

DEEPAK CHOPRA, M.D.

# Magical Mind



# Magical Body

WORKBOOK

# IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

How can you get the most out of this writeable workbook? Research has shown that the more ways you interact with learning material, the deeper your learning will be. Nightingale-Conant has created a cutting-edge learning system that involves listening to the audio, reading the ideas in the workbook, and writing your ideas and thoughts down. In fact, this workbook is designed so that you can fill in your answers right inside this document. Remember, the more you apply this information, the more you'll get out of it.

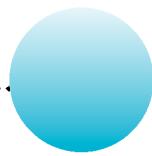
For each session, we recommend the following:

- ✓ Preview the section of the workbook that corresponds with the audio session, paying particular attention to the exercises.
- ✓ Listen to the audio session at least once.
- ✓ Read the text of the workbook.

In addition to the exercises and questions, we've created an ijournal to make this an even more interactive experience for you. At the end of this guide, you can write down any additional thoughts, ideas, or insights to further personalize the material.

DEEPAK CHOPRA, M.D.

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# The Science of Balance and Well-Being

Restore your natural mind/body balance  
to grow younger and live longer.

A Companion Guide to  
Magical Mind, Magical Body

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## AYURVEDA BODY-TYPE TEST

**T**

he following quiz is divided into three sections. For the first 20 questions, which apply to Vata dosha, read each statement and mark, from 0 to 6, whether it applies to you.

0 = Doesn't apply to me

3 = Applies to me somewhat (or some of the time)

6 = Applies to me mostly (or nearly all of the time)

At the end of the section, write down your total Vata score. For example, if you mark a 6 for the first question, a 3 for the second, and a 2 for the third, your total up to that point would be  $6+3+2 = 11$ . Total the entire section in this way, and you will arrive at your final Vata score. Proceed to the 20 questions for Pitta and those for Kapha. When you are finished, you will have three separate scores. Comparing these will determine your body type.

For fairly objective physical traits, your choice will usually be obvious. For mental traits and behavior, which are mostly subjective, you should answer according to how you have felt and acted most of your life, or at least for the past few years.

**SECTION I — VATA**

	Does not Apply	Applies Sometimes	Applies Most
1. I perform activity very quickly.	1 • 2 • 3 • 4 • 5 • 6		
2. I am not good at memorizing things and then remembering them later.	1 • 2 • 3 • 4 • 5 • 6		
3. I am enthusiastic and vivacious by nature.	1 • 2 • 3 • 4 • 5 • 6		
4. I have a thin physique — I don't gain weight very easily.	1 • 2 • 3 • 4 • 5 • 6		
5. I have always learned new things very quickly.	1 • 2 • 3 • 4 • 5 • 6		
6. My characteristic gait while walking is light and quick.	1 • 2 • 3 • 4 • 5 • 6		
7. I tend to have difficulty making decisions.	1 • 2 • 3 • 4 • 5 • 6		
8. I tend to develop gas or become constipated easily.	1 • 2 • 3 • 4 • 5 • 6		
9. I tend to have cold hands and feet.	1 • 2 • 3 • 4 • 5 • 6		
10. I become anxious or worried frequently.	1 • 2 • 3 • 4 • 5 • 6		
11. I don't tolerate cold weather as well as most people.	1 • 2 • 3 • 4 • 5 • 6		
12. I speak quickly and my friends think that I'm talkative.	1 • 2 • 3 • 4 • 5 • 6		
13. My moods change easily and I am somewhat emotional by nature.	1 • 2 • 3 • 4 • 5 • 6		
14. I often have difficulty in falling asleep or having a sound night's sleep.	1 • 2 • 3 • 4 • 5 • 6		
15. My skin tends to be very dry, especially in the winter.	1 • 2 • 3 • 4 • 5 • 6		
16. My mind is very active, sometimes restless, but also very imaginative.	1 • 2 • 3 • 4 • 5 • 6		
17. My movements are quick and active; my energy tends to come in bursts.	1 • 2 • 3 • 4 • 5 • 6		
18. I am easily excitable.	1 • 2 • 3 • 4 • 5 • 6		
19. Left on my own, my eating and sleeping habits tend to be irregular.	1 • 2 • 3 • 4 • 5 • 6		
20. I learn quickly, but I also forget quickly.	1 • 2 • 3 • 4 • 5 • 6		

