

## Instructions for:

### Colon Cleansing with a Colema Board

#### Cleansing the Colon:

Ayurveda has over 30 types of colon cleansing and medicating methods that have been used to promote healing for thousands of years.

People don't realize that cleansing the colon was a often daily ritual for all yogis in the ancient days.

Another thing nobody realizes is that the incredibly long food fasts that Mahatma Gandhi undertook to liberate India from British oppression were possible because he had a "basti" or Ayurvedic enema every day to counter the effects of his self-imposed starvation. Without cleansing, he would have auto-toxified and dehydrated his organs. But he had access to this ancient wisdom and made full use of it in his most stressful and exalted times.

Your colon/large intestine is a primary pathway for waste and energy to leave your body. The wear and tear of daily life, including our basically poisonous diet form most of our lives, plus many stresses like childbirth, hernias, and sedentary life of working on the computer all day can all combine to make this crucial pathway inefficient in releasing waste and toxins. It then retains stagnant energy in addition to stagnant material and this condition absolutely causes imbalances throughout the entire body and even the mind through the Doshas (Vata, Pitta, and Kapha).

Colonics are a common method of colon cleansing, however they use a small amount of force to introduce the water and also to expel the waste. However, the Colema Board method is the opposite, and uses only gravity and the natural peristalsis of your large intestine to take in the water and expel the waste. It's gentle and non-invasive, and you can do it at home instead of paying for colonics at an office.

I recommend the use of the [Colema Board](#) for cleansing the colon in two phases. First-time therapeutic application should be a minimum of three days, and up to eight if you are really able to find the time and be disciplined. The goal is to thoroughly cleanse and hydrate the colon and get this pathway rejuvenated.

After this initial cleanse, you can perform a maintenance usage once a month, or every other few months as needed.

The Ayurvedic system uses herbal concentrates in the water introduced into the colon via the Colema, and these herbs also cleanse, nurture, and support the tissue of the large intestine. This includes the cells of the circulatory, lymphatic, nervous, and muscular systems that interact there. In addition, toxins throughout the entire body are dumped through this process via both chemical and energetic transformations. According to your intention for healing, the Colema process supports you.

#### Required Items:

- Colema Board, rubber hoses, tip, five gallon bucket, comfort pad
- Pillow
- Chair
- Blue incontinence pad (called a “chuck”)
- Large towel
- Bottle of rubbing alcohol
- 2 Tbs of olive oil in a little saucer (to lubricate your tip, and also for your belly massage)
- Medium trash bag
- Incense, candles and music
- 4 Qt. Saucepan (or 8 Qt. if you have one)
- Large spaghetti strainer (fits into the bucket)
- Large “tea cloth” (or about 1.5 sq. foot of organic or unbleached muslin cloth)
- Colema “tea”

## Instructions:

### 1. Making the Colema “tea”

The tea for the Colema can be made using the herbs listed below. Once you get familiar with the qualities of different herbs, you may want to add herbs you like, or herbs that have specific healing qualities to make your own tea blend.

However, for starters I recommend the following blend which uses Ayurvedic herbs. Remember that whole herbs are more potent than powdered herbs. So if you can purchase the Amalaki, Haritaki, and Bibhitaki whole and dried, that is best. However, if the whole dried fruit is not available, you can use dried and ground Amalaki, Haritaki, and Bibhitaki – either as separate ground herbs, or as the traditional mixture, called Triphala (which means, “three fruits”).

So, either use:

- 1 large handful of dried Amalaki fruit
- 1 large handful of dried Haritaki fruit
- 1 large handful of dried Bibhitaki fruit

Or use:

- 1 cup of Triphala Powder

Add to the boiling water with a prayer, such as “Om” or whatever you like for healing. Stir in while praying. Then add the following herbs:

- 1 heaping Tbs Ashwagandha powder
- 1 heaping Tbs Shatavari powder
- 2 heaping Tbs Licorice root
- 6 heaping Tbs Tulsi leaves
- 1 heaping Tbs Neem leaves

Using a 4 Qt saucepan (or larger), make almost a gallon of concentrated herbal tea the night before your Colema. Boil for 30 minutes then simmer for two hours and let steep all night.

In the morning, strain the tea to remove as much sediment as possible. If you have used whole dried fruit, you can easily strain out or scoop out the fruit and re-use it for the next day’s Colema. To

remove all the sediment, place the strainer into the top of the bucket to rest there, then place the tea cloth in the strainer and gently pour the warm tea through.

