

VIBRANT VATA

While Vata types are sometimes teased for being “spacey” or overly sensitive, when they are in balance, Vatas are extraordinarily creative and open to the gifts of nature, intuition, compassion, laughter, and love.

Vata is the principle behind all movement and the force that generates thought. Blessed with a quick mind, and bubbling with new ideas and creativity. You learn and grasp new information quickly. You’re able to see connections that others may miss, and your unique perspective allows you to be innovative and imaginative. You have a deep capacity to get completely absorbed in the moment and the expression of your creativity, letting go of the constraints of time.

Your Vata nature gives you an enthusiasm for life. This enthusiasm naturally draws others to you. You enjoy laughing freely and are a lively, witty conversationalist. You’re friendly and open to new experiences and different perspectives, easily making friends with people of all ages and backgrounds.

Vatas tend to be emotionally sensitive and empathic.

You easily pick up on energetic vibes and can feel whether someone's words are aligned with their true feelings and intentions. This capacity can be extremely valuable in both your work and personal relationships. Your sensitivity may seem challenging at times, yet it is a magnificent gift. You can protect your sensitivity by practicing good self-care and setting clear boundaries around people and situations that drain your energy.

Vatas may also be sensitive to sound and touch.

Most Vatas enjoy a deep appreciation for music and the sounds of nature. This capacity for sensory pleasure can be a deep source of joy for you.

Vatas are quick to feel, express, and let go of emotions.

In the face of conflict, you seldom lash out at people or become vindictive; instead, you sincerely seek to find peaceful resolutions.

Vata's spontaneity and playful spirit keep life fresh. You love change, thrive on new experiences, and are willing to leap into the unknown, which is the field of all possibilities.

PASSIONATE PITTA

Pitta represents energy, heat, or fire—and it gives rise to many powerful qualities in your body and mind. Although Pittas are sometimes teased for being “hot-headed” or domineering, when they are in balance, Pittas are compassionate, enterprising souls with the courage to follow through on their dreams.

Pittas are determined, passionate, and enterprising.

They usually possess strong wills, and they tend to make good leaders. In the face of challenges, Pittas take charge and inspire others with their vision and energy. They perform well under pressure and are bold and decisive.

Many successful entrepreneurs, political and organizational leaders, dedicated research scientists, and top athletes have strong, fiery Pitta natures.

Pittas know how to get things done. With your Pitta nature, you excel in setting big goals and persevering until you achieve mastery. The fire of Pitta provides the energy to manifest your intentions and desires.

You thrive on challenges and can transform even difficult situations into successes. You may be a trailblazer, using your energy and passion to pioneer new fields.

Pittas have a sharp intellect and strong powers of concentration. You absorb new concepts quickly and have a good memory. You are likely to be organized, punctual, and precise, and you will thrive in fields that require close attention to detail.

Pittas are warm and loving friends. People are drawn to your natural joyful energy and sense of fun and adventure. You have a witty sense of humor and love engaging in passionate conversations and debates.

Pittas are articulate, bold, and direct. You're able to set clear boundaries and avoid the pitfalls of people-pleasing and waffling. Pittas are often excellent public speakers and teachers who are able to illuminate ideas for others.

Pittas have an abundance of energy. They also enjoy the gift of sleeping soundly. As long as you stay in balance, your digestion will be strong, allowing you to metabolize what you eat and learn.

KIND-HEARTED KAPHAS

As someone with a predominance of the Kapha dosha in your mind-body constitution, you possess many wonderful qualities that arise from the combination of the earth and water elements that comprise Kapha. While sometimes Kapha types are teased for being “too slow” or set in their ways, when they’re in balance, Kaphas are extraordinarily kind, accepting, and strong. It's been said that Kaphas are blessed with a slow metabolism and longevity.

Kaphas possess the stability and nurturing nature of earth and water. You are patient, calm, and grounded, yet capable of skillful action and response. You have an inherent desire to help others, and people are drawn to your sweet and loving temperament.

Kaphas are loyal and devoted friends. As a Kapha, you also tend to be close to your family, loved ones, and community. You bring a stabilizing influence into relationships. You’re considerate of other people’s feelings and needs and are accepting and non-judgmental. Your motto is “live and let live.”

Kaphas easily express their love, appreciation, and affection and are rarely critical or negative.

Kaphas are detail oriented. In your work and daily activities, you're steady and methodical without being obsessive. You put careful consideration into everything you do without rushing, getting anxious about the results, or snapping at others when things don't go your way. You take delays and setbacks in stride; if your flight is late, you don't lash out at the ticket agent—you take advantage of the extra time to enjoy a good book. As a result of your natural equanimity, you tend to enjoy excellent health and avoid the common illnesses caused by chronic stress.

Kapha types have steady minds. While you may take your time in grasping new information, you have strong and retentive memory. Once you master a concept, you never forget it.

Kaphas communicate consciously and wisely. With your