Vata Score \_\_\_\_\_

**SECTION 2 — PITTA**

	Does not Apply	Applies Sometimes	Applies Most
1. I consider myself to be very efficient.	1 • 2 • 3 • 4 • 5 • 6		
2. In my activities, I tend to be extremely precise and orderly.	1 • 2 • 3 • 4 • 5 • 6		
3. I am strong-minded and have a somewhat forceful manner.	1 • 2 • 3 • 4 • 5 • 6		
4. I feel uncomfortable or become easily fatigued in hot weather — more so than most other people.	1 • 2 • 3 • 4 • 5 • 6		
5. I tend to perspire easily.	1 • 2 • 3 • 4 • 5 • 6		
6. Even though I might not always show it, I become irritable or angry quite easily.	1 • 2 • 3 • 4 • 5 • 6		
7. If I skip a meal or a meal is delayed, I become uncomfortable.	1 • 2 • 3 • 4 • 5 • 6		
8. One or more of the following characteristics describes my hair: early graying or balding, thin, fine, straight blond, red, or sandy-colored.	1 • 2 • 3 • 4 • 5 • 6		
9. I have a strong appetite; if I want to, I can eat quite a large quantity.	1 • 2 • 3 • 4 • 5 • 6		
10. Many people consider me stubborn.	1 • 2 • 3 • 4 • 5 • 6		
11. I am very regular in my bowel habits — it would be more common for me to have loose stools than be constipated.	1 • 2 • 3 • 4 • 5 • 6		
12. I become impatient very easily.	1 • 2 • 3 • 4 • 5 • 6		
13. I tend to be a perfectionist about details.	1 • 2 • 3 • 4 • 5 • 6		
14. I get angry quite easily, but then I quickly forget about it.	1 • 2 • 3 • 4 • 5 • 6		
15. I am fond of cold foods like ice cream and also ice-cold drinks.	1 • 2 • 3 • 4 • 5 • 6		
16. I am more likely to feel that a room is too hot than too cold.	1 • 2 • 3 • 4 • 5 • 6		
17. I don't tolerate foods that are very hot and spicy.	1 • 2 • 3 • 4 • 5 • 6		
18. I am not as tolerant of disagreement as I should be.	1 • 2 • 3 • 4 • 5 • 6		
19. I enjoy challenges and when I want something, I am very determined in my efforts to get it.	1 • 2 • 3 • 4 • 5 • 6		
20. I tend to be quite critical of others and also of myself.	1 • 2 • 3 • 4 • 5 • 6		

**Pitta Score** \_\_\_\_\_

**SECTION 3 — KAPHA**

	Does not Apply	Applies Sometimes	Applies Most
1. My natural tendency is to do things in a slow and relaxed fashion.	1 • 2 • 3 • 4 • 5 • 6		
2. I gain weight more easily than most people and I lose it more slowly.	1 • 2 • 3 • 4 • 5 • 6		
3. I have a placid and calm disposition — I'm not easily ruffled.	1 • 2 • 3 • 4 • 5 • 6		
4. I can skip meals easily without any significant discomfort.	1 • 2 • 3 • 4 • 5 • 6		
5. I have a tendency toward excess mucus, phlegm, chronic congestion, asthma, or sinus problems.	1 • 2 • 3 • 4 • 5 • 6		
6. I must get at least eight hours of sleep in order to be comfortable the next day.	1 • 2 • 3 • 4 • 5 • 6		
7. I sleep very deeply.	1 • 2 • 3 • 4 • 5 • 6		
8. I am calm by nature and not easily angered.	1 • 2 • 3 • 4 • 5 • 6		
9. I don't learn as quickly as some people, but I have excellent retention and a long memory.	1 • 2 • 3 • 4 • 5 • 6		
10. I have a tendency toward becoming plump — I store extra fat easily.	1 • 2 • 3 • 4 • 5 • 6		
11. Weather that is cool and damp bothers me.	1 • 2 • 3 • 4 • 5 • 6		
12. My hair is thick, dark, and wavy.	1 • 2 • 3 • 4 • 5 • 6		
13. I have smooth, soft skin with a somewhat pale complexion.	1 • 2 • 3 • 4 • 5 • 6		
14. I have a large, solid body build.	1 • 2 • 3 • 4 • 5 • 6		
15. The following words describe me well: serene, sweet-natured, affectionate, and forgiving.	1 • 2 • 3 • 4 • 5 • 6		
16. I have slow digestion, which makes me feel heavy after eating.	1 • 2 • 3 • 4 • 5 • 6		
17. I have very good stamina and physical endurance as well as a steady level of energy.	1 • 2 • 3 • 4 • 5 • 6		
18. I generally walk with a slow, measured gait.	1 • 2 • 3 • 4 • 5 • 6		
19. I have a tendency toward oversleeping, grogginess upon awakening, and am generally slow to get going in the morning.	1 • 2 • 3 • 4 • 5 • 6		
20. I am a slow eater and am slow and methodical in my actions.	1 • 2 • 3 • 4 • 5 • 6		

**Kapha Score** \_\_\_\_\_

*FINAL SCORE: VATA* \_\_\_\_\_  
*PITTA* \_\_\_\_\_  
*KAPHA* \_\_\_\_\_

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## *DETERMINING YOUR BODY TYPE*

### **Single-Dosha Types:**

Vata

Pitta

Kapha

If one dosha is much higher than the others, you are a single-dosha type. Most indicative is a score where the primary dosha is twice as high as the second (for example, Vata-90, Pitta-45, Kapha-35), but smaller margins also count. A true single-dosha type displays the traits of Vata, Pitta, or Kapha very prominently. Your next highest dosha will still show some influence in your natural tendencies but to a much lesser degree.

