

THE DIGITAL DETOX TOOLKIT

BY MANSATA KURANG



DAY 1: MEDITATION

DAY 2: KNOWLEDGE

DAY 3: NATURE

DAY 4: DECLUTTER

DAY 5: JOURNALING

**5 DAYS OF NO SCREENS!!!
LOOK GOOD, FEEL GOOD & THRIVE**

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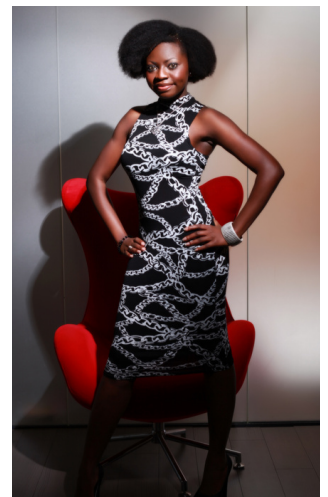
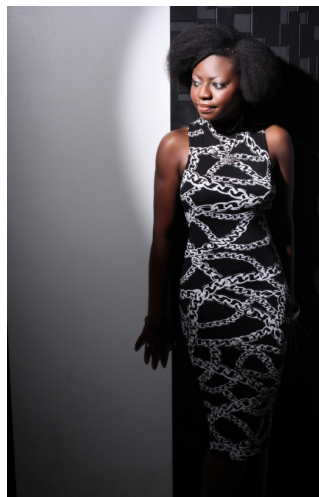


MY STORY

YOU CAN LOOK GOOD, FEEL GREAT AND THRIVE!!!

I started on my health journey back in 2019 after trips around Asia, Africa and UK left me feeling exhausted and mentally drained. I promised that 2020 would be my best health yet! I also loss of my dad in April 2020 during COVID-19 pandemic and couldn't travel to attend his funeral. That on top of the whole George Floyd and Black Live Matters movement, I felt I needed several detoxes! Throughout the year, I invested in Ayurvedic detoxes, Mind detoxes, Emotional detoxes and Spiritual detoxes to balance my mental, physical, emotional and spiritual health. I lost 8.5 kilos the past 9 months, feel balanced and look amazing! 2020 started out with lemons but I turned it into lemonade and made it one of the best years of my life! I found myself, got funding for my tech startup VR Revival, built incredible Partnerships, work with amazing people, started my Coaching business, built a community of beautiful souls in Mental Health space and received my 23rd Award Nomination and Listing in just 2 years. Detoxing was the best investment I made in all aspects of my health and I've summarised the best practises for you here in a simple digestible form so you can give yourself all the love and care your mind, body, and soul deserves. This is more than a digital detox - it's living life with joy and to your fullest!

Mansata Kurang
Immersive Compassion Coach
Founder, VR Revival Ltd.



BEFORE GETTING STARTED

WHAT TO DO

1. CLEAR YOUR DIARY

The recommendation is to do this for 5 days straight – you can still get some of the benefits if you do this once a week. As you will be without screens which means no laptop, TV or phone, the last thing you want to worry about is whether you have an appointment or important meeting so important to clear your diary.



2. PUBLICISE YOU WILL BE UNAVAILABLE AND UNREACHABLE

The first thing to do is to publicise to all who know you or might contact you during this time that you will be unavailable and unreachable.



3. EMERGENCY CONTACT

Life happens so for those nearest and dearest, give them an emergency contact who can get to you physically if anything urgent happens.



4. PRINT OUT USEFUL INFORMATION

Most of us have important details on our phones we usually refer to. Take notes of these on paper or print them out so you have no excuse to switch on your phone to dig them out. Print out this digital detox toolkit e-book to use as a reference for the tasks you need to do.

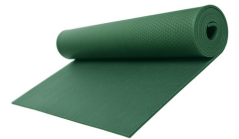


WHAT YOU NEED

1. YOGA MAT

Recommendation: Kabalo - 183cm long x 61cm wide - Non-Slip Yoga Mat with carry strap, also for Exercise/Gym/Camping (Amazon).

Free Homemade: Use a Twister mat or thick blanket or towel. If slippery, wear nonslip shoes and rubber gloves.



2. TONGUE SCRAPER

Recommendation: Copper Tongue Scraper | Proven to prevent oral health diseases and boost immunity | Naturally anti-microbial | Ayurveda (Amazon).

Free Homemade: Some toothbrushes also have a tongue scraper on their tips.



3. DIGITAL CLOCK

Recommendation: HENSE Large Digital Display Luminous Alarm Clock (Amazon).

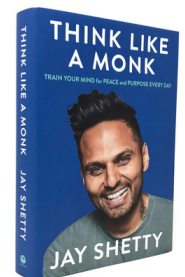
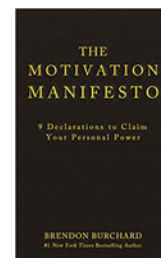
Free Homemade: Bring your wall clock to your bed side or use your watch.



4. INSPIRATIONAL BOOK

Recommendation: Think Like a Monk by Jay Shetty (Amazon)

Free Homemade: Any inspirational or motivation book on self-improvement you have at home – second recommendation; Motivation Manifesto by Brendon Burchard



DISCLAIMER

Please ensure you put your health first. Listen to your body or seek the advice of a nutritionist or medical professional if you are unsure of the fasting or a strict vegan diet. For instance, if you need to follow a non-vegan diet for medical reasons or have never fasted before, seek medical opinion first before engaging to do. Your health is wealth and should always come first.

DAY 1: MEDITATION

WHAT

Meditation is a practise that increases your self-awareness, and you learn to observe your thoughts.

BENEFITS

The benefits to meditation are vast and many scientifically proven. Its main aim is to help you focus on the present to increase build skills to manage your stress and reduce negative emotions. It also helps in increasing imagination, creativity, patience and tolerance.

PROCESS

Find a relaxed, comfortable position. You could be seated on a chair or on the floor on a cushion. Notice and relax your body. Try to notice the shape of your body, its weight. Tune into your breath.

- 1.Place one hand on your chest
- 2.Place the other hand on your stomach
- 3.Take a deep breath in through the nose
- 4.Feel your hand on your stomach move as you inflate your diaphragm with air
- 5.Slowly release your breath

Be kind to your wandering mind. Be Still during practise for fifteen to twenty minutes. Check in before you check out. See BONUS section under Mediation for more techniques.

Some people also do Prayer and this is specific to the belief or religion you follow. This can involve reading verses or scriptures.

