

VATA DOSHA I

That which moves things

Elements: Air and ether

Qualities: Lightness, movement, change, roughness, quickness and dryness

Physiological: Force behind the nervous system, respiration and elimination

Imbalanced Vata: You may have experienced imbalanced vata energy if you have had dry skin, constipation, premature wrinkles, anxiety, fear or a general feeling of being spaced out

Balanced Vata: Enthusiasm for life. Excellent healers, inspired writers and artists, and enthusiastic speakers

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week.

Check all that apply:

- You have a slimmer frame body with a fine bone structure and unpronounced muscles.
- You tend to have a hard time putting on weight.
- You have drier skin.
- You tend towards constipation and/or gas when your digestion is off.
- You have premature wrinkles.
- You have been called spacey or even an airhead.
- You have a wonderfully creative mind and can change your mind easily.
- Your speech is fast, with an exuberant or nervous tone, and you can be a drama queen when you talk.
- You are capable of original thought, and you are an artist, musician or inventor.
- You have thinner, finer hair, small eyes and more brittle nails.
- Your voice has been called "airy" and may have a thinner, higher tonality.
- Your appetite varies and your eyes are often bigger than your belly.
- You are a super-quick learner, but if you are out of balance it can go in one ear and out the other unless you really focus.
- You like airy foods like toast, chips and crackers.
- You have the tendency to multitask.
- When you're out of balance, you tend towards

anxiety and nervousness, or fear and depression.

- You have been called a worrywart.
- You have an urge towards deep spiritual practice, esotericism and/or asceticism.
- You are drawn to dabble in mind-altering drugs.
- You have deep intuition or even some psychic abilities.
- Your resting pulse ranges from 80 to 100 beats per minute.
- Your sleep is light and when you are out of balance, you are prone to early morning insomnia.
- You bite your nails.
- You feel too cold more often than too hot.
- You have an irregular menstrual cycle or scanty menstruation.
- You spend money as fast as it comes in.
- You have quick, active and/or fearful dreams.

PITTA DOSHA I

That which digests things

Elements: Fire and a little water

Qualities: Sharpness, oiliness, lightness, heat and mobility

Physiological: Digestion and metabolism

Imbalanced Pitta: Fever, loose stools, skin rash or acne, or the heated emotions of anger and frustration. We become overly critical and compulsive.

Balanced Pitta: On the plane of the mind and spirit, pitta carries the gift of discernment that can cut through the smokescreen, allowing you to see a situation clearly.

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week.

Check all that apply:

- You have a naturally muscular/toned body, with a medium bone structure.
- You have a more angular face, with deep set, moderately sized eyes.
- You have slightly oily skin, with a rosy or ruddy complexion.
- Your skin is sensitive, possibly prone to rashes or acne.
- You tend towards looser stools when your digestion is

off.

- Your hair started turning gray early.
- You have been called intense.
- You have a wonderfully sharp, focused mind and often feel that you know the best way to do things.
- You have leadership qualities and it's difficult for you to be a follower when in a group setting.
- You have finer hair that is light in color.
- Your appetite is strong. You have been known to get "hangry" (hungry + angry)
- You are often thirsty.
- When you skip a meal or are hungry, your friends know to watch out as you may become angry or irritated.
- When you are out of balance, you crave spicy foods.
- When you are mentally or emotionally out of balance, you tend towards intensity, anger or irritation. You can also be highly critical of others and yourself.
- Your menstrual cycle is regular, with a medium to moderate flow.
- You feel too hot more often than too cold.
- Your speech is moderately paced, your tone is sharp or intense, and your words can be combative or judgmental when you are out of balance.
- Your resting pulse ranges from 70 to 80 beats per minute.
- You have very colorful dreams, sometimes with fiery elements like war or violence.
- You love spending money on luxuries.

KAPHA DOSHA I

That which holds things together

Elements: Earth and water

Qualities: Stability, heaviness, wetness and coolness

Physiological: Force behind the lymphatic system and the mucus membranes

Imbalanced Kapha: Hard time losing excess weight, and can gain easily. Quality of holding on can turn into gripping or a codependent attachment.

Balanced Kapha: Luscious, well-lubricated, sturdy and dependable.

Fill this out for your long-term tendencies, not necessarily how you feel today. Think of how you have felt/lived/been over your entire life, not just this week.

Check all that apply:

- You have a thicker build and a rounder face.
- You sometimes say, "If I just look at food, I gain weight."
- You have rounder body features in general.
- Your cheeks are plump and your nose is fleshy.
- Your eyes are large and round. You have been told that they are unbelievably beautiful.
- You have been told that you have great skin. People have asked to touch it, as it is wonderfully soft. Your skin can be moist and, when out of balance, have cystic acne.
- You have strong healthy gums and teeth.
- Your hair is thick, curly, wavy and/or has a polished look.
- Your joints are large and well lubricated. They don't ache or crunch or squeak. They are not prone to inflammation.
- You are rarely super thirsty.
- Your appetite is predictable, but not necessarily big.
- You tend toward slower digestion and may feel heavy after eating.
- Your stools tend to be large and bulky, possibly even with mucus.
- You sweat a lot, but it smells sweet.
- You have been called earthy or grounded. Your friends know that they can always count on you.
- You are a total love bug, but you can get possessive or overly sentimental when out of balance.
- You are generally calm and consistent.
- When out of balance, you may be a hoarder.
- Your body temperature tends to be cool, but not cold.
- Your period is regular with an average to heavy flow.
- You sleep heavily when in balance. You love sleeping late and it can be hard to get out of bed in the morning.
- Your speech moves at a slow pace, your tone is soft, and your words are usually sweet.
- Your resting pulse ranges from 60 to 70 beats per

minute.

Your dreams are romantic. You dream of sex, snow, and watery places like cool mountain lakes.

You have good finances and know how to save money.

Add together the number of checked boxes in:

Vata: Pitta: Kapha: