



AYURVEDA FOR IT PEOPLE

The Human Cron Job

THE NATURE OF PHENOMENA

The phenomena in our universe base on discrimination.

White separates from black.

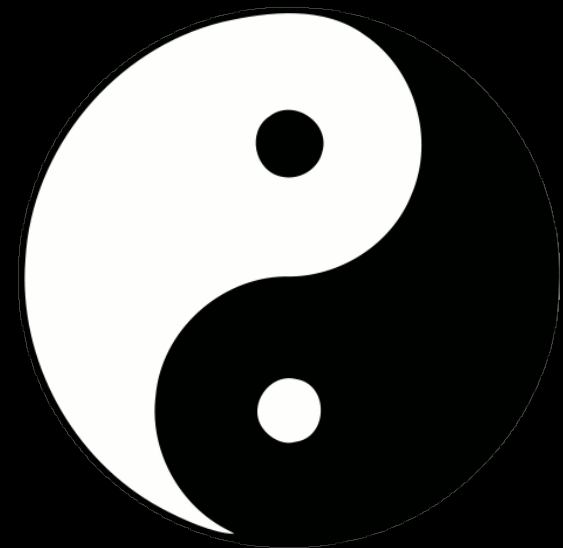
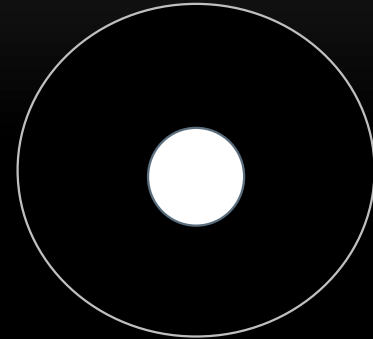
0 and 1. And everything in between.

Since we cannot tell whether black separates from white or white separates from black, the cat chases its tail, dependent on the point of view taken.

Schrödinger!

So black observes white and white observes black.

The expression of discrimination in our universe is observation.



EMERGENCE OF NEW PHENOMENA

By combination of existing phenomena, new phenomena emerge. The more complex our universe becomes, the more new phenomena emerge.

Whenever an apt combination of ingredients meet which can form emergent phenomenon, the new phenomenon undergoes three stages:

CONSTRUCTION: It comes into existence, owing to its contributors.

OPERATION: The „life“ of our phenomenon between creation and destruction.

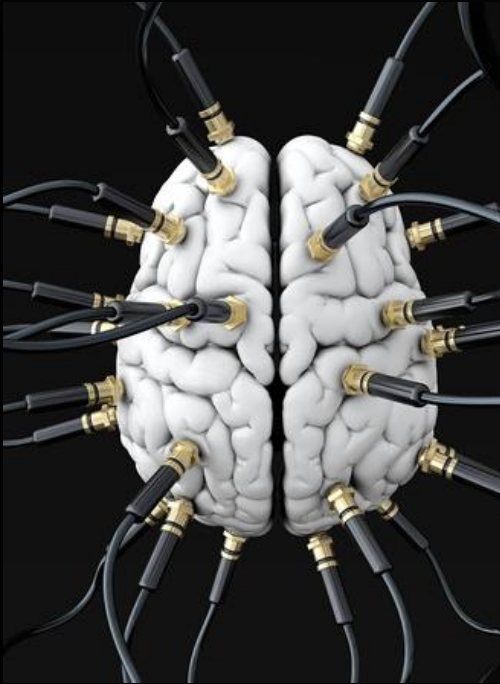
DESTRUCTION: The death of our phenomenon. Its ingredients diverge and immediately take part in new phenomena.

The usual **object lifecycle**, only that these **objects construct themselves** ...

A couple of terms regarding those three:

Drift	
Construction	Sattva
Operation	Rajas
Destruction	Tamas

THREE ENERGIES



VATA

Mind is overactive.



PITTA

Body is on fire.



