



Ayurvedic Purification & Rejuvenation with Karyn

Prices:

\$300 for 1 day.

\$585 for 2 days.

\$850 for 3 days.

2-3 hours per day.

Sacred Stone detoxification based on Vedic principles can be received for the duration of between one and three days for approximately 2-3 hours per day depending on the doshic imbalance. It is "modified" because it is geared to purify and rejuvenate the body, not treat serious medical problems. Serious illnesses should be addressed with an Ayurvedic Medical Doctor, preferably in India or at the Raj in Fairfield, IA. However, modified pancha karma can also be intended for weight loss, radiance and beauty.

What to buy prior to treatment:

1. "Fleet" saline enema at your local drugstore to use after the treatment when you get home.
2. Clarified butter (ghee).
3. Ginger tea.
4. Any special requested oils that are not typically supplied.
5. Please bring a towel or scarf for your head if the weather is cold.
6. Wear loose, casual, natural fiber clothes that you mind soiling.
7. Leave the oil in your hair overnight and do not wash your hair until the entire session is over. Keep your head wrapped and warm after treatment.

Please bring your birth time of day, month, year and location so we can research your Vedic blueprint to help determine which dosha needs to be addressed during treatment. This is not Jyotish, but another Vedic Ancient system.

Ayurvedic Modalities at Sacred Stone (not all of these will be used your session)

(Plan between 2-3 hours.)

1. **Garshana:** Dry brushing for the lymphatic system and alkalizing the blood.
2. **Shila abhyanga:** Heated Sacred Stone Massage using organic, edible, herbal healing oils. This will loosen toxins and calm the body.



- 3. Nasya & Karna Purna:** Application of medicated oils for the sinuses and ears.
- 4. Swedhana:** Steam therapy on the massage table to loosen and coax toxins into the GI track.
- 5. Udhvartana:** Dusting of herbal powder on the body or a facial mask depending on the person's needs.
- 6. Shirodhara:** Warm oil flowing over the forehead and crown chakra. This is one of the most spiritual components of pancha karma, calming the central nervous system and the mind.
- 7. Triphala Eye Wash**
- 8. Netra Basti** with ghee or castor oil
- 9. Shivasana:** Rest.

Please eat only Kitchadi (the recipe provided) for at least one day, if not longer, prior to your appointment and on the day of your appointment. If you can do it for one week prior, that would be even more beneficial. Swallow one tablespoon of clarified butter (ghee) with warm water at least 2 mornings prior to your appointment to help loosen toxins. You can find it at the health food. Drink plenty of fresh ginger tea through out these days as well. No coffee or caffeinated beverages...only warm water or herbal tea.

Please wear clothes you don't mind soiling because there will be lots of oil used in the treatment. We don't have a shower here, so plan on going directly home after the treatment and taking the day off to allow the treatment to integrate. Bring a towel, hat, bandana or scarf to wrap your head. For long hair, bring an elastic band.

After shirodhara therapy (the last modality of treatment), the oil you use will be saved in a special plastic bottle for you to take home so you can use it for daily self-massage before your shower or bath everyday.

After the treatment, when you get home, do your enema with warm water and a tablespoon of sesame oil.

It's best to leave the oil in your hair that night and wash it the next day by applying the shampoo directly to your scalp, scrub, then, use water to create the suds. Oil left on the scalp overnight will help the healing continue as you sleep.



At Sacred Stone, we modify the classic pancha karma methods described below. We do not include the blood letting, vomiting or other modalities that require an ayurvedic doctor's care.

Spiritual and Emotional Preparation:

While you are eating kitchadi for the preparation of your pancha karma, a person's activity shifts to become more internally-focused. Eat until satisfied, not until you are 100% full. Eat with joy. Doing a mantra to the planet that governs your physiology is very useful. Meditate 20 minutes per day, but no more. Extended meditations during pancha karma can cause vata to go out of balance, especially if there is already a vata vitiation. Let go of some day-to-day activities, work, stress and spending time taking peaceful walks in nature. Funny movies and being around people that love you and make you laugh would be very supportive during this time. Deep breathing, focused on the exhalation phase helps to rid the body of old ideas, emotions, and blockages. Pranayama and gentle yoga is recommended. Bless your kitchadi everytime.

