



2019

RA MA NOURISH CLEANSE



**THE REPLENISHMENT &
REJUVENATION CYCLE**

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Welcome to the 2019 RA MA Nourish Cleanse

A CAREFULLY CRAFTED, REVOLUTIONARY CLEANSE EXPERIENCE.

Based on the teachings of Yogi Bhanan, this cleanse includes recipes new to the 2019 RA MA Nourish Cleanse, plus tea and herb recommendations for skin brightening, blood cleansing, stress detoxing, poison clearing and more.

This program purifies, heals, and restores the sparkling glow of 10-body well-being.

GET READY 2019.

The 2019 RA MA Nourish Cleanse features multiple new, prescribed daily Mono Diets - a great way to hit the cellular reset button.

The Mono Diet days are organized from heaviest to lightest foods and each participant is expected to follow the schedule, unless medically unable.

There will be a complimentary Q&A each day to support your 2019 RA MA Nourish Cleanse experience, as well as Facebook support from the RA MA Crew and your community.

Your 2019 RA MA Nourish Cleanse Zine is formatted for printing. If you have a medical allergy that you would like to clear with the RA MA Crew before hand, please email at info@ramayogainstitute.com.

We're excited to spend six days of cleansing, self healing, and luminous rejuvenation with you!

XOXO, RA MA Crew



You know as we grow, your body is a temple... Wealth of life lives in it...and the beauty... will be you. Therefore it is your obligation to keep your body good, your mind clear, and your spirit up - and you are what you eat.

Yogi Bhanan



// THE TOOLS

The RA MA Nourish Cleanse Kit is available at select RA MA Institute locations, or for online purchase in the United States.

BLACK SULPHUR SALT (KALA NAMAK) For use in your Jal Jeera Metabolic Broth, black salt purifies the blood and cleanses the inner organs.

KIDNEY TEA BLEND A proprietary tea based on the teachings of Yogi Bhanan, these organic, hypoallergenic herbs renew the kidneys, detox cortisol from the blood and renew your social energy and inner glow.

CORN SILK POWDER An additive to your daily Kidney Tea Blend, corn silk has been used by various cultures since the ancient ages, and it is said to possess a number of healing properties.

SKIN BRIGHTENING & BLOOD OXYGENATION POWDER This leaf contains the most potent dose of oxygen on the planet. Consume with organic raw honey for proper assimilation.

TAMARIND CONCENTRATE For use in your Jal Jeera Metabolic Broth, tamarind balances sugar cravings and tones the body.

CHAYAWANPRASH A royal blend of herbs and jams for luminous longevity and daily consumption. Grab this when you need an extra boost of energy.

DRY BRUSH the body to open up the capillaries before Ishnaan.

STEEL STRAW Sip sustainably!

If you are not using the RA MA Nourish Cleanse Kit you may use Yogi Tea in place of the Kindey Tea and Chlorophyll or Chlorella tablets in place of the Skin Brightening & Blood Oxygenation powder.

// CLEANSE GUIDELINES

The 2019 RA MA Nourish Cleanse is set up to help the body detox, set up new consumption patterns, and rejuvenate while eating in a way that feels different, yet still comfortable and enjoyable.

THE PRE-CLEANSE Start your cleanse early with 1 - 3 days of pre-cleansing. On these days, rise early and start your day with water and lemon, and 16 ounces of celery juice. Remove or reduce sugar, caffeine, excess salt, animal protein, gluten products and dairy (with the exception of organic plain yogurt.) Hydrate well and go to bed early.

THE SCHEDULE Due to the mono diet nature of this cleanse, each day will look slightly different. Flip ahead and review the recipe and dosage calendar for each day to get familiar with your cleanse staples and dosages.

SNACKS The 2019 RA MA Nourish Cleanse should stretch you, but not stress you. Add snacks like basmati rice, a Longevity Pancake, or fresh fruit to hold you over between meal times.

UP-LEVEL The 2019 RA MA Nourish Cleanse is designed as a 5-day detox and rejuvenation with the opportunity to "Up-Level" to a sixth day with a 24-Hour Fruit Cleanse. If you feel good about taking your cleanse to the next level, we suggest you go for it! Meals are spaced for morning, afternoon, and evening energy and caloric intake.

If you would like to "Up-Level" your practice, try rising earlier in the morning or eating closer to sunset. There is no pressure to do this, and you will have a profound experience on this cleanse if you simply follow the lay-out in the following pages. That said, rising early and eating close to sunset were health guidelines given by Yogi Bhanan. When practiced, you discover and establish a subtle, exquisite refinement.