KAPHA

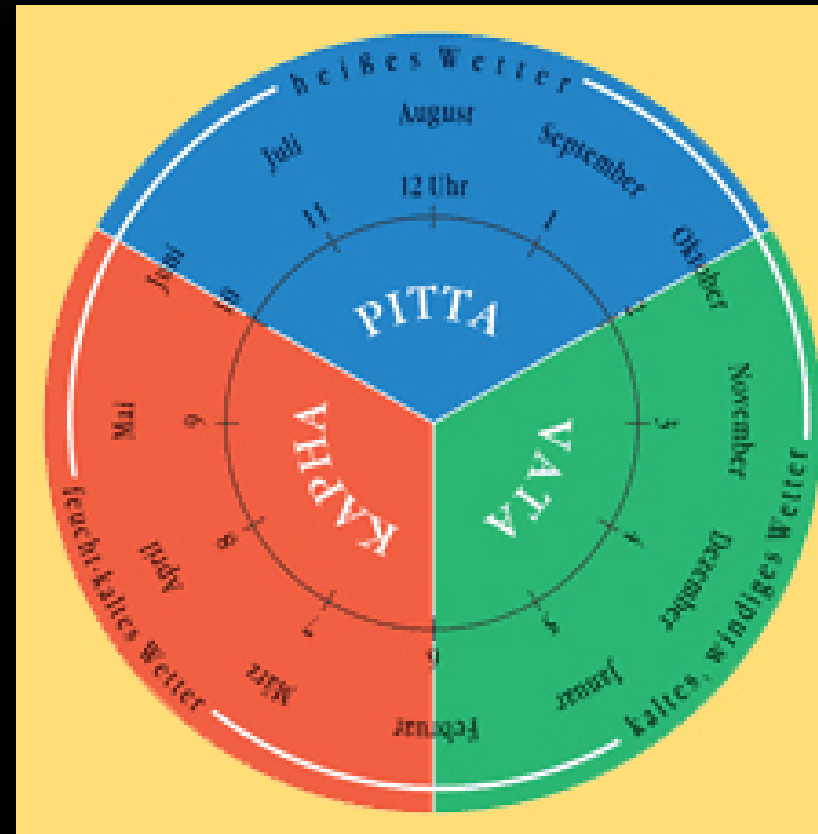
Body is cold.

IS THIS ALSO SEASONAL?

Of course. There's a yearly **meso cycle**.
Following the same principle.

It also depends where you're living:

- Living in Central Europe promotes **Vata**.
- Living in **hot, humid** climate promotes **Pitta**.
- Living in Northern Europe at the coast would promote **Kapha**.



IS THERE AN EVEN BIGGER PICTURE?

There sure is. Every living being is an emergent creature also, and undergoes those three stages:

