Health

# Health - Other Resources

Eat clean and healthy food by chewing slowing

Do mouth rinsing afterwards and 16 hours intermittent fasting

Don't use toothpicks

Eat fruits before sunset, don't drink fruit juice

Do toilet while sitting not standing

Caramel is not healthy for body, don't eat burnt food

Don't mix fruits, eat one type of fruit at a time

Eat live food, not dead food, eat living foods - fruits, vegetables, sprouts, grains and dry-fruits

Instead of drinking too much water, eat water rich food

If previously taken lunch is not digested, taking dinner will be equivalent to taking poison. We can certainly know and feel ourselves if the earlier food is digested. Hunger is one signal that the previous food is digested.

Proper sleep cures half of our diseases.

Garlic even joins broken bones.

Anything consumed in excess, just because it tastes good, is not good for health. One has to be moderate.

Chew your food like a cow. Never swallow food in a hurry. Saliva aids first in digestion.

Bath removes depression. It drives away bad dreams.

Never take bath immediately after taking food. Digestion is adversely affected.

Take complete food that has all tastes i.e. Salt, Sweet, Bitter, Sour, Astringent and Pungent.

Never sit idle after taking food. Walk for at least half an hour.

Hunger increases the taste of food. In other words, eat only when hungry

When it is time for food, keep all other jobs aside.

loop, pick, choose, break process while eating the food

on Diwali prepare good traditional recipe and give it into a nice reusable container

give black raisins and cashews on glass bottles

with every alcohol drink have one glass of water

before party either have banana or curd rice

choose one cuisine for one night party or going to restaurant

instead of having air fried food, we should have actual oil fried food as it will give true satisfaction

mouthful seasame oil or coconut oil squash in mouth 10 to 20 minutes the spit the oil out

put oil in ear and do mouth and joint and count 100, full the ear with oil. use seasame oil, coconut oil, almond oil.

Don’t add milk while making curries or while making dough for chapati, don’t have tea with salty snacks, do fasting once in a fifteen days.

Have peanuts with tea instead of biscuits

खांसी की सबसे अच्छी दवा क्या है? - किसी भी आयुर्वेदिक दुकान से "सितोपलादि चूर्ण" लेकर आये उसे करीब आधा चाय चम्मच सहद में मिला कर सुबह और शाम चाट ले। अगर कफ हो रहा हो तो चूर्ण लेकर हल्का गर्म पानी घूंट घूंट कर पी ले, चाय के जैसे या थोड़ी चाय ही पी ले। लेने के घंटे डेढ़ घंटे कुछ ना खाएं पिये। और रात को तो चूर्ण लेने के बाद सोना है। 1 से 2 दिन में खांसी सही हो जाएगी।

Eat moderately - The stomach needs working space, so instead of filling it completely, fill it just halfway, by eating only half as much as you think you can, and leave a fourth of the space for liquids and the other fourth for air.

Try an occasional fast - An occasional fast gives the digestive system a rest and refreshes the senses, mind, and consciousness. Most of members fast every fortnight - on Ekadasi, the eleventh day after the full moon and the eleventh day after the new moon, by abstaining from grains, peas, and beans.



No treatment in the world will have even as remotely similar results as regular exercise. This is the silver bullet for your health. Your construction crew will repair everything in your body from injuries, sicknesses, inflammation to cancer cells. In fact, the "crew" will keep your body in such good shape that it will prevent 99% of afflictions.

# [Book] Sattvik Cooking by Hansaji J. Yogendra

Food and mood are completely interlinked, and modern day stress can completely disrupt eating patterns by inducing emotional and stress eating.

The term ‘ayurveda’ comes from the two Sanskrit words – life and knowledge.

White sugar, radish, deep fried food, coffee and tea, ice cream and chocolates comes under rajasic food.

Frozen and canned food, stale, rotten, reheated, leftover foods, biscuits and wafers comes under tamasic food.

Dry ginger, black pepper, capsicum, mustard, turmeric, dates and raisins strengthen agni.

Sweet taste increases energy in the body and stimulates the senses. Saline helps digestion, removes excess wind, bitter is unpalatable to the mind, but it sharpens the appetite, assists digestion and helps eliminate toxins. Sour is the acidic, tart taste found in vinegar. Pungent increase the digestive fire and the rajas guna. Astringent makes mouth feel dry and contracted, it is also found in unripe fruit.

