

Ep. 7 – Anjali Sunita: The Power of Ayurveda to Heal the Mind, Body and Spirit

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Elyse Preston: Hello, and welcome back to be more connected. And today I am [00:01:00] so excited to be joined here with my yoga teacher, Anjali Sunita. Anjali is a writer yoga teacher, and I consultant who shares globally online with a focus on tradition and accessibility. And she continues to study Ayurvedic beta continuously with the goal of becoming an Ayurvedic

doctor over the next four years. So incredible. And her interest lies in health and reclaiming connection to spirit and natural medicine and helping others to do the same. So welcome Lee.

Anjali Sunita Interview: Thank you. So good to be here.

Elyse Preston: Yes. So excited to dive in together. And the question that I've been asking folks as the opening question for this first season is how are you currently sourcing connection in your life right now, whether that's connection with yourself, connection, with nature, connection, with [00:02:00] spirit, just whatever kind of comes through for you.

Anjali Sunita Interview: Yeah. Oh, I go through phases Elyse like, um, phases of practices. Uh, I've always thought, you know, or I've been kind of indoctrinated to think that, you know, you're supposed to do the same practice every day and wake up and do the same kind of thing every day, every day. Wow. But to be honest, I think I really go through phases.

I have practices that I've, you know, Had strong foundations with, and I can always return to, and then I have times when I just, uh, bust out and allow myself, you know, something different. And, uh, right now I'm in that, I'm in that moment where it's just been about number one, it's been about rest, which is like connection with myself.

Like. Um, literally curling up and allowing my body to be really comfortable when I [00:03:00] sleep, you know, and when I wake up, you know, it's, it's almost like a sentiment, you know, like I kind of hold myself to sleep and prioritize, sleep and allow myself to sleep. Um, if I can in the morning, um, as much as my body needs.

Um, because I feel like I just have needed some sleep and then rest, and then I'm hiking. I'm outside a lot. I'm, you know, I have recently gotten a dog which has been pretty life changing for me. , it's a funny little life changing thing because, um, twice a day I need to be out there walking. And so I've been finding really beautiful, natural.

Places to walk. Um, and, uh, it's in those walks that I'm really sourcing connection again with myself, but also with nature, my future plans, like integrating past, you know, it's like, uh, same thing [00:04:00] happens sometimes when I'm in the shower, you know, like all the thoughts come and everything kind of integrates together and connects together.

Like right now, it's when I'm walking outside, um, smelling the trees, like going near the river, watching, you know, listening to the birds, just like allowing it to be what it is. And, um, because I'm walking in unfamiliar places like it's, uh, it, it allows me to kind of, you know, trust myself kind of connect and, uh, you know, there'll be moments where I feel nervous like, oh, should I go any further?

should I go up this hill or I don't know what's over there, you know, and, um, those are the moments when I get to just drop in and, uh, I might do a breathing practice. I might, you know, count, I might meditate while I'm walking. I clear my mind and decide, and it kind of just harness it's [00:05:00] harnessing a deeper trust.

Right. So I love being in nature.

Elyse Preston: Mm. Beautiful. I feel like you just took us on a journey there. Like I felt like I was taking a little walk in nature as you described your experience and like how you attune and connect in. That's so powerful. Mm-hmm and I, I love that reminder around rest too. I think that's been something that during the pandemic, I feel.

Grateful that I've actually had the opportunity to incorporate naps more rest and into my weekly experience. And it does feel so nurturing, like, Hmm, such a nice opportunity to , really support yourself and having more of that space for rest mm-hmm . Yeah. Powerful. Absolutely. And so I would love for you to share with our audience, um, a bit more about your connection with [00:06:00] Ayurveda and many listeners in, in our audience are.

Entrepreneurs creatives, visionaries, who, who spend a lot of time exploring how they can support others and sometimes struggle with prioritizing themselves. And I think it would be really beautiful to hear a little bit more about. The science of Ayurveda and how it can be a supportive tool,, for, for folks who maybe tuning in and, and being a part of of this experience with us.

Anjali Sunita Interview: Totally. Um, and I completely relate to the balance of taking care of oneself. And all responsibilities and people in our lives. I think that's something that so many people, um, come to Iveta for myself included. Um, I, I think that, you know, Iveta is a deep, long, old, pretty well [00:07:00] maintained science that, um, You know, like I, like I've said, I, I want to become an I VEIC

doctor.