CHILDHOOD: **Kapha** predominance

ADULTHOOD: **Pitta** predominance

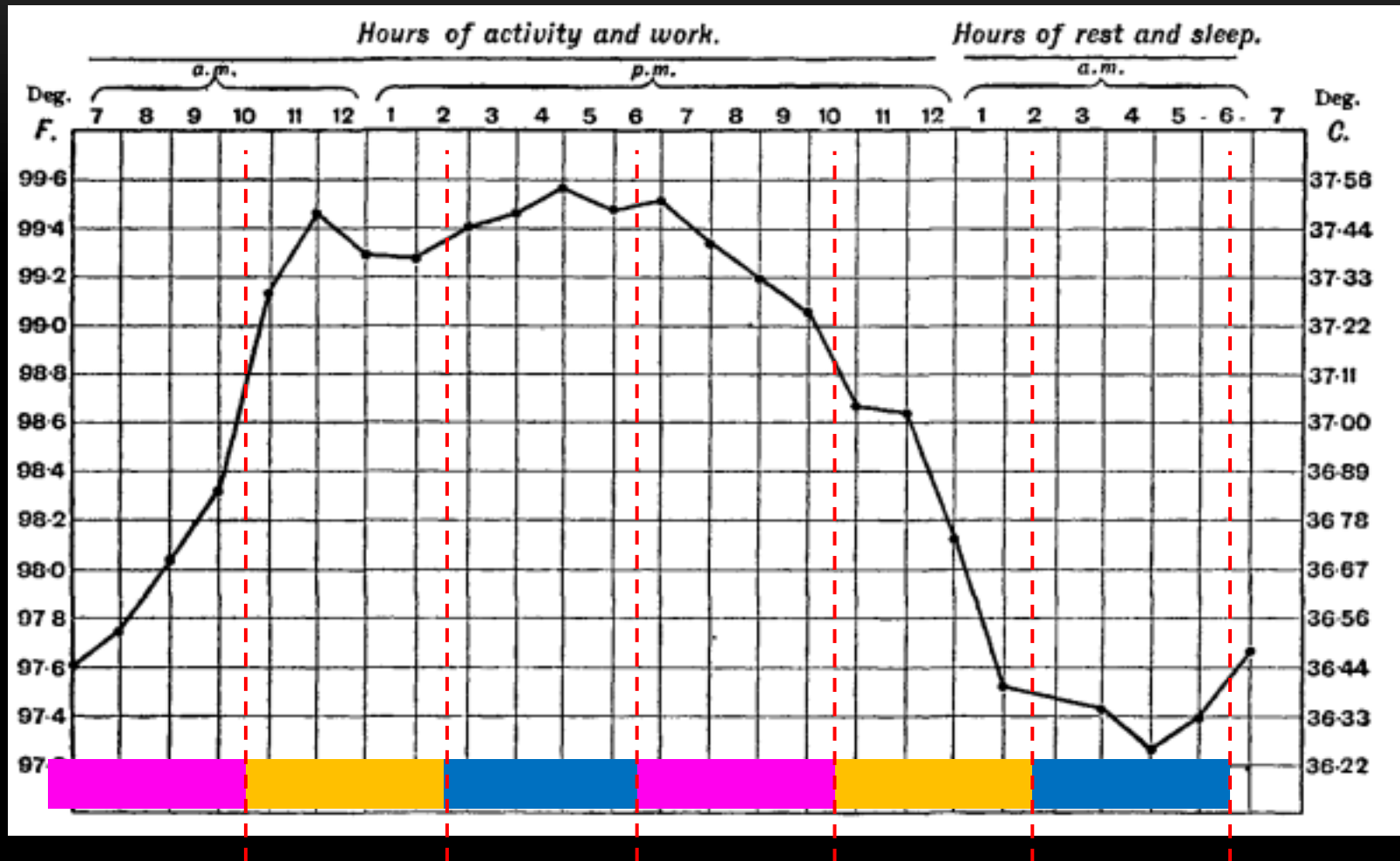
OLD AGE: **Vata** predominance

When trying to find out the most prominent influence, you need to take age, season and time of day into account.

They **aggravate** your own **predisposition**, which you can test.



IS THERE SCIENTIFIC BACKUP?