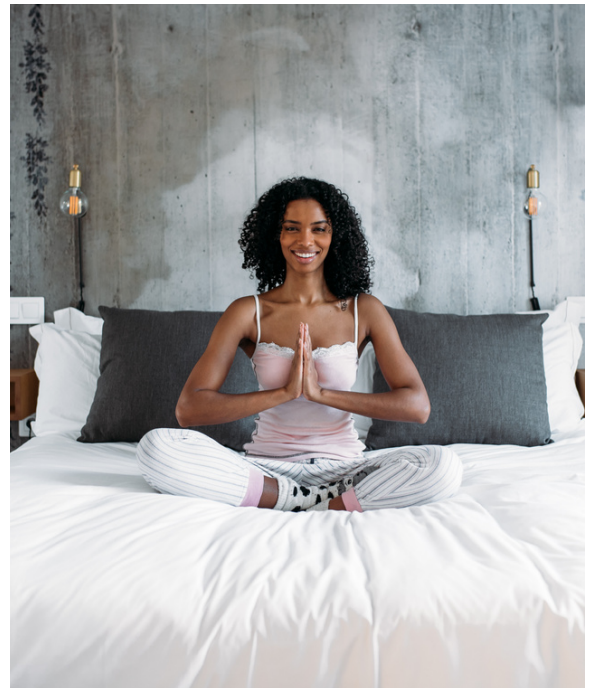


NEED TO KNOW

It is best to meditate before you eat. Being still for too long can prove difficult initially. This is why it is important to remove all distractions.
Free resource: [30 Days of Yoga with Adriene](#)

WHEN

Meditation is a useful and vital process therefore even though it is a separate theme, we still incorporate it at least twice a day for at least 20 minutes every day. It takes lots of practise.



DAY 2: KNOWLEDGE

WHAT

Reading involves using a complex network of signals and circuits in the brain. As your reading ability matures, those networks also get stronger and more sophisticated.

BENEFITS

Reading books improve brain connectivity, builds your vocabulary and comprehension. It aids in sleep readiness and prevents cognitive decline as you age. Most importantly, you can learn from the best in the world (alive or dead) and save yourself money and going through years of trial and error.

PROCESS

1. Read with a purpose.
2. Be judicious in highlighting and note taking.
3. Think in pictures.
4. Stay within your attention span and work to increase that span.



NEED TO KNOW

If you're dyslexic or have difficulty reading, a different alternative is using audio books - these are also cheaper. Have an inspirational book beside your bed. It will help you to fall asleep. Keep a book in your bag or briefcase that you usually take to work. Read a page on your lunch or coffee breaks. Create a routine of reading in the evenings. Go to a quiet place at home or at a local park and read a single page at the least.

WHEN

Read first thing in the morning and/or before bed. Aim to finish a book a week or month.



DAY 3: NATURE

WHAT

Bringing nature into your everyday life or spending time in green space can benefit your mental, emotional and physical wellbeing. For example, doing things like feeling the sun on your face, the birds singing, growing food or flowers, exercising outdoors or being around animals can have lots of positive health effects.

BENEFITS

Walks in nature can give you faster healing when exposed to more natural light, as spending time in the sun helps your body create vitamin D. It also helps you get exercise, improves your memory, can lower your heart rate, reduce your stress rate and help you concentrate better when you take a break from day-to-day activities.

PROCESS

Try and engage all your senses when out in nature, for example:

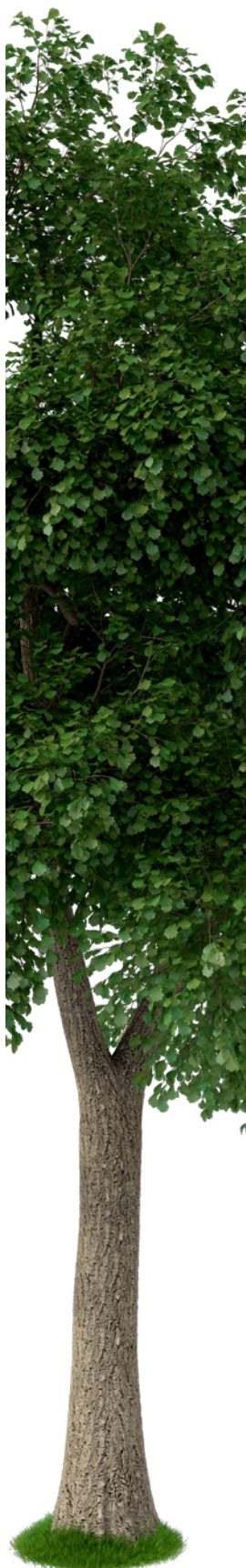
See the fish and tiny tadpoles swimming in ponds and the beautiful colours of butterflies.

Feel the cool, natural water by going swimming in the coast and beaches. Feel your bare feet on the green grass and the soft, green leaves on trees around you.

Smell the scent of freshly cut grass, and barbeques in the garden or at the park. Smell the bright new sunflowers blooming around you.

Taste freshly picked apples or berries from your garden.

Hear the different sounds of the birds flying around or in the trees or listen to the grasshoppers and crickets in the grasses.



PROCESS

Bring nature inside

This could be a beautiful work of art or photos of natural places you love looking at or have visited which you can frame and hang in your rooms. If you don't have a garden, you could start by potting up some house plants to bring some greenery and flowers into your room.

Connect with animals

At home you might be able to attract some garden birds with a feeder and bird bath. Or take a walk around your local park and try to notice more of the birds you can see and hear around you.

Draw

Look around to find a spot that captures your curiosity. This could be a scenery, the river, trees, rocks or the sky view. Start drawing without taking your pen or pencil off the page or looking at the page.

Grow or pick your own food

Having some balcony space or a small garden can be used to grow food, such as tomatoes or strawberries or herbs like coriander or parsley. If you don't have access to a garden, you could plant salad leaves or herbs in a window box or get a plant pot.

Exercise

There are several ways to exercise outside, the simplest being a brisk walk or jog in a nearby park, or around the block. You can also cycle around a safe woodland route or other green space nearby or hire one for this exercise.

NEED TO KNOW

Listening to natural sounds like birds singing feels good and is like daydreaming because it produces wakeful rest periods which then causes the listeners' brain connectivity to reflect an outward-directed focus of attention.

WHEN

Anything from 20 to 30 minutes, three days a week, to regular three-day weekends in the woods.

DAY 4: DECLUTTER

WHAT

Decluttering is the process of removing the excess and the distractions from your home and involves clearing the clutter and items you no longer need while organising the rest of the home.

BENEFITS

Decluttering helps to boost productivity and creativity, by letting go of past items. It gives you more living space, reduces allergens meaning less illness, and helps you to discover lost treasures. It also makes it easier to clean and tidy when there is more space.