Sample Schedule

5:00am Upon Waking UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.	16 ounces of water with lemon
5:30am Just After Waking	Ishnaan Cold Water Hydrotherapy
7:00am	16 ounces of celery juice
8:00am	Nourish Cleanse Fruit Smoothie
9:00am	Kundalini Yoga & Meditation
10:30am	Jal Jeera Metabolic Broth
12:30pm	Scriptural Anti-Aging Curry
2:30pm	16 ounces of Kidney Tea & Skin Brightening & Blood Oxygen Booster
4:30pm	16 ounces of Jal Jeera Weight Loss Tea & 1/2 tablespoon of Chawayanprash
6:00pm UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.	Scriptural Anti-Aging Curry
Evening Until Bed	Water with lemon
Before Bed (if needed)	Fruit snack - try grapes



Your Grocery List

ORGANIC PRODUCE

3	large onions
1	bulb of garlic
1	large "hand" of ginger
8	small - medium zucchini
11 bunches	celery
1	green chili pepper
8 - 12	beets with tops
6	white turnips (with tops if possible)
10 - 12	lemons
2 bunches 4 boxes	fresh mint
6	ripe bananas
3 cartons	fresh raspberries or
1 bag	frozen raspberries
3 cartons	fresh blackberries or
1 bag	frozen blackberries

OPTIONAL ORGANIC PRODUCE

squash
cauliflower
green beans
peas
red chili
green chili



SUGGESTED ORGANIC PRODUCE

Day 5 + 6 (an optional Up-Level Day) protocols are accompanied by suggested recipes. Verify your recipes of choice before purchasing produce.

Day 5

12 ounces	fresh pear juice
1/2	honeydew melon
1	kiwi
1 bag or bunch	spinach
1 bunch	kale
1 bunch	chard
1 bunch	watercress
1 bunch	celery
4	medium - large zucchini
1 bunch	asparagus
1/4 pound	frozen peas
1 bunch	parsley
3	Idaho potatoes

Day 6 (an optional Up-Level Day)

As needed	bananas
As needed	lemons
	mango powder
1	fresh mango
1 bag	wild blueberries
1	lime
2 cartons	fresh guava
1/2	fresh papaya
2-3	apples
2	oranges
1 carton	fresh figs

ORGANIC PANTRY STAPLES

2 cups	basmati rice
1/2 cup	garbanzo flour
4 cups	white corn masa
4 cups	yellow corn flour
	cold-pressed almond oil
	raw honey
8 ounces	raw almonds
5 ounces	raw apricot kernels (optional)
5 ounces	watermelon seeds
5 ounces	pumpkin seeds
5 ounces	crushed walnuts
	cheese cloth
	twine
16 ounces	yogurt
	(sheep, goat or cow) or
	buttermilk or coconut cream
4 - 5 16 - ounce cartons	coconut water

RECOMMENDED COSMETICS

for daily Ishnaan

natural bristle dry brush*
cold pressed sesame oil | body oil of choice

ORGANIC SPICES & HERBS

5 cups	cumin seeds
5 - 8 ounces	tamarind*
	(fresh, frozen or concentrate)
4 ounces	black sulphur salt*
	fresh black pepper
4 ounces	ajwain seeds**
1 ounce	senna leaf**
	turmeric

OPTIONAL ORGANIC SPICES

1 ounce	hing**
	(also known as asafoetida)
	spirulina
	chlorophyll
	green supplement of choice

* Items are included in the 2019 RA MA Nourish Cleanse Kit, available at select RA MA Institute locations or for online purchase in the United States.

Visit ramayogainstitute.com/nourish-cleanse for details.

**Purchase at your local health food store, Indian market, or purchase online through one of our favorite retailers, Mountain Rose Herbs or Spice House.



"Everywhere that the cold water hits, the blood will come. Everywhere you massage, rebuilding will occur and the psyche of each cell of the body will be reconstructed."

Yogi Bhanan

Ishnaan

The Science of Cold Water Hydrotherapy

Begin each morning with this ancient yogic practice.

Cold water hydrotherapy helps accelerate the expelling of poisons through the skin, heals the organs and rejuvenates the tissues. It even boosts brain chemistry.

// TO PRACTICE ISHNAAN

- Begin your day with dry brushing your entire body in strokes towards the heart. Don't forget to get your armpits. You may gently dry brush the face as well.
- Once complete, use a bit of body oil (almond, sesame, jojoba or any oil of your choice) to massage over your skin.
- Turn your shower completely on cold and hop in.
- Begin to massage yourself from toe to top, while underneath the cold stream. Stay in for 1-3 minutes, or as long as you can handle and stay warm.
- Step out of the shower and vigorously towel dry your body.
- Follow with a light application of body oil and dress for meditation or for the day.

// YOGI BHAJAN ON ISHNAAN

What is ishnaan? Ishnaan is the total sum of hydrotherapy. The word is ishnaan. We don't say we'll take a bath; we never say "bath." Ishnaan is when the body by its own virtue creates the temperature that it can beat off the coldness of the water.

Ishnaan is not just wetting your body. There is a whole respect to it. There is a whole grace to it. The power of water is sixty percent of the power of the human.

In hydrotherapy we believe that the sixty percent water in the body can be totally exchanged in sixty minutes with outside water. We do ice cold water massage and not only do we open up the capillaries, but then, when they close down again, that is, return to normal, that blood goes back to the organs. The heart, kidneys, lungs, liver - each organ has its own blood supply. In this way, the organs get their flushing. When the organs get a flushing, then immediately the glands have to change their secretion. It is a law. And when the glands change, the guardians of the health and life change, youth returns.