### **Two-Dosha Types:**

Vata-Pitta or Pitta-Vata

Pitta-Kapha or Kapha-Pitta

Kapha-Vata or Vata-Kapha

If no dosha is extremely dominant, you are a two-dosha type. This means that you display qualities of your two leading doshas, either side by side or in alternation.

The important thing is not to fit a category but to learn about yourself. As you gain more understanding of the Ayurvedic system, and your own unique body type, you will be able to make dramatic improvements in your health.

For a further understanding of the body types, listen to "Learning to Read Your Body."

## CHARACTERISTICS OF THE BODY TYPES

Having determined your body type, you can now learn to interpret it.

### Characteristics of Vata Type

- Light, thin build
- Performs activity quickly
- Irregular hunger and digestion
- Light, interrupted sleep, insomnia
- Enthusiasm, vivaciousness, imagination
- Excitability, changing moods
- Quick to grasp new information, also quick to forget
- Tendency to worry
- Tendency toward constipation
- Tires easily, tendency to overexert
- Mental and physical energy comes in bursts

*The basic theme of the Vata type is “changeable.”*

It is very Vata to:

- Be hungry at any time of the day or night
- Love excitement and constant change
- Go to sleep at different times every night, skip meals, and keep irregular habits in general
- Digest food well one day and poorly the next
- Display bursts of emotion that are short-lived and quickly forgotten
- Walk quickly

## Characteristics of Pitta Type

- Medium build
- Medium strength and endurance
- Sharp hunger and thirst, strong digestion
- Tendency toward anger, irritability under stress
- Fair or ruddy skin, often freckled
- Aversion to sun, hot weather
- Enterprising character, likes challenges
- Sharp intellect
- Precise, articulate speech
- Cannot skip meals
- Brown, light brown, or red hair (or reddish undertones)

*The basic theme of the Pitta type is “intense.”*

It is very Pitta to:

- Feel ravenously hungry if dinner is half an hour late
- Live by your watch and resent having your time wasted
- Wake up at night feeling hot and thirsty
- Take command of a situation or feel that you should
- Learn from experience that others find you too demanding, sarcastic, or critical at times
- Have a determined stride when you walk

## Characteristics of Kapha Type

- Solid, powerful build; great physical strength and endurance
- Steady energy; slow and graceful in action
- Tranquil, relaxed personality; slow to anger
- Cool, smooth, quick, pale, often oily skin
- Slow to grasp new information, but good retentive memory
- Heavy, prolonged sleep
- Tendency to obesity
- Slow digestion, mild hunger
- Affectionate, tolerant, forgiving
- Tendency to be possessive, complacent

*The basic theme of the Kapha type is “relaxed.”*

It is very Kapha to:

- Mull things over for a long time before making a decision
- Wake up slowly, lie in bed a long time, and need coffee once you are up
- Be happy with the status quo and preserve it by conciliating others
- Respect other people’s feelings, with which you feel genuine empathy
- Seek emotional comfort from eating
- Have graceful movements, liquid eyes, and a gliding walk, even if overweight

## THE DOSHAS AND THEIR QUALITIES

Below are some of the leading qualities of Vata, Pitta, and Kapha, along with a few of the typical characteristics they produce.

### Vata

**Vata dosha is notably:**

*Cold*, leading to cold hands and feet, dislike of cold climates.

*Moving*, giving good or bad circulation, depending on how well balanced this dosha is — hypertension is related to excess Vata, as are irregular heart rhythms, muscle spasms, and backaches. A nervous, darting glance is a sign of imbalanced Vata.

*Quick*, leading to many related characteristics: ability to pick up new information quickly, which is also quickly forgotten; poor long-term memory; good imagination but frightening dreams; restless activity; acting on impulse; mood swings; racing, scattered thoughts; and fast speech.

*Dry*, leading to dry skin, dry or dull hair, dull eyes, and scant or moderate sweat. Skin may chap or crack easily and be subject to psoriasis or eczema.

*Rough*, leading to rough skin and coarse-textured hair.