I wanna go as deep as possible with it. But even the very, very basic lens of Iveta is what I return to over and over and over. Like, it's the basic lens that helps me carry through the day. Um, because the best way I can describe it is it's brought like a texture to my life. Um, Ayurveda is a natural science. , it literally means , the knowledge of life, life knowledge, , that comes from, you know, the Rishis and the Sages in what's now called India, right? This area. And it shares in its basic lens, a lot of the same understandings as you might find. And a lot of different indigenous traditions [00:08:00] that, look at the world in its elemental makeup.

So, you know, ether, air, fire, water earth, and that. Everything in the universe can be described in these same qualitative terms in different combinations and permutations from the water we drink to, you know, the actual nature surrounding us or the foods that we eat. Even the relationships that. That we have, they all have qualities, right?

Some are more fiery and some are more grounded and airy and some are more soft and nurturing and absorbent, and some are more, you know, fast paced and moving or air and space like, you know, big picture, broad view. And there's so much value in understanding the lens because it brings about, um, a way of seeing.

The actual textures of things, the way things actually smell the way things actually taste the way [00:09:00] things actually feel, , including relationships, including conversations, you know, like how you feel when you're in presence of other, people and and bringing this qualitative sort of textural lens to understanding things is the first.

Sort of step to understanding, you know, what's poison and what's medicine for any person at any time. Right? So like in the springtime, you know, when people are more congested and you know, there's more, um, you know, the, the stagnation from the end of winter is coming, you know, leaving and people are starting.

Reawaken, but all that stagnation is kind of coming to the surface and people often feel tired or, um, mucousy or something. There's different foods, right? There's different practices. There's different, um, substances that will be [00:10:00] medicinal at that time. And there's other things that will feel more aggravating at that time.

So, um, for me, just having that. First of all constant mindfulness practice to actually taste my food and actually feel the quality of things, or to actually look at, you know, the leaves and what's growing, or,, feel the experience of what I'm doing while I'm doing it. You know, putting my hands or feet on the earth or breathing the

air, whether it.

Clean and pure, or whether it's heavy and cloudy and being able to describe things in a kind of neutral lens,, really, uh, fleshes out the all how many choices there actually are in a sort of common everyday day,

Elyse Preston: I love that you're describing how we can integrate our awareness, our mindfulness of all of these different elements and how [00:11:00] they show up in. Everything that exists in ourselves and in the world around us and how we can develop this ability to relate to life through this powerful lens.

Anjali Sunita Interview: Yes. And it's not hard to learn the basics. You know, it doesn't take very long to learn the basics., I think that people, you know, it. if you're, if you're not familiar with Ayurveda, it may just seem like, you know, like why would I go off and learn Indian medicine or Chinese medicine, or, you know, any kind of tribal medicines or any like, why it seems sort of far off, but actually the, the basic lens is so natural and it's so natural to people that I find that pretty much everyone can get into it once the, once the language is developed and people realize that, oh, well, yeah.

I mean, I. I experience life through my senses. Right. Um, and so that's, [00:12:00] that's powerful knowledge and I really, really love that. I guess it just, it, um, it encourages a kind of intelligence that I think gets lost in the rushed modern, you know, capitalistic world, you know, where we're rushing through things.

Yeah. And we view knowledge as this kind of. You know, from the neck up experience, whereas, Ayurveda sees the knowledge of life in every cell of your body. And so it's, it's a way of, it's a way of living, , and the amount of choice that it opens, you know, in a day, the amount of opportunities for choice to me, Kind of in and of itself learning a lens like that.

And antidepressant, like, it's like, you know, instead of going through my life, like, oh, I'm gonna wake up [00:13:00] now I'm gonna drink this coffee or I'm gonna, you know, go take my walk or, you know, which could seem like a really boring thing when my senses are awake to the water or the coffee or the tea or the juice or the whatever's first going in.

, when my senses are awake on the walks that I'm taking. , I'm learning, you know, and I'm in awe and I'm in a different space in my brain, which has been really important for me in my life. And, uh, that's why I wanna share it so much. You know, it's really brought the joy. the joy to what otherwise might seem kind of rote, you know, General living, or even, even yoga practices that I had, you know, it's like, it brings the joy to really feel, , and I'm about feeling

right.

And an emotional intelligence. So, yeah. Um, I don't know what your question was anymore.