Daily Recipes

The staples are all here. Get comfy with these recipes, as you'll be revisiting them every day for deep detoxification and nourishment on a cellular level.



Lemon Water

your morning mineral restoration

Room temperature or hot water
1/6 - 1/4 lemon wedge

Squeeze lemon into water and enjoy.

Lemon water is antibiotic, antiseptic, anti-cancer, and restores minerals to the body such as iron, calcium, magnesium, silicon, copper, and potassium.

Lemon water in the morning helps to destroy putrefactive bacteria in the mouth and alleviate intestinal gas.

Celery Juice

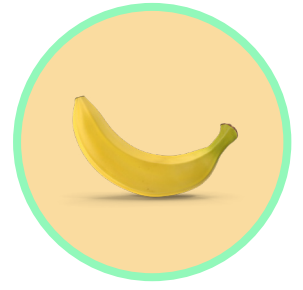
a grade-A miracle healer & medicinal drink

1 head organic celery

Juice the entire head of celery and enjoy.

Slow masticating juicers are suggested but not required. If you do not have a juicer, blend with a little bit of water and strain with cheese cloth. Drinking blended celery is not the same as drinking the juice. On this cleanse, please consume pure, organic celery juice.

Celery juice rebuilds nerves, calms inflammation, rebuilds hydrochloric acid to break down proteins, freshens breath, breaks down fat by strengthening bile, delivers mineral salts to the body and more!



Nourish Cleanse Fruit Smoothie

a nutritious fan favorite

1 organic banana
1/4 cup organic raspberries
1/4 cup organic blackberries
16 ounces organic coconut water

Blend all ingredients on high until smooth.

Use fresh or frozen berries. Variations to this smoothie can include organic wild blueberries, organic strawberries, or other organic fruit of choice.

Jal Jeera *Metabolic Broth*

fat buster & skin beautifier

1 10-inch square of cheese cloth
1 6-inch strand of twine
32 ounces clean, fresh water
3/4 cup cumin
1/2 tablespoon tamarind
1/8 teaspoon black salt
1 lemon, quartered
1/8 - 1 teaspoon black salt
1/4 tablespoon black pepper
(optional)
1/4 handful of mint

In a large pot, bring water to a low boil. Lay cheese cloth on a flat surface a place the cumin seeds in the center. Fold the corners of the cheese cloth in and tie tightly with twine to make a tea-bag.

Place the cumin into the heated water let brew until the water turns a dark brown. This can happen quite quickly. Remove tea bag and save in the refrigerator for future use. One "tea bag" normally yields 64 ounces of tea.

With the water now over low heat, add tamarind, black salt, lemons, black pepper and mint. You may adjust the proportions of ingredients based on your palette, but do not leave out or substitute ingredients.

Per Yogi Bhajan, this drink "can be used by anybody male or female who has fat on their body. If you take 2-3 glasses a day, all of your fatty tissues will be anywhere in

your body. This tea can also be used to improve the beauty of the skin and to maintain the youthful appearance. For this purpose, drink 2 glasses a day. It also improves the digestive system. It has been called the 'buddy of the colon' since it cleanses all of the mucous out of this area."



Kidney Tea

your inner energy reserve

1 tablespoon Kidney Tea
1/2 tablespoon Corn Silk Powder
16 ounces hot water

Steep Kidney Tea in water for 3-5 minutes. Strain and stir in Corn Silk Powder.

Corn Silk Powder and Gotu Kola are the primary ingredients. Yogi Bhajan says that *You all know that corn silk tea can take care of kidneys. You all know that Gota Kola is an inner energy...*



Yogi Tea

the classic go-to

1 gallon water
30 cloves
30 whole green cardamom pods
30 whole black peppercorns
1 large ginger finger, thinly sliced
5 cinnamon sticks

Bring water to boil. Add all spices and bring water back to a boil, then lower and simmer for 30 - 45 minutes. Longer is stronger.

This recipe can be used in place of Kidney Tea.

Skin Brightening & Blood Oxygenation Booster

the boost

Combine 1 teaspoon each of Blood Oxygen Booster Powder and raw organic honey for a quick pick-me-up.

In India there is a tree called Pipal. It is the only tree in the world which emits nothing but oxygen. All other trees emit oxygen during the day and carbon dioxide at night. The pipal tree emits twice the amount of oxygen at night. Its powdered dried leaves are mixed with honey and eaten as a blood purifier.

Yogi Bhajan



Day One

// Scriptural Anti-Aging Curry



5:00am | Upon Waking

16 ounces of water with lemon

UPELVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

Nourish Cleanse Fruit Smoothie

9:00am

Kundalini Yoga & Meditation

10:30am

Jal Jeera Metabolic Broth

12:30pm

Scriptural Anti-Aging Curry

2:30pm

16 ounces of Kidney Tea

Skin Brightening & Blood Oxygen Booster

4:30pm

16 ounces of Jal Jeera Weight Loss Tea

1/2 tablespoon of Chawayanprash

6:00pm

Scriptural Anti-Aging Curry

UPELVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed

Water with lemon

Before Bed (if needed)

Fruit snack - try grapes

Almonds are for the eyes, watermelon seeds for anemia and walnuts for the brain... We are trying to translate all of these ancient scriptures which have kept a [man and] woman healthy and living through all odd circumstances.

