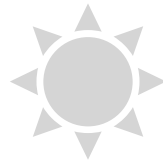


The Ayur Vedic Body Types — What is Yours?

How can they help to guide you SAFELY on your Spiritual Journey through Life?

You will want to avoid the dreaded Pitta overlap! And the *Vata moving too fast mistakes*. (Not to mention the Kapha not moving fast enough mistakes....)

Everyone has all three qualities in them— with one predominating. Think of these energy systems like vehicles that you move through life in. The goal is always balance.



Vata

Vata is characterized by

The energy of Space and Air. Think of wind that is changeable

In Balance Qualities:

Enthusiasm, Creativity, Adaptable, Motivated, Sensitive, Resilient, many more!

Out of Balance Qualities:

Restlessness, Anxiety, Worry, Fatigue, Poor Digestion, Constipation, Insomnia, Dry Skin, Unfocused, Indecisive

Spiritual lessons:

1. Patience
2. simplicity
3. compassion

For ALL: What to expand upon in following text— this is some of the most useful information I have every come across...

Meditation tools,
Relationship to PV Theory
3 Gunas, Brain Science tools,
(some of the most useful info I have ever come across in my life.

Pitta

Pitta is characterized by

the energy of Fire. Think of how useful and powerful fire is — and how quick the potential for destruction is.

In Balance Qualities:

Powerful mind, Ability to concentrate, strong energy, good digestion, good leaders, many more!

Out of Balance Qualities:

“Pitta Perfect”, Hostility, Irritability, Excessive competition, skin inflammation, tyrannical, argumentative

Spiritual lessons:

1. compassion
2. patience
3. simplicity

For ALL: Expand upon:

TIPS:

Don't do spiritual work on yourself then get frustrated and direct anger inwards — its powerful voodoo.
(or outwards)

Kapha

Kapha is characterized by

the energy of Water and Earth. Think of solidity and stability and movement that is slower.

In Balance Qualities:

Strong and sturdy, excellent stamina, loyal patient, supportive, Loving... many more!

Out of Balance Qualities:

Possessiveness, neediness, depression, overweight, sinus congestion, oily skin

Spiritual lessons:

1. simplicity
2. compassion
3. simplicity

For All: Expand upon the power of all of the qualities working together in harmony— this is the best connection with Spirit...
MUCH more to come....