

Rituals For Grounding Into Fall

As the air turns dry and the days shorten, Vata rises. The nervous system steadies fastest through rhythm — the same warm, unhurried actions repeated daily. Here is a simple dinacharya to carry you into the new season.



Rise with the Sun

Morning

Wake before 7am if you can. Scrape the tongue, then sip warm water with lemon to gently wake digestion. Follow with abhyanga — a few minutes of warm sesame oil massaged into the skin — before you shower.

Move gently, then sit

Mid-Morning

Slow, grounding movement — a short walk or gentle yoga — settles Vata before it settles you. Follow with a few minutes of quiet breath or meditation, seated somewhere warm.

Eat your largest meal

Midday

Digestion is strongest when the sun is highest. Make lunch warm, cooked, and unhurried — this is the one meal of the day not to eat at your desk.

Wind down before dark

Evening

Eat dinner earlier and lighter than lunch. Trade screens for a walk, journaling, or a warm cup of tea as the light fades — let the evening actually slow down.

Rest on schedule

Night

A drop of warm oil in each nostril (nasya) before bed counters the season's dryness. Aim to be asleep by 10pm, while the mind is naturally inclined to rest.

NOTE ON CONSISTENCY

None of these need to be perfect. Vata is soothed far more by repetition than by any single ritual done well once — the same few warm, grounding actions, at the same time, day after day.