I've gone like way off already. That is [00:14:00] passionate about

Elyse Preston: it, you know? Yes. I was gonna say that is more than, okay. I, I feel like where you led us is exactly where we needed to go and, um, really. is landing. Like the language that you're sharing is really landing for me in such a beautiful way. And like almost feels like poetry in terms of, uh, this language that you've been describing of how Ayurveda invites us to have an opportunity with life that is so much more.

And rich seeing the knowledge of life in every cell of your body, , and allowing our senses to be really awakened and engaged in how, we're showing up to life is so profound. And I think that. It really does help answer , the initial question, which was related to, how can Ayurveda support folks who are currently having [00:15:00] trouble with connecting with themselves or prioritizing themselves

and bringing in more of that joy, more of that aliveness.

Anjali Sunita Interview: Totally. Yes. And, you know, it's like, That that commitment to, or really, it's just a remembering, you know, once, once, um, the basic lens is kind of understood and you start to test it out and then start to ex basically experiment with everything. Um, yeah.

And it integrates a little bit, then it just becomes like a remembrance, you know, because then we tap into how we are actually feeling right. And, and it's like, well today I feel a little heavy and slow, you know, and on another day I might feel a little, uh, hyper mobile in my mind or in my body, right. Or another day I might be, um, [00:16:00] feeling some discomforts in my body in some particular kind of way.

And, um, when we are attuned to the physical sensations and they're giving us that knowledge, our body is giving us. Information. Um, and then we have experienced and experimented with all the regular substances that exist, you know, in our homes, you know what we're eating, what we're drinking, even our breathing practices can be considered substances.

You know, like anything that has an action on the body. An action. and a quality that's interlinked is considered like a substance, a potential medicinal substance. Then we can apply it. Right. We can apply it. Um, with that knowledge of, well, what would be soothing for this burning sensation in my, my stomach or what would be relieving

for [00:17:00] this feeling of heavy lethargy, you know, in this moment, you know, so it's, uh, I think ive, the.

Just the basic lens and the experiment, um, that you can do on your own, uh, is, is, is super powerful and, uh, really can help sustain. I know it helps sustain me like it's, it's literally, you know, when I wake up in the morning and through this pandemic, there have been so many days where I've woken up and just been, whew.

I have no idea what I'm doing. Right. Like, I don't know. I don't know where I'm going. What's happening a lot, has fallen away a lot is yet to be all of us. Right. You know? So like, so then how do you get up to just the basics of life and, uh, still feel like there's a rich space of, of learning and potential, you know?

And it's like, [00:18:00] ah, well, you know, to really experience. Is the basics of what we're doing. Like, um, it reminds me of though, it's not related to Ayurveda per se, but it just reminds me of a book that was book one of my first, first sort of like big light bulbs went off. Um, when I read it, when I was, you know, I think I was 18, 19 or something, I was on a break.

School kind of wandering, not sure what it was all about. And I, uh, I read the miracle of mindfulness by Tich Nat Han. And it was like, you know how awakening it can be to just do the dishes, you know, like. Or brush your teeth or that kind of stuff. And that attentiveness, you know, um, I think Iveta really brings an attentiveness to life.

Mm, yes. An

Elyse Preston: attentiveness to [00:19:00] life mm-hmm and as you're sharing, I'm feeling like it might be helpful for listeners to be able to connect and relate to Ayurveda. Potentially by us sharing a little bit of our stories and what we've learned, um, and how you've taught and supported me , , around understanding more about my constitution and also how that shifts and changes.

Um, yeah, absolutely based, based on what's going on in the world around us. oh

Anjali Sunita Interview: yeah. And yeah.

Elyse Preston: Will you share that? Yeah. I'd love to share a little bit and would also love to hear from you as well, just because I know that you have, you know, such a powerful journey and story with, with IRA beta as well. Um, but I, I had the opportunity to learn from you.

It feels like many moons ago now back in 20, 20 [00:20:00] 17. I think when I was doing , my 200 hour yoga teacher training and, um, You provided us with an introduction to, um, the Doshas in Ayurveda, and

then we each had an opportunity to do , one on one kind of consultation with you. And it felt, like a remembrance, the way that you were describing.

Ayurveda having this language to be able to understand more about my mind body type and what can support me. With just finding greater balance and learning how I can actually. Support myself with experiencing more, ease, more liveness and reducing some of the qualities that feel like they pull me in a direction.

