



Oiling Instructions: OVERVIEW

Day 1

- on waking, 2 tablespoons organic castor oil (chase with juice if needed)
- liquid nourishment all day
- 1c warm organic olive oil enema at bedtime

Day 2

- on waking, 3 tablespoons organic castor oil (chase with juice if needed)
- liquid nourishment all day
- 1c warm organic olive oil enema at bedtime

Day 3

- You may leak oil in your underwear, so a bit of tissue in your briefs or pantyliners are a good idea
- Eat lightly as your digestive fire (agni) may be low after the cleanse; use your spiceballs and spice your food. Kitchardi is a great idea anytime during this cleanse.
- It's not uncommon to not have a bowel movement the day after the cleanse. Usually regular bowel movements resume on Day 4.
- You may have heavier sleep and find it tougher to get up and moving.

GENERAL TIPS

- plan ahead for liquid nourishment all day (don't starve!)
- relax and receive and not much movement or activity
- note all digestive and emotional findings including day afterward (Day 3)

ENEMA TIPS

- Set up your space first. You want to have a good first experience with basti, so nice ambiance is really important: music, cushions, candles, etc. I like to make a nest with a comfy blanket and towels on top.
- Check the temperature of the oil to make sure it's not too hot. You can dip your finger in the oil and want it to feel nice and warm (body temp). The oil will cool quickly, so have your space set up before you heat the oil.
- Plan where you will hang or set your enema bucket ahead of time. Some people like to hang it before lying down and others just reach up and set it on the counter while lying down. This is a gravitational system, so the higher up you have the bucket, the faster the oil will flow.
- Lay on your left side in fetal position.
- Before inserting the enema tube tip, relax your anal sphincter by gentle pressing a finger on the sphincter and taking deep breaths.
- After inserting the enema tube tip, relax the abdomen with several deep breaths. If the abdomen is tense, it becomes difficult for the oil to go in. So if your oil is not moving, you just need to relax your abdominal and perineal muscles.
- Allow the olive oil to soak in as long as comfortable, or until you have the urge to evacuate.