

Namaste,

Kindly mark each answer to the truest answer over the last year or few years of your life.

1. I feel tired after teaching. Yes. No.
2. I feel too energized after teaching. Yes. No.
3. I feel tired after talking with a friend or relative when they are going through a difficult time. Yes. No.
4. Friends say or I feel I'm empathic. Yes. No.
5. I feel people's pain. Yes. No.
6. I feel other's emotions. Yes. No.
7. I work with the public and it can be tiring. Yes. No.
8. People can bring me down. Yes. No.
9. I feel bad when I'm around negativity or negative people. Yes. No.
10. I feel overwhelmed by intense people. Yes. No.
11. Being around some people causes me to feel emotional. Yes. No.
12. I feel other people's conflict. Yes. No.
13. Having been around people, I have trouble getting back up to speed later that day. Yes. No.
14. I avoid some people or situations due to how I feel when around them. Yes. No.
15. Do you feel sensitive to energy. Yes. No.
16. Do you wish you could block energy. Yes. No.

If answered yes to 5 or more questions, this program is highly recommended by Yogi Baba Prem.

If you answered yes to 3 or 4 questions, this program could be of benefit to you.

If you answered yes to 2 or 3 questions, this program could benefit you if these are regularly occurring.

If you answered no to these questions, this program would not be of benefit to you.

If the yes answers are rare in occurrence (once or twice a year,) this program may not be of benefit to you.