**Psychological Characteristics of the 5 Elements -**

Rate the affirmation using the key at the bottom of the page to express your experience over the last 90 days.

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|  | **Earth *Prithvi*** | | | |  |  |
| **Rating** | **Affirmation** | **Positive Qualities *Bhavana*** | **Negative Qualities *Vrttis*** | **Sanskrit Mantra** | **Mudra #** | **Asana #** |
|  | *I feel comfortable in my legs and feet.* | Awareness of the legs and feet | Lack of awareness of the legs and feet | OM smṛti devaya namaha | Dvimukham  (70) | Utkatasana (33) |
|  | *I feel fully supported by my muscles and bones.* | Healthy Musculoskeletal system | Dis-ease and discomfort within the physical structure | OM ādhāra devaya namaha | Palli (92) | Tadasana (19) |
|  | *My eliminatory system is balanced.* | Balanced Elimination | Imbalanced elimination | OM apanayana devaya namaha | Apana (50) | Apanasana (37) |
|  | *I feel deeply connected to the earth.* | Connection to earth | Lack of connection to the earth | OM dr̥ ḍha bhūmiḥ devaya namaha | Bhu (40) | Virasana (45) |
|  | *I feel fully present in my physical body.* | Embodiment | Lack of body awareness | OM mūrti devaya namaha | Murti (84) | Deviasana (20) |
|  | *My olfactory sense is awake to all the fragrances around me.* | Connection to life’s fragrances | Lack of connection to life’s fragrances | OM gandha devaya namaha | Prithvi (15) | Makarasana |
|  | *I have a stable and supportive daily routine.* | Stability | Lack of stability | OM sthiratā devaya namaha | Adhi (11) | Dandasana (34) |
|  | *I feel completely safe and secure.* | Safety | Insecurity | OM saṃrakṣaṇa devaya namaha | Abhaya Varada (47) | Gharbasana (70) |
|  | *I am able to experience stillness in my body and mind.* | Stillness | Difficulty in experiencing stillness | OM nivāta devaya namaha | Chinmaya  (55) | Shavasana (94) |
|  | *I am patient.* | Patience | Impatience | OM sahana devaya namaha | Prajna Prana Kriya (100) | Sandharasana  (29) |

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|  | **Water *Jala*** | | | | | |
| **Rating** | **Affirmation** | **Positive Qualities *Bhavana*** | **Negative Qualities *Vrttis*** | **Sanskrit Mantra** | **Mudra #** | **Asana #** |
|  | *I am comfortable in my hips and pelvis.* | Awareness of the hips and pelvis | Lack of awareness of the hips and pelvis | OM smṛti devaya namaha | Jala (41) | Yoganidrasana  (38) |
|  | *My urinary system functions optimally.* | Healthy urinary system | Imbalance or dis-ease in the urinary system | OM sahana devaya namaha | Shankha (26) | Baddhakonasana  (40) |
|  | *My reproductive system is healthy and balanced.* | Healthy reproductive system | Imbalance or dis-ease in the reproductive system | OM upastha system devaya namaha | Yoni (25) | Gomukhasana  (41) |
|  | *My body moves flexibly and comfortably.* | Balanced flexibility | Lack of or excessive flexibility | OM nāmya devaya namaha | Mira (30) | Upavista Konasana (76) |
|  | *I enjoy all of life’s tastes and flavors.* | Ability to experience tastes and flavors | Lack of ability to experience tastes and flavors | OM rasa devaya namaha | Shakti (97) | Vamanasana  (boat variation with arms wide)  (35) |
|  | *I maintain balanced hydration.* | Well hydrated | Lack of hydration | OM drava devaya namaha | Matsya (22) | Jathara  Parivartanasa  (52) |
|  | *I flow with the rhythms of life.* | Fluidity | Lack of fluidity | OM saratva devaya namaha | Svadhisthana  (56) | Kapotasana  dolphin variation  (43) |
|  | *I take time for self-car.* | Self-nourishment | Negation of the need for selfcare | OM puṣṭi devaya namaha | Ishvara (86) | Viparita Karani  (91) |
|  | *My emotions flow in a balanced way.* | Emotional balance | Emotional reactivity or repression | OM samatā devaya namaha | Anamika (2) | Malasana (39) |
|  | *My energy flows in relationships.* | Healthy relationships | Co-dependency | OM ātmīya devaya namaha | Pala (36) | Anjaneyasana  (46) |