PROCESS

1. First, you will need to create seven categories and assign a cardboard box or bag for each category. The categories are as follows: be given away, to be sold or donated, to be put in another room, to be fixed or cleaned, to be thrown out and to be returned to its owner and these are to be stored away if seasonal or sentimental.
2. The room that you use most often would be good to start first.
3. First clear anything on the floor that does not belong and any visible clutter that doesn't belong there.
4. Do you have any furniture you can eliminate without sacrificing comfort and livability?
5. Once all the visible clutter is cleared, you are ready to move on to cupboards, cabinets, drawers and shelves.
5. Work clockwise around the room, starting from the door.
6. Once everything is packed, in place and tidy, do the laundry, dusting and general cleaning so your whole home feels fresh and clean.



NEED TO KNOW

You can declutter your closet, papers, books and magazines, your car, your refrigerator/freezer, your kitchen pantry and your purse / backpack.

WHEN

How long it takes will depend on the size of your home and number of items you have. It is recommended you decluttering 4 times a year.



DAY 5: JOURNALING

WHAT

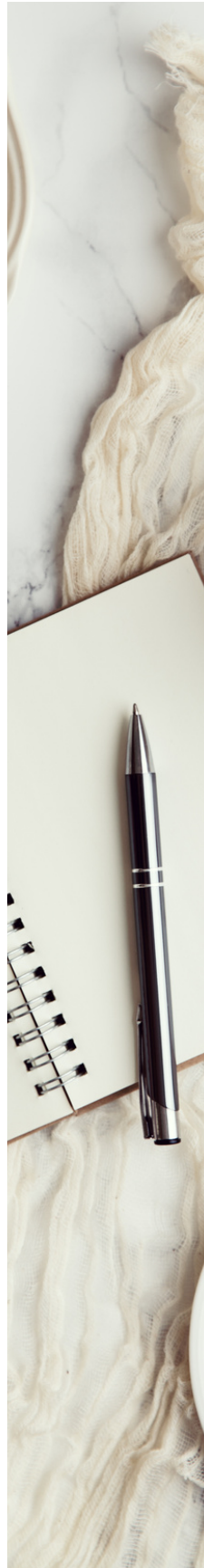
Journaling is using a small book or diary to write a record of your thoughts & feelings. It can give you the space to express your emotions, track patterns, improvement and changes over time.

BENEFITS

Journaling can help to improve your writing skills while keeping your thoughts organized to make them apprehensible. The writing process can help you relieve stress by allowing yourself to self-reflect. It can also boost your memory and inspire creativity. Especially when you have a gratitude section, going back to read this can make you feel better on the bad days.

PROCESS

1. Find a space that is free from distractions where you can write freely in peace.
2. It is important to be present and focus on writing about the emotions or what feels right rather.
4. Freestyle or structure your content however it feels right to you.
5. After writing, give yourself some time to reflect and balance yourself.
5. Your journal is private and for your eyes only - you can discuss your experience with your therapist but as it contains all your private thoughts, and where you pour your heart out, keep it away from family and friends.



NEED TO KNOW

Don't feel restricted - you can write about several things like different experiences, about in-the-moment scene, a performance analysis affirmations, gratitude, or critical self-analysis.

WHEN

Write at least three or four times, and aim for writing consecutively (i.e., at least once each day).



DAILY SCHEDULE

MORNING ROUTINE

6 AM:

Wake up Early
Meditation and Prayer
Yoga
Tongue scrapping
Oil pulling
Lemon, honey & ginger tea
Breakfast
THEME

AFTERNOON ROUTINE

12 PM:

Meditation and prayer
Walk
Lunch
THEME

EVENING ROUTINE

6 PM:

Meditation and prayer
Dinner
Hot oil massage
Salt bath
Read
Early Bedtime

MORNING: WAKE UP EARLY

WHAT

Studies have suggested the link between waking up early and success in life. Also, there are fewer distractions earlier in the morning so you can get a lot more done or take your time in with your morning routine and ease into the day.

BENEFITS

Waking up early gives you time for appreciating and planning your day so it does not feel rushed. This will make you feel more fulfilled and productive when you get in the right frame of mind and plan your day for effectiveness.

PROCESS

1. Use an alarm clock if you are not a morning person, setting the clock for the same time every day.
2. When the alarm goes off, start counting and make sure your feet are on the ground before the count to 5 seconds.
3. You can set your alarm to be your favourite music to get you in a good mood.

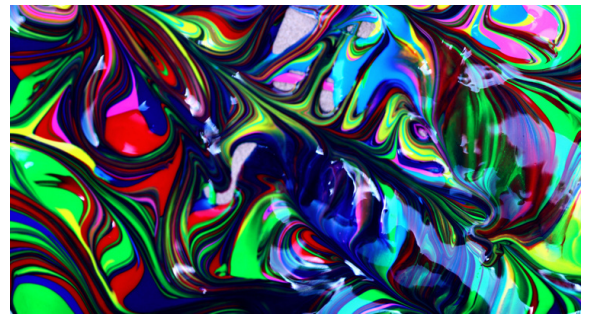


NEED TO KNOW

What you see first thing in the morning can really set up your day. Find something inspirational and motivating and absolutely. This can be inspiring words, a beautiful painting, a photograph of your family or a few pages of an inspiring book or poem. As you no longer have your phone, this will help discipline not looking at your phone first thing in the morning.

WHEN

The best times are between 4am and 6am.



MORNING: YOGA

WHAT

While meditation (page 2) engages the mind and spirit, yoga helps with the body and spirit. Controlled moves and postures that give your core muscles strength, flexibility and breathing to boost physical and mental wellbeing. We go into more details on the different types of yoga in the BONUS section (page 22).

BENEFITS

Yoga helps you manage stress by improving your balance, strength, and flexibility. This both relaxes you and helps you to sleep better, it can help with back pain relief, ease arthritis symptoms and benefit your heart health.

PROCESS

It is important to start with acceptance - take a moment to appreciate your body, your life, and your circumstances. Exactly as they are. Right now. Release expectations of what you should be able to do and try to focus on the core of what you are doing. You need to notice and keep up your breathing and be comfortable in the stillness.

1. Start with postures, or yoga asanas, such as downward-facing dog, child's pose, and sav asana (gradually relaxing one body part at a time, at the end of a session).
2. In each pose, focus on pressing your hands or feet into the floor, lengthening your spine, and relaxing your hips.
3. Yoga moves are usually slow and controlled.