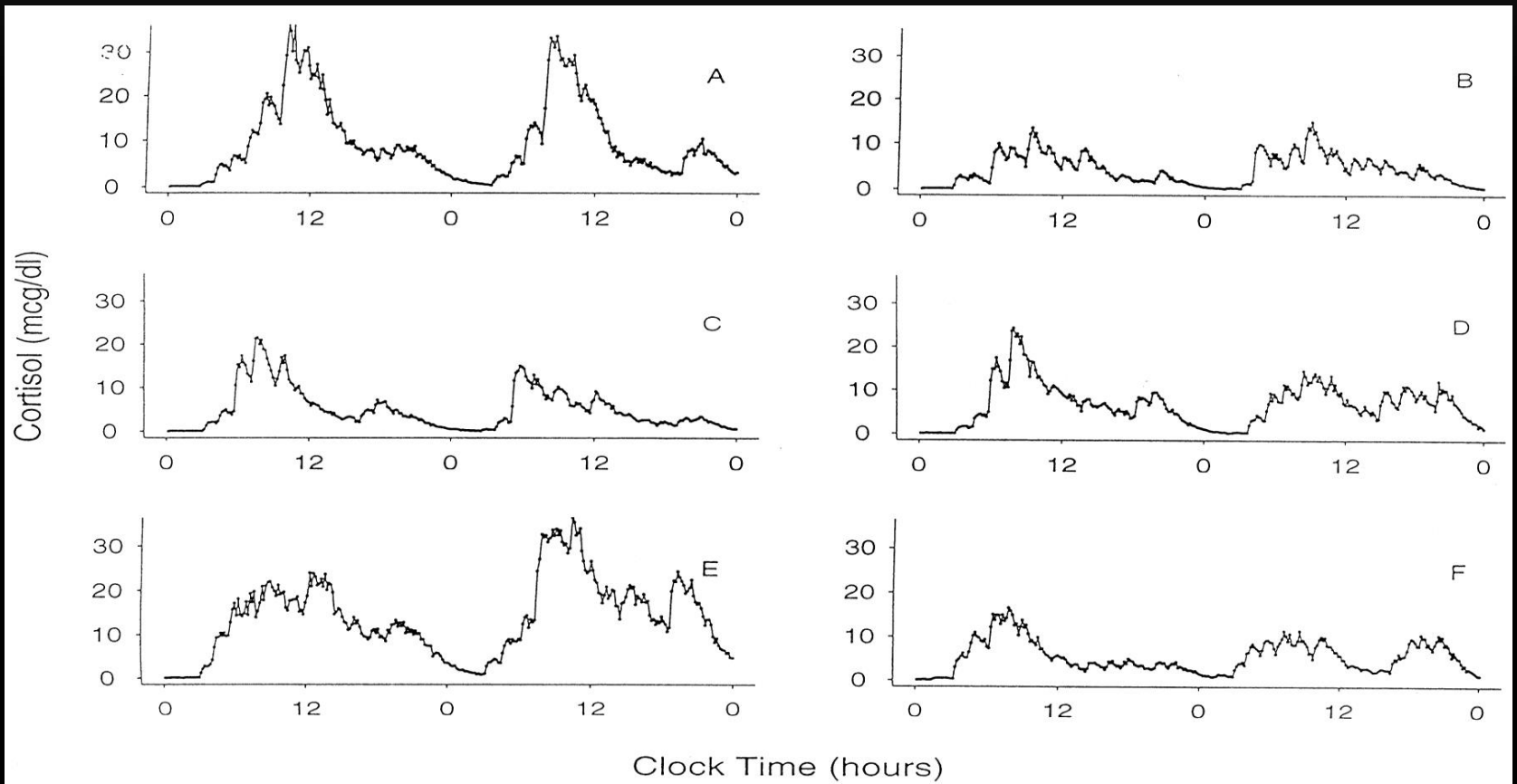


Kapha initiates change in body temperature (start of day, start of night)

Pitta follows through on what Kapha started.