, that feels unsupportive for me. And so [00:21:00] my dosha and Ayurveda is kapha dosha and the, the elements that, are, most present for kapha are water and earth. And, , when you bring those, qualities together, what you get is mud. Um, and so how I can support myself with. You know, pacifying that quality and like bringing more, , balance is bringing in like more of the fire and more of the air.

Because I naturally am carrying some of those qualities of you know, heaviness, dense qualities,

Anjali Sunita Interview: soft, protective, nurturing, compassionate. You know, like earth builds things, right? Earth makes it creates. We make stuff out of clay. We make stuff out of like houses before they were built out of all these synthetic materials or made out of that [00:22:00] substance.

It's the substance of life. It's the most fertile, you know, um, and stuff really grows in its presence. You know, mm-hmm, , that's where things grow. Um, yes, so there's so much beauty to earth and water Lord it's the most substantial. Right? And, um, it really feeds those who are depleted. Those relationships are so nourishing and compassionate.

They're the people you go to with your, with your, uh, you know, Think about the earth mamas or the strong pillars in your family. Like those are the, those people that dependability, that structure, you know, all very much describes like most people aren't as clear cut as I see you , you know, like they're, a lot of us are combinations that aren't as clear cut, but, um, that softness, [00:23:00] uh, Is so inviting and so absorbent.

So, I mean, anyone can go off in any direction. Right. And so sure. Um, there's so much medicine in that and, and when earth becomes a little too heavier to, you know, actually it can have many different forms, right? Like if you think about earth, that's become dried out or earth, that's become, you know, Too soggy wet, like yeah, anyone who actually puts their hands in the earth and gardens, you know, you learn how important is that soil and, uh, how many different combinations it can help, how it influences what grows.

And so, um, yeah. So if someone is going off in a direction of too heavy or too, too, um, dense or something, they'll feel it in different ways, like in different tissues and stuff like that. And so, you know, There's so much beauty to your [00:24:00] natural constitution and to everyone's natural constitution and all of these elements.

And usually what we're treating in a medicinal from a medicinal point of view is when something's gone out of balance, like which can happen. Even someone with a , even someone with a constitution that is more earth and water, like can have an imbalance that's. Dry and light and cold and, you know, clear, subtle mobile, rough, you know, different, different quality.

Um, and we're usually just treating, the imbalance, right. To bring someone back to their natural. where they feel most juicy and, and good, you know? Yes. Yes. .

Elyse Preston: And I so appreciate you bringing that, beautiful incorporation of the medicine and the healing gifts of Kapha dosha and that is so true. As you shared of.

All of us like of each of our [00:25:00] unique constitutions, there is such richness and beauty and power and magic that we are here to gift and offer mm-hmm . And it's so powerful that Ayurveda can help us to see and understand how we can support ourselves with, , really experiencing, expressing that. Medicine more by tending to and taking care of ourselves.

Yes. In the ways that our body is like craving . Yes,

Anjali Sunita Interview: yes. Yes. I mean, we all have strengths, right. And then we all have spaces, you know, due to genetics or our life or history or traumas or. Past illnesses or environments that we grew up in or whatever it is. Like, we all have areas that need nurturing and then they need particular kinds of nurturing.

Right. And so, um, the basic [00:26:00] principle, at least as far as diet and lifestyle goes less, uh, less so consistent in, I would say the herbal medicine side, because that's a little bit more, um, Specific all those formulations, I'm still learning so much there. Um, but in the basic way of living ways of living, um, lifestyle and diet, the basic principle, you know, is just that like attracts like an opposites heal.

Right. So if something's become too heavy, how do we bring the lightness? Right. And so in, in. if something's become too heavy digestively, then we're gonna bring the lightness digestively in a certain way. Right. Um, how do we get things moving when things feel stuck right in that, yeah. In that system, or it can be the same for



skin or can be the same for mind.

Right. So we [00:27:00] find, we find the medicines in the substances that are around. And in the practices that we've learned. So a lot of people listening might already have practices, might have, you know, things that they do to take care of themselves, certain baths that they take, or right. You might have meditations that you do or something like that.

And it's really just, um, finding the qualities, you know, of, of, you know, perhaps what you put into your bath or. The way or the time, um, that you meditate that might make the difference to bring the balance and quality. And have you feel like, oh yeah, the opposite's been applied and now I feel more centered basically.

Yeah. Yes.