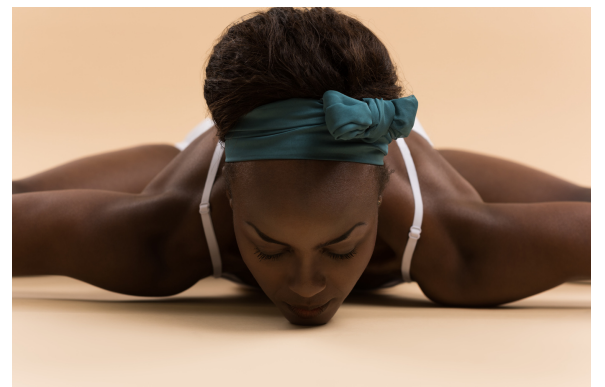


NEED TO KNOW

It is recommended to follow a yoga instructor initially to learn basics in order to prevent injury. Try going to a yoga class or online beginner yoga class on YouTube like Yoga with Adriene. Do not eat at least 3.5 hours or liquid 1 hour before practicing.

WHEN

After your morning meditation session, you can practise your yoga every day for at least 30 to 45 minutes to get maximum results.



MORNING: TONGUE SCRAPPING

WHAT

Tongue scrapping is a way of removing toxicity from your physiology. Scraping the tongue daily removes any build-up which, if left untreated, can lead to bad breath, and may house a significant number of bacteria. This coating can result from improper eating, poor digestion, or a reflection of an imbalance somewhere in the gastrointestinal system.

BENEFITS

Debris, bacteria, and dead cells can build up on your tongue over time. This can lead to bad breath and have a negative impact on your overall oral health. A tongue scraper can help remove this build-up and is an oral hygiene practice that removes bacteria, food debris, fungi, toxins, and dead cells from the surface of the tongue.

PROCESS

1. Stand in front of a mirror, open your mouth, and stick out your tongue.
2. Gently set the rounded end of the tongue scraper at the back of your tongue.
3. If you're worried about gagging, you may find it helpful to start at the middle of your tongue. You can gradually start from farther back as you get used to scraping.
4. Gently touch the scraper to your tongue. Slowly pull it forward, toward the tip of your tongue. You should never push the scraper from the tip of your tongue back. Always go from the back of the tongue to the tip.
5. After each scrape, use a washcloth or tissue to remove debris from the scraper.
6. Repeat until you've scraped the entire surface of your tongue. One to two scrapes across the same area is usually enough.
7. Wash the tongue scraper with warm water and soap, dry, and store in a clean, dry area.

NEED TO KNOW

Using a copper tongue scraper, specifically, is important because it's able to help target bad bacteria while leaving good bacteria alone.

WHEN

The entire process usually takes less than two minutes. Do this first thing in the morning and repeat as needed throughout the day.



MORNING: OIL PULLING

WHAT

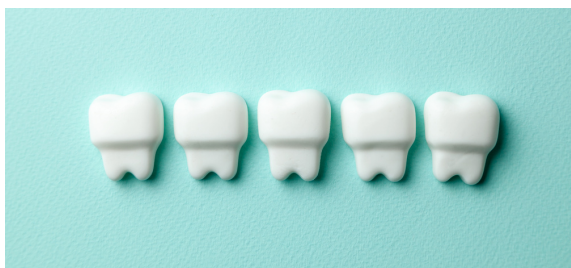
Oil pulling is an oral health routine that involves swishing oil around in the mouth in a similar way to mouthwash, but for a much more extended period.

BENEFITS

The benefit of oil pulling includes killing harmful bacteria in the mouth, reducing bad breath, preventing cavities, reducing inflammation and improving gum health and whitening teeth.

PROCESS

1. Put about a tablespoon of coconut or sesame oil in your mouth
2. Swish the oil around your mouth for about 15-20 minutes
3. Once done, spit the oil in the garbage, then brush your teeth with non fluoride toothpaste and floss



NEED TO KNOW

Avoid spitting into the sink or toilet, as it can lead to clogging. Do not swallow the coconut oil

WHEN

It is best to oil pull on an empty stomach, before brushing your teeth. Do it while showering or bathing in the morning.



LEMON, HONEY & GINGER TEA

WHAT

Lemon, honey & ginger tea helps keep the digestive system in order, clears accumulated toxins and activates appetite. It is beneficial for priming the body to metabolize nutrients and facilitating healthy bowel movements, so you enter the day feeling light and relaxed.

BENEFITS

Ginger aids digestion and kick-starts your metabolism and is an effective detoxifier. Additionally, its anti-inflammatory properties help fight off the flu and common cold.

Honey's antioxidant and antibacterial properties help improve the digestive system and boost immunity. Its antioxidants are also highly effective for removing free radicals from the body.

Lemons boost the immune system with both its abundant vitamin C and potassium and help detoxify your body of illness-promoting free radicals.

PROCESS

- 1.Heat the water on the stovetop to boiling. Pour into a coffee cup.
- 2.Coarsely grate unpeeled ginger root, and place in a tea infuser.
- 3.Squeeze fresh lemon juice into the cup of water.
- 4.When cool enough to drink, stir in the honey.



NEED TO KNOW

Use freshly squeezed lemon juice and fresh ginger root for maximum nutritional benefits.

WHEN

After your morning routine, before breakfast. Even if you don't make this tea, start your day with a glass of water and a lemon wedge.



BREAKFAST OPTIONS

SEMOLINA PORRIDGE

INGREDIENTS

- 35g semolina
- 1 tsp ghee (clarified butter)
- 100ml almond milk
- 100ml water
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 tsp of organic dried fruits or raisins
- 1 tsp cane sugar
- A little drizzle of maple syrup



PREPARATION

1. Place the ghee into a small saucepan and roast the semolina in a pan until lightly toasted.
2. Slowly add milk to the pan, stirring constantly to avoid lump formation.
3. Add cardamom and cinnamon to the milk and semolina mixture. Bring it to a boil.
4. Reduce heat and simmer for 8-10 minutes until a thin porridge-like consistency is achieved. If too thick, add more water.
5. Add dried fruit or raisins.
6. Pour into a bowl and then drizzle with maple syrup.