The intestine as the source of spiritual and physical strength. The abdomen is regarded as the seat of the soul.

Unfortunately, the least healthy foods usually offer the most comfort.

The process of ingestion of food isn’t mechanical but a divine process of oblation. Food is the foundation on which we are alive and the reason why our world exists. When food is eaten with a relaxed and calm mind, digestion is optimal.

Ayurveda always recommends using produce that is seasonal and local. Ayurvedic lifestyle mostly requires you to adopt simple practices and behaviour modifications and does not expect you to invest in material goods.

# [Book] Satvik Movement – The Food Book by Subah Saraf

The thoughts in our head, the activities we perform, the people we meet, the food we eat can be classified as either Satvic, Rajasik or Tamasik.

Satvik food is a mode of goodness, spend less time digesting and can spend more time healing. It brings mental clarity, calmness and humility.

At least 70% of our daily diet should consist of raw foods. Sun cooked is amore appropriate term than raw.

We should not eat anything which fire, or frost, or water has destroyed. When food is cooked it always become less than it was before, never more. Fire is destroyer, it never creates anything.

Steaming is better than boiling.

Carnivore vs herbivore vs human.

A major culprit in many diseases is a protein overdose.

Meat is a leading cause of heart disease, diabetes, obesity and cancer.

The production of milk has emerged as an industry – one of the most brutal, heartless industries.

Adding a sufficiency of vegetables to grains makes the grain easier to digest.

Excessive drinking of water puts undue pressure on the kidneys.

We should not use strong spices like garam masala, heeng, black salt, too much ginger.

Frying and over-cooking is strictly prohibited.

Do not mix multiple grains in the same dish.

Water and juices is allowed in fasting cycle.

Healing occurs in a void.

Restrict to eating grain only once a day. Don’t eat rice and chapati in the same meal.

If eating one chapati, eat 2 bowls of vegetable.

If you are eating solid foods, stick to solids, if you are drinking liquids, stick to liquids.

Make sure at least 70% of your diet is raw, eat not more than one cooked meal a day.

The greatest expenditure of energy occurs in the work of food digestion. It takes up to 70% of your body’s energy.

We recommend taking a 30 minute nap or rest after your grain meal so that your energy gets fully diverted to digested your food.

Always leave the table a little hungry, tie off the sack before it’s full.

Our morning meal should be light. Before the white men came, the rule was, at least for the Brahamanas, to go without food till noon, meanwhile doing all the day’s work.

The temperature of the food we eat should match the temperature of our own body. If a food or drink is too hot or too cold, keep it on your tongue for 10-12 seconds before swallowing it.

Store the nuts and seeds in the refrigerator during the summer months.

Sprouts are 10 to 30 times more nutritious than the full grown vegetables.

If you eat something immediately after the detox juice, the cleaning gets interrupted.

The philosophy of eating a heavy breakfast is highly flawed.

Eat 1 type of fruit at a time, it is called mono-eating.

Just make sure whatever you eat is seasonal & regional. Do not eat fruits imported from other countries.

Our digestive power is the highest during noon, hence we should eat grain mean (heaviest meal of the day) during this time.

# [Book] The 12-Week fitness project by Rujuta Diwekar

As far as health risks go, body weight loss of 5%-10% over a year is considered sustainable.

Eating seasonal means eating guava in winter and mango in summer, and not kiwi throughout the year.

Fasting as a trend misses the point of ritual fasting which was to add diversity to diets.

Every time you make a food choice or a decision to follow a certain diet trend or lifestyle, the first question you should ask yourself is – can I continue to do this for the rest of my life and am I happy even for my children to eat like this?

Quick weight loss is not worth the long-term trouble it will bring along.

We still have access to ethically sourced milk, why give that up for almond or soya milk? And then what about the land degradation and loss of ecology to produce almond milk for such a huge population.

What is the answer then to keto or vegan? None of the above. Eat the way you grew up eating.

It is not about getting into that shirsasana but about how you get there. Do you get there with strength in your core or with the fear of falling?

Use your hands to eat.

Start your day with a banana or any fresh fruit or soaked almonds or soaked raisins.

Gond laddus made in ghee as a mind-morning meal, 2-3 hours after breakfast.

Have ghee and jaggery after lunch or dinner if you suffer from PMS.

Ghee regulates your satiety signal and ensures you eat the right amount of food.

Keep phone at eye level when using it.

Read a book not on kindle or ipad

Eat a wholesome meal between 4 and 6 PM.