Elyse Preston: Yeah, and I think it is so powerful to also incorporate that into our, our lens of how we're understanding the [00:28:00] world. And, I think maybe even when you were initially like teaching us about Ayurveda you talked about that as the golden principle. That like attracts life and opposites heal mm-hmm and that's still something I, I think about sometimes I remember that as a, as a golden principle, how can we find that, that greater balance in harmony?

Mm. Um, and I'd love to hear a little bit from you around. What some of the common misconceptions about Ayurveda are. And if there are any that you'd, like to demystify for

Anjali Sunita Interview: us. Oh gosh. So yeah, there are some, I think sometimes the danger of just learning the basic lens is that, you know, it can be, uh, applied a little too superficially.

Right. And so I've, I've seen. You know, it's like anything that, that we learn when we, when we learn it, we have to take some time to [00:29:00] integrate it and to see like what's true for us. And perhaps go a little bit deeper before. sharing it with others because I've noticed that, um, there can be a, you know, anytime you have a lens, there can be stereotyping.

That happens then. Right? So like I've heard from some people, uh, I heard from a good friend of ours, um, that we both know someone who is a, also a yoga teacher. He was like, um, he said, yeah, in my yoga teacher training, like all the people of color got put into one group, Had the same constitution, which is like ridiculous.

And to completely it's like not possible. Um, so, um, you know, stuff like that when we just kind of like, look at a quiz and we go, oh, okay, well, you know, earth is this color and sky is that color or whatever, you know, like taking things out of context. And then, and

then you [00:30:00] just have a lot of misinformation.

So for one. There's there's, there's two things, you know, things when things are taken too, literally, sometimes or too, um, too superficially that it can lead to a lot of misinformation, which I'm like, no, that's dangerous. Like people need to know, you know, Need to be able to see themselves. Clearly there's a point of a yoga teacher training, you know?

Um, yeah, so, so there's the, there's that number one is just having a deeper understanding. First of all, before we start looking at other people, it's better to apply things to ourselves first. Um, you know, always generally, um, I find with most things that we learn and, um, you know, in the west. especially, there is a lot of focus on like, the focus often stops at that classification of a person and it's like, okay, this is your constitution.

And it, it [00:31:00] often stops there, but the, that can be, that can get confusing when most of us are not in our absolute ideal perfect pristine state of health. Right? Like, there'll be things there's always gonna be things like. Yeah. Even if it's just, you know, I feel fatigued or, you know, mild things, right. That, that are calling our attention.

Right. We notice them because they're qualitative. Right. And, If we're only paying attention to the way that we've classified ourselves, then, then we might miss that. Uh, you know, anyone can have any alteration and that's what we're, that's what we're serving, right? Like that's what, that's, what we're serving through the medicine, right.

Is, is, um, using the qualities of herbs and the qualities of breath and the qualities of. Um, food practices [00:32:00] to, help calm that that's gone out of balance, right? Whether it's something like fatigue or even, you know, there's, there's paces and oils and things that can be applied externally on the body, on the skin, you know, there's so the medicine is in treating the I imbalance.

Right. And so, um, I think that's often a misconception is just, you know, people say, well, I'm this. And so all year round at all times, you know, this is how I can care for myself, you know, based on this initial classification. But, the medicine is in treating the imbalance. So, uh, anyone can go off in any direction, like I've said.

So that's, that's a big one. That's big, you know, , we have to attend to ourselves in in the moment, in the day, in the week, in the month in the season, we're attending to ourselves cyclically, you know? it's not, uh, I don't know [00:33:00] if there's just an obsession in the west with classifications or something, but, you know, but, uh, yeah, we have to attend to ourselves.

like nature. That's always changing. The season is not static. Right. Even within summertime, there's a lot of change, you know, from the first day of summer to the last day of summer, there's a lot of change in the environment. So, um, yeah, I would say those are two big ones. Yeah.

Elyse Preston: And I think that is really important to bring awareness to that.

We are not static, that we are constantly changing the way that nature is changing and. I think it even might just be a part of human psychology that we love to be able to categorize ourselves and put ourselves in certain boxes and yeah. Compare and make those kinds of associations mm-hmm and I think sometimes it can be fun and it can be helpful to have that language and have those tools.

And then [00:34:00] sometimes it can. Actually feel limiting and constricting to understanding more of our wholeness. Yes. And so bringing. In this lens and helping, , to have that reminder that the medicine is in treating the imbalance and knowing that there's such a wide variety of tools that can support us with attending to what is out of balance.