What is pancha karma?

An Ayurvedic cleansing and rejuvenation system developed for the royalty in India thousands of years ago to prolong life and health by removing physical impurities, bringing awareness to destructive thoughts and behaviors, and releasing old patterns.

Pancha karma is typically done once a year for disease prevention and for emotional and spiritual growth. It can last from 3 days up to one month, depending on your imbalance, finances and free-time.

In Sanskrit the word "pancha" means five and "karma" means actions. Thus pancha karma therapies are five profound healing modalities unique to Ayurveda. Not only do these therapies remove the diseases from their site (i.e., arthritis in the hand) but remove the toxins from the body once and for all.

Pancha Karma therapies are able to heal diseases previously thought to be incurable according to Western medicine. It is a common occurrence to see people wheeled into Ayurvedic hospitals in India and walk out on their own two feet healthy after treatment. Some famous western hospitals known as the "last resort" for many illnesses send their untreatable clients to these Ayurvedic hospitals when their clients cannot be helped even in these "last resort" western hospitals.



Studies founded by the National Institute of Health and conducted by Maharishi University have shown that person's receiving Pancha Karma treatments had a 70% reduction of heavy metals, pesticides and other hazardous chemicals than the general population. They also needed 80% less doctors visits. Pancha Karma recipients showed significantly less aging.

Classic Pancha Karma is divided into three phases:

Phase 1: Purva Karma, the Preparation Phase

The goal of purva karma is to prepare the body tissues for the cleanse and release of toxins. Traditionally, one to three weeks before the actual cleansing phase, you eliminate all processed foods, sweets, stimulants such as coffee, and most dairy products from your diet. This is the time to mono-fast on Kitchadi (which is spelled many different ways!)

Phase 2: Pancha Karma, the Cleansing Phase

Originally, this phase consisted of five practices: nasal cleansing, enemas, laxatives, emesis (vomiting), and blood-letting. Although the five practices are followed in India, the practice of emesis and blood-letting is omitted in North America.

Phase 3: Rejuvenation Phase

During the rejuvenation phase, a person returns to the simple diet of the preparation phase. It is important to do this gradually, by slowly introducing solid foods. Many people find that the most profound healing occurs during the rejuvenation phase. Sometimes issues that have been suppressed will surface. Physical, emotional and spiritual changes may be experienced in the days and weeks to come.

What are the five pancha karma therapies?

1. **Vamana** is a special medicated vomiting procedure to remove Kapha toxins (mucus, phlegm) from the sinuses, lungs and mainly the stomach (the origin site of Kapha dosha). We don't do this one at Sacred Stone!
2. **Virechana** is a process of purgation used to flush Pitta toxins from the small intestine (the origin site of Pitta). This can also be done thru donating blood.



3. **Basti** is a medicated enema to remove toxins from the colon and to tone and rejuvenate the colon. Two types of basti can be used depending upon the need; oily (for toning) and non oily (for cleansing).
4. **Nasya** is a group of herbal therapies applied through the nose. These therapies are very good for mind, emotions, nerves, head and sinus conditions.
5. **Blood letting** removes the excess toxins in the blood, but it is not used in many Western countries because it requires a medical license to practice. Blood letting is listed by Sushrut- father of Ayurvedic surgery. It promotes the spleen to product fresh, new blood. This can be done by donating blood too.