Have jaggery, ghee and chapatti.

Have chikki

For every 30 minutes of sitting, stand up for 3 minutes.

When you stand, stand with your weight well distributed on both feet.

Do strength training even though you do cardio/swimming/Zumba/dancing etc.

There is an actually a rule to how many dates and Arabic coffee you can have at a time. You should allow yourself the second only if you can have the third (date and coffee). Stopping at two or four or even numbers is not allowed.

Benefits of daily Surya namaskar practice – gives you a strong muscular back.

Why in world did we trade our lokhand, pital and tamba for aluminum, plastic, non-stick.

Don’t use khatta stuff like imli or nimbu or kokum in an iron kadhai

Use glass containers for string lentils, the idea is to avoid plastic as much as possible.

Avoid oil free or fat free at all costs.

Without adequate fat in our diet, we will suffer from weak joints and nerves.

Loss of energy and enthusiasm is a big price to pay for being skinny.

Follow the proportions of 3:2:1 for grains:dal/sabzi:picle/salad/curd

Apply ghee on soles for better sleep.

Eat with your hands.

Even the wisdom of yoga endorses a short afternoon nap right after lunch on your left for duration 10 to 30 minutes between 1 and 3 pm.

It is about adopting haldi as part of your lifestyle and not being greedy about its benefits.

A khichdi is eaten with pickle plus dahi or papad or cucumber.

Traditionally only mango, banana and jackfruit have been eaten with the meal.

The healthy bacteria from pickles are especially useful in diabetes and heart diseases too. A little pickle with dal-rice or dahi-rice provides your body with the right combo of pre and probiotic and ensures that the live bacteria are not dead when they reach your gut.

No gadgets 60 minutes before sleeping. Say a prayer before sleeping. Sleep well to feel well.

Use iron kadhai and tava for making sabzi and rotis, pital pts for making dals and khichdi, silver or kansa plates/glasses to eat food and drink water.

After 8 pm mobile is only to receive important calls, no other business.

For better immunity take ragi cooked in milk or even water.

Overall, sleepovers are not a cool idea. Restrict it to once or twice a year.

We should never ask our children, instead we should tell them what they will be eating for dinner – a steady, simple and nutritious meal.

No TV in the bedroom.

Drink gulkand milk before sleeping.

# [Book] Everyday Ayurveda by Dr Bhaswati Bhattacharya

Ayurveda rejects the stale, easy, ready-in-a-minute choices in the urban world and encourages all things natural.

Lifetime interventions such as scraping the tongue and oil massages before bathing.

Dhinacharya restores our agni, or inner fire, unclogs our senses, strengthens our mind and connects us to our soul, empowering us to transform our lives.

Brahma muhurta, period from 4 am to 6 pm. One should rise early during the period of Brahma muhurta.

A person should focus on good habits in the late evening and work towards good sleep that allows for early rising. It is the evening hours that actually set the tone for the coming day.

You are what you digest not what you eat.

After waking up rub your palms together quickly to generate warmth and then gently massage your face. Bend fully, gently and briefly.

The closer we are squatting, the more easily we release fluids and solids from our bladder and bowels. A generation was created that preferred the chair, not learning not to manage their clothes during squatting. Ayurveda advises that it is best to rid the body of waste as soon as possible in the morning. The lower belly should feel light when one is finished. Repeat visits should not be needed.

Food is to be ingested only after bathing and washing the hands, legs and face.

Hands and feet should also be washed after removing waste from the eyes, ears and nose, after cutting hair, before and after eating food, after rising from bed, before worship and after coming home from outside.

Soon after awakening, first splash the face with cold water. Some water should then be gently snuffed into the nose and immediately expelled. Swish some clean water in the mouth and throw it out.

Chemicals can be absorbed through skins, if you do not want to eat it, why would you put it on your skin.

Brush from bottom to top, as deposits tend to flow downward.

Ayurveda advises some people to refrain from using toothbrushes and recommending only soft powders and their finger to clean their mouth.

People in ancient culture rise their mouths before and after their meals, they do not floss and they do not lose their teeth.

Ayurveda recommends the use of silver or copper scraper, as silver lowers pitta and heat, and copper reduces the congestive build-up of kapha and counters the inflammation seen in pitta.

Use a silver or copper scraper rather than a plastic one.

Drinking too much water causes mush of it not to be digested, thus contributing to disharmony of the body.