### Pitta

**Pitta dosha is notably:**

*Hot*, leading to warm, flushed skin, any kind of inflammation, to overactive metabolism, hot sensations in stomach, liver, intestines, and so on. Pittas are usually fond of cold foods and drinks, which offset their own heat.

*Sharp*, leading to a sharp mind but also sharp speech; the same quality can turn into excess acidity in the body and oversecretion of stomach acids.

*Moist*, which may show up as profuse perspiration — hot, sweaty palms are typically Pitta. Being hot and moist give Pittas an aversion to humid summer weather.

*Sour-smelling*, giving rise to bad breath, sour body odor, or bad-smelling urine and feces if excess Pitta is present.

### Kapha

**Kapha dosha is notably:**

*Heavy*, any heavy disorder suggests Kapha imbalance, whether it is obesity, heavy digestion, or a heavy, oppressive kind of depression.

*Sweet*, leading to weight gain or diabetes if too much sweetness is added to the body.

*Steady*, which makes Kapha types self-contained. Bodily processes do not swing to extremes; Kapha's steady nature also has to do with not needing outside stimulation as much as Pitta or Vata. Their bodies remain unaffected by changes that would throw other bodies out of balance.

*Soft*, leading to a wide variety of characteristics, such as soft skin and hair, soft manners, a soft look in the eyes, and an undemanding approach to situations.

*Slow*, as expressed in the typically slow, fluid movements of Kapha people, along with slow speech and deliberate thinking.

## THE BALANCED LIFE — GENERAL POINTS

**E**

very day is a conversation between you and your body; the following suggestions indicate the kind of talk your body type generally likes to hear.

### Balancing Vata

- Regular habits
- Quiet
- Attention to fluids
- Decreased sensitivity to stress
- Ample rest
- Warmth
- Steady supply of nourishment
- Sesame oil massage (*abhyanga*)

*The key to balancing Vata is regularity.*

If you show signs of Vata imbalance, these pointers will help you reshape your daily routine to make it more congenial to Vata dosha:

- Get plenty of rest — this is all-important for any Vata problem.
- Stay warm — being a cold dosha, Vata benefits from heat.
- Eat a Vata-pacifying diet. (See body-type diets.) Eat regularly.
- Drink lots of warm fluids during the day to prevent dehydration.
- Avoid very cold foods and drinks.
- Massage your body with sesame oil in the morning.
- Take a long, warm bath or shower in the morning.
- Avoid mental strain and overstimulating yourself.
- Make your surroundings light and bright. Vata responds well to sunlight and cheerful colors.
- Do not drink alcohol while you are trying to balance Vata, which resents stimulants of any kind, including coffee, tea, and nicotine.

## Balancing Pitta

- Moderation
- Coolness
- Attention to leisure
- Exposure to natural beauty
- Balance of rest and activity
- Decreased stimulants

*The key to balancing Pitta is moderation, making sure that you do not push yourself too hard.*

If you show signs of Pitta imbalance, the following pointers will help balance your daily routine and make it more congenial to Pitta dosha:

- Take time to wind down from activity — alternating rest and activities is the basic rhythm of life.
- Coolness in any form helps to counteract overactive Pitta. Keep your bedroom just below 70 degrees when you sleep and don't linger in a hot bath too long; too much moist heat can make you feel dizzy or nauseated when Pitta is out of balance.
- Eat a Pitta-pacifying diet. It's important not to overeat, which Pittas tend to do if they push their excellent digestion too hard. Rather than going to extremes, eat moderate meals at regular hours three times a day.
- If you find that you have a runaway appetite, do not try to force yourself to eat less. Instead, take gradually smaller meals, starting with about three-quarters of what you normally eat. Consume this amount for a day or two, then cut back to half of your normal consumption. Now you should be at a comfortable level of intake.
- Avoid artificial stimulants, all of which raise Pitta. Alcohol in any form is like throwing kerosene on the Pitta fire. The caffeine in coffee and tea is also not recommended.
- Be attentive to taking in only pure food, water, and air, since Pitta is especially sensitive to impurities of any kind.
- Avoid strenuous physical exertion or overheating yourself outdoors.
- Make sure to go outdoors as much as possible.

## Balancing Kapha

- Stimulation
- Regular exercise
- Weight control
- Variety of experiences
- Warmth, dryness
- Reduced sweetness

*The key to balancing Kapha is stimulation.*

If you show signs of Kapha imbalance, the following pointers will help make your daily routine more congenial to your dominant dosha.