The sutra has said... 'if you do not want it to be known that you are over 18 years old and you are eating a heavy diet, prepare this secret dish.' You can put anything in a curry and nobody will know what is in it. Turmeric will cover up the whole dish. Turmeric is the most healing root for the body and for purifying the blood. It keeps a person beautiful...If you can prepare this kind of food and just live on it, it will be a splendid idea, and nobody will know why you are so beautiful.

Yogi Bhajan

// SCRIPTURAL ANTI-AGING CURRY

MAKES 32 OUNCES

- 1 - 2 tablespoons of ghee, coconut oil,
or cooking oil of your choice
- ½ large yellow onion, chopped
- 1 large zucchini, cubed & sautéed with
onions
- 1 inch ginger, finely diced
- 6 cloves of garlic, crushed
- ½ lemon, juiced
- 2 tablespoons turmeric paste
- ¼ teaspoon black pepper
- 2 - 3 tablespoons garbanzo flour
- 2 cups plain whole milk yogurt
(unsweetened), buttermilk, or
coconut milk
- 2 tablespoons almonds, coarsely chopped
- 2 tablespoons pumpkin seeds
- 1 tablespoon apricot kernels
- 1 tablespoon watermelon seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon walnuts
- ¼ jalapeño pepper, finely diced

Optional: 1/4 - 1/2 cup of additional vegetables, such as squash, cauliflower, green beans, red potato or fresh English peas.

Heat ghee over medium heat and sauté the onions until clear. Add the turmeric paste, black pepper and stir until uniform.

Add the zucchini, garlic, and additional vegetables and begin stirring often so that the garlic does not brown. Cook until the zucchini and/or any additional vegetables are half of the way soft.

Add yogurt, lemon and continue to stir. Gradually add garbanzo flour, taking care to dissolve clumps. Make sure your curry doesn't get too thick. Add seeds, nuts, and jalapeño and cook until zucchini and other vegetables are fully tender. Keep covered and away from heat. Let set for 5-10 minutes.

A SPECIAL NOTE ON NUTS

The ingredients list is given as discovered in the archives of Yogi Bhajan, with proportions added by RA MA Institute.

If certain ingredients are not available to you or will trigger an allergic reaction, do not include.





Day Two

// Longevity Pancakes

5:00am | Upon Waking

16 ounces of water with lemon

UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

Nourish Cleanse Fruit Smoothie

9:00am

Kundalini Yoga & Meditation

10:30am

Jal Jeera Metabolic Broth

12:30pm

2 - 3 Longevity Pancakes

2:30pm

16 ounces of Kidney Tea
Skin Brightening & Blood Oxygenation
Booster

4:30pm

16 ounces of Jal Jeera Weight Loss Tea
1/2 tablespoon of Chawayanprash

6:00pm

2 - 3 Longevity Pancakes

UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed Water with lemon

Before Bed (if needed)

Fruit snack - try apples

Jump start your digestion

PER YOGI BHAJAN, if you are going to a party or a very rich dinner, eat two chapatis before you go and everything you eat will be digested.

It is surprising that how much it can be rebuilt in you your own original self... It fits woman very well...It is simple. It is about between six hundred to seven hundred calories. It doesn't make you feel hungry. You can do your normal day of work. It is the cheapest thing to eat, and best thing to eat...I think is the best thing which has happened, it does give lot of energy...It not only it reduces inches, it gives you rebuilt in your strength and your intelligence. And you are not tired, you are not fatigued. You are laughing. You start looking younger, and younger, and younger...I mean that's how good it can be.

Yogi Bhajan

// LONGEVITY PANCAKES

MAKES 9 PANCAKES

2 cups of white corn masa
 2 cups of yellow corn flour
 1 tablespoon black sulphur salt
 1/4 teaspoon ajwain seeds
 1/2 teaspoon lemon juice
 1/4 - 1 tablespoon senna leaves
 1 - 1 1/2 cups fresh mint
 (soak dry mint overnight)
 1- 1 1/2 cups of onion, chopped

1/2 teaspoon fried hing (asafoetida)
Hing is that powerful of a thing. If you take very little of it, fry in the ghee, put it in the vegetable, and eat it. There is no digestive problem in your body which can live, doesn't matter what.

Optional, per Yogi Bhanan: *You can add to this recipe red chilies, green chilies, ginger, and garlic to your taste.*

Add onions and mint to a food processor and chop until the mixture is very fine. Add the spices and continue to mix. Add the corn masa and flour mix completely, using a bit of hot water to help the dough. Add water slowly, as the dough should not be wet.

Onto a clean surface, empty the dough from the processor and roll into 9 even sized balls. One at a time, place the dough balls in between two pieces of aluminum foil and roll out until 1/8 inch thick. The thinner the better.