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|  | **Fire *Tejas*** | | | | | |
| Rating | **Affirmation** | **Positive Qualities *Bhavana*** | **Negative Qualities *Vrttis*** | **Sanskrit Mantra** | **Mudra #** | **Asana #** |
|  | *I feel comfortable in my solar plexus area.* | Awareness of the solar plexus area | Lack of awareness of the solar plexus area | OM surya devaya namaha | Matangi (52) | Ardha  Matsyendrasana  (48) |
|  | *My digestive system functions optimally.* | Healthy digestive system | Imbalance or dis-ease in the digestive system | OM pācana devaya namaha | Pushan (28) | Jathara  Parivartasana  (52) |
|  | *My sense of sight is optimal.* | Healthy vision | Vision challenges | OM dṛṣṭi devaya namaha | Merudanda  (13) | Virabhadrasana  II (21) |
|  | *I conserve energy consciously.* | Conservation of energy | Imbalanced energy | OM vīrya devaya namaha | Brahma (29) | Prasarita paddottasana  (77) |
|  | *My thinking is clear and lucid.* | Clarity of mind | Lack of clarity of mind | OM nirvyāmoham devaya namaha | Abhisheka  (87) | Virabhadrasana  III (83) |
|  | *I face life’s challenges courageously.* | Courage | Lack of courage | OM dhīratā devaya namaha | Musthikam  (81) | Virabhadrasana I  (22) |
|  | *I have confidence in myself.* | Self-confidence | Lack of self-confidence | OM ātmaviśvāsa devaya namaha | Vajra  Pradama (35) | Ustrasana (62) |
|  | *I discern clearly which thoughts and actions support my spiritual journey.* | Discernment | Lack of discernment | OM viveka devaya namaha | Tejas (107) | Parivrita  Anjaneyasana  (46) |
|  | *I am able to be with the heat, the discomfort of spiritual transformation.* | Fire of Transformation | Lack of fire of transformation | OM tapas devaya namaha | Brahma (29) | Danurasana (59) |
|  | *I have a firm commitment to my regular practice.* | Commitment to regular practice | Lack of commitment to regular practice | OM niyama devaya namaha | Mushtikam  (81) | Chaturanga  Dandasana (31) |

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|  | **Air *Vayu*** | | | | | |
| **Rating** | **Affirmation** | **Positive Qualities *Bhavana*** | **Negative Qualities *Vrttis*** | **Sanskrit Mantra** | **Mudra #** | **Asana #** |
|  | *I feel comfortable in my upper torso arms and hands.* | Awareness of thechest, upper back,  shoulders, arms and hands | Lack of awareness of the chest, upper back, shoulders, arms and hands | OM śilāputra devaya namaha | Madhyama  Sharira (8) | Bhujangasana  (56) |
|  | *My respiratory system is balanced.* | Free flow of Breath | Breath Restrictions | OM svara devaya namaha | Purna Svara  (10) | Ardha  Mandalasana  (68) |
|  | *My cardiovascular system is balanced.* | Healthy circulatory system | Issues or challenges within the circulatory system | OM hṛdaya devaya namaha | Vayan (31) | Anjaneyasana  (46) |
|  | *My immune system is balanced.* | Protection | Lack of protection | OM rakṣaṇa devaya namaha | Bhramara  (38) | Garudasana (81) |
|  | *I live with lightness and ease.* | Lightness | Lack of lightness | OM lāghava devaya namaha | Hastaphula  (76) | Ardha  Chandrasana  (65) |
|  | *I am able to give and receive in a balanced way.* | Balance of giving and receiving | Difficulty in giving and receiving | OM dana devaya namaha | Pushpanjali  (78) | Parighasana (69) |
|  | *I am open to touch and to be touched by life.* | Sensitivity to touch | Lack of sensitivity of touch | OM sparśa devaya namaha | Padma (58) | Ardha  Shalabasana  (57) |
|  | *I accept myself, others and life as they are.* | Acceptance | Inability to accept myself, others and life | OM kṣānti devaya namaha | Hridaya (105) | Supta Virasana  (45) |
|  | *I practice compassion toward myself and others.* | Compassion | Lack of compassion | OM karuṇā devaya namaha | Karuna (94) | Reverse  Virabhadrasana  II (22) |
|  | *I experience universal love.* | Universal Love | Lack of universal love | OM prema devaya namaha | Purna Hridaya  (17) | Parivritta Ardha  Mandalasana  (68) |