- Seek variety in life.
- Eat a Kapha-pacifying diet —it is important not to overeat if you a Kapha type, because the tendency to become overweight is definitely present.
- Reduce sweetness. Kapha is the only dosha strongly identified with a taste — sweetness. Irrespective of calories, Kaphas will gain weight and go out of balance if there is too much sweet food in the diet.
- Stay warm. Kapha benefits from heat.
- Avoid dampness.
- Perform a dry massage on your body to stimulate circulation.
- Drink *warm* fluids during the day, but take them in moderation.
- Exercise regularly, preferably every day.
- Be honest with yourself when you are sick and you need to recuperate.

# EATING FOR BALANCE

## The Six Tastes

Ayurveda recognizes six tastes, or rasas: Sweet, sour, salty, and bitter are the four we already know, plus two others, pungent and astringent. Each of the six tastes speaks directly to the quantum mechanical body, and each carries a different message. In Ayurveda a balanced diet must contain all six tastes at every meal so that the body can respond to food completely.

## Satisfying the Doshas

Taste can be used to balance an aggravated dosha, since each dosha is on the lookout for the tastes that bring it into balance.

**Vata** is balanced by *salt*, sour, and sweet.

**Pitta** is balanced by *bitter*, sweet, and astringent.

**Kapha** is balanced by *pungent*, bitter, and astringent.

(The italicized taste has the strongest effect in decreasing a dosha.)

### Sweet foods: Increase Kapha; decrease Pitta and Vata.

Sugar, honey

Rice

Milk, cream, butter

Wheat bread

### Salty foods: Increase Kapha and Pitta; decrease Vata.

Salt

### Sour foods: Increase Pitta and Kapha; decrease Vata.

Cheese, yogurt

Tomatoes, grapes, plums, or other sour fruits

Lemons

Vinegar

### Bitter foods: Increase Vata; decrease Pitta and Kapha.

Bitter cucumbers

Bitter greens (endive, chicory, romaine lettuce)

Tonic water

Lemon rind

Spinach, leafy greens in general

Turmeric, fenugreek

### Pungent foods: Increase Vata and Pitta; decrease Kapha.

Cayenne, chili pepper, ginger

Onions and garlic

Radishes

Spicy foods in general

### Astringent foods: Increase Vata; decrease Pitta and Kapha.

Apples, pears

Cabbage, broccoli, cauliflower

Beans, Lentils

Potatoes

## BODY-TYPE DIETS

Choose the diet that balances your dominant dosha.

### Vata-Pacifying Diet

FAVOR:

- Warm food, moderately heavy textures
- Added butter and fat
- Salt, sour, and sweet tastes
- Soothing and satisfying foods

#### Vata-Pacifying Vegetables

FAVOR:

asparagus	beets	carrots	cucumber
green beans	leafy green vegetables ( <i>cooked with oil</i> )		okra
onions/garlic ( <i>not raw</i> )	radishes	sweet potatoes	turnips

REDUCE OR AVOID: Raw vegetables, in general.

broccoli	Brussels sprouts	cabbage ( <i>cooked or raw</i> )	cauliflower
celery	eggplant	leafy green vegetables	
mushrooms	okra	peas	peppers
potatoes	sprouts ( <i>cooked or raw</i> )	tomatoes	zucchini

#### Vata-Pacifying Fruits

FAVOR: Sweet, well-ripened fruit.

apricots	avocados	bananas	berries
cherries	coconut	dates	figs
grapes	stewed fruits	mangoes	melons
nectarines	oranges	papayas	peaches
pineapple	plums		

REDUCE OR AVOID: Dried fruits in general; unripe fruit, *especially bananas*.

apples	cranberries	pears	pomegranates
<i>(These are more acceptable if cooked.)</i>			

#### Vata-Pacifying Grains

FAVOR:

oats ( <i>as cooked oatmeal, not dry</i> )	rice	wheat
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REDUCE OR AVOID:

barley	buckwheat	corn	dry oats
millet	rye		

## **Vata-Pacifying Dairy:** All dairy is acceptable.

## Vata-Pacifying Meat

FAVOR: (*All meats listed below, in small amounts.*)

### REDUCE OR AVOID:

red meat

## Vata-Pacifying Beans

### FAVOR:

pink lentils

tofu (*in small amounts*)

### REDUCE OR AVOID:

All, except as listed above.