Mm-hmm . And I love that you've talked about breath, food, movement, oils, and. I'm sure. There's, you know, this is a big question, but for people who are maybe brand new to incorporating Ayurveda into their lifestyle, where would you recommend that they begin?

Anjali Sunita Interview: Yeah. Um, well, a lot of times, you know, I serve people in groups, but also one to one.

And when [00:35:00] people come one to one, I'll tell you the first questions that I ask are like, what are your main concerns? Right. So we start with, okay, what's really uncomfortable, right? In life. That's usually where we start. Um, and so we look at what those, what that is, and, you know, , Ayurvedic medicine will have a, a, will have views and texts and, you know, research and.

And all of that, if there's a particular condition. Right. But also, you know, for each person working with themselves, like first of all, yeah, we just, we, we dive right into what's uncomfortable, uncomfortable yeah. You know, like what's what's what do you want, um, to shift, right? What are your main concerns?

That's the first question. What are your main concerns? And then usually, um, we'll go through a person's day. Right. And [00:36:00] so this is something that we can all do for ourselves often, I'll say like, so what's your day, like? Right. And that's very illuminating. People will either say I have no idea what my day is.

Like my day is completely different every single day, or they'll have a very like structured day. And that day often, you know, When you, if you sit down to write it for yourself, sit down and write down your day. You'll notice, just do that as an exercise and then take a look at it and see like, well, what did I include?

A lot of times people will say, well, you know, I got up, I went to work. Um, I sat at the computer, I did this, Exercise. And my boss came in, then something, something, then, you know, I grabbed lunch or maybe they'll skip lunch. Right. And then they'll get home. And I raced and I took care of my. Husband or my kids or my, you know, whoever, whatever, you know.

And, uh, and you'll notice often when [00:37:00] people talk like their self care, their nourishment, their movement, their food might get skipped all together. And usually I have to say, okay, what did you eat for breakfast? What did you eat for lunch? Did you eat, um, did you eat dinner? , these first of all, see what's included in your day.

And then look at the day, like a cycle. It is a cycle right of day and night. And, um, seeing how that cycle warmed up, you know, like the, like the sun rising, right. When that cycle was really on fire, like the midday, like what was happening at that time, you know, um, when we're going, you know, winding down like dinner time or six o'clock, 5, 6, 7, you know, around that.

what was happening, what was happening after that? What, how did we prepare to go to sleep? And look at that cycle, which is like, you know, [00:38:00] it's a sign curve. Like if you could see my hand, right. It's like a wave, right. It starts, there's a warm up. There's a big, you know, high energy climax of the day.

Right. And then, uh, and then it starts to wind down and. There's a phase for elimination and a phase for sleep. Um, and then it repeats. So it's a circle, you know, but it's a cycle, but you could start by just breaking up your day into segments and go, okay, well, this is the warm up phase of the day. You know, from when I wake up to let's say.

10:00 AM, you know, and see that in that beginning phase, that beginning moment of the day, there's something in those first hours that you've done to nourish yourself, to help you warm up, to help your brain function, you know, your [00:39:00] body function. Whether it's. Drinking a cup of hot water, you know, or a strong kind of herbal tea or something, something medicinal for you to help, to help bring the qualities that you need to bring into your life.

It could be sharpness and awakesness like lemon water. It could be, you

know, moving the mucus or bringing some heat like ginger tea. You know, it's hard for me to get into the. Uh, in this way without seeing individuals, but bring something into your early morning, you know, um, if you love that first, if coffee is what you drink, um, if tea is what you drink, like putting something right before that, you know, that's gonna be more nourishing than the caffeine, which will.

Stimulating, but also depleting, you know, so like putting something before that in the morning, have something there in that first part of the day, that is like, [00:40:00] okay, first thing that goes into my mouth, I'm nourishing myself with that drink. Mm-hmm um, and you can play at first, right? Like sometimes I just, I.

Most of the time, I just have plain hot water hot because that will help flush, you know, the digestive track, it helps move what's caked inside warm will help melt. What's what needs to move more than cold. Right. Um, and I sometimes play, you know, just to give myself a little sweetness. I'm like, Ugh, I'm a little too serious or whatever, you know, and I put a dash of Rose water in it or something like that, you know?