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|  | **Space *Akasha*** | | | | | |
| Rating | **Affirmation** | **Positive Qualities *Bhavana*** | **Negative Qualities *Vrttis*** | **Sanskrit Mantra** | **Mudra #** | **Asana #** |
|  | *My neck and throat are comfortable.* | Awareness of the neck and throat | Lack of awareness of the neck and throat | OM kaṇṭhī devaya namaha | Garuda (34) | Matsyasana (64) |
|  | *My endocrine system functions optimally.* | Healthy endocrine system | Imbalance or dis-ease in the endocrine system | OM māṃsagranthi devaya namaha | Vishuddha  (79) | Setubandhasana  (60) |
|  | *My nervous functions optimally.* | Healthy nervous system | Imbalance or dis-ease in the nervous system | OM nāḍī devaya namaha | Vyana Vayu  (37) | Shashangasana  (71) |
|  | *My sense of hearing functions optimally.* | Ability to hear well | Imbalance or dis-ease in the auditory sense | OM śruti devaya namaha | Akasha (44) | Yoga Mudra (72) |
|  | *I am open to learning and transformation.* | Open to new ways of being | Lack of openness to new ways of being | OM caitanya devaya namaha | Mandala (89) | Chakrasana (61) |
|  | *I relate to the material realm as a field for learning and awakening.* | Able to see the subtle essence within materiality | Lack of ability to see beyond materiality | OM sūkṣma devaya namaha | Ananta (61) | Anantasana (67) |
|  | *I am able to live in the timeless present moment.* | Timelessness | Time bound | OM anantya devaya namaha | Kaleshvara  (99) | Tarasana (20) (variation of  Goddess) |
|  | *I experience equanimity.* | Equanimity | Lack of equanimity | OM samatā devaya namaha | Dharma  Chakra (62) | Vrikshasana (79) |
|  | *I recognize freedom as my true nature.* | Freedom | Limitation | OM mokṣa devaya namaha | Jnana (102) | Tula Ardha  Chandrasana  (82) |
|  | *I recognize all of creation as a seamless Unity.* | Unity | Duality | OM ekatā devaya namaha | Anjali (108) | Savasana (94) |

# Vāta Psychology

The imbalanced emotions and feelings related to Vāta are generally related to fear. The positive feelings are generally related to trust and confidence. Rate the affirmation using the key at the bottom of the page to express your experience over the last 90 days.

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|  | **Affirmation** | **Balance Quality** | **Imbalanced Quality** | **Asana** | **Mudra** | **Mantra** |
|  | *I feel firm, solid, and stable.* | stable | unstable | vajrasana (45) | adhi (11) | OM niścala devaya namaha |
|  | *I am consistent in my daily routine.* | consistent | inconsistent | sukhasana (variation 42) | chinmaya (55) | OM sthairya devaya namaha |
|  | *I am generally calm.* | calm | anxious | makarasana (54) | rupa (20) | OM praśānta devaya namaha |
|  | *I feel safe and secure.* | security | insecure | padmasana (42) | gupta (68) | OM saṃrakṣaṇa devaya namaha |
|  | *I have a good level of focus and concentration.* | one-pointed | distracted | garudasana (81) | uttarabodhi  (98) | OM ekagrata devaya namaha |
|  | *I trust in myself and in life.* | trust | Lack of trust | virabhadrasana II  (21) | vajrapradama  (35) | OM śraddhā devaya  namaha |
|  | *I am firmly connected to the earth.* | grounded | ungrounded | deviasana (39) | bhu (40) | OM pratiṣṭha devaya namaha |
|  | *I am present in this moment.* | present | lack of presence | tadasana (19) | murti (84) | OM ekāgra devaya namaha |
|  | *I view situations with objectivity.* | objective | overly subjective | Parivritta  Marichyasana (51) | abhisheka (87) | OM vastuniṣṭha devaya  namaha |
|  | *I am practical in relation to my goals and plans.* | practical | not-practical | adho mukha svanasana (32) | dhyana (103) | OM prayogātmaka devaya namaha |
|  | *I am fearless.* | fearless | fearful | virabhadrasana I  (22) | abhaya varada  (47) | OM abhaya devaya namaha |
|  | *I live with ease.* | ease | worried | shaitilyasana (11a) | ushas (73) | OM śānti devaya namaha |