**Vata-Pacifying Oils:** All oils are acceptable; sesame oil is especially recommended.

**Vata-Pacifying Sweeteners:** All sweeteners are acceptable.

**Vata-Pacifying Nuts and Seeds:** All are acceptable in small amounts; almonds are best.

## Vata-Pacifying Herbs and Spices

**FAVOR:** Almost all, in moderation, with emphasis on sweet and/or heating herbs and spices, such as:

allspice	anise	asafetida	basil
bay leaf	black pepper ( <i>sparingly</i> )	caraway	cardamom
cilantro (green coriander)	cinnamon	clove	cumin
fennel	ginger	juniper berries	licorice root
mace	marjoram	oregano	mustard
nutmeg	sage	tarragon	thyme

**REDUCE OR AVOID:** No spice should be used in large quantities; minimize all bitter and astringent herbs and spices such as:

## Pitta-Pacifying Diet

FAVOR:

- Cool or warm but not steaming-hot foods
- Moderately heavy textures
- Bitter, sweet, and astringent tastes
- Less butter and added fat

### Pitta-Pacifying Vegetables

FAVOR:

asparagus	broccoli	Brussels sprouts	cabbage
cauliflower	celery	cucumbers	green beans
leafy green vegetables	lettuce	mushrooms	okra
peas	potatoes	sprouts	sweet peppers
sweet potatoes	zucchini		

REDUCE OR AVOID:

beets	carrots	eggplant	garlic
hot peppers	onions	radishes	spinach
tomatoes			

### Pitta-Pacifying Fruits

FAVOR: (*All fruits listed below should be sweet and ripe.*)

apples	avocados	cherries	coconut
figs	grapes	mangoes	melons
oranges	pears	pineapple	plums
prunes	raisins		

REDUCE OR AVOID: Avoid fruits that come to market sour or unripe; green grapes, oranges, pineapple, and plums should be sweet.

apricots	bananas	berries	cherries
cranberries	grapefruits	papayas	peaches
persimmons			

### Pitta-Pacifying Grains

FAVOR:

barley	oats	wheat	white rice
brown rice	corn	millet	rye

## Pitta-Pacifying Dairy

FAVOR:

butter and ghee	egg whites	ice cream	milk
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REDUCE OR AVOID:

buttermilk	cheese	egg yolks	sour cream
yogurt			

## Pitta-Pacifying Meat

FAVOR: (All in small amounts.)

chicken	shrimp	turkey
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REDUCE OR AVOID:

Red meat and seafood in general.

## Pitta-Pacifying Beans

FAVOR:

chickpeas	mung beans	tofu and other soybean products
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REDUCE OR AVOID:

lentils

## Pitta-Pacifying Oils

FAVOR:

coconut	olive	soy	sunflower
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REDUCE OR AVOID:

almond	corn	safflower	sesame
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**Pitta-Pacifying Sweeteners:** All sweeteners are acceptable, except honey and molasses.

## Pitta-Pacifying Nuts and Seeds

FAVOR:

coconut	pumpkin seeds	sunflower seeds
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REDUCE OR AVOID: All, except as listed above.

## Pitta-Pacifying Herbs and Spices

FAVOR: Spices are generally avoided as too heating, but some sweet, bitter, and astringent ones are good in small amounts, including:

cardamom	cilantro (green coriander)	cinnamon	coriander seed
dill	fennel	mint	saffron

Plus sparing amounts of cumin and black pepper.

REDUCE OR AVOID: All pungent herbs and spices, except as above; also allow only minimal amounts of:

barbecue sauce	catsup	mustard	pickles
salt	sour salad dressings	spicy condiments	vinegar

## Kapha-Pacifying Diet

### FAVOR:

- Warm, light food
- Dry food, cooked without much water
- Minimum of butter, oil, and sugar
- Pungent, bitter, and astringent tastes
- Stimulating foods

## Kapha-Pacifying Vegetables

### FAVOR: Generally all, including:

asparagus	beets	broccoli	Brussels sprouts
cabbage	carrots	cauliflower	celery
eggplant	garlic	leafy green vegetables	lettuce
mushrooms	okra	onions	peas
peppers	potatoes	radishes	spinach
sprouts			

### REDUCE OR AVOID: Sweet and juicy vegetables, such as:

cucumbers	sweet potatoes	tomatoes	zucchini
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## Kapha-Pacifying Fruits

### FAVOR:

apples	apricots	cranberries	pears
pomegranates	dried fruit in general, including apricots, figs, prunes, and raisins		

### REDUCE OR AVOID: Sweet, sour, or very juicy fruits in general.

avocados	bananas	coconut	dates
fresh figs	grapefruits	grapes	mangoes
melons	oranges	papayas	peaches
pineapples	plums		

## Kapha-Pacifying Grains

### FAVOR:

barley	buckwheat	corn	millet
rye			

### REDUCE OR AVOID:

oats	rice	wheat, except in small amounts
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Hot cereals and steamed grains are too moist and heavy in general.

## Kapha-Pacifying Dairy

FAVOR:

skim milk small amounts of whole milk and eggs (*not fried or cooked with butter*)

REDUCE OR AVOID:

All, except as listed above.

