

Lotus Letter



This month, we are in the heart of winter. I will focus on helping you find balance and peace of mind during this Vata time of year.

New Year, New You

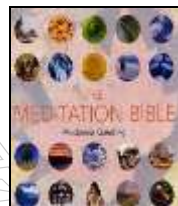
If there is one thing fantastic about January, it's that everyone makes some attempt to better themselves.

My biggest desire in 2013 is to not just to think, but to do. Sure, I think about meditating every day. But do I actually do it? Not all the time.

I'm making 2013 my year of action.

What is 2013 going to be for you?

I highly recommend the book "The Meditation Bible" by Madonna Gauding if you plan on making meditation part of your resolutions.



I was able to purchase it for under \$10 at my college book store. It is full of hundreds of meditations with something for everyone.

The Daily Bite: January

Do you know what to eat to keep your body and mind at peace? January is a great time to get back on track. (Holiday treats anyone?)

In my first post of the year on the Daily Bite, I've included a full list of vata-balancing foods. I will continue throughout this month to go into greater detail about the vata dosha and ways to get in balance.

The recipe to the right is a great balanced breakfast for all doshas.

I hope you all enjoy!

Apricot Cardamom Oatmeal

6 dried apricots, chopped into small pieces

2/3 c. rolled oats

1 1/2 c. water

1/4 t. ground cardamom

Ghee, sweetener, rice milk to top

1. Apricots + enough water to cover them in a pot (med. heat)

2. Bring to a boil, then simmer 4min.

3. Add oats, water and cardamom.

4. Bring to boil, then simmer, stirring often.

5. When oats are cooked, remove from heat and serve with a little ghee & rice milk.

Balancing Vata

- Maintain a regular schedule. If you can, wake up by 6 AM, and get to bed by 10.
- Drink a cup of ginger tea (many other health benefits come with this!)
- Favor a diet with warming (not spicy) foods, such as soups.

**"Start where you are.
Use what you have.
Do what you can."**

-Arthur Ashe



Is the winter inversion getting you down? Take a trip to a higher altitude and catch some rays. Talk about an instant mood booster!