When you have strained the tea, warm up some more water slightly above room temperature using the 4 qt. saucepan and/or other pans. This will only take a few minutes. After warming about 2 gallons and adding it to the tea in the bucket, you should take the bucket to the bathroom, since it will get heavy and be hard to set up. You can bring the remaining warm water into the bathroom in the pot, and pour it into the bucket once it is set in place.

## 2. Colema Set-up

Place the chair across from the toilet, and rest the head end of the Colema board on it, with the "hole" end of the board over the toilet hole. You can lift the toilet seat and put it firmly on the porcelain. Make sure the board is stable so that you can put all your weight on it.

Place the comfort pad into the trash bag, and lay it on the Colema board with the open-end of the bag toward the head of the Colema board.

Place a blue chuck on the bagged comfort pad.

Place a pillow at the head of the board, propped up against the back of the chair.

Place the 5 gallon bucket near the toilet. Depending on how your bathroom is set up, there may be a strong sink next to the toilet. In that case, you can place the bucket on a flat piece of plywood placed on the sink. Or if there is no sink nearby, you can place the Colema board on a table or stand or bar stool near you. But somehow, you will have to arrange the bucket to be near you, at least 1 ½ to 2 feet higher than your body lying supine on the Colema board.

Place the little saucer of oil near you.

Light incense, candles, and play soothing music.

Open the window if you like a breeze.

Place the Colema hose through the hole in the board, and use the syringe siphon to start the flow.

Close the valve clamp and insert the tip into to the hose. You can lubricate the tip lightly.

The valve clamp should be easily reachable when you are lying down on the Colema board. So should your towel and anything else you may want to grasp or use during the process.

Turn down the lights.

Now you are ready to start your Colema.

## 3. How to take the Colema

Lie down comfortably and insert the tip about a half-inch into your rectum. Open the valve and in a few seconds you will feel the flow of the tea into your body. Relax and don't try to control the process. Just let the tea flow in like the tide, and out whenever your body feels like releasing it. Don't worry about what is coming out, just concentrate on the idea of relaxing and cleansing.

Massage your belly with a little of the oil, in a circular motion, starting from your lower left corner of your abdomen, circling up and across from left to right following the transverse colon at the top of your abdomen, and down the ascending colon along the right side of your abdomen, and circling around. The counter-clockwise motion helps draw water into your colon.

Breathe deeply and calmly, and slowly you will notice the amount of waste coming out of your body and into the toilet, effortlessly flowing.

Often you will release toxic gas and heat from your colon. You may also find some tender or restricted spots on your abdomen while you do the massage. If you do, gently massage those areas for a few minutes, coaxing your body to relax more deeply and release.

If you feel emotional or your heart opens, or you get insights into your body and mind during this process, just stay with the feelings/insights. You are doing this to cleanse, and in Ayurveda cleansing happens simultaneously on the body, mind, energetic, and emotional levels.

If you enjoy creative visualization, imagine your heart releasing toxins, or your lungs releasing toxins, and having the Colema take these toxins out through the tea. Enjoy the process. Be creative.

The Colema is complete when the tea is used up. You will feel a sense of relaxed and clean energy. Gently get up and be ready to clean up.

#### 4. Colema Clean-up

When you step off the Colema board, you may find a little puddle of water under your butt. Depending on how close your shower is, you may be able to just step into the shower and splash some water on your butt to clean it off before you clean up the Colema setup. The basic situation is that you can:

1. Fold up the blue chuck
2. Turn the trash bag inside-out and around the comfort pad to enclose it so you can dispose of it
3. Tie the trash bag and drop it in the corner by the door
4. Pull the tip out of the hole in the Colema board
5. Pull the tip out of the tubing
6. Place the tip in the shower
7. Place the end of the tubing back into the bucket and put the bucket in the shower
8. Place the Colema board in the shower
9. Get in the shower and rinse of each part of the apparatus, including pouring rubbing alcohol on it to disinfect it.
10. You can prop the board against the shower wall to let it dry
11. Disconnect the tubing and pour water through it, hanging it on the shower rack
12. Place the clean tip into the alcohol bottle filled half with rubbing alcohol and half with water.
13. Finish cleaning yourself and then get out of the shower to dry off
14. You can rest if you feel like it, or go on with your day
15. Place all the items in the sun to disinfect them later