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|  | **Affirmation** | **Balanced Quality** | **Imbalanced Quality** | **Asana** | **Mudra** | **Mantra** |
|  | *I am disciplined in my practice.* | disciplined | undisciplined | vashishtasana (86) | shivalingam  (90) | OM yogastha devaya namaha |
|  | *I sense my inherent wholeness.* | integrated | fragmented | ardha mandalasana  (68) | maṇḍala (89) | OM pūrṇatva devaya namaha |
|  | *I live fully within my body.* | embodied | disembodied | upavista konasana  (76) | murti (84) | OM mūrti devaya namaha |
|  | *I am warm and friendly.* | warm | unfriendly | ustrasana (62) | padma (58) | OM uṣṇa devaya namaha |
|  | *I make firm decisions.* | sure | indecisive | virabhadrasana III (83) | anushasana  (54) | OM niścit devaya namaha |
|  | *I live with an open heart.* | open hearted | uncaring | bhuganasana (56) | purna hridaya  (17) | OM hṛdaya devaya namaha |
|  | *I return to my point of balance easily.* | resilient | inflexible | ardha  padangusthasana (87) | hakini (6) | OM sama devaya namaha |
|  | *My memory is strong and dependable.* | strong  memory | forgetful | vrkshasana (79) | mahashirṣha  (33) | OM dharaṇānvita devaya namaha |
|  | *I feel comfortable with closeness and intimacy.* | ease in feeling close & intimate | feeling distance | dhyana virasana (variation of 41) | shankha (26) | OM ātmīya devaya namaha |
|  | *My body temperature is comfortably warm.* | balanced temperature | fluctuating temperature | marjariasana (29) | pushan (28) | OM kavoṣṇa devaya namaha |
|  | *I address all situations with calm discernment.* | discerning | undiscerning | gomukhasana (41) | sakshi (82) | OM vastuniṣṭha devaya namaha |
|  | *I am organized in all areas of my life.* | organized | disorganized | trikonasana (24) | dharma chakra (62) | OM samartha devaya namaha |
|  | *I maintain calm under stress.* | composed when stressed | anxious when stressed | utkatasana (33) | bhairava (104) | OM samatva devaya namaha |

# Pitta Psychology

The imbalanced emotions and feelings related to Pitta are generally related to anger. The positive feelings are generally related to love and compassion. Rate the affirmation using the key at the bottom of the page to express your experience over the last 90 days.

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|  | **Affirmation** | **Balanced Quality** | **Imbalanced Quality** | **Asana** | **Mudra** | **Mantra** |
|  | *I experience my anger without identifying with it.* | healthy expression of anger | unconscious or projected anger | paschimottanas ana (74) | jalashaya (48) | OM cetanā devaya  namaha |
|  | *I work well as a team.* | cooperative | hypercompetitive | garudasana  (81) | chaturmukham  (80) | OM sahakāra devaya namaha |
|  | *I to surrender control.* | surrendor | controlling | tarasana  (variation 39) | garuḍa (34) | OM praṇidhāna devaya namaha |
|  | *I accept each moment of life as a gift and a blessing* | accepting | demanding | upavista konasana (76) | avahana (93) | OM prasāda devaya namaha |
|  | *I am a single strand in an integrated web of life.* | altruistic | egotistic | parighasana  (69) | vajrapradama  (35) | OM anahaṅkāra devaya namaha |
|  | *Everything is perfect just as it is.* | healthy perfectionism | hyperperfectionism | tula ardha chandrasana  (82) | maṇdala (89) | OM sampad devaya namaha |
|  | *Non-violence is always a priority.* | gentle | harsh | seated ardha  chandrasana  (65) | svadhiṣṭhana  (56) | OM komala devaya namaha |
|  | *I attune to the wisdom of the higher mind* | healthy intellectual | hyper-intellectual | talasana (variation 79) | trishula (60) | OM buddhi devaya namaha |
|  | *I am content.* | content | irritable | sukhasana  (varation 42) | hansi (19) | OM saṃtoṣa devaya namaha |
|  | *I am patient.* | patient | impatient | vrkshasana (79) | kaleshvara  (99) | OM sahana devaya namaha |
|  | *I see all beings as equal.* | equality | superiority | kneeling yoga mudra (72) | medha praṇa kriya (101) | OM samaya devaya namaha |
|  | *I am modest about my gifts and talents.* | modesty | arrogance | garbhasana  (70) | chin (83) | OM vinaya devaya namaha |