RICE PUDDING

INGREDIENTS

- 1½ cup cooked white basmati rice
- 1½ cups of coconut milk
- ¼ cup raisins
- 1 tbsp of cane sugar
- 1 tsp coconut oil or ghee
- ¼ tsp cardamom powder
- ¼ tsp cinnamon powder



PREPARATION

1. Place all of the ingredients into a small saucepan and mix well.
2. Cook on medium to low heat, until hot, about 5 minutes. Optional - grate fresh lemon on top



CHICKPEA FLOUR PANCAKES

INGREDIENTS

- 1 cup of chickpea flour (Besan)
- 2½ cups of water
- ½ small onion chopped
- ½ tsp cumin powder
- ½ Himalayan salt
- A pinch of black pepper
- 1 tsp of ghee
- Small lettuce
- 2 cherry tomatoes



PREPARATION

1. Add chickpea flour to a large mixing bowl and break any lumps in the flour.
2. Mix in the water and keep stirring until reaches a pancake batter-like consistency.
3. Mix in rest of ingredients except lettuce and tomatoes.
4. Melt half a teaspoon of ghee and spread it evenly over the surface.
5. Once the pan warms, pour the batter and dish out your first pancake.
6. Now pour the batter for the next one and cook on both sides until golden brown. Serve with small salad of lettuce and cherry tomatoes.

WARM QUINOA CEREAL

INGREDIENTS

- 3 dried dates
- 1 tbsp ghee
- 1 tsp maple syrup
- ½ cup quinoa
- 1 cup almond milk
- 1 tbsp almonds



PREPARATION

1. Chop walnuts and dry roast on medium heat until browned. Meanwhile, chop dates.
2. Add remaining ingredients and continue frying the quinoa in ghee for another 60 seconds.
3. Add 1 cup of almond milk and 1 cup water and bring to a boil. Lower heat and cover. Continue simmering for 20 minutes or until quinoa is soft.
4. Add pinch of salt and maple syrup to taste and serve.

AFTERNOON: WALK

WHAT

Walking is a simple, free way to exercise, lose weight and become healthier. You can easily build walks into a busy lifestyle as you can do it pretty much anywhere, at any time.

BENEFITS

There are several benefits to walking – it can help you burn calories, strengthen your heart, improve your mood, boost your energy, help with creative thinking, tone your legs and ease joint pain.

PROCESS

To ensure your safety while walking, follow these tips:

1. Your head is up. You're looking forward, not at the ground.
2. Your neck, shoulders and back are relaxed, not stiffly upright.
3. You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
4. Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
5. You're walking smoothly, rolling your foot from heel to toe.



NEED TO KNOW

Warm and cool down before walking to avoid injury. Always speak to your doctor before starting a new fitness routine. The faster, farther and more frequently you walk, the greater the benefits. Walk in areas designated for pedestrians. Look for well-lit areas if possible. Wear sturdy shoes with good heel and arch support. Wear loose, comfortable clothing. Drink plenty of water before and after your walk to stay hydrated. Wear sunscreen to prevent sunburn, even on cloudy days. Consider getting a pedometer or other fitness tracker to keep track of your daily steps.

WHEN

Anytime, at least 30 minutes a day. If you walk in the evening or early morning hours, wear a reflective vest or light so cars can see you.



LUNCH OPTIONS

VEGETABLE SPICED RICE

INGREDIENTS

- ½ cups basmati rice
- ¼ cup courgette, chopped
- ¼ cup green beans, chopped
- ¼ cup fresh peas (or carrots)
- ¼ tsp cumin seeds
- ¼ tsp black mustard seeds
- ¼ tsp turmeric
- 1 pinch asafoetida (hing)
- 1 pinch salt
- 4 cloves, whole
- ¼ inch piece of fresh ginger, peeled and diced fine
- ½ cinnamon sticks, broken into small pieces
- 2 bay leaves
- 3 cardamom pods, whole
- 1 pinch cayenne
- 1 clove garlic, chopped fine
- 3 tbsps ghee
- ½ tbsps coconut, shredded
- ¼ cup coriander, fresh, chopped (divided use)
- ¼ lime

PREPARATION

1. Wash the rice two times. Wash and chop vegetables.
2. Put the chopped ginger and pinch of the of coriander in a blender with coconut and ¼ cup of water. Blend until liquid.
3. Heat the ghee in a saucepan and add the mustard seeds, cumin seeds, turmeric, and hing, and cook until the mustard seeds pop. Then add the cloves, bay leaves, cardamom, and cinnamon. Heat until the spices are fragrant then pour in the blended mixture. Add the garlic and salt, and then cook until the garlic browns slightly. Stir in the vegetables and rice, mixing thoroughly. Add cayenne. Pour in 2 cups of water and bring to a boil. Turn down the heat to a simmer and cover loosely.
4. Cook until the vegetables are tender and the rice is cooked, about 18 to 20 minutes. Turn this out into a serving dish and squeeze fresh lime juice over it. Sprinkle chopped coriander and coconut over the top before serving.



SPICY CARROTS AND PEAS

INGREDIENTS

- 2 tbsp ghee
- 80g red onion, finely chopped
- 1 clove garlic, finely chopped
- 15g fresh ginger, finely chopped
- 1 tsp cumin seeds
- 1 tsp turmeric powder
- 350g carrots, diced
- 250g fresh peas
- 1½ tsp Himalayan sea salt
- ¼ tsp chilli powder
- 4 tbsp water if using fresh peas
- ½ tsp garam masala

PREPARATION

1. Heat the oil and add the onion, garlic and ginger and stir fry over a medium heat for about 5 minutes until softened.
2. Add the cumin seeds and turmeric and cook for about 30 seconds, then add the carrot and stir fry for 2 minutes. Add the peas, salt and chilli powder and stir in.
3. Add the water and bring to a boil then reduce the heat and simmer for 15 minutes, partially covered, until the carrot and peas are tender. Stir in the garam masala and serve warm.



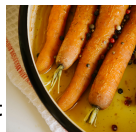
SPICY CARROTS AND PEAS

INGREDIENTS

- 2 tsp smoked paprika
- 1 tsp Himalayan sea salt
- ½ tsp black pepper
- 1 kg carrots, sliced lengthways
- 2 tbsps olive oil

PREPARATION

1. In a bowl, combine all of the ingredients making sure the carrot slices are well coated.
2. Place the mix into a baking dish and cook in a preheated oven at 230°C /gas mark 8 for 25 minutes, stirring half way through.