Engage each of the five senses with something pleasant in the morning such as incense, flowers, a picture of a deity, clean water, recitation of mantras and rock sugar.

Because fat melts more easily than other tissues, and nerve tissues are composed of special fats that are especially sensitive to heat, it is better not to overheat the eyes, which are actually modified nerves. This is why Ayurveda suggests cool water for the eyes early morning.

Each night before bed, I put ghee into my eyes for routine cleansing. a regular ritual of many yogis is to apply raw honey to their eyes once in 3 weeks, just before bedtime.

Ghee should not be used when digestion is poor and toxins are high, as the fat will not melt properly and clog the micro-channels of the body, hampering movement and flow.

I strongly advise parents to make fresh garlic oil and apply it to the first centimeter of the opening of their children’s ears before allowing them to go swimming.

22 diseases that can cured by the rays of the rising sun. the Vedas claim that the sun can heal heart problems, jaundice and anemia. The intensity of UV rays at the end of the day is higher than at the beginning of the day.

We should do oil pulling by using sesame oil, swished with warm water for half a minute.

Usual substances for preparing paan include supari, clove, nutmeg, black pepper, miles and catechu.

The voice comes from the deepest within, the nabhi and second chakra, and moves up through a secret channel to the heart, up to the throat and out finally through the mouth.

The oil would first be massaged onto the top of our heads, then faces, ears, hair, necks and slowly work its way down our limbs, under feet, then the trunks and backs, inspecting each part as it was kneaded.

Sesame, the king of oils, is excellent for older people.

Remember, we eat through our skin. If you would not put it in your mouth, do not put it on your skin.

There are contraindications to oiling the body. Ayurveda advises that it is dangerous to oil it when digestive fire, or agni, is not balanced.

Exercise is recommended after applying oil, as it opens channels and pores for sweat, centralizes the agni and helps pull out toxins, returning the body to its light, energetic, revitalized and optimal state of being.

Pranayama is the best way to simultaneously clean out the lungs and send oily toxins out thought the open pores as we sweat.

Do not ignore or suppress these urges – urination, bower movements, sexual release, passing gas, vomiting, sneezing, belching/burping, yawning, hunger, thirst, tears, sleep and panting.

Sunday mornings were the day of the sun and a day of calm and self-care.

I began to paint my toenails one summer, soon thereafter, I noticed that my hair began to fall out and my nails became weak.

Keep hair healthy and clean. It will reflect your inner strength, no matter how you choose to style it.

The nature of water is dry and sharp. It slowly pulls natural oils from our skin, which is naturally unctuous in its healthy state. That is why Ayurveda advises us to oil our bodies before rinsing with water.

The need to feed our tongue makes us chase food. We are slaves to the ‘foodie’ mentality, unaware that it is simply a marketing tactic. We do not cultivate the teachings of hunger, through upavasa or through control over apathya (food and choices that are not good for us). Control over one’s tongue prevents negative energy from being released, encourages better communication and lends control over the appetite.

Ayurveda advise not to wear clothes that have already been worn or to walk on dirty clothes. Cotton for summer, wool in winter to ward off wind and silk for protection from rain and wind. Specific ways of dressing for the winter: cotton next to the body, then silk, garments braided with altered wool and silk – called praveni.

The cloves and cardamom act as mouth fresheners.

Mustard oil is great before baths in cold weather and is rubbed vigorously on the soles of the feet at the first sigh of cold or head stuffiness.

If we allow ourselves, our children, our spouses, our siblings or our parents to stay inside, for our convenience or for theirs, we are not supporting their growth. We should encourage them to travel, first in their minds, then in the world.

Be yoked to your heart and mind, even while doing work.

Do not overwork yourself, replenish yourself regularly so that you can love your work.

Use the period of 3-7 pm to resolve all work for the day, indulge in hobbies and creative activities or get in some exercise.

If one must nap, Ayurveda advises it to be done sitting or learning, but never reclining fully to allow the head to be horizontally placed.

Long naps should be avoided, especially by overweight and diabetic people.

We should have seven inner small bowls with one lid – mustard, jeera, kalonji, ajwain, turmeric, panchaparan and fennel.

Eat freshly prepared food, avoid food that is full or preservatives and extensively processed.

It is good to stay away from leftover food. Only those who cook fresh meals from raw fresh ingredients can appreciate the value of this true wealth.

Evenings are periods meant for recounting the day, in gratitude for what we have seen and learnt. It is a time to be with family and relax after the strong, intense energies of the day have blown circumstances into our lives.

