

Prana Evaluation (Circle the statement that most applies to you on each row.)

B.

E.

W.

My breath is deep and full	I sometimes lose it mentally or emotionally	My breath is rapid or shallow.
My capacity to listen is excellent.	I feel shaky or have tremors sometimes.	I feel heavy, lethargic, apathetic at times.
I have great vitality.	I feel spacy or ungrounded at regularly.	I lack enthusiasm. I have weak mental energy.
I can see many different points of view.	I have anxiety or palpitations.	I am easily influenced by the past actions by myself or others.
Total:	Total:	Total:

Tejas:

B.

E.

W.

I have the ability to endure cold.	I am very critical of others	I feel cold often.
I have good visualization skills	I can regularly experience doubt or negativity	My perception is clouded, confused. I have weak judgement.
I have excellent judgement.	I easily can feel anger, enmity or can easily become irritable.	I am bothered by noise or bright lights.
I have excellent reasoning skills	I can be manipulative or dominating	I easily accept things with little critical thought.
I am not emotionally clingy.	I can become over focused or impressed with my own power or knowledge.	I can be too passive. I am easily influenced by others.
Total:	Total:	Total:

Continue to next page.

Ojas.

B.

E.

W.

I have strong immunity.	I feel heavy, dull in my body or mind.	My immune system is weak.
My emotions and my mind can easily stay calm and steady.	I am often reluctant to change or grow, or reluctant to seek activities for change or growth.	I am easily bothered by noises or lights.
I have good endurance.	I have much self-contentment.	I am prone to fear, anxiety, and insomnia.
I have strong qualities of love, faith, patience, and devotion.	I feel lethargic.	I lack self-confidence.
Total:	Total:	Total: