

What are the energetic patterns in my life?

WORK

QUALITIES/ ADJECTIVES	DOSHA

FOOD

QUALITIES/ ADJECTIVES	DOSHA



QUALITIES/ ADJECTIVES	DOSHA

RELATIONSHIPS

QUALITIES/ ADJECTIVES	DOSHA

ROUTINE



FURTHER UNDERSTANDING

For the purposes of this course, we'll focus on the qualities of the experience in your life NOW, so we can see which doshas are predominant in these aspects of your life at present. We'll go further into this in Module 4, when we look at your current state.

- Naturally, as humans, we are biased. That's okay. Bias is irrelevant because it's honored as the natural state of things. That we each experience uniquely is a central tenet we'll explore in Module 3. All that matters is how *you* experience the energetics of the various aspects of your life.

Out at a restaurant for a meal with a friend, I may bring in more vata than my companion. I felt stimulation, movement, overwhelm, and frenetic energy. My friend felt relaxed, nurtured by the food and my company, and well taken care of by the restaurant staff. Irrespective of what my friend experiences, the energetic input for me was vata because the qualities I felt were all vata qualities. For my friend, it was a more kaphic energetic input because all of the qualities of her experience were kaphic.

- Consider how your experience of each of these areas of your life *feels*; not what you *think* it is, or want it to be. For example, our experience of food can feel irregular, changing, extreme, and overwhelming even though from the outside looking in, we may seem to be "health conscious" eaters.
- It's also perfectly normal to have a varied experience. A relationship can feel nurturing and grounding as well as inconsistent and depleting. When you have the qualities of more than one dosha present, you have more than one dosha present. It's just that simple.
- The next step is to get a sense of which qualities/doshas are present a greater percentage of the time in that experience, as this will reveal which dosha is predominant in that energetic input for you. If the relationship is more often nurturing and grounding (kapha), than inconsistent and depleting (vata), then kapha is the predominant energy in my relationship.
- This is for you and only you. There is no "should" here, and no judgement. Well, it's natural to judge what you find, but try to replace that with the perspective that *you are here for a reason, and it's for your greater health, emotional well being, and spiritual growth.*



WORK (includes home-making)

Consider the pace, the movement, the people, the workspace, and the work itself.

FOOD

Consider the tastes, textures, and your experience of cooking and eating.

RELATIONSHIPS

Pick one to start, a major one. It doesn't have to be a partner, just the person you spend the most time with. Consider both the qualities of the person, as well as of the relationship--you're absorbing both.

If I have a mother that is very nurturing by nature (K), but our relationship is up and down and unpredictable (V), then I'm taking in K and V, and which qualities I feel *more of the time* are going to reveal the predominant dosha.

ROUTINE

Think about the flow of your day, your sleep-wake cycles, the pace, the movement, the rhythm.

To summarize your findings:

I have a predominance of

- (V, P, K or some combination) dosha coming into my life from food;
- (V, P, K or some combination) dosha coming into my life from work;
- (V, P, K or some combination) dosha coming into my life from routine; and
- (V, P, K or some combination) dosha coming into my life from a major relationship.