He never ate dinner. It was the first time I had heard of this in a person who was not sick. Three square meals was the prescription we had always heard. He said, teen bhojan rogi, do bhojan bhogi, ek bhojan yogi. We should eat before six in the evening, eating the largest meal at 4 pm.

We should not eat beans and cauliflower at night, as they cause gas and tend to make the night less calm. Never had yoghurt with fruits or other daily products. Fruits are sattvic foods to be eaten separately when the stomach is empty. Ayurveda suggests they not be combined with anything else.

We have three chances each day to medicate ourselves: breakfast, lunch and dinner.

Cleanliness is next to godliness.

During winter, midday is to be spent with friends and lovers, walking in the sunlight and working on cheerful projects. Sleep in the daytime is discouraged, as is sweet, heavy, oily, sour and salty food.

In summer, walk in the full moonlight.

Smoking has become an addiction and is no longer the medicinal use of smoke to reach the inner caverns of the sinuses and cavities of the head. Alcohol is strictly forbidden in the windy months and heat of summer, it is best consumed in the dead of the winter and at the end of a long day.

The evening is the best time for planning the next day’s activities food and errands. Of course, unpredictable things can happen the next day, but a loosely planned day helps get things done and spend time doing good for ourselves, our families and others. We should write three things that we accomplished that day and three things that we are grateful for. Often, we should include one step of a larger task and choose that for our list.

Each night before bed, a quit period is a must. Rather than turning on the television to watch the horrors of nightly shows or what occurred that day on the news, or the modern antics of journalism and advertising, one should spend time in quit. The computer and the radio should be turned off. A quick night-time meditative walk in the moonlight during the warn months can be a way to invoke the quiet.

To move towards silence, begin by turning off all the electronics. Read a book or write in your journal.

Who live the longest reported sleeping for 6-7 hours each night. Everyone’s requires a different amount of sleep; it could be anywhere between 4 to 9 hours. The ideal time to awaken is between 5:30 to 7 am.

Electric wires near the bed are not advised, as electric current creates electromagnetic fields. The bed should have the head facing east or south and never north.

When our body sleeps on a soft mattress for 6-8 hours each night, one third of one’s life, the bones do not get resistance against gravity.

Ayurveda also advises that you only drink water before bed if you feel truly thirsty. It advises you to not eat food less than 3 hours before you sleep.

Do not allow food on the bed, do not smoke in bed, do not use it as an entertainment zone.

An hour of sleep before midnight is worth 2 hours of sleep after midnight.

Just before you sleep, sit quietly and say a small prayer. Thank yourself for your day.

The best way to prove the worth of anything is to use it in one’s own life.

# [Book] Indian Super Foods by Rujuta Diwekar

You can start with at least one meal in a week in the sukhasana posture. Eating meals on the floor in a cross-legged posture is better for the colon, blood-brain barrier and what have you.

Staying silent while eating is the most undervalued aspect of good nutrition. Don’t talk, don’t’ read, don’t surf, just eat.

My the person who cooks, the one who eats and the one who provides the food, may all be happy.

Arguments with others are a waste of time and you waste your time when you don’t question yourself.

When you eat ghee, spine stands upright.

Take ghee with a pinch of kalanamak, drink it up with warm water and you will feel fresh like sunshine.

A banana plant can only give birth once. The banana fruit receives everything from the tree and after that the plant doesn’t reproduce anymore.

The twin burden of obesity and diabetes which is seen as the world’s big disease.

Cashews are the natural sleeping pill whose only side effect is a stable, happy mood the next day.

We should caution against eating green leafy vegetables during the monsoon. Eating should be tweaked according to the season.

The rains come with their share of stomach infection and this invariably leads to loss of good bacteria from the system.

Food miles – the longer the food travels to land in your plate, the longer your navel travels away from the spine.

Traditionally, we have always eaten hand-pounded or single-polished rice which is white in color, not brown.

There is no other tree which takes salinity from the ground and turns it into nectar so sweet that you can actually shoot romantic scenes on Juhu beach with the hero-heroine drinking nariyal pani, two straws in one coconut.

Jackfruit is the largest fruit that nay tree can ever bear. It is great for maintaining the health of the colon and gall bladder too.

Do not eat Greek yogurt, fruit yogurt, ice creams etc. instead of these, we should eat homemade shrikhand made with curd which was hung overnight.

