

Ayurveda & The Mind

Mapping Your Mental State

1. Currently I mostly eat;
 - A. Vegetarian foods
 - B. Some meat
 - C. A diet of heavy meat

2. I use drugs, alcohol & stimulants;
 - A. Never
 - B. Occasionally
 - C. Frequently

3. My sensory impressions are;
 - A. calm & pure
 - B. mixed
 - C. disturbed

4. I have _____ control of my senses.
 - A. good
 - B. moderate
 - C. weak

5. My speech is;
 - A. calm & peaceful
 - B. agitated
 - C. dull

6. In my work, I am;
 - A. Selfless
 - B. I work for personal goals
 - C. lazy

7. I anger;
 - A. rarely



- B. sometimes
 - C. frequently
8. I experience fear;
- A. rarely
 - B. sometimes
 - C. frequently
9. I experience depression;
- A. rarely
 - B. sometimes
 - C. frequently
10. I forgive;
- A. easily
 - B. with much effort
 - C. never
11. I have a _____ memory.
- A. good
 - B. moderate
 - C. poor
12. I _____ tell the truth.
- A. always
 - B. most of the time
 - C. rarely
13. I experience peace of mind;
- A. generally
 - B. partly
 - C. rarely
14. I engage in spiritual study;
- A. daily
 - B. occasionally
 - C. never



15. I pray;
- A. daily
 - B. occasionally
 - C. never
16. I meditate;
- A. daily
 - B. occasionally
 - C. never
17. I would describe my creativity as;
- A. high
 - B. moderate
 - C. low
18. My will power is;
- A. strong
 - B. variable
 - C. weak
19. My love is;
- A. universal
 - B. personal
 - C. lacking
20. I serve selflessly for the benefit of others;
- A. much
 - B. some
 - C. never

That's Great! Now, take a moment and tally up your totals. Add up your A's, B's & C's to see what the universe is beginning to reveal.

A = Peaceful Sattvic State

B = Active - Rajistic

C = Disturbed - Tamasic