## Kapha-Pacifying Meat

FAVOR: (*All listed below, small amounts*)

chicken shrimp turkey

REDUCE OR AVOID:

red meat seafood in general

**Kapha-Pacifying Beans:** All legume are acceptable, except kidney beans and tofu.

## Kapha-Pacifying Oils

FAVOR: (*All listed below, small amounts*)

almond corn safflower sunflower

REDUCE OR AVOID:

All, except as listed above.

## Kapha-Pacifying Sweeteners

FAVOR:

Raw, unheated honey

REDUCE OR AVOID:

All, except as listed above.

## Kapha-Pacifying Nuts and Seeds

FAVOR:

sunflower seeds pumpkin seeds

REDUCE OR AVOID:

All, except as listed above.

## Kapha-Pacifying Herbs and Spices

FAVOR:

All — ginger is best for improving digestion.

REDUCE OR AVOID:

salt

For more information on the six tastes and how they pertain to the body types, listen to “Eating for Balance and Aroma Theory.”

## SOUNDS FOR HEALING

Take a deep breath and make the sound while exhaling. Each sound may be repeated from one to three times. This should be done daily for optimum results.

For balancing the whole body:	A	E	I	O	U
For the lungs, sinuses, skull:	HUM	HUM	HUM		
For the ears:	N	N	N		
For the nasal passages, sinuses (sinus headaches):	MA	MA	MA		
For the jaw (migraine and tension headaches):	YA	YOU	YAI		
For the stomach (indigestion, heartburn, abnormal appetite):	HUH	HUH	HUH		

This process is fully explained in “The Sounds of Health.”

## USING AROMA THERAPY

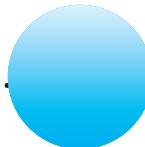
In Ayurveda, aromas are used to send specific signals that balance the three doshas.

### Generally speaking:

*Vata* is balanced with a mixture of warm, sweet, sour aromas, like basil, orange, rose geranium, clove, and other spices.

*Pitta* is balanced by a mixture of sweet, cool aromas, like sandalwood, rose, mint, cinnamon, and jasmine.

*Kapha*, similar to *Vata*, is balanced by a mixture of warm aromas, but with spicier overtones, like juniper, eucalyptus, camphor, clove, and marjoram.



## AGING RISK SELF-ASSESSMENT

This simple questionnaire takes only a minute to answer, and gives an estimate of whether a person can expect to age successfully, both qualitatively and quantitatively, based on the lifestyle factors that have been identified to be related to aging. If you feel you fulfill the criteria of each question, check the value next to it. Add the points up to get your aging-risk profile.

### Happiness

1pt. I am generally happy.

### Bodily Comfort

1 pt. I am comfortable with my body. I like the way it is. I experience no sensation of disease in any part of it.

### Psychological Age — Irrespective of how old I am:

1 pt. I have a zest for life.

1 pt. I feel youthful.

1 pt. I do not allow consideration about “my age” to come in the way of enjoying myself.

### Exercise

1 pt. I exercise moderately at least 20-30 minutes at least three times per week. (Preferred exercise is walking, swimming, and yoga.)

### Nutrition

1 pt. I feel good about what I eat.

1 pt. I enjoy eating.

1 pt. I feel energetic after eating.

1 pt. I am within 10% of my ideal weight. (Ideal weight for men is 106 pounds for the first five feet of height, and 6 pounds for every inch over five feet. Ideal weight for women is 100 pounds for the first five feet of height, and 5 pounds for every inch over five feet. For example, a woman 5 feet, 4 inches tall would have an ideal weight of  $100 + (5 \times 4) = 120$  pounds. Add 10% for a heavy frame and subtract 10% for a small frame.)

### Fear

1 pt. I don't have any major fears in my life.

1 pt. Fear of aging does not dominate my awareness.

### Ingestion of Toxins

1 pt. I drink less than two cups of coffee or tea per day.

1 pt. I don't drink alcohol.

1 pt. I don't use recreational drugs (marijuana, cocaine, stimulants, etc.) or tranquilizers.

## AGING RISK SELF-ASSESSMENT

### Relationships

- 1 pt. I have a happy family life.
- 1 pt. I get along with peers in the workplace.
- 1 pt. I enjoy relationships.

### Sleep

- 1 pt. I enjoy nighttime sleep usually more than six hours without resorting to tranquilizers, sleeping pills, or alcohol.
- 1 pt. My sleep is restful and I wake up refreshed.

### Stress — I do not feel threatened and get tense about:

- 1 pt. My physical well-being.
- 1 pt. My emotional and psychological well-being.
- 1 pt. My financial well-being.
- 1 pt. Minor hassles of life, such as getting caught in traffic jams, someone being rude to me, missing an appointment, deadlines, etc.

