

KAPHA-EARTH

BALANCED QUALITIES

Steady and slow
Sustainer: Consistent long term
Loyal, kind, easy going (forever friend)
Dependable, Supportive, helpful, giver
Thinks of others (avoids hurting)
Significant endurance (sex drive)
Wavy, thick hair and moist skin
Consistent digestion
Strong physical health

PHYSICAL IMBALANCE

Perceived inability to transition out of
physical heaviness
Low body awareness/sensation
Congestion in Winter; swelling
Gains weight easily
Food/shopping addiction
Collects stuff
Need to stimulate and heat

MENTAL/EMOTIONAL IMBALANCE

Clingy/attachment to people/things
Unable to receive; acts only as giver
Giving obligates and victimizes
Dependent on others for comfort
Impulsive/compulsive behavior
Lack of motivation and will (esp w/ self)
Fears change and transition (grasping)
'External' Will Chakra (friends)
Unable to speak truth
Difficulty w/ Divine Connection

KAPHA BALANCING

MENTAL/EMOTIONAL

Release dependencies, attachments,
victimization on others (giving)
Ignite willpower and consistent effort
Find the value in change
Shift fawn/freeze response
Develop sense of self love and GIVING TO SELF
Learn to receive and ask for help
Find courage to speak truth
Heart based devotional mantra

PHYSICAL BALANCING

Energizing Breathwork
Sun Salutations/Meditative flow
Accountability partner (exercise, etc)
Reduce sitting, TV, numbing with food-replace w/
nourishing activity
Less sleeping (wake before 6)
Replace impulsiveness for pleasure w/ awareness:
-eating w/ body awareness
-self inquiry on relationships
-wants vs. needs while shopping

PITTA-FIRE

BALANCED QUALITIES

Strong agile body
Moderate endurance
Intelligent, strategic, clear
Leader and charismatic
Strong willpower and follow through
Results oriented

PHYSICAL IMBALANCE

Overemphasis on strength/cardio
Runs hot
Oily hair skin
Diarrhea, acid stomach
Infection (sinus, lung, skin, gallbladder)
Inflammation

MENTAL/EMOTIONAL

Lacks stillness in mind and body
Can't see self/others' worth beyond doing
Quick to anger or frustration
Tends to be controlling, judgmental, manipulative
Results, perfectionism driven
Ungrounded anger or resentment
Lacks compassion for self/others
Requires source connection in stillness

PITTA- FIRE BALANCING

PHYSICAL/SPIRITUAL

Slow, cooling Yoga (floor based)
Cooling breath, grounding breath
Wind down by 9 pm
Honor others and what they bring
Heart based mantra
More being, less doing
Stillness for spiritual balance
meditation shift to higher conscious perspective

MENTAL/EMOTIONAL

Neutral Mind to transcend duality of judgement
Inherent value, "I am not my results"
Others have value outside of doing too
Trust and surrender-Let the Universe do
Responsibility for everything
Keep cool and grounded in Love
Learning to love outside of doing
Self-care and compassion

VATA- AIR

BALANCED QUALITIES

Creative
Expressive
Talkative
Spontaneous/Playful
Adventurous

PHYSICAL IMBALANCE

Moves a lot; very busy
Low endurance
Shoulders hunch
Hair, skin, heels are dry
Gas, bloating, constipation
Joint/back injury, elbows crack

MENTAL/EMOTIONAL IMBALANCE

Self doubt
Worries about everything
Mind loops with worst fears
Lacks grounding, security
Trouble saving money
Relationships cut-off; starts new
Loses interest in things/people
Busy, but doesn't accomplish much
Trouble committing
Unable to take transformative action

VATA BALANCING

MENTAL/EMOTIONAL

Resist losing track through throat
Ground ideas and thoughts
Be secure attachment for self
Communicate needs for space in relationships, vs. ending them
Work to be more persistent with follow through and productive action
Commitment and accountability toward ideas and lofty thoughts
Strengthening love and desire

PHYSICAL/ENERGETIC

Stillness, lay down at 4 pm
Heavier, oily food (ground and hydrate)
Grounding breath
Sesame body oiling
Body awareness: Chakra meditation
Grounding Yoga
Physical routine and rhythm of self care
Build strength