

Take the First Step:

Determining where you are coming from is the first step to determine where you need to go. Don't worry about analyzing the questions - just circle the ones that best apply to you & move right along. If you feel that one or more of the questions does not apply to you, simply skip it, and move on.

- 1. When I was younger, I would have described my body as;**
 - A. thin and less developed.
 - B. quite medium - neither really thin, or really heavy, right about in the middle.
 - C. stout. I was stocky & and I had a well developed physique.

- 2. My weight was;**
 - A. always on the low side & hard to maintain, it was always hard to keep weight, & my bones were quite prominent.
 - B. always fluctuating, with the seasons & from day to day. My weight seems to be very up and down, I gain and lose weight very easily.
 - C. on the heavy side. It has always been more difficult for me to lose weight than for most. I have big bones.

- 3. My complexion was;**
 - A. Dull, dry, thin skin, rough maybe cracked, tends to feel cold
 - B. Moist, pinkish, flushed, maybe glowing, tends to feel warm
 - C. Pale, thick, soft and smooth, tends to feel cool to the touch

- 4. My hair has always been;**
 - A. On the thin side, dry and maybe slightly wavy
 - B. Quite fine, soft, maybe reddish
 - C. Abundant, oily and very thick, very lustrous, wavy

- 5. What about my head;**
 - A. My head is thin, long, small oval shaped
 - B. My head is moderate, neither small or large, perhaps angular
 - C. My head is large and broad, round and stocky

- 6. My facial hair (eyelashes, eyebrows, etc) is and has always been;**



- A. My eyelashes are thin and long, quite small
- B. They are quite fine, moderate, neither thin nor thick
- C. They are thick, bushy, large and dense, always have been

7. My eyes have always been;

- A. On the small side, dry, they move quickly, I have a greyish sclera
- B. Not small nor large, quite moderate, I have a red sclera which is inflamed easily
- C. Wide and prominent, my sclera is white like snow, people tell me I have big beautiful eyes

8. My nose is;

- A. Thin & small, long & dry, it maybe crooked or quite irregular
- B. Not small, not large, maybe moderate
- C. Broad and round, large and centered

9. My teeth and gums;

- A. I have receding gums and have always had crooked teeth that are greyish color
- B. My gums bleed easily, always have, and I have sharp, yellowish teeth
- C. I have large soft gums, and big white teeth

10. My body structure is:

- A. Thin and long, narrow, small, my bones and joints are predominant, my bones crack often
- B. Neither thin, nor thick. I have a moderate, medium height, build & weight
- C. Large & stocky, well-developed and round, fleshy and firm, I am well built - big boned.

Great Job! See, that wasn't hard! Now what do you think?
Are you more AIR & SPACE, FIRE, WATER or EARTH?

Add up your A's, B's & C's to see what the universe is beginning to reveal.

A = AIR & SPACE

B = FIRE

C = EARTH & WATER



Step 2: Your Imbalances

Now that we know what our primary elemental composition is, and you should have a pretty good idea already, we are going to dive in deep to where our current imbalances are! Once we know that, we can begin to develop an Ayurvedic practice that is perfect for only YOU! How cool is that?

Be sure to answer these questions without thinking too much, and for your current reality, not yesterday, or tomorrow, for right now!

1. How is your circulation on a regular basis?

- A. I have really poor circulation, my limbs fall asleep, and feel cold all the time
- B. It's pretty good, I am normally warm and have never noticed any problem with it
- C. It's good, maybe a little slow but steady

2. How is your appetite?

- A. It's variable, even erratic, I sometimes forget to eat
- B. It's definitely strong, I need to eat, or sometimes, I get mad
- C. It's constant, but low, sometimes I eat to feel better, sometimes I just eat

3. Circle what describes your endurance & strength best;

- A. I have a low, poor endurance, but I am fast, sometimes hyperactive even erratic
- B. Medium, I do not enjoy to get too overheated, but I am motivated and intense - goal oriented
- C. I am perhaps slow, but steady, strong and stately I have really good endurance and strength

4. What are you most sensitive to?

- A. Cold, wind, dryness
- B. Heat, sun, fire
- C. Cold and dampness

5. I tend to be more susceptible to;

- A. Nervous system disorders, pain or arthritis



- B. Fevers, infections, inflammatory conditions
- C. Respiratory system diseases, congestion, edema

6. Emotionally I tend to;

- A. Be anxious, fearful, nervous
- B. Angry, irritable, contentious
- C. Calm and content, sometimes attached and sentimental

7. When I am neurotic, I am:

- A. Hysteria, trembling, anxiety attacks
- B. Temper, rage, tantrums
- C. Depression, unresponsive, sorrowful

8. In terms of my habits, I am;

- A. A lover of travel, speed, parks, plays, jokes and stories, artistic activities, dancing
- B. I love competitive sports, debates, politics, hunting research
- C. I like water, sailing, flowers, business ventures, cooking

9. When I dream;

- A. I am flying, moving, restless, I have nightmares
- B. They are colorful, passionate, and sometimes in conflict
- C. Romantic, sentimental, I don't really dream much

10. I sleep;

- A. Light, sometimes I have insomnia
- B. Moderate, I might wake up, but I fall back to sleep
- C. Heavy, I have a hard time waking up

That's it! Are you more AIR & SPACE, FIRE, WATER or EARTH?

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