

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

B.

E.

W.

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|--|--|---|
| My breath is deep and full | I sometimes loose it mentally or emotionally | My breath is rapid or shallow. |
| My capacity to is 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. |
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| Total: | Total: | Total: |
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| | | |

Tejas:

B.

E.

W.

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| 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 bothers 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. |
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| Total: | Total: | Total: |
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