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|  | **Affirmation** | **Balanced Quality** | **Imbalanced Quality** | **Asana** | **Mudra** | **Mantra** |
|  | *I respond rather than react.* | responsive | over reactive | ardha  matsyendrasana  (48) | matsya (22) | OM sākṣī devaya namaha |
|  | *I stay cool and calm in all situations.* | equanimous | quick tempered | parsvottanasana  (25) | dharma chakra (62) | OM samatva devaya namaha |
|  | *I always look at the bigger picture.* | big picture | micromanaging | ardha  mandalasana  (68) | praṇidhana  (72) | OM suśīlla devaya namaha |
|  | *I am understanding.* | understanding | blaming | trikonasana (24) | sampuṭa (75) | OM prajña devaya namaha |
|  | *I see all beings compassionately.* | compassionate | uncompassionate | matsyasana (64) | Padma (58) | OM karuṇā devaya namaha |
|  | *I am sensitive to myself and others.* | sensitive | insensitive | anantasana (67) | vyana vayu  (37) | OM saṃvedanā devaya namaha |
|  | *I flow with the rhythms of the river of life.* | adaptable | rigid | marjariasana (29) | jala (41) | OM rasatā devaya namaha |
|  | *I am relaxed regardless of what is happening* | relaxed | stressed | savasana (94) | bhairava (104) | OM śaithilya devaya namaha |
|  | *I get all the rest I need.* | rested | burned out | viparita karani  (91) | uṣhas (73) | OM viśrama devaya namaha |
|  | *I am able to forgive.* | forgiving | resentful | janu shirsasana  (73) | kapota (74) | OM kṣamā devaya namaha |
|  | *I avoid judgement.* | forbearance | judgmental | yoga mudra (72) | puṣpanjali  (78) | OM kṣānti devaya namaha |
|  | *I am open minded to different perspectives.* | open-minded | opinionated | setubhandasana  (60) | bhairava (104)) | OM śālīna devaya namaha |
|  | *I practice loving kindness* | loving kindness | lack of loving kindness | anjaneyasana  (91) | purṇa hṛdaya  (17) | OM dayā devaya namaha |

Pitta Psychology, cont’d

# Kapha Psychology

The imbalanced emotions and feelings related to Kapha are generally related to sadness. The positive feelings are generally related to vitality and being good-natured. Rate the affirmation using the key at the bottom of the page to express your experience over the last 90 days.

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|  | **Affirmation** | **Balanced Quality** | **Imbalanced Quality** | **Asana** | **Mudra** | **Mantra** |
|  | *I am active, engaged, and interested* | active | inactive | ashwa  sanchalasana (46) | ratna prabha  (49) | Om karmin devaya namaha |
|  | *I am filled with vital energy.* | energized | lethargic | virabhadrasana III  (83) | sakshi (82) | OM śakti devaya namaha |
|  | *I respond with an open mind.* | openminded | close-minded | ardha mandalasana  (68) | Ananta (61) | OM suśīlla devaya namaha |
|  | *I am able to let go.* | nonpossessive | possessive | ardha  matsyendrasana (48) | chin (83) | OM aparigraha devaya namaha |
|  | *I am naturally generous.* | generous | lack of generosity | ustrasana (62) | puṣhpanjali  (78) | OM dāna devaya namaha |
|  | *I am sensitive to myself and to others.* | sensitive | insensitive | padangusthasana  (87) | mira (30) | OM ātmabodha devaya namaha |
|  | *I live fully and joyfully.* | vibrant | lack of vibrancy | balancing ardha chandrasana (82) | tejas (107) | OM tejasvin devaya namaha |
|  | *I am positive and light.* | light | depressed | parsvakonasana (23) | hansi (19) | OM mudita devaya namaha |
|  | *I maintain healthy boundaries.* | autonomous | codependent | garudasana (81) | garuḍa (34) | OM kaivalya devaya namaha |
|  | *I am open to change and transformation.* | open to change | resistant to change | virabhadrasana I  (22) | brahma (29) | OM pariṇāma devaya namaha |
|  | *Life is an ever new exciting journey.* | enthusiastic | dull | navasana (58) | jnana (102) | OM jāgarati devaya namaha |
|  | *I am hopeful.* | optimistic | pessimistic | chakora vakasana  (30) | Vajra (57) | OM āśāvādin devaya namaha |