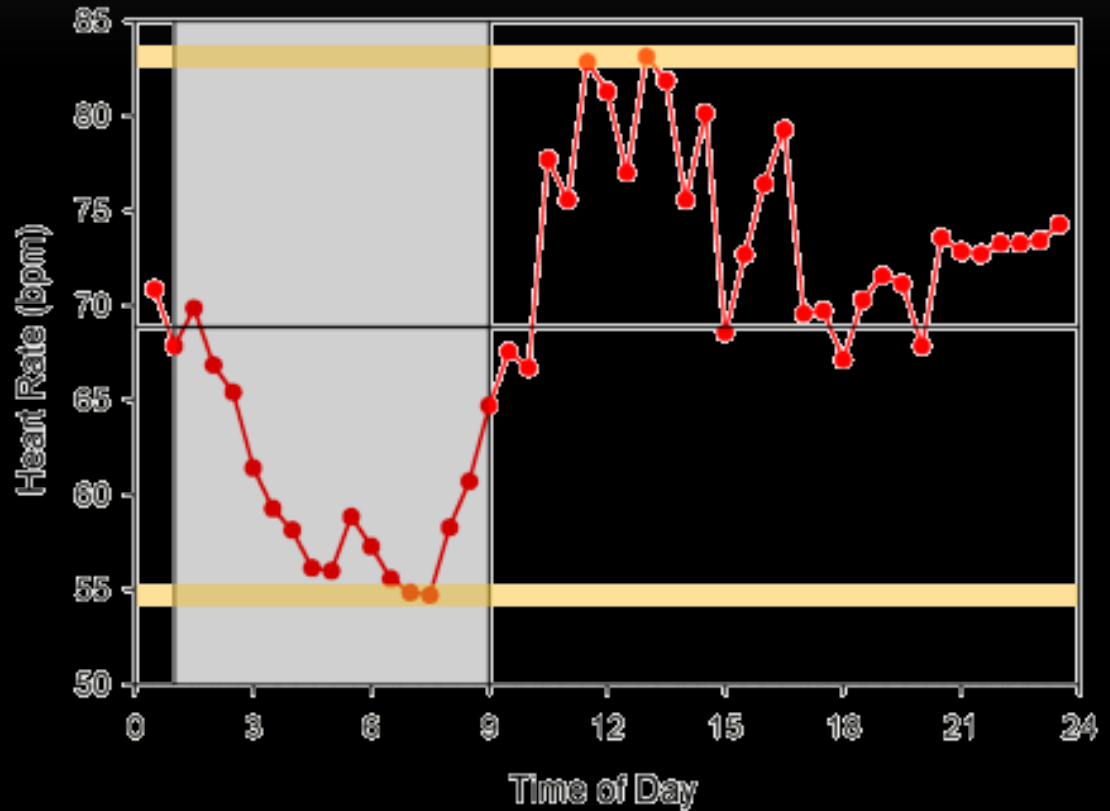
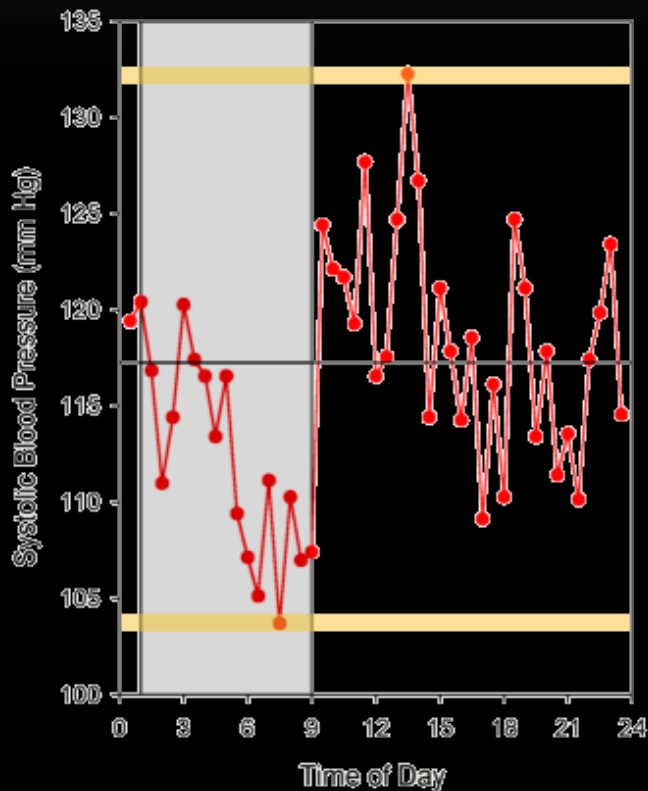
Vata plateaus (fade out of the rise or fall).