### Life Values

- 1 pt. My self-conversations (the chatter that goes on in my head) is dominated by the theme “How can be a I help?” rather than, “Me, me, me.” In other words, I think of others more often than my own selfish interests.
- 1 pt. I like to get involved in community or civic activities.
- 1 pt. I like to get involved in global issues.

### Optimism

- 1 pt. I usually see the bright side of things.
- 1 pt. I usually perceive problems as potential opportunities.

### Humor

- 1 pt. I find occasion to laugh every day.
- 1 pt. I am able to laugh at myself.

### Perception of Time

- 1 pt. I am not often in a hurry.
- 1 pt. I have a sense of control over my time rather than allowing time to control me.
- 1 pt. I am rarely hassled by time urgency.

### Purpose in Life

- 5 pts. Define your purpose in life: \_\_\_\_\_  
If it was easy to fill out, give yourself 5 points.

### Mental Activity

- 1 pt. I am mentally active. I enjoy reading, writing, solving problems, keeping up with the news, what is happening in my environment and in the world.

### Experience of Pure Joy

5 pts. I have moments of pure joy (bliss) without a reason.

### Adjustment to Change

1 pt. I am flexible, and can adjust to change easily.

1 pt. I am not rigidly attached to my idea about how things have to be.

### Challenge

1 pt. I enjoy challenges.

### Commitment

1 pt. I am able to commit myself to a specific task, project, or job.

1 pt. I am able to commit myself to a relationship.

### Creativity

1 pt. I seek out opportunities for creative expression.

### Inner Silence

5 pts. I am able to enjoy inner silence (transcendence) regularly on a daily basis.

### Job Satisfaction

5 pts. I love my job.

---

### Scoring:

Add up your total points.

46 points or above = Exceptional

40-45 points = Excellent

30-39 points = Good. You need to pay attention to the missing factors in order to maximize life span as well as quality of life. Remember, quality of life translates into quantity of life.

Below 30 points = You should seriously consider rethinking and restructuring your priorities in life as soon as possible.

MY NEW  
COMMITMENT TO  
BETTER HEALTH AND  
LONGER LIFE

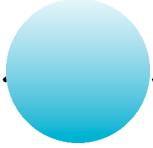
I resolve to make the following changes in my life, starting today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

THE SEVEN SECRETS  
OF CREATIVITY

Creative people have the following characteristics:

- They are able to enjoy SILENCE.
- They connect with and enjoy NATURE.
- They trust their FEELINGS.
- They can enjoy and function in the midst of CHAOS and CONFUSION.
- They are CHILDLIKE. (They enjoy fantasy and play.)
- They are SELF-REFERRAL.
- They are not rigidly attached to any POINT OF VIEW.



## ..... *OBJECT-REFERRAL/ SELF-REFERRAL* .....

### **A person who is object-referral:**

1. Refers to objects to seek his identity, and
  2. Evaluates, understands, and tries to know himself through the eyes of others.
- The characteristic ingredient of object-referral is conditioned response and conditioned thinking.

### **A person who is self-referral:**

1. Feels wonderful all the time regardless of the situation, circumstance, or environment he or she is in, and
2. Has no urge to prove this to anyone.

This may also be called the state of bliss.

The characteristic ingredient of self-referral is the value of silent witnessing.

## *FULFILLMENT OF DESIRES* .....

### **The secret to the ability to fulfill any desire is to know oneself as the field.**

To know oneself as the field, relinquish your needs to

- a) judge
- b) rationalize
- c) defend

2. Transcend regularly and *be* the field of all possibilities.

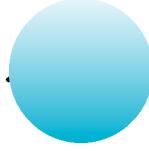
Fulfillment of desire requires that we first *be* and then simply have the notion (the idea, the desire).

### **That's all!**

This is the mechanics of creation.

### Upanishads:

“Pure being thinking to itself may I become many,  
became many; thinking to itself may I become the waters,  
became the waters; may I become the galaxies, became the galaxies;  
may I become the mountains, became the mountains.”



## QUALITIES OF PURE CONSCIOUSNESS

### A ll Possibilities

Freedom  
Unboundedness  
Self-Sufficiency  
Bliss  
Integrating  
Self-Referral  
Invincibility  
Perfect Balance  
Fully Awake Within Itself  
Total Potential of Natural Law  
Simplicity  
Unmanifest  
Harmonizing  
Infinite Correlation  
Infinite Dynamism  
Infinite Silence  
Pure Knowledge  
Infinite Organizing Power  
Perfect Orderliness  
Infinite Creativity  
Purifying  
Evolutionary  
Nourishing  
Immortality

Ijournal

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