So. To just wake me up and give myself that sweet reminder. Um, and then. Break up the next part of the day, like, you know, more can fit there. Right. I work with people to have practices and to organize life in a way that nourishment gets prioritized, right. Nourishment and [00:41:00] cleansing on a daily basis. But start there, like have one thing, or maybe you sit down and do a breathing practice for 10 minutes or, um, tiny tweaks.

Like if your breakfast is happening in the car, On the way somewhere, you know, organizing to have a soft cooked meal, maybe you put it in a Thermo so that you can then sit down and eat it somewhere, you know, but like finding a way to deal with that initial nourishment in the morning and revving up for when you have to be really on, you know, and then in that period, this is the biggest thing probably.

Probably the number one thing almost always I'm starting with is like, are you eating lunch? And is that like midday moment of acknowledging that the sun is highest in the sky that the digestive fire in our bodies is strong, you know? And, [00:42:00] uh, this is time when we're burning that we actually need to stop and nourish, you know?

So like, um, having a midday practice of some kind and that practice can simply be eating lunch, you know? Um, and having that be comprised of things that are nourishing, it doesn't have to be expensive. It doesn't have to be fancy. Like I definitely got into this first, when I was like in a food desert and in that's a whole other topic we can talk about, you know, that I, I go work with people and individuals, but like, it's all relative, but there's.

there's got to be a focus on nourishing ourselves one way or another. Um, and, then looking at, that latter part of the day, you know, like, , often there'll be an energy drop. A lot of people feel something around like three, four o'clock, you know, um, there's moments where, where the energy will.

[00:43:00] acknowledging that moment in some way, right? Dinner time after dinner time is absorption time. That's the time when, um, ideally if your life allows it, you're no longer, you're not, um, taking as much input, you know, it's more like output time. It's out, breath, time. It's time to find some way to integrate.

what the day, uh, has brought you like, so that's journaling practices or dancing or meeting with friends, or, you know, just integration time. Right. And then there's sleep time and some people need something before sleep. Some people need help getting to sleep. Um, and so there's little things like drinking, warm milks or warm waters or, um, Herbal teas or doing light practices or putting your legs up against a wall and inverting in that way.

Or there's so [00:44:00] many things we can do to help wind down. But essentially the first thing I would recommend to everybody is just break up your day, like draw a little sign curve, you know, and then. put some little lines in that, break it up, you know, and then just go, is there any space for nourishment morning, afternoon, evening, night, um, and that organization of whatever it is that you choose, like it can be the simplest smallest thing when you do it regularly, you'll it kind of builds on itself and it starts to feel like, wow, I'm taking care of myself every day and that's a priority.

And just having that set, set schedule of self care that, um, eventually doesn't falter as much, you know? Um, that's a really good place to start because it's starting to line up with the [00:45:00] cycle of day and night. It's starting to line. your thinking and your life and your digestive track and your sleep cycle and all of that with the cycles of day and night.

And that's getting into a bio rhythm there's yes. Yeah, a lot, a lot of places that we can go from there, but just starting to align with the bio rhythms is, is.

Elyse Preston: this feels so, so powerful and also so, so simple. Um, and I love that you invited us also to, um, yes, really prioritize nourishment and cleansing every day.

And having our own unique approach to how we start off our day with some element of nourishment. Mm-hmm, think about our midday experience and how we can [00:46:00] make sure that we are really prioritizing getting some important nourishment during that time when. The sun is at its highest point when our digest is alive within us, and also

having an evening practice that supports us with taking care of ourselves, integrating as we make that transition into sleep.

And I think that it's, it's just so encouraging to also. Remind folks like the way that you've described that this doesn't have to be elaborate. It doesn't have to be expensive. It doesn't have to be something that takes a ton of time to like coordinate and organize. It can be simple and it can be a way that you create more of a ritualized nourishing experience of how you approach your life.

And so I love that we could really. You know, begin to wrap up our [00:47:00] conversation around this and provide folks with, um, just so much food for thought about how they can really begin to incorporate Ivetta into their, their own lifestyle. Yeah. And before we close, I think I would just love to ask you the question.

If there's anything else that's kind of on your mind or on your heart to, to share with folks,

Anjali Sunita Interview: Just leading from where we just we're, prioritizing self care, you know, and no longer thinking of that as selfish, but thinking of that, Absolutely essential. And like one of the reasons that we're here on this planet, given this body, you know, given this, given this mind, given this life, um, given these responsibilities like that, that prioritizing self care is, uh, [00:48:00] essential.