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|  | **Affirmation** | **Balanced Quality** | **Imbalanced Quality** | **Asana** | |  | | **Mudra** | **Mantra** |
|  | *I flow with the rhythms of the river of life.* | fluid | lack of fluidity |  | dolphin movement | s |  | matsya (22) | OM saraṇa devaya namaha |
|  |  |
|  | *I’m open to whatever life brings.* | flexible | inflexible | hanumanasana (4 | | 7) | | jala (41) | OM āyamya devaya namaha |
|  | *I express my feelings freely.* | free flow of emotions | emotionally repressed | seated ardha chandrasana (65) | |  | | dirgha svara  (85) | OM viśuddha devaya namaha |
|  | *I’m inquisitive and adventurous.* | adventurous | nonadventurous | pashasana  (variation 33) | |  | | kali (59) | OM pragalbha devaya namaha |
|  | *I am curious about life and all that occurs around me.* | curious | not curious | kapotasana (43) | |  | | sakṣhi (82) | OM kutūhalī devaya namaha |
|  | *I open my senses fully to life.* | sensory richness | sensory limitation | padangusthasana  (28)  (leg to side) | |  | | vyana vayu  (37) | OM adhibhūta devaya namaha |
|  | *Creativity flows from within me.* | creative | uncreative | setubandhasana  (60) | |  | | akasha (44) | OM pratibhā devaya namaha |
|  | *I am courageous.* | courage | lack of courage |  | anjaneyasana (48) |  | | linga (53) | OM dhīratā devaya namaha |
|  | *I live in the present moment.* | present | not present | dhanurasana (59) | |  | | praṇa (51) | OM vartamāna devaya namaha |
|  | *I accept myself and my entire history as it is.* | self-  acceptance | self-blame | upavistha konasa  (76) | | na | | sampuṭa  (75) | OM anirveda devaya namaha |
|  | *I have good self-esteem.* | self-esteem | low self esteem | bhujangasana (56) | |  | | kubera (77) | OM svābhimāna devaya namaha |
|  | *I move toward all my goals energetically.* | motivated | unmotivated | chakrasana (61) | |  | | matangi (52) | OM kalita devaya namaha |
|  | *I embrace challenges as opportunities.* | embraces challenges | avoids challenges | talasana (variation 79) | |  | | avahana  (93) | OM kāryakāla devaya namaha |

Kapha Psychology, cont’d

# Prana, Tejas, and Ojas in the Subdoshas

Prana, tejas, and ojas can be seen as the doshas in their original form. A way of looking at this is that prana, tejas, and ojas would be the doshas for Mahat, the creator deity. We experience them through the interference and interpretation of both the mind and the three gunas. Dosha means “defect” or “weak point,” and relates essentially to illness, or what is out of balance, whereas prana, tejas, and ojas are the essence of health.

Prana, tejas, and ojas are everywhere, inside and outside the body, but their effect can be especially seen within their own respective subdoshas:

* Prana is the pure form of vata. Its quality is pure energy, and many of the yoga practices facilitate the experience of this energy.
* Tejas is the pure form of pitta. Its quality is light, and many forms of yogic meditation facilitate the experience of this light.
* Ojas is the pure form of kapha. Its quality is vitality, a feeling of wellbeing that is also the experience of bliss. Hatha yoga postures are especially appropriate for revealing this quality of vitality.

