purge. It just gently helps with elimination, and so you don't have toxic waste rotting in your body. There are some beautiful things that can be done which can be then mindfully consumed as part of your regimen. We're not just eating sandwiches and soups that taste good, but we're making sure we're adding winter melon to our stir fry or our soup. We're consuming those foods that are going to give us the benefit of balancing all three doshas.

Lisa: Right, right. Again, thank you for that. Now I'm wondering also, there's a connection between the sun and health in Ayurveda, isn't there?

Acharya: Yes, very much so. The sun is, I think, in many cultures, many ancient cultures, the sun is revered. The sun is seen in Ayurveda as the source of health, Arogya. Arogya means absolute health. According to Ayurveda, as souls, we are already healthy. It is our body and mind and senses which have gone into conundrum and developed imbalances. But the true state of health is still waiting for us. Whether you meditate on the inner sun, the soul, or whether you meditate on the outer sun, the universal soul, it is considered one and the same. For most people, it's not easy to connect with the invisible self, but it is easy to connect with the golden representation of spirit. As a result, there are entire mantras and meditations and rituals around gazing at the sun early in the morning before dawn. I also wake up early just before this dawn comes out.



I sit there on a French window in my kitchen, and I go sit down with a blanket and a cup of hot water. I just gaze out there. Slowly as the sky changes and the light changes from pitch dark to lighter, to beautiful colors of dawn, rising sun, something changes within me. I journey within my consciousness from shadow to light, from confusion to clarity, from appearance to reality, from ill health to health. I was so happy that when I was writing my book *Ayurveda Lifestyle Wisdom*, I did a lot of research and I found that, yes, the earlier you see the light of the sun, the earlier your brain sees the light of the sun through your eyes and to your brain, the sooner you'll be able to fall asleep and stay asleep at night, like seeing the light in the morning and your nighttime sleep are connected because melatonin and serotonin, these are two opposite brain hormones. Serotonin starts getting secreted when light is first seen. Then when the moon comes out, melatonin begins the secretion. All this knowledge came 5,000 years later. But the yogis and the seers who gave Ayurveda knew it already. They were up and waiting.

They also said that when the sun is rising, when Earth is all new, it's like she died at night, and now she's birthing herself again. If you're awake at this phenomena, this is known as Brahmanuhurtha, this special time, this is a time of Brahman. Brahman means divine reality. This is a great time, you're a writer, Lisa, to write. I wonder if you catch your thoughts in the morning. But this is a great time to write, to make music, to do creative things, to do breathing exercises like pranayama or yoga or Tai Chi because you're making new with the divine reality. As it gets later in the day, your mind becomes stale and tired. It goes back into its story. For me, waking up in the morning and meeting a fresh canvas outside me and a blank canvas inside me has allowed me to reinvent myself despite genetic conditions that have tried to keep me in a wheelchair, despite an accident that almost broke my neck, despite anything that happened in my life, betrayals, difficulties, I have come through shining, not like a tragic victim but shining, looking younger than before, happier, healthier, with all blood tests, fine. This is the beauty of Ayurveda.

I eat by my doshas and by the season. I get up and watch the sun. Then I meditate. I wonder if our listener would just close their eyes and experience this bright sun right here between their third eye and then in their heart and then in their solar plexus. I open my eyes. I watch the sun. Then I close it, and I find my inner suns here, here, here. I'm going to see it and then I do this. Then I chant, which we don't have the time to go into, but I chant to our mantras to the sun. One of the mantras says Om Mitraya Namaha, which is directly means, oh, my friend. Or Om Pushne Namaha. Oh, my nurturer. But who is the friend and who is the nurturer with our own true self? It's really a beautiful paradigm of connecting with nature, connecting with the first rays of the sun, watching the light change which makes you depression free very quickly. I've had people who've been on meds. I've had students who even had electric shocks. Life is tough. People have gone through things. Then they do these simple practices, Lisa, and it's like their inner sun comes

on, never to fade again. That's the beauty of it. I kind of give a long answer, so thank you for you're such patient and beautiful listening. I saw that.

Lisa: It was really a beautiful answer. Thank you so much for going into it because I could feel this while you were talking. Even though I'm not sitting outside watching the sun rising in the sky changing, I could absolutely feel the power in what you're saying. But I'm also hearing questions, I've hosted enough of these things to know the questions that people will be asking. This may sound nitpicky, but if someone doesn't have an unencumbered view of the horizon, so they live in, I don't know, a building that faces the other direction. They just don't have access to, or maybe there's houses between them and the actual horizon. So by the time they see the sun coming up, it's full-on bright sun. This is a very long question to basically ask. Can you still do the sunrise sky gazing if you can't see the exact horizon?

Acharya: Absolutely, absolutely, because the sky will reflect the changes. That's one thing. I have worked with people in the prison too. Sometimes they only have a tiny little window. I let them do look at that. I would also recommend that if you're into exercises and walking and if you have any area around you that you could even drive to, I would take a camping chair and sit down with a thermos of hot water and just be there. Especially do it whenever you can, like say when you go camping, or you go visit your parents' house, which has a nice backyard, go do that. I remember talking to someone who lived in a place where there were so many buildings that you rarely could see the sky in a vertical way, not above you. It was too much. So then I just told them to light a candle and look at that, and then remember the sun. That really helped them. That picked up their consciousness a lot. Their awareness felt expanded. They didn't feel so weepy and sad anymore. We have a human imagination, and we use it to catastrophize and destroy our lives. Why can't we use it to imagine the igniting of the inner fires in the sun? Yes, we can do it.

