

## 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**