They are so many voices and forces and, um, Structures in place to, to encourage us to do the opposite, to make life about working, to extract from the earth, really, and ex and extract from our ourselves and from our, for our bodies and for who and for what you know, I, I feel to me, it's.

It's revolutionary and it's essential, um, to, to remember how important it is for us to take care of ourselves. Um, and, and to prioritize that again in simple, small ways, but to make that a focus, um, because, uh,

the [00:49:00] rest of it is depleting. You know, the rest is depleting on our bodies. And on our minds, on our life, on our resources, on our histories, on our traditions, like it's depleting. And so, um, creativity, you know, nature shows us that creativity comes after survival. You know, like if you see.

flowers will bloom when the, when everything else is in place, you know, they're not like they're not going to bloom and create something new when the roots are struggling or the nourishment isn't there. You know, they'll just wait till next year if they come back. Right. So it's, um, creativity comes after survival and self care is part of survival.

and, uh, so I guess I just feel called to share that, that that's been a huge part of my journey and what I've witnessed, you know, in my [00:50:00] life, uh, growing up in my family and seeing how, for so many reasons, , how depleting it is not to take care of oneself, you know, and, um, how strong those other forces and voices are.

and so how diligent and strong and fiery, sometimes we have to be about creating those boundaries, so that we can take care of ourselves, you know? That's a big focus. I find with a lot of clients and just in my own life. So, yes.

Elyse Preston: Yeah. And thank you. Thank you so much for your work and the way that you hold space, the way that you support folks with being their own healers.

It is so revolutionary and so essential for us to be able to nurture and nourish ourselves. And as you described, the dominant culture is set up [00:51:00] for. Depletion and extraction and oppression. And it's just so powerful for us to be able to reinvest in ourselves and in each other, and to be able to cultivate sanctuaries and safe places and safe spaces and safe relationships where we can create.

A world that is more centered around our values and what actually supports life. Yeah. Instead of death. And yeah, I feel like, you know, we are just tapping into something that is, um Hm it's it's so heartbreaking and also so filled with potential. And possibility when we are able to come together and.[00:52:00]

Really invest our time and attention and energy and resources towards, towards what is possible and towards connecting with self and others and nature and spirit. And I'm so, so grateful for the ways that you have prioritized. That in your own life and been such a beautiful teacher around, um, cultivating that with others.

Because my experience of being able to do my 200 hour yoga teacher training with you was such a huge turning point in my. Healing journey and my relationship with myself and I'm just forever grateful.

Anjali Sunita Interview: Ah, me too. I'm forever grateful. It's a mystery, you know, sometimes when you do your work, I, I feel, and I know we're talking to a lot of entrepreneurs.

It's like, it's you do your work. You're working for yourself. You're working for [00:53:00] some higher value that you have in your mind, or some, some passion, um, and it's, it's there's, you know, sometimes you're like, why would anybody be interested? why would it so many here, sit here and do this listen or whatever.

So I'm forever grateful for the communities that come together, life



has brought them to this point, these values or these desires, or, um, Passions. Yeah. Yeah. It's great. Whew. Yes.

Elyse Preston: Thank you. Thank you. I'm so grateful for this conversation and yes, I'm excited to be able to share it and would love for you to share a little bit about how people can stay connected with you.

Anjali Sunita Interview: Right. Um, right. So as far as actually learning some of the basics and, um, from me in particular, Village life wellness is the name of I'm using [00:54:00] so village life wellness.com is my website. And there I post about yoga classes. Pranayam breath is a huge part of my, my work with myself and, and often with others.

and also ayurvedic lecture classes as well as courses and, um, kind of community experiences. And I'm really in a space right now of exploring ways to do that dynamically online, where. You know, we have kind of office hour questions, but also libraries of materials that people can access.

Self-paced , I actually find it works really well because people are working in their own homes in their own environments, you know? So I'm, I'm crafting some things there. Village life bonus.com village life wellness is also my Instagram handle where I just do little, little tips and. Blips and videos and stuff.

And, village, life wellness, gmail.com is my email. [00:55:00] So yeah, please be in touch for a one to one where we go more specifically or in a group format. Yeah. Thank you.

Elyse Preston: Yes. Thank you so so much Anjali folks, please be sure to follow her on Instagram, check out her upcoming group courses and offerings. And thank you all so much for tuning in this has been be more connected.

I'm so excited to continue to connect with you all this season. Be well, everyone.

[00:56:00]