GREEN KITCHARI

INGREDIENTS

- ½ cups basmati rice
- ½ cups dried yellow split peas
- 1 tbsp ghee
- ½ tbsps grated fresh ginger
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp fennel seeds
- ¼ tsp ground fenugreek
- ¼ tsp ground turmeric
- 1 pinch asafoetida (hing)
- ¼ tsp Himalayan sea salt
- 2 cups organic vegetable stock or water
- ½ medium courgette coarsely grated (about 1 cup)
- ½ cups packed baby spinach roughly chopped
- ¼ cup coriander, fresh, chopped (divided use)

PREPARATION

1. Rinse the yellow split peas and rice in a fine mesh colander under cold water until the water runs clear. Wash each separately in at least 2 changes of water.
2. In a large saucepan over medium-high heat, heat the ghee. Add the ginger and cook, stirring, for 30 seconds. Add the asafoetida, cumin, coriander, fennel seeds, fenugreek, and turmeric. Cook for another 30 seconds, until fragrant.
3. Add the split peas and rice and stir to coat in the spices. Add the salt and pour in the water or vegetable stock. Bring to a boil, cover, and reduce the heat to medium-low. Simmer for 35-45 minutes, stirring occasionally, until the peas are tender but not mushy and most of the liquid has been absorbed. (You may need to add more water if the mixture becomes too dry or begins to stick to the bottom of the pan).
4. Stir in the courgette and spinach, then remove from the heat and leave to stand for 5 minutes. Serve warm scattered with the coriander, if desired.



DINNER OPTIONS

YELLOW MUNG DAL SOUP



INGREDIENTS

- ½ cup yellow mung dal
- 2 cups water
- ½ tbsps ghee oil
- ¼ tsp black mustard seeds
- ¼ tsp cumin seeds
- ¼ pinch hing (asafoetida)
- 1 clove garlic, chopped
- 1 small handful coriander leaves, chopped
- 2 curry leaves, fresh or dried
- ¼ tsp turmeric
- ¼ tsp masala powder
- ¼ Himalayan pink salt

PREPARATION

1. Wash the mung dal twice.
2. Put the mung dal and 1 cup of the water into a soup pot and bring to a boil. Cook on medium heat for 25 minutes, uncovered, stirring occasionally to prevent sticking.
3. Add the last cup of the water and boil for another 20 minutes.
4. Remove from the heat and beat with an eggbeater until smooth. Set aside.
5. Heat the oil in a small saucepan until medium hot. Add the cumin seeds, mustard seeds and hing. Stir until the seeds pop.
6. Turn down the heat, add the garlic and brown lightly. Then put in the curry leaves, coriander, turmeric and masala powder. Stir well and then add this mixture to the soup.
7. Add salt. Simmer for 2 minutes and serve.



VEGETABLE SOUP



INGREDIENTS

- ½ tbsp organic olive oil
- ¼ leek, sliced
- ¼ clove garlic, minced
- ¼ sweet onion, chopped
- ¼ red bell pepper, chopped
- ½ tbsp curry powder
- ¼ tsp salt
- ½ cup sweet squash, cubed
- ½ cup sweet potato, cubed
- 1 to 2 curry leaves
- ¼ cup low-fat unsweetened coconut milk
- Pinch of black pepper, to taste

PREPARATION

1. Sauté the leek, garlic, onion, and bell pepper in the olive oil until the onion is translucent, 8 - 10 minutes.
2. Stir in the sweet potato, squash, curry leaves, salt, and curry powder. Add water just to cover and bring to a boil. Simmer uncovered 20 - 25 minutes until the squash is tender.
3. Add the milk, stir, and heat to just below boiling. Then stir in fresh-ground black pepper to taste and serve. Sprinkle chopped coriander (optional).



KALE GREEN MUNG SOUP



INGREDIENTS

- 1 cup whole green mung beans (must soak at least 5 hours)
- 3½ cups water
- 1 tbsp ghee oil
- 1½ tsp ginger - chopped
- ½ tsp garlic - chopped
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp Turmeric
- 1 small pinch of hing (asafoetida)
- ½ cup of Kale
- 1-4 curry leaves finely chopped
- 1 tsp Himalayan pink salt

PREPARATION

1. Soak the mung beans overnight in water.
2. Finely chop ginger and garlic.
3. Drain the mung beans, rinse them and put them in pot with 3½ cups of water.
4. Add salt and turmeric and bring to a boil.
5. Cook Mung beans fully stirring occasionally. (they are not fully cooked until they are breaking apart. Will take approx. 45 min unless you use a pressure cooker in which case it will only take about 20 minutes)
6. Heat ghee in a separate pan. Add hing, mustard seeds and cumin seeds. Wait until you hear the cumin seeds pop. Then add curry leaves, garlic and ginger and let simmer for a few minutes until garlic becomes golden brown.
7. Add ghee mixture to cooked mung beans and stir. Add kale or spinach for some texture.

EVENING: HOT OIL MASSAGE

WHAT

This is called Abhyanga and it is a massage that is done with warm organic sesame oil. The oil is applied on the entire body, from the scalp to the soles of your feet.

BENEFITS

It helps improve skin health by increasing skin blood flow, reducing appearance of wrinkles, cellulite, and scars, improving skin smoothness and softness and decreasing hyperpigmentation. It can help to reduce stress, lower blood pressure, reduce muscle stiffness and improve skin health.

PROCESS

1. Pour 1/2 cup organic sesame oil in a clean, empty shampoo or squeeze bottle. Put the bottle in a pot of hot water until the oil is warm.
2. Apply the oil to your whole body, including the top of your head. Massage the oil into your scalp, moving in circular motions.
3. Continue to your forehead, ears, cheeks, and jaws.
4. Massage your chest and abdomen, moving in clockwise and circular strokes. On your trunk, massage inward along your ribs.
5. Continue to your back and butt. Massage in straight, long motions on your arms and legs. Move in circular motions on your joints.
6. Massage your feet, including your toes and soles.
7. Relax for 10 minutes to let your skin absorb the oil.
8. Take a warm bath or shower. Use a gentle cleanser to remove the oil.



NEED TO KNOW

Massage can improve relaxation, blood flow, and general health. Self-massage may not be safe if you're pregnant or have a skin infection, broken bone, or chronic illness.

WHEN

Before your shower or bath.



EVENING: SALT BATH

WHAT

This therapeutic bath with rose petals, essential oils and sea salts, preceded by a luxurious full-body massage with warm oils can help to restore balance to the body, mind, and spirit. This type of bathing can represent a cleansing not only of the physical body but also of the spiritual self.

BENEFITS

It helps remove sweat, dirt and environmental toxins from the skin. It helps relax the mind and balance the emotions. It enhances physical energy levels and improves mental clarity.

PROCESS

1. Soak in warm bath for 1 hour with the following ingredients added in:

- ¼ cup Epsom salt
- Sprinkle of Himalayan pink sea salt
- ¼ cup of Aloe Vera and avocado bath soak
- Few drops of Nerdi Light Oil
- Few drops of Eucalyptus Oil
- Few drops of Patchouli Oil
- Few drops of Lavender Oil
- Rose petals
- Yankee candles (Cherry vanilla, Pomegranate coconut, Citrus rose, Cozy up and Exotic fruits)
- 1 bottle of water for drinking
- Music

2. When you get out of the bath, towel dry gently. Blot the towel on your body instead of rubbing vigorously.



NEED TO KNOW

Do not bathe in a hurry; take your time. Practice deep breathing in your bath.