PLASMA CORTISOL



Changes in **plasma cortisol** explain the morning Vata jolt.

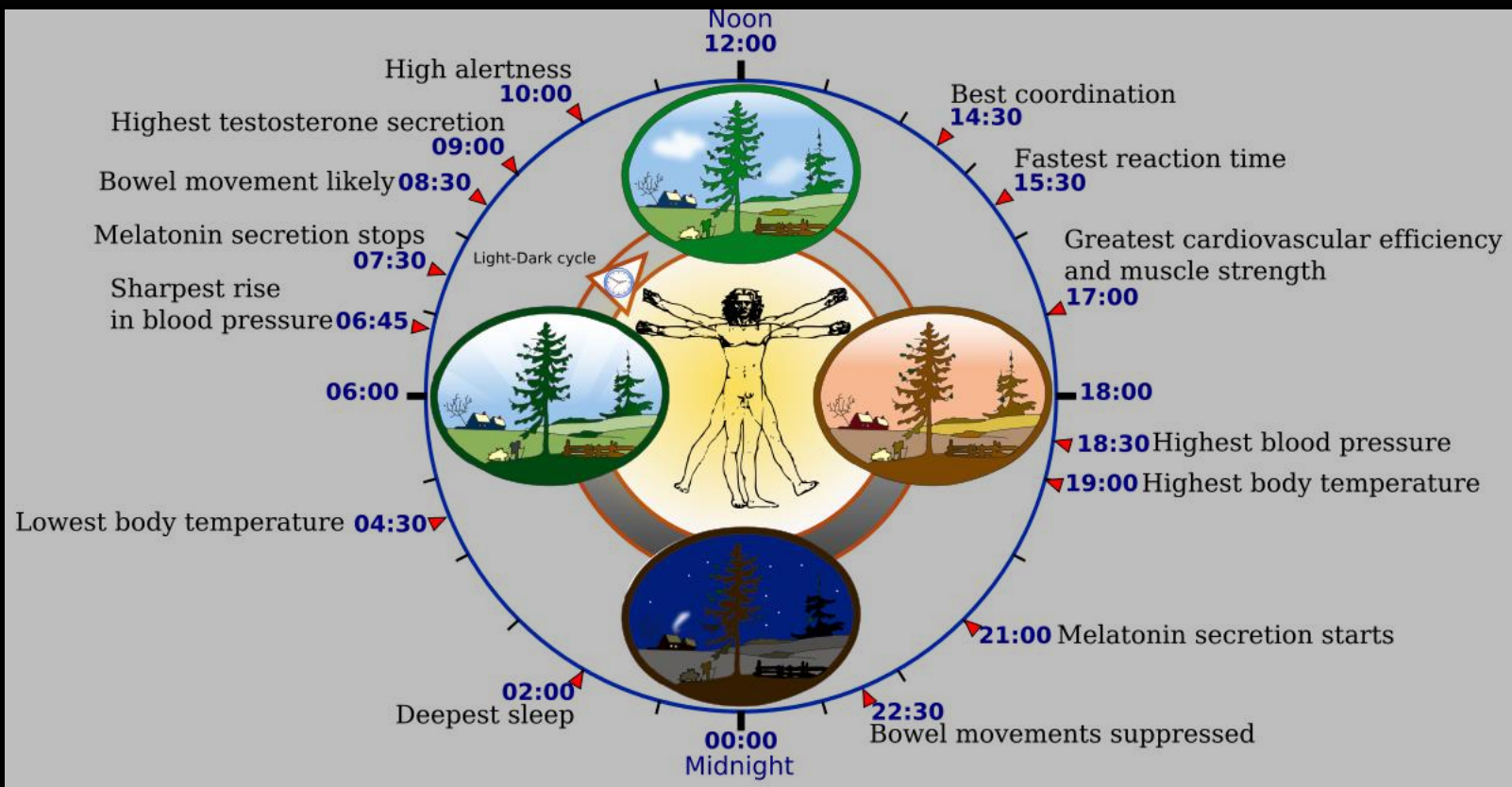
BLOOD PRESSURE & HEART RATE



Adrenaline fires up Pitta around noon and a second time towards midnight.

