

Swasthya - The Physical Body

Ojas Assessment Form of Physical and Emotional Health, Energy and Vitality

If you have had a chance to watch the short "The Physical Body" video then you will know why robust levels of Ojas are so essential for cultivating high levels of physical and emotional wellbeing. It is also essential for living with higher levels of Swasthya and contentment, enhanced immunity and reduced disease risk factors.

In this section of this series we will be discussing a wide variety of techniques for building robust levels of Ojas in our "physical body" to support optimal Swasthya and contentment. But before doing so, it is helpful to get a sense of your pre-existing levels of Ojas and the following assessment form can help with this. Please answer the questions as intuitively as possible without too much deliberation; your instinctive answers are most likely to be the correct ones.

And please don't worry if your scores come out low; all of us have the ability to cultivate robust levels of Ojas irrespective of where we are starting from. For example, we have seen post-chemotherapy patients who have virtually non-existent levels of Ojas go on to successfully build incredibly strong Ojas in a few short months.



	Strongly disagree	Mostly disagree	Middle Ground	Mostly Agree	Strongly Agree
I am happy and enthusiastic	0	1	2	3	4
I regularly express my creativity	0	1	2	3	4
My closest relationships are nourishing for me	0	1	2	3	4
I can openly communicate my feelings and needs to my family and friends	0	1	2	3	4
I have people in my life whom I regularly tell I love	0	1	2	3	4
I have people in my life whom I regularly physically touch, either in an intimate or non-intimate manner	0	1	2	3	4
There is no one in my life that I consider an enemy	0	1	2	3	4
My appetite and digestion are strong	0	1	2	3	4
I have a healthy daily bowel movement	0	1	2	3	4
I fall asleep effortlessly and sleep soundly, obtaining 7-8 hours of sleep a night	0	1	2	3	4
My body is free from any aches, pains or symptoms	0	1	2	3	4
I have ample energy and stamina to achieve my goals and tasks each day	0	1	2	3	4
I feel blessed and happy to be alive	0	1	2	3	4
Anxiety, stress and/or depression are rare experiences for me	0	1	2	3	4
I genuinely like the person I am	0	1	2	3	4
I feel comfortable both on my own and in the company of others	0	1	2	3	4
I experience the magic and mystery of life on a regular basis	0	1	2	3	4
Each morning I wake feeling rested and happy to start the day	0	1	2	3	4
I believe there is something to be learnt from every experience	0	1	2	3	4
When it comes to making decisions, I am clear and confident in the choice I make	0	1	2	3	4
My immune system is strong and robust and I rarely get sick	0	1	2	3	4
My overall level of health is strong, stable and consistent	0	1	2	3	4
I feel a sense of connectedness with the people and natural world around me	0	1	2	3	4
My skin is clear, radiant and smooth	0	1	2	3	4
I regularly feel peaceful, safe and relaxed	0	1	2	3	4
Total score for each column					

TOTAL SCORE OVERALL _____

Scoring:

- **90 Points or More:** Your levels of Ojas, health, Swasthya and contentment are exceptional and you experience abundant levels of physical and emotional health on a daily basis.
- **75-90 Points:** Your levels of Ojas, health, Swasthya and contentment are excellent but can be subtly tweaked to experience further gains.
- **50-75 Points:** Your levels of Ojas, health, Swasthya and contentment are good but you can probably remember a time when you felt healthier, happier and more vital than you do currently.
- **25-50 Points:** In this category you may routinely feel overwhelmed in life with quite a lot of stress and anxiety and sub-optimal levels of energy and vitality. You may feel a distinct sense of imbalance and worry whether you will ever feel like your old self-again.
- **25 Points or Fewer:** You are most likely struggling on a daily basis with life and feel mentally and physically drained and exhausted; but please hold on – you have the ability to bounce back and regain heightened levels of health and vitality.

If your score in this Ojas assessment is good, then by adding in a variety of the Ojas boosting approaches we will be discussing in the “Physical Body” section of this series, you will have the capacity to further enhance your levels of Ojas, vitality and energy.

If your score was slightly lower, please don't fret or worry about this; by gently integrating the approaches we will be discussing over this series, and with the support and resources available in the Ayurvedic Mentor in general, you will have the capacity to significantly increase your scores and through doing so experience a discernible improvement in the levels of energy and vitality you are experiencing.