Kitchadi

Reduce the portions for one person. *Serves approximately 8-10 people.*

4 cups of green or yellow mung dal (whole or split)
3 cups of white basmati rice
2-3 inches of fresh ginger, peeled
4 tblsp of fresh shredded unsweetened coconut
2 handfuls of fresh cilantro leaves
4 tblsp of ghee
1 heaping tblsp of fennel seeds or (crushed)
1 heaping tblsp pf coriander seeds or (crushed)
1 heaping tblsp of cumin seeds (crushed)
1 tsp of brown or black mustard seeds
2 heaping tblsp of cardomon powder or 10 pods
Rock salt to taste
1 tsp of black pepper
1-2 tsp of turmeric
3 bay leaves
1/8 cup of lime juice

Wash, and then soak mung dal overnight, wash again in the morning. Wash the rice until water is clear. In blender, liquefy cilantro, fresh ginger and coconut with some water. Heat a large saucepan and add the ghee, fennel, coriander, cumin, mustard, cardomon, and black pepper. Be sure the ghee does not smoke. When the mustard seeds have started to pop, add the liquefied ginger, coconut, and cilantro. Mix on medium heat for 5 minutes, and then add the bay leaves, turmeric and salt. Stir until lightly browned.

5

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Stir in the mung dal and rice. Pour in about 8 cups of water, bring to boil, and then simmer at medium low heat, lightly covered until the water has evaporated and the rice and dal are soft and unctuous. From this point, the kitchadi should be done in approximately 20-25 minutes. Halfway through, add the 1/8 cup of lime juice. If needed, add more water. It should be soft and mushy. Serve kitchadi topped with a squeeze of fresh lime and sprinkle of coconut and chopped cilantro leaves. Kapha and vata people can add a dash of black Krishna salt. Bless your food and be thankful that you are able to assimilate, absorb, and deeply enjoy this meal. Chew carefully and eat with pure awareness and gusto! Eating can be a meditation!

Note: It is best to use organic ingredients whenever possible.

What is Kitchadi?

This ancient Ayurvedic recipe from India is a mixture of basmati rice, mung dal (a legume), ghee (clarified butter), and mouth watering Indian spices. The ingredients can easily be found at any health food store. It is often called 'Food of the Gods', 'Food that creates space in the body' or 'The Ayurvedic Food'. This recipe has a soft, unctuous texture. Considered a sacred and perfectly balanced food, it is easy to digest and imparts strength, vitality and deeply nourishes all the tissues of the body. For centuries, yogis and swamis of India have eaten this food and the Ayurvedic doctors have been lovingly giving it to their patients as the ultimate food to mono-fast on for three days to two weeks at a time, or longer. It is the good of choice during the Ayurvedic cleansing and purification process, otherwise known as pancha karma. Its gentle laxative and detoxification effects help restore and reverse the aging process of the cells. It is naturally a free radical scavenger.

The proportions are usually 2 parts rice to 1 part mung dal, but both these and the spices can be varied according to taste preference and individual Ayurvedic constitutional needs.

Includes doshic-specific kitchadi. Copious amounts of organic, Ayurvedic oils, pastes, cleansers, crystals, warm & cool sea stones are used during the treatment. Clients can take their shirodhara oils home to use for daily self massage. This price does not include internal herbal preparations.

"Since my aortic dissection and consequent surgery 9 months ago, I've had to deal

6

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with issues of hypertension--quite a major ordeal for one who has always enjoyed excellent health with very few issues at all. Also since then I've been on high dosage meds to manage my raging high blood pressure. These med, needless to say, have varying debilitating side effects.

After 3 days of pancha karma with Karyn, my blood pressure is a shocking 91 over 52--a reading this 57 1/2 year old woman has not seen since i was a teenager. i feel fantastic, so pure inside!

I highly recommend these treatments for unblocking stuck channels in the body and the overall calming of the central nervous system, what to speak of the t.l.c. which, I found so deeply nurturing and healing.

Extensively knowledgeable in Ayurved, Karyn is a great wellness resource. Simple and caring, she is a total sweetheart.

I intend to continue with these treatments of Karyn's in order to hopefully manage my blood pressure without medication." Pamela Keene, Fairfield, IA