WHEN

Everyday for at least an hour or this can be done with a quick shower after the oil pulling.



EVENING: EARLY BEDTIME

WHAT

After reading an inspirational book (page 3), going to bed early is a powerful force that dispenses a multitude of life-changing benefits – from making us more productive, to prolonging our lives.

BENEFITS

Winding down is a critical stage in preparing for bed. More rest gives you more energy and going to bed early is recommended as the deepest and most regenerative sleep occurs between 10 p.m. - 2 a.m.

PROCESS

There are lots of ways to relax:

- 1.A warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- 2.Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- 3.Relaxation exercises, such as light yoga stretches, help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect.
- 4.Relaxation CDs work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you.
- 5.Reading a book or listening to the radio relaxes the mind by distracting it (page 3).
- 6.Avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep.



NEED TO KNOW

Your bedroom should be a relaxing environment. Avoid TVs and other electronic gadgets, light, noise, and a bad mattress or bed.

WHEN

Ideally by 10PM. Go to bed at the same time every night.



5 MEDITATION PLANS

Free resource: [21 days by Deepak Chopra](#)

VISUALIZATION MEDITATION

Visualization meditation is a technique focused on enhancing feelings of relaxation, peace, and calmness by visualizing positive scenes or images.

With this practice, it's important to imagine the scene vividly and use all five senses to add as much detail as possible.

Another form of visualization meditation involves imagining yourself succeeding at specific goals, which is intended to increase focus and motivation.

Benefit: Can be used to boost mood, reduce stress levels, and promote inner peace.



MINDFULNESS MEDITATION

In mindfulness meditation, you pay attention to your thoughts as they pass through your mind. You don't judge the thoughts or become involved with them. You simply observe and take note of any patterns.

This practice combines concentration with awareness. You may find it helpful to focus on an object or your breath while you observe any bodily sensations, thoughts, or feelings.

Benefit: Good for people who don't have a teacher to guide them, as it can be easily practiced alone.



FOCUSED MEDITATION

Focused meditation involves concentration using any of the five senses.

For example, you can focus on something internal, like your breath, or you can bring in external influences to help focus your attention.

Try counting mala beads, listening to a gong, or staring at a candle flame.

This practice may be simple in theory, but it can be difficult for beginners to hold their focus for longer than a few minutes at first.

If your mind does wander, it's important to come back to the practice and refocus.

Benefits: This practice is ideal for anyone who requires additional focus in their life.



MANTRA MEDITATION

This type of meditation uses a repetitive sound to clear the mind loudly or quietly. It can be a word, phrase, or sound, such as the popular "Om."

After chanting the mantra for some time, you'll be more alert and in tune with your environment. This allows you to experience deeper levels of awareness.

Benefits: It's easier to focus on a word than on their breath. This is also a good practice for people who don't like silence and enjoy repetition.

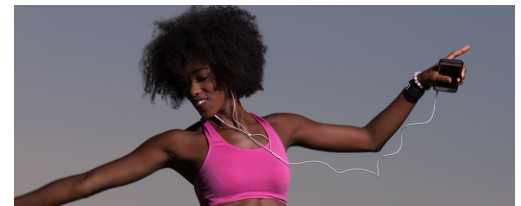


MOVEMENT MEDITATION

This practice may include yoga, walking through the woods, gardening, qigong, and other gentle forms of motion.

It's an active form of meditation where the movement guides you.

Benefit: Good for people who find peace in action and prefer to let their minds wander.



4 YOGA POSES

Free resource: [30 Days of Yoga with Adriene](https://www.vrrevival.co.uk/mansatakurang)

CAT POSE

Step 1: Start on your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

Step 2: As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest.

Step 3: Inhale, coming back to neutral "tabletop" position on your hands and knees.

Step 4: This pose is often paired with Cow Pose on the inhale for a gentle, flowing vinyasa.

Benefits:

- Stretches the back torso and neck
- Provides a gentle massage to the spine and belly organs

EXTENDED PUPPY POSE

Step 1: Come onto all fours. See that your shoulders are above your wrists and your hips are above your knees. Walk your hands forward a few inches and curl your toes under.

Step 2: As you exhale, move your buttocks halfway back toward your heels. Keep your arms active; don't let your elbows touch the ground.

Step 3: Drop your forehead to the floor or to a blanket and let your neck relax. Keep a slight curve in your lower back. To feel a nice long stretch in your spine, press the hands down and stretch through the arms while pulling your hips back toward your heels.

Step 4: Breathe into your back, feeling the spine lengthen in both directions. Hold for 30 seconds to a minute, then release your buttocks down onto your heels.

Benefits:

- Stretches the spine and shoulders

Yoga



COBRA POSE

1.Begin on your belly with your feet hip-distance apart and your hands placed beside your ribs.

2.Extend your big toes straight back, and press down with all ten toenails to activate your quadriceps.

3.Spin your inner thighs to the ceiling while firming your outer ankles into your midline.

4.Pressing down lightly with your hands, start to raise your head and chest while rolling your shoulders back and down.

5.Keep the back of your neck long, and focus on lifting your sternum versus lifting your chin.

6.As your arms start to straighten, move slowly and mindfully.

7.Make sure to emphasize pulling your chest forward and coiling your thoracic spine rather than pushing onto your lower back—this is an important distinction, because your pelvis remains on the floor.

8.Move the bottom border of your shoulder blades in and up to open your chest from behind.

9.Only straighten your arms to the degree that allows your shoulders to remain away from your ears.

10. Keep at least a slight bend in your elbows to reinforce drawing out of your lower back and into your upper back.

11.Take your gaze up only to the degree that the curve of your neck is a continuation of the curve that has already been established in your upper back.

12. Hold for 5-10 breaths, then release back onto the mat.

Benefits:

- Improves posture and counteracts the effects of sitting and computer work
- Relieve lower back pain
- Stretches your abdomen

Strengthens around your shoulders

WARRIOR POSE

Step 1: Stand in Tadasana (Mountain Pose). With an exhalation, step or lightly jump your feet 3 1/2 to 4 feet apart. Raise your arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.

Step 2: Turn your right foot slightly to the right and your left foot out to the left 90 degrees. Align the left heel with the right heel. Firm your thighs and turn your left thigh outward so that the center of the left knee cap is in line with the center of the left ankle.

