

Our Imbalances and Dominant Energy Patterns

As we mentioned earlier our energy patterns can be manifested in the matter field as psychophysiologic characteristics. The Chopra Mindbody Questionnaire can help us with identifying our dominant energy patterns, if we have had no obvious dis-ease.

If we have experienced an obvious dis-ease, then this questionnaire can help with primary energy pattern identification. So let's now identify who we are from an energy perspective by visiting a diagnostic home with labeled rooms. We will do this by taking a test which no one can fail and can even change our choices as we go along with the process. There is nothing wrong in going back in a couple of weeks and rethinking some of our responses. When we visit a room we may find that there are responses in other rooms that also fit us. Also for clarification use the Chopra Mindbody Questionnaire that will also bring light on what is the best choice of nutritional guidelines.

So begin by answering the starter questions and then go to the establishing whether you should be in the Green Room or the Red Room. People in the Green Room are PV and need some cooling. The rest of us are in the Red Room and need some heat on occasion.

Answer these questions for starters

- If you have or had skin rashes or skin problems
- If you have or had acid indigestion, diarrhea, and/or hemorrhoids ...
- If you have or had irritable bowel syndrome ...
- If your scalp hair is thinning...
- If you have or had red eyes or eye problems ...
- If you have or had nonbacterial cystitis stone disease or prostatitis ...
- If you have or had nonbacterial inflammation of an organ in the mindbody such as hepatitis, pneumonitis, pericarditis arthritis, gastritis, colitis, cholecystitis, conjunctivitis, dermatitis, that is any -itis in the body
- If your baby is colicky and you are breast-feeding ...
- If your appetite is so strong that you will eat cardboard when hungry ...

If you have none of the above, visit the Violet Room; otherwise, go to the Red or Green Rooms

Green Room (PV/VP)

Add up your symptoms

Do you have or have you had....	
chronic fatigue syndrome	1
a feeling of being hot waking up hot even though temperature is normal...	1
a strong appetite at times impatient waiting for food...	1
trouble sticking to one thing for a period of time...	1
easy frustration with people or situations...	1
intermittent bouts of hiccups	1
diarrhea intermittently...	1
dry flaky skin ...	1
problems with constipation ...	1
a nervous system disorder ...	1
fainting or dizziness...	1
poor concentration and attention	1
to move all the time and cannot sit still...	1
trouble gaining weight or thin....	1
rotten egg odorous flatulence...	1
trouble sleeping because of mental activity.....	1
an appetite that is variable and you get full quickly...	1
excess gas belching and bloating after eating...	1
slender hands and wrists...	1

If your total is more than the Red or Gray Rooms then the Green room nutritional information is for you Go to the kitchen

Red Room(KP/PK)

Add up your symptoms

Do you have or had....	
trouble losing weight or are overweight	1
nasal congestion bronchitis or asthma	1
a productive cough...	1
diabetes insulin dependent or not	1
a feeling of tiredness and have difficulty getting motivated particularly during the wintertime ...	1
swollen painful joints	1
thick hands and wrists...	1
an altered taste sensation in the mouth; that is salty taste even though you have not taken salt....	1

oral gum disease...	1
to eat even when not hungry...	1
a feeling of heaviness and tiredness after eating	1

If your total is more than the Green or Gray Rooms then Red Room nutritional information is for you Go to the kitchen

If these symptoms do not apply to you go to the Red Room

Violet Room(KV/VK)

Add up your symptoms

Do you have.....	
poor tolerance of cold wet weather...	1
sinus congestion...	1
varicose veins...	1
asthma or bronchitis...	1

???

If your total is more than the Red or Green Rooms then the Violet Room nutritional information is for you Go to the kitchen

If these symptoms do not apply to you go to the Red or Green Rooms