Carefully peel the pancake from the foil and fry in a medium pan until crispy. Avoid using oil unless necessary. These pancakes are meant to be dry-fried.

a
 2,000
 year
 old
 recipe





Day Three

// Steamed Beets Mono Diet

This is a classical cleanse adapted from Yogi Bhanan that can be practiced for 1-3 days. It cleanses the liver which, over the course of a life, builds up poisons and toxicities.

5:00am | Upon Waking

16 ounces of water with lemon

UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

1 glass of fresh squeezed orange juice + optional yogurt

9:00am Kundalini Yoga & Meditation

10:30am Jal Jeera Metabolic Broth

12:30pm Steamed Beets

2:30pm

16 ounces of Kidney Tea

Skin Brightening & Blood Oxygenation Booster

4:30pm

16 ounces of Jal Jeera Weight Loss Tea

1/2 tablespoons of Chawayanprash

6:00pm

Steamed Beets

UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed

Water with lemon

Before Bed (if needed)

Steamed Beets

Snack (if needed)

1-2 Longevity Pancakes





// STEAMED BEETS

8-10 whole organic beets

Cut the greens tops off of the beets and save for Day Five. Add beets to pot with a little water in the bottom and steam beets whole. Remove beets once soft and peel after cooling. Consume throughout the day. In the morning, try it with a little yogurt and orange juice.



Day Four

// Steamed Turnips Mono Diet

5:00am | Upon Waking

16 ounces of water with lemon

UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

Steamed Turnips

9:00am

Kundalini Yoga & Meditation

10:30am

Jal Jeera Metabolic Broth

12:30pm

Steamed Turnips

2:30pm

16 ounces of Kidney Tea

Skin Brightening & Blood Oxygenation Booster

4:30pm

16 ounces of Jal Jeera Weight Loss Tea

1/2 tablespoon of Chawayanprash

6:00pm

Steamed Turnips

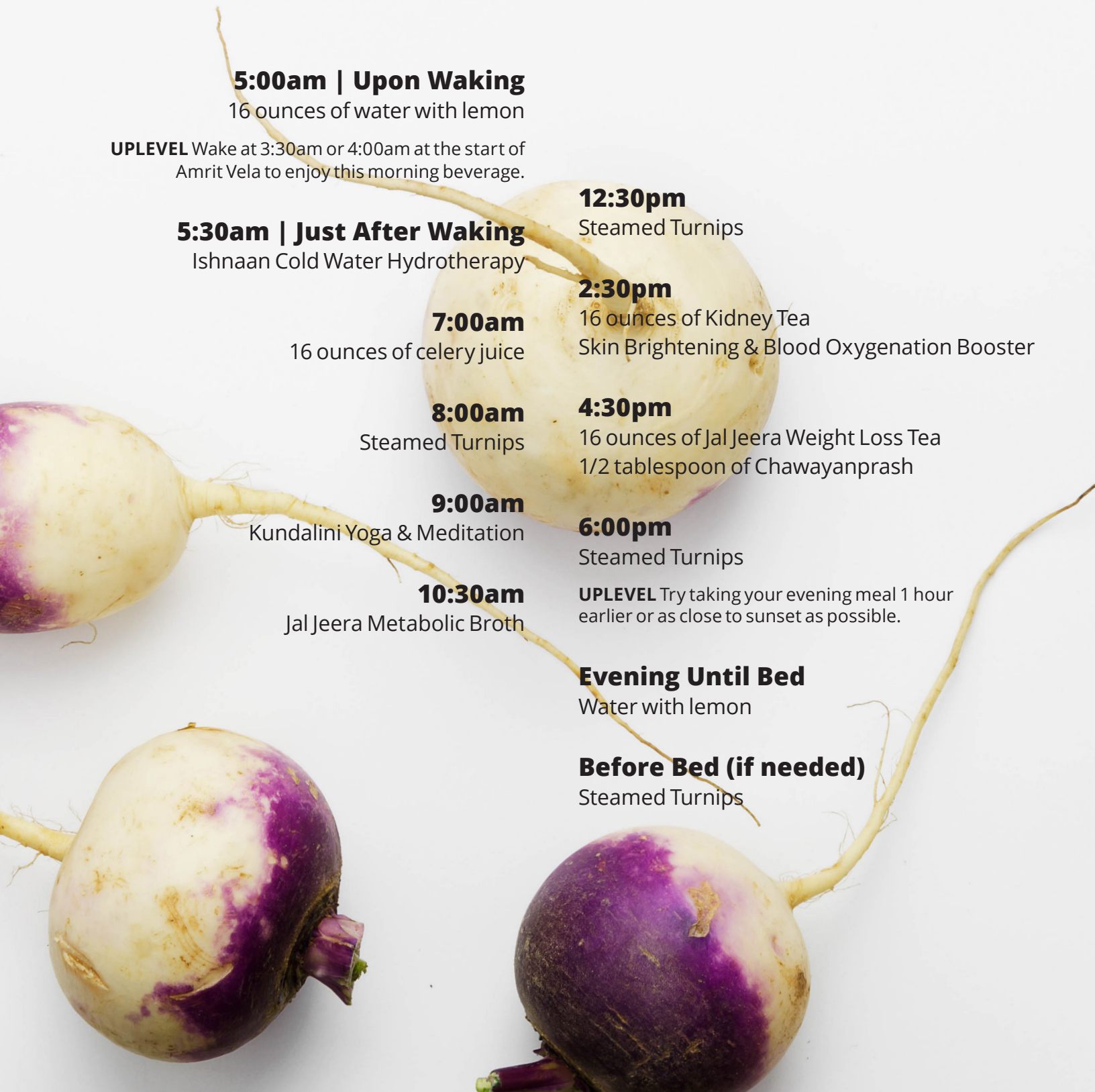
UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed

