

# Mind Quiz

Take this quiz to discover your mind's most dominant qualities. Don't worry if it's not all *sattva* (balance)! The journey from *tamas* (inertia) to *rajas* (agitation) to *sattva* is ongoing. It's fun to re-take this quiz periodically to see how you're progressing. All the practices in *The Ayurveda Way* build your natural *sattva*.

## QUESTIONS

## ANSWERS

### 1. WHAT DO YOU EAT?

- a) I eat mostly fresh, light, easily digestible foods
- b) I eat a big variety of food and lots of spicy foods
- c) I eat a lot of meat, fast food, and leftovers; I constantly crave food

### 2. HOW EASILY DO YOU FORGIVE OTHERS?

- a) I forgive others easily and completely
- b) I forgive others with a lot of effort; I often plan revenge
- c) I hold onto grudges

### 3. HOW'S YOUR SLEEP?

- a) I sleep soundly and awaken refreshed
- b) I have disturbed and interrupted sleep
- c) I sleep deeply and never want to awaken

### 4. HOW DO YOU SPEAK?

- a) I speak clearly, calmly, firmly
- b) I get excited, passionate, argumentative
- c) I have a hard time expressing myself

### 5. WHAT'S YOUR DAY USUALLY LIKE?

- a) I am creative, productive, pace myself well, and try to help others
- b) I am passionate, competitive, and feel very driven
- c) I procrastinate a lot and have trouble getting things done

### WHICH CATEGORY DOES YOUR MIND MOSTLY FALL INTO?

- Mostly **a** answers: **sattva (balance)**
- Mostly **b** answers: **rajas (agitation)**
- Mostly **c** answers: **tamas (inertia)**

See pages 113–114 in *The Ayurveda Way* for more information about each quality.

# Calm your mind with buzzing bee breathing exercise.

The buzzing bee breathing exercise is a powerful medicine for your body and mind. It calms restlessness, frustration, and anxiety. It gives your nervous system more strength and stability. Buzzing bee connects you to your true, peaceful nature, giving you immediate confidence while dissolving pessimism.

It decreases mental reactivity and leads to increased balance and optimism.

It's my go-to breathing exercise. I practice it each morning and have taught it to many students and clients, who always immediately feel its positive, powerful impact and experience more creative work and study.

## How to Do the Buzzing Bee Breathing Exercise

Practice this in the morning, at night (to help you sleep better), or anytime your mind feels anxious or stressed in any other way. Enjoy buzzing your stress, anxiety, and frustration away!

1. Sit comfortably, with your back straight.
2. Bring your thumb and index finger of each hand together in the knowledge *mudra* (hand gesture). (See the photo on page 89 of *The Ayurveda Way*.) Keep your eyes closed and breathe slowly. This itself will calm your mind.
3. Relax your hands from the knowledge *mudra*. Close your ears with your thumbs.
4. Place your second and third fingers gently over your eyes, with index fingers on your forehead or eyebrows. Keep your mouth closed. Inhale deeply.
5. Slowly exhale through your nose, making a humming or buzzing sound with your throat (it'll sound like MMMMMM). This makes one round.
6. Do two more rounds, repeating steps 2 through 5 each time. As you gain more familiarity with the practice, gradually increase to 10 to 30 repetitions. Stop any time if you feel dizzy or very light-headed.