Step 3: Exhale and bend your left knee over the left ankle, so that the shin is perpendicular to the floor. If possible, bring the left thigh parallel to the floor. Anchor this movement of the left knee by strengthening the right leg and pressing the outer right heel firmly to the floor.

Step 4: Stretch the arms away from the space between the shoulder blades, parallel to the floor. Don't lean the torso over the left thigh: Keep the sides of the torso equally long and the shoulders directly over the pelvis. Press the tailbone slightly toward the pubis. Turn the head to the left and look out over the fingers.

Step 5: Stay for 30 seconds to 1 minute. Inhale to come up. Reverse the feet and repeat for the same length of time to the left.

Benefits

- Strengthens and stretches the legs and ankles
- Stretches the groins, chest and lungs, shoulders
- Stimulates abdominal organs



VISION BOARD

WHAT

A vision board creates an emotional connection that motivates you and makes real the dream in your mind, so you begin to believe it's possible. It can also clarify what you want out of your life because it forces you to put something down.

BENEFITS

A Vision Board will motivate you to work towards the goals you have set. The crafting of a vision board can produce some stillness within a hectic world. Taking the time out to focus on a vision board gives you time for personal reflection whilst occupying your mind and creatively setting goals in a fun, visual way.

PROCESS

1. Get clear on your vision. What are your major goals? Take two A4 papers. Separate each into 8 boxes to get a total of 16. Write the following titles in each box: Character, Emotional Life, Parenting, Financial, Career, Creative Life, Family Life, Community Life, Health and Fitness, Intellectual Life, Skills, Spiritual Life, Love Relationship, Friendship, Adventures and Environment. Expand on each using bullets - what would each look like once you've realized that dream?
2. Create a folder, either digital or physical, and start gathering photos that represent each major goal or bullet point of your dream by doing a few quick Google searches.
3. Once you have your images, all you need to do is put them together in a way that is pleasing and effective for you. You can use canva.com to create a nice poster and print or use a large whiteboard to attach the photos on. You can use post-it notes to add some colour.
4. Spend five to ten minutes each day reflecting on it including the emotions and sensory experiences related to each aspect of your vision. If you do that, you'll make full use of the incredible benefits of a vision board to motivate you to action and make your dream more believable than ever before.



NEED TO KNOW

Through the Law of Attraction, visualization also magnetizes and attracts to you the people, resources, and opportunities you need to achieve your goal.

WHEN

Take a 5-10 minutes to contemplate your vision board every day.



INTERMITTENT FASTING

WHAT

This is the process of giving up food for set periods of time in the day or week to help with weight loss, longevity or cardiovascular health.

BENEFITS

Intermittent fasting can help you lose weight and belly fat, reduce insulin resistance, reduces markers of inflammation, reduce “bad” LDL cholesterol, and increases the brain hormone BDNF and may aid the growth of new nerve cells. It may also protect against Alzheimer’s disease and extend lifespan.

PROCESS

There are 6 types:

- 1.The 16/8 method: It involves skipping breakfast and restricting your daily eating period to 8 hours, such as 1-9 p.m. Then you fast for 16 hours in between.
- 2.Eat-Stop-Eat: This involves fasting for 24 hours, once or twice a week, for example by not eating from dinner one day until dinner the next day.
- 3.The 5:2 diet: With this method, you consume only 500-600 calories on two non-consecutive days of the week, but eat normally the other 5 days.
- 4.Alternate-day fasting: Here, you fast every other day and some allow about 500 calories during the fasting days.
- 5.The Warrior Diet: It involves eating small amounts of raw fruits and vegetables during the day and eating one huge meal at night within a four-hour eating window.
- 6.Spontaneous meal skipping: Simply skip meals from time to time, such as when you don’t feel hungry or are too busy to cook and eat.

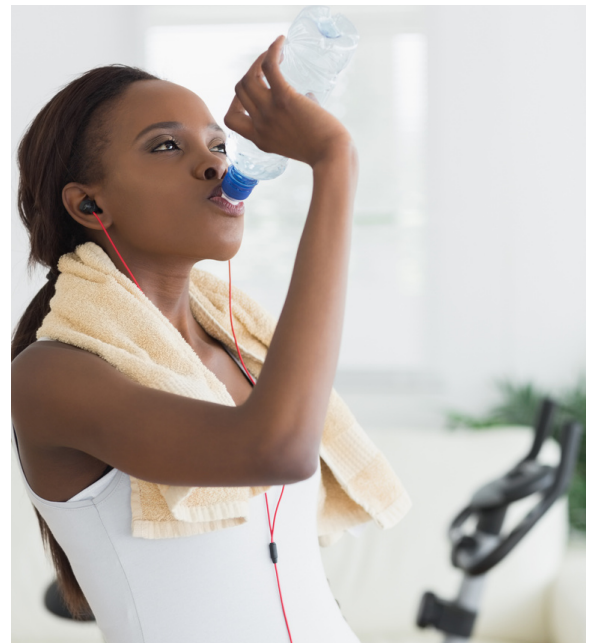


NEED TO KNOW

Let your body burn fat between meals, do not snack and be active throughout your day. Consider a simple form of intermittent fasting. Avoid sugars and refined grains. Instead, eat fruits, vegetables, beans, lentils, whole grains, lean proteins, and healthy fats. Avoid snacking or eating at night-time.

WHEN

If doing this digital detox Monday to Friday, it is recommended to do a fast on Monday and Thursday. If you have a medical condition, you should consult with your doctor before trying intermittent fasting.



GET IN TOUCH



Mansata Kurang
Immersive Compassion Coach
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23 Awards and Listings

WeAreTheCity Rising Star in HealthCare
1st Prize Gold Health Impact Award
Future Star Award in Tech For Good
Top 10 Digital Leaders in the UK
Women in Technology world Series Entrepreneur of the Year
Top 10 People's Champion and Top 100 Innovators in UK
#also 100 f:Entrepreneur Wonder Woman
Entrepreneur of the Year Finalist for Computing's Rising Star
35 Women moving Africa Forward
Makers Women in Software Power list
UK's 80 female technology leaders of tomorrow
Top 100 Creative Technology Companies
Finalist for Black Tech Achievement
Everywoman in Tech Finalist International Inspirational
MSDUK Innovation Challenge Finalist
Technology Laureate Africa 35:35 Award
TechWomen100 Award
Finalist Campaigner of the Year Batons Award
Finalist Future Leader of the Year
Techpreneurs Runner up Award for Women in Technology
Top 30 Start-ups
Laureate Award, Women In Africa
Women in Business Scholarship Award



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