Water with lemon

Before Bed (if needed)

Steamed Turnips



// STEAMED TURNIPS

6 white turnips
1 - 1.5 teaspoons turmeric paste
2 tablespoons cold-pressed almond oil
1 lemon
pepper

Quarter turnips into 1 - 2 inch cubes and steam until soft. Mash the turnips as you would with potatoes and season with almond oil, lemon, turmeric and black pepper. Do not use other spices.



for glandular
rejuvenation



Day Five

// The 24 Hour Green Diet

Today you will consume only foods that are naturally green in color. Please feel free to use recipes of your own creation or choice. For inspiration, we have offered the following options:



5:00am | Upon Waking

16 ounces of water with lemon

UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

Nourish Cleanse Green Smoothie

9:00am

Kundalini Yoga & Meditation

10:30am

Jal Jeera Metabolic Broth

12:30pm

Green Lunch Option:
Vibrant Greens

2:30pm

16 ounces of Kidney Tea
Skin Brightening & Blood
Oxygenation Booster

4:30pm

16 ounces of Jal Jeera Weight Loss Tea
1/2 tablespoon of Chawayanprash

6:00pm

Green Dinner Option:
Green Anti-Toxemia Soup

UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed

Water with lemon

Before Bed (if needed)

Fruit snack - try honeydew melon

// BREAKFAST NOURISH CLEANSE GREEN SMOOTHIE

12 ounces pear juice
1/4 honeydew melon
1 kiwi
1 handful of spinach, kale, watercress
or other leafy green

Optional: spirulina, chlorophyll or other
green powered supplement

Blend ingredients on high until smooth.

// LUNCH VIBRANT GREENS

2 large zucchini, sliced into ribbons
juice 1 lemon
1/2 pound asparagus spears, washed
and trimmed
1/4 pound frozen peas
1 tablespoon extra virgin olive oil
small package parsley, roughly chopped

Put the zucchini ribbons in a large bowl with
a pinch of salt and the lemon juice. Bring a
large saucepan of water to boil and cook the
asparagus for 2 minutes, adding the frozen
peas for the final minute. Drain well and toss
with the zucchini. Drizzle with olive oil,
sprinkle parsley, and season to taste.

*And zucchini, it gives your body whatever
it needs; it's the mother of all vegetation.*

Green zucchini has lot of chlorophyll.

There is no substitute for zucchini.

Yogi Bhajan

And how many of you are afraid to become disfigured? As the age will come, you will get disfigured. If you take pear, pear juice...it dissolves kidney stones, it takes away bladder stones, it does not let fibroses happen in the woman, which in these days is very common disease...It's not a foreign thing. It dissolves all extra fibrotic material in the skin, under the skin, in the tissues, in depository, in the kidneys, in the bladders and everywhere else.

Yogi Bhajan

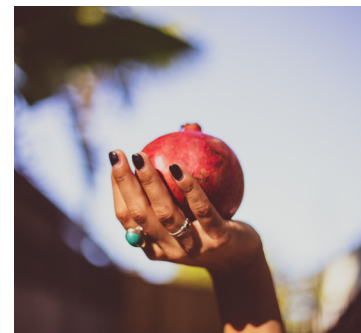
// DINNER GREEN ANTI-TOXEMIA SOUP

3 Idaho potatoes (peeled)
Peels of 3 Idaho potatoes
32 ounces of water
3 leaves chard, cut as desired
1 small zucchini, chopped
3 stalks of celery, sliced thin
beet & turnip tops, cut as desired

Bring water to a high boil and add potatoes and
peels. Lower heat and simmer for 10-20 minutes,
creating a broth. Discard peels and potatoes and
add greens. Continue cooking still zucchini is soft.
Eat broth and greens.

This is an adapted recipe from Yogi Bhajan who
referred to this soup as *helpful in cases of chronic
constipation...intestinal toxemia, uric acid diseases.*





Day Six

// The 24 Hour Fruit Cleanse

Today is your day to up-level. Take this day to get vibrationally resonant. Head to the produce section of your local grocery store and select the fruits you will eat today by energetically feeling into if they will serve you or not. Try these suggested recipes:

5:00am | Upon Waking

16 ounces of water with lemon

UPLEVEL Wake at 3:30am or 4:00am at the start of Amrit Vela to enjoy this morning beverage.