Lisa: Right. Yeah, that's a really good point. We've got the imagination, we might as well use it properly.

Acharya: What a great question and I'm glad because I would really love for our listeners to explore that.

Lisa: Well, there's just so much power in the suggestion. Thank you for the clarity on how people can overcome these obstacles. You mentioned drinking hot water. Personally, I love ice water. But I know it's not good for me. I know you're supposed to drink at least body temperature or warmer water. Can you explain why the water temperature makes that big a difference?

Acharya: The digestive fire or the digestive mechanism has to do with thermal energy, chemical heat, right? We can say, poetically we say there is a flame that lives in our belly, that live in every cell because there is cellular digestion also going on. Ayurveda goes along with the concept of dosha or energies in the constitution. There was this concept of Agni or the inner flame. We like to keep this inner flame vibrant. We don't want it to be doused out with ice cold water. We don't want to drink so much water after eating that the flame gets doused out, which means the chemicals that are supposed to digest the food, the enzymes, will get diluted. When you drink hot water in sips, the heat of the water helps because like increases like, so the flame will go up. When I drink hot water, especially in the morning, by breakfast and night and hungry and if you're hungry, then you will digest the food and it won't become a liability. But if you've had cold water or cold soda or anything cold in the morning, your Agni or your flame is already getting less strong because cold and wet things will bring it down.

We all want water, but why not heat it a bit? The only time hot water is not recommended is when you're already in the throes of a hot flash, or you are burning up. You're already in very hot temperature and you're drinking hot water, then that would be silly. That's not the right thing to do. That time again you have to use your intuition and go for cool water. But there is no room for ice water in Ayurveda because ice is not natural ingredient for us to have. If you want to cool our water like we want to cool our hot flash, or you want to cool the parched mouth, it's better to drink rose water or add some fennel seeds to the water, or put your water overnight where it is exposed to moon rays. That kind of cooling will actually make a difference. Ice water just makes you more addictive to you'd get hot, then you need ice water, then you get hot, then you need ice water.

It's not an answer. It's just a temporary relief. But the real answer of real cooling can happen through cooling ingredients, not necessarily temperature plunge. A very beautiful ingredient, the way to make really cooling water is take a pitcher of water, and you can toss into it one to two teaspoons of coriander seeds which are available everywhere, every store. One to two teaspoons of coriander seeds is very cooling. Then put a little cheese cloth on top and stick near a window where there is some moonlight. Hopefully, you have some access to moonlight. Drink that water the next day. It's going to make a big difference. If you have hyperacidity, if you're burning up and your face gets hot all the time, you feel too much redness on your skin. You want to calm all the pitta down just with this moon-kissed water.

Lisa: That's really helpful especially since right now we're under a full moon, so this would be, I think, a really good time to do that. I've made a note here, coriander water, moonlight.

Acharya: Those seeds, you can throw them in a little bed. They just grow on their own. They're like cilantro. You can use it as a garnishing which is again cooling. If you have fresh roses in your home, you can even drop those roses in the water and leave it there. It's rosewater, again cooling. Rosewater will also purify your skin and enhance your complexions, all these benefits.

Lisa: All right, wonderful. Of course, using organic pesticide-free ingredients.

Acharya: It has to be a constant effort to do that.

Lisa: It absolutely is. But if it helps, you do it. So yeah, wonderful. Well, this has been such an interesting conversation. I want to share your, you've got two web addresses. One is [acharyashunya.com](http://acharyashunya.com), and the other is [awakentoself.com](http://awakentoself.com). What will people find if they explore your websites?

Acharya: They will find my books, two of them. One is *Ayurveda Lifestyle Wisdom*. The other is *Sovereign Self*. Both are bestsellers. The third one is something called *Roar Like a Goddess*. It is a feminist manifesto from the Hindu goddesses. That's going to be a beautiful teaching. They're going to find out about my courses in Ayurveda, in yoga, and in nondual wisdom teachings, which is what people come to me and my lineage for. They'll find some photo galleries of me making moon water or doing different things. I lead a pretty ordered life. The magic of my life and how Ayurveda is filling it up. They'll come across some student community from every part of the world, like how Ayurveda has made inroads into homes as far as, I mean, these are countries that are not heard about, and I have students from there. That warms my heart.

Lisa: Wow. I want to thank you so much for being with us today, Shunya. You're obviously a busy person. I appreciate you fitting us into your hectic schedule. Is there anything that we've left out that you want to make sure that we talk about before we wrap it up?

Acharya: I just want to say that even though Ayurveda is an ancient medicine, it has clearly shown that it is timeless medicine, because these principles don't belong to a certain era. The five elements were then. They were in the middle. They will be now. They'll be in the future. The concept of energies is also universal. It works for everybody. It doesn't ask people to become vegetarian or Hindu or anything. If you're new to Ayurveda, thank you for your patient listening. I would recommend you to find a book and know more about it. Bring Ayurveda into your life. Finally, Lisa, I want to thank you for your perceptive questions, your patient listening. I always enjoy it when the interviewer is fully engrossed in the subject. I appreciate being received. Thank you.

Lisa: It certainly helps that I'm passionate about the topic as well. So yes, thank you again, Shunya. This has been really just a wonderful conversation. Thank you. I want to remind everyone that I've been talking to Acharya Shunya. I want to thank everyone for joining us. I hope you enjoyed this conversation in the *Intuitive Medicine Summit*.

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