
Please answer by circling 1 of the following letters: O = Often | R = Rarely | S = Sometimes | N = Never | X = Not any more

Vatta :: MOVEMENT

Airy. A breath above, a thought ahead, an aerial view.

Ethereal. Spiritual, able to communicate with higher ups more easily. Harder to do same on Earth, at times. Harder to be understood, speaking from so high, without grounding. I must be a Mountain.

Dry. Lots of wind can blow you around. Be the heart of the Mountain. Flow into the pool. Replenish. Come down from the spin. Know yourself. Trust yourself. You are same. You are different. You are OK. Keep moistening, for nourishing, for grounding and calming.

1. I do most things quickly and in bursts. O-R-S-N-X
 2. I learn things quickly but may not remember what I just read. O-R-S-N-X
 3. I don't remember or retain most things for long. O-R-S-N-X
 4. I am enthusiastic and enjoy being involved. O-R-S-N-X
 5. I'm not quick to gain weight. O-R-S-N-X
 6. I don't like being the one to make the decision. O-R-S-N-X
 7. I can become very anxious or worried.
 8. I tend to feel cold or can have cold hands and feet. O-R-S-N-X
 9. I often have digestive problems, with gas and constipation. O-R-S-N-X
 10. I'm interested in spiritual things and or the cosmos. O-R-S-N-X
 11. I can be restless, even in my sleep. O-R-S-N-X
 12. I have a hard time organizing. O-R-S-N-X
 13. My diet can be irregular. O-R-S-N-X
 14. I tend to have dry skin and hair. O-R-S-N-X
 15. My fingernails tend to have wrinkles and are brittle. O-R-S-N-X
 16. I can be very creative and imaginative, even artistic. O-R-S-N-X
 17. I always have a good idea and am good at solving problems. O-R-S-N-X
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Pitta :: METABOLISM

Fire and Water. Passion and heart. The flipppness of tongue. The warmth and understanding. The dismissal and impatience. The rise and fall of the tides. The balance between hot and wet. Don't let the water boil out or the pot will burn. If too much water, it may boil over and put out your flame. Fire warms but also consumes water refreshes but can drown. Balance. Know yourself.

1. I tend to perspire and can be uncomfortable in hot weather. O-R-S-N-X
2. I redden or flush easily. O-R-S-N-X
3. I am quick to anger, though I try not to show it. O-R-S-N-X
4. I have a strong appetite but never gain too much weight. O-R-S-N-X
5. I am organized and efficient. O-R-S-N-X
6. I can be strong minded, even stubborn and forceful. O-R-S-N-X
7. My hair tends to be straight, light colored and thin, balding early in life. O-R-S-N-X
8. My digestion is good, I can eat most anything. O-R-S-N-X
9. I can work hard and go far but can burn out quickly in hot weather. O-R-S-N-X
10. I am more likely to kick off the blankets at night, too warm. O-R-S-N-X

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11. I prefer cold drinks and hot food, careful too hot can hurt, resulting in loose stools. O-R-S-N-X
 12. All dairy is high on the food list, especially ice cream. O-R-S-N-X
 13. I can become agitated if a meal is late. O-R-S-N-X
 14. I like using my muscles and my body, it's strong. O-R-S-N-X
 15. I can be critical and judgmental, especially with myself. O-R-S-N-X
 16. I am good at or enjoy sports, I like a competitive edge. O-R-S-N-X
 17. I can be intolerant and hot headed. O-R-S-N-X
 18. If I have something in my sights, I can be relentless, burning up the way to it. O-R-S-N-X
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Kapha :: CONTROL

Earth and Water. Heavy is harder to push but once rolling it stays the course. She holds the records. She remembers when all others have long forgotten. She will get you home. She can be leant upon. Relied upon. She has an appetite for life but also knows the art of relaxing. Be careful not to sit too long or one could turn into a potato. Joyful and sweet tempered. A nurturing soul. A warrior for what she believes in. Broad of bone and body, loyal to the end.

1. My hair is thick, wavy and dark but not dry. O-R-S-N-X
 2. My skin is smooth and moist. O-R-S-N-X
 3. I have lung and sinus issues, allergies, mucus, congestion. O-R-S-N-X
 4. I am a calm person not easily angered. O-R-S-N-X
 5. I usually carry more weight than I would like, always the challenge, I'm up for it. O-R-S-N-X
 6. I am slower at things than most but sure to finish, and on time. O-R-S-N-X
 7. I like to take my time with my food and it takes it's time on me. O-R-S-N-X
 8. I am a loyal friend and family member. O-R-S-N-X
 9. I can take charge, if it's something with responsibility. O-R-S-N-X
 10. I like walking but am usually slower than others and prefer company. O-R-S-N-X
 11. It takes me time to learn things but I will rarely forget a detail. O-R-S-N-X
 12. Eight hours of sleep is mandatory for me to get through a day. O-R-S-N-X
 13. Not a morning person, it takes me time to get going, especially if I over sleep. O-R-S-N-X
 14. I like my coffee and a good read on Sunday morning. O-R-S-N-X
 15. I prefer my bath, thank you. O-R-S-N-X
 16. I may not like the heat but I can tolerate it more than cold. O-R-S-N-X
 17. I'm eager to be of service, to friend or cause. O-R-S-N-X
 18. I have good stamina and can go for a long way on very little food, if I had too. O-R-S-N-X
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Dosha Evaluation ::