5:30am | Just After Waking

Ishnaan Cold Water Hydrotherapy

7:00am

16 ounces of celery juice

8:00am

Nourish Cleanse Fruit Smoothie

9:00am

Kundalini Yoga & Meditation

10:30am

16 ounces of water with lemon
1/2 tablespoon of Chawayanprash
Fruit snack - try apple slices

12:30pm

Fruit Lunch Option: Banana - Mango Twist

1:30pm

16 ounces of water with lemon

2:30pm

Fruit snack - try fresh figs

4:30pm

16 ounces of Kidney Tea
Skin Brightening & Blood Oxygenation Booster

6:00pm

Fruit Dinner Option: Guava & Black Salt Salad

UPLEVEL Try taking your evening meal 1 hour earlier or as close to sunset as possible.

Evening Until Bed

Water with lemon

Before Bed (if needed)

Papaya Pre - Bed Cleanser



“Every fruit in its season has to play vital role with your physical appearance...Fruit is for appearance and vegetable is for your strength.”

// LUNCH BANANA - MANGO TWIST

2 - 3 bananas, sliced down the middle, but not split
1 mango, sliced
mango powder
1/2 lemon
1/2 lime

Slice your bananas down the center, stopping before you reach either end so that the two halves stay attached. Place slices of ripe mango in the incision down the middle. Sprinkle with mango powder, lemon and lime.

*Adapted from a recipe by Yogi Bhajan.

If you take a mango powder, cut the banana in the [middle], not two parts but just in the center and put, fill it with mango powder and put lemon in it, lime, lemon, whatever and then eat it, you will not feel depressed.

Yogi Bhajan

// DINNER GUAVA & BLACK SALT SALAD

fresh guava fruit + black sulphur salt

Slice your guava fruits in half lengthwise. Sprinkle to your desired taste with black sulphur salt. Consume slowly and enjoy.

You know guava? Guava? Yeah, whatever you want to call it. You know, if you eat that with a black salt they call it, your mood will be totally smooth...

Guava is the most effective life preserving food ever God created.

Guava will keep your mood equal. The most powerful fruit which will keep your mood perfect.

Guava is the most powerful fruit to balance your mental balance.

Yogi Bhajan

Yogi Bhajan



// PAPAYA PRE - BED CLEANSER

1 cup chopped fresh papaya
1.5 cups coconut water
1 squeeze of lemon

Place ingredients in a blender and blend on medium until smooth.

High enzymatic content make papayas a perfect pre-bed food.

// SNACK OPTIONS

FRESH APPLES *high alkaline fruit that binds to radioactive poisons in the body and clears the colon*

FRESH ORANGES *excellent for the lungs*

FRESH FIGS *one of the most alkaline fruits available and rich in minerals such as calcium, iron, copper, potassium, selenium, and zinc*

Post-Cleanse Transition

After six days of deeply replenishing meals, detoxifying supplements, and powerfully renewing Kundalini Yoga, you will feel changed, clean, and with new patterns and relationships to food.

To transition from this cleanse add in new foods slowly. Keep your refreshed respect for your body system and how it intakes nutrients.

Begin by introducing raw vegetables into the diet, then cooked veggies and grains, and finally dairy.

Continue to eat mindfully, and avoid eating while rushing or overeating. Re-introduce foods like caffeine and sugar sparingly, or not at all. Take at least 3-5 days to gently transition.



// CONTINUING THE CLEANSE

Continue to gently nourish and cleanse your body! Here are a few options:

OPTION 1

Continue with two more days of the Fruit Cleanse (Day Six) for a total of three days of fruit, and then slowly transition using the guidelines above.

OPTION 2

Again, using the guidelines above, take two days to introduce raw and then cooked vegetables and then transition to 1-3 days of the Steamed Beets (Day Three), Steamed Turnips (Day Four), or Green Diet (Day Five) mono-diets. Then take 1-3 days to slowly introduce different vegetables, grains and dairy.

OPTION 3

Fully transition off the cleanse and begin a 3-5 day mono-diet experience with the Scriptural Curry or Longevity Pancakes. Then take 3 days to reintroduce cooked vegetables, then raw vegetables, lastly introduce fruits, one day at a time.

However you choose to resume your consumption habits at the end of this cleanse, remember to thank your body, mind, and spirit for taking this break and going through this process.

When you get up in the morning bless your head, bless your nose, bless your ears, bless your eyes, bless your mouth, bless your teeth, bless your throat, bless your chest, bless your arms, bless your belly, bless your thing, and just tell them be with me and be nice.

I have to tell you exactly, repeat to you as I was told. At evening you have a good amount of time, five minutes. In the morning you have three minutes, you have to be quick. Then in the evening you have to bless your ten toes and ten fingers and you have to bless your earlobes and ear top, it's almost an acupuncture.

Really, if you just want to bless every part of the ear, it does it. You will be a new person. Five minutes every evening at the twilight time you must evaluate yourself, assess yourself, and after blessing your body in the evening, bless your good deeds of the day. In the morning bless your good thoughts.

That's all.

Your whole structure of environments, life, your power, projection, your behavior, and everything will come to be the best.

But you have to bless every part of the body with touch.

Bless your butts. Bless your thighs. Bless your calves, bless your knees, bless your ankles, bless your feet. That's how I learnt parts of my body by blessing them...

In the first three minutes, at the sight of the world, at the dawn of the You, befriend your being - physically, mentally, spiritually.