The naturally existing fruit sugar is best enjoyed when a fruit is eaten as a whole and not when it is juiced. Juice delivers a whole lot of fructose at one shot and evolution has not taught our bodies to cope with it.

Meta studies show no conclusive link between consumption of sugar and occurrence of diabetes. But increase in consumption of processed foods like biscuits, breads, colas, ice creams is positively associated with risk of diabetes and heart disease.

The poor quality sugar from weight-loss products will add to your weight, not sugar from daily traditional diets.

In the early 1990s the US had banned stevia because its toxicology report said it was unsafe for consumption.

How to have sugar – sugar cane, cold pressed sugar cane juice, kakvi, jaggery, sugar.

We can mixed sugar with dahi, it aids to build a healthier gut ecosystem.

# [Book] IKIGAI – The Japanese secret to a long and happy life

Only staying active will make you want to live a hundred years.

The happiness of always being busy.

In addition to a healthful diet, a simple life in our outdoors, green tea, and the subtropical climate are the reason for Japan live longer.

Treat everyone like a brother, even if you have never met them before.

Many Japanese people never really retire – they keep doing what they love for as long as their health allows.

Their blood test reveal fewer free radicals (which are responsible for cellular aging), as a result of drinking tea and eating until their stomachs are only 80 percent full.

One or two glasses of wine per day.

Don’t do strenuous exercise. Do gardening, which involves daily low-intensity movement.

Some biologists assert that our cells stop regenerating after about 120 years.

Presented with new information, the brain creates new connections and is revitalized.

Dealing with new situations, learning something new every day, playing games and interactive with other people seem to be essential antiaging strategies for the mind.

The greater the stress, the greater the degenerative effect on cells.

Most of those who make their living as models claim to sleep between nine and ten hours the night before a fashion show. This gives their skin a taut, wrinkle-free appearance and a healthy, radiant glow.

Go to bed early, get up early, and then go out for walk.

If you keep moving with your fingers working, 100 years will come to you.

We are what we repeatedly do. Excellence, then, is not an act but a habit.

Put your hand on a hot stove for a minute and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute. That is relativity.

Flow state is when pleasure, delight, creativity, and process when we are completely immersed in life.

We often think that combing tasks will save us time, but scientific evidence shows that it has the opposite effect.

Concentrating on one thing at a time may be the single most important factor in achieving flow.

Designate one day of the week, perhaps a Saturday or Sunday, a day of technological fasting, making exceptions only for e-readers or mp3 players.

Can someone really retire if he is passionate about what he does?

There are artists and scientists all over the world with strong, clear ikigais. They do what they love until their dying day.

Even Bill Gates washes the dishes every night. He says he enjoys it – that it helps him relax and clear his mind, and he tries to do it a little better each day.

Rituals give us clear rules and objectives, which help us enter a state of flow.

Today there are an estimated 300 to 450 supercentenarians in the world.

If you keep your mind and body busy, you will be around a long time.

Never be afraid to die. Because you are born to die.

The sense of community and the fact that Japanese people make an effort to stay active until the very end, are key elements of their secret to long life.

Food won’t help you live longer. The secret is smiling and having a good time. To live a long time you need to do three things: exercise to stay healthy, eat well and spend time with people.

Chatting and drinking tea with my neighbors. That is the best thing in life. And singing together.

You will live much longer if you are not in a hurry.

Living peacefully and enjoying the little things.

Food that should be eliminated are refined sugar and grains, processed baked goods, and prepared foods, along with cow’s milk.

Who live longest are not the ones who do the most exercise but rather the ones who move the most.

Hatha yoga – characterized by asanas of poses combines in a quest for balance.

Qigong exercises represent five elements: earth, water, wood, metal and fire.

Resilient people know how to stay focused on their objectives, on what matters, without giving in to discouragement. They concentrate on the things they can control and don’t worry about those they can’t.

There are nothing wrong with enjoying life’s pleasures as long as they do not take control of your life as you enjoy them. You have to be prepared for those pleasures to disappear.

We should have a clear sense of what we can change and what we can’t, which in turn will allow us to resist giving in to negative emotions.

The things we love are like the leaves of a tree: They can fall at any moment with a gust of wind.

Avoid spending time doing things we don’t enjoy, simply because we feel obligated to do them.

Happiness is always determined by your heart.

Surround yourself with good friends.

We should never forget what a privilege it is to be in the here and now in a world so full of possibilities.