SO THESE THINGS ARE **NOT MYTHS!**

WHAT DOES THAT MEAN FOR YOU?

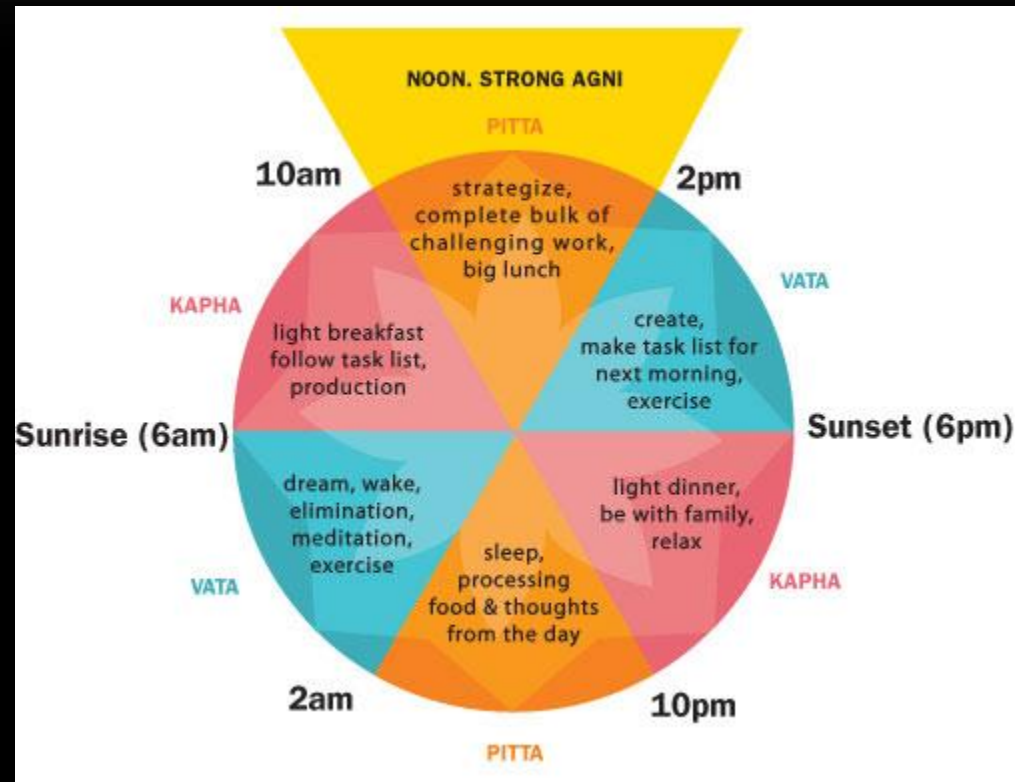


USE IT

Ayurveda (and Yoga) **don't really care** about discrimination, the yin-yang, or the factual world (as opposed to our scientific system). They're already there.

Instead ayurveda focuses on the **dynamics** of the system. We want to know **how things work, from the perspective of an observer living within.**

If certain things **are done easier** during a certain time of day, **then do it.** It saves you effort and gets more things done.



SO WHAT ARE THE CONSEQUENCES?

Dependent on your predisposition, the season and time of day **you do certain tasks best at a certain time.**

Kapha time is good for doing chores that **simply need to be done.**

Pitta time is good for making phone calls, following through and manage a ton of small tasks.

Vata time is good for **creative conceptual work** but hates following a task list.

If you don't end your **Vata** tasks in time, your mind will be restless through the evening **kapha**, literally ruining your evening.





THAT'S IT ...