And at the evening, you will befriend your being, in detail.

Never spend more than eight minutes a day, but never spend less than that.

Yogi Bhanan



Practice

Special 2019 RA MA Nourish Cleanse Yogic Practices



// VATSKAR DHOUTI KRIYA: TO MASTER THE DIGESTIVE SYSTEM

This is one of the secret kriyas in Kundalini yoga that for centuries has only been taught to a select few. It is surprisingly simple, easy to do, and very effective for stimulating and healing the digestive and eliminative systems. This kriya will also help alkalinize the body.

Sit in any posture with a straight spine. Easy pose is preferred.

Make your lips round in an “O” shape and start inhaling the air through the mouth as if you are drinking it in a series of small sips. Inhale as many sips as you can possibly hold then stop.

Close your mouth and begin churning your stomach to the left. Ideally just the stomach moves, the shoulders stay steady. When you have used up half of the time you can hold your breath begin rotating the stomach to the right. When you can no longer hold your breath come to the center and gently release the breath in one steady stream through the nose. Repeat this cycle for 3 times total. This cycle of three constitutes the complete Kriya. According to Yogic texts, one can only do Vatskar Dhouti Kriya two times on any given day.

Only do this Kriya on an empty stomach. It is best in the early morning and in the evening before going to bed. For best results do not miss a day.

// HOW TO STRENGTHEN & HEAL THE EYES

The sun is the great life giver, the source of light and heat for our planet. The Kundalini Yogi recognizes this special relationship and uses the sun as a source of life energy, prana.

There is a strong relationship between the individual electromagnetic field and the field generated by the sun and the planets.

The surya traatik meditation takes advantage of that relationship to stimulate and heal the cells of the optic system. The main tool for this kriya is the rising and setting sun. You need to be able to see the disc of the sun on the horizon. This meditation works only for the first rays of the rising sun and the last rays of the setting sun.

Prepare to meditate by doing a pranayam exercise. This will sensitize your pranic body and alert your system to the healing process you are about to begin. Then sit straight and gaze steadily at the red-orange disc of the sun as you breathe long and deeply. Carefully follow the precautions for gazing described below. Follow the detailed preparation and meditation procedure given below.

Gradually increase your awareness of the energy that pervades the universe and that exists within you. This experience of unity with the energy in nature is common to all mystics, yogis and healers. They all report that there is an indissoluble unity between your existence and the rest of existence. If you cultivate this awareness you will notice the responsiveness of the Cosmos to movements within yourself, and visa versa. Awareness itself acts as a catalyst for many processes of healing and growth. This meditation practice gives you the ability to perceive that unity and to use sources of energy that you may not have been aware of.

// SURYA TRAAIK MEDITATION SUN GAZING

The Surya Traatik meditation works by absorbing solar energy molecules and circulating the energy to provide healing on a muscular, tissue, bone density and bio-electromagnetic level. When practiced regularly, the surya traatik is a powerful anti-aging technology and allows for greater intuition, dexterity and connection on a cosmic level.

PRANAYAM PREPARATION Use 1-3 minutes of this pranayam to prepare the body for greater solar energy absorption. **POSTURE:** Sit straight in an easy pose.

EYES Closed

MUDRA Place your left hand in gyan mudra and rest it over the left knee, elbow straight. Make the right hand into a fist, keeping the thumb and index finger extended so that they form an L. You will use this hand to regulate the breath.

BREATH Block your right nostril with your thumb and inhale through the left nostril for a count of 1. Hold the breath in for 4 counts. Then block the left nostril with the index finger and exhale through the right nostril for a count of 2. Immediately reverse the process. Inhale right for 1 count. Hold for 4 counts. Exhale left for 2 counts. Reverse again and continue.

TIME 1 - 3 minutes and up to 15 minutes.

TO END Inhale and hold the breath for 30-60 seconds as you pull up on the rectum, sex organs and navel point. Exhale, relax the breath and focus your awareness on your subtle energy. Begin Surya Traatik.

SURYA TRAAIK To be practiced only at sunset or sunrise when the sun is less than 4 minutes from dipping below the horizon, or about 1 minute into its rising time.

POSTURE Sit in an easy pose with a straight spine.

EYES Open the eyes wide, and then squint from the base of the eyelids. This is called traatik eyes. Focus your eyes open on the disc of the sun and

hold without blinking. If you are especially sensitive, you may practice surya traatik through closed eyelids.

BREATH Breathe long, full and deep.

MENTAL FOCUS Draw breath and solar energy through your eyes. Receive the cosmic and healing energy through the optic nerve on the inhale. Experience the energy and heat returning back to the sun on the exhale. Meditate on the energy vibrating and shining inside your eyes and your body. Feel vast and mentally recite your favorite mantra. If you do not have a personal mantra, use Sat Nam or Wahe Guru.

TIME Begin with as little as 10-30 seconds, working your way up to 1-4 minutes. To protect the eyes, it is very important to only practice this meditation at sunset or sunrise as noted above, and for no longer than 4 minutes.

* Excerpted from *Guru Yoga & The Technology of Tratakum*



Notes