In the same way that prana, tejas, and ojas are the pure forms of vata, pitta, and kapha, these three are also transformed into sat-chit-ananda.

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| Vata | Pitta | Kapha | The essence of creation under the influence of the Ego and the three Gunas, having a tendency to go out of balance. |
| Prana | Tejas | Ojas | The essence of creation at the level of Ishvara, Mahat, the creator. The essence of perfect balance within Prakriti, the manifest universe. |
| Sat | Chit | Ananda | The essence of existence at the absolute level, perfect health at the level of Purusha. Ayurveda focuses on health within this sphere of Prakriti, while Yoga focuses on health at all three levels, with the objective of understanding our own nature as Sat-Chit-Ananda (being-consciousness-bliss). |

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| **VATA Subdosha** | **Location** | **Mudra** | **Yoga Practices** | **Mantra** | **System and**  **Organs**  **Energized** | **Affirmation** |
| Prana | Chest | Medha Dhirga Svara | Talasana,  Svasakosha Dharana | Om Prana vayu namaha | Respiratory  System, Lungs, and Heart | I inhale to fully energize the subtle heart. |
| Apana | Large  Intestine | Apana | Apanasana, Kaki Pranayama | Om Apana vayu namaha | Eliminatory  System and  Pelvic Floor | The energy of apana purifies my being at the physical and subtle levels. |
| Samana | Solar Plexus | Pushan | Parivritta  Janushirshasana, Kapalabhati | Om Samana vayu namaha | Digestive (stomach, liver) | My physical and subtle energy center is fully energized. |
| Udana | Throat and Head | Garuda | Shashangasana | Om Udana vayu namaha | CNS and  Endocrine System  (thyroid) | The physical and subtle centers of thought and emotion are purified and energized. |
| Vyana | Entire Body | Anushasana | Tarasana | Om Vyana vayu | PNS and  Circulatory System | My entire being radiates purified energy. |

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# Prana, Tejas, and Ojas in the Subdoshas

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| **PITTA Subdosha** | **Location** | **Mudra** | **Yoga Practices** | **Mantra** | **System and**  **Organs**  **Energized** | **Affirmation** |
| Alochaka | Eyes | Trishula | Tratak | Om Alochaka pitta namaha | Sight | My physical and subtle vision are filled with clear light. |
| Saadhaka | Chest and Head | Kaleshvara | Anuloma Krama | Om Sadhaka pitta namaha | Heart and Brain | My physical and subtle heart and mind are filled with light. |
| Pachaka | Solar Plexus | Brahma | Agni Sara Kriya | Om Pachaka pitta namaha | Digestive System | My physical and subtle digestion are perfectly balanced. |
| Ranjaka | Right upper quadrant of  Abdomen | Rudra | Kapalabhati | Om Ranjaka pitta namaha | Purification and Transformation within the Liver | Light purifies and transforms my being at physical and subtle levels. |
| Bhrajaka | Skin | Vyana Vayu | Massage | Om Bhrajaka pitta namaha | Skin | My entire being radiates light. |
| **KAPHA Subdosha** | **Location** | **Mudra** | **Yoga Practices** | **Mantra** | **System and**  **Organs**  **Energized** | **Affirmation** |
| Kledaka | Mucous membranes  of the Mouth and  Stomach | Varuna | Nauli | Om Kledaka kapha namaha | Digestion | I am sustained and fulfilled at the physical and subtle level. |
| *Avalambaka* | Lubrication for the  Lungs and Heart | Kapota | Chest Movements with Kumbhaka | Om Avalambaka kapha namaha | Lungs and Heart | My physical and spiritual heart center are full and joyful. |
| *Bodhaka* | Sense of Taste | Yoni | Khechari Mudra | Om Bodhaka kapha namaha | Sensation of Taste | I taste the richness of life fully at the physical and subtle levels. |
| *Tarpaka* | Brain | Pushpanjali | Brain Breathing | Om Tarpaka kapha namaha | Mental Hardiness | My physical and mental senses are full and well lubricated. |
| *Shleshaka* | Joints | Vyana Vayu | Yoga Nidra Body Rotation | Om Shleshaka kapha namaha | Lubrication of the Joints | My joints are rich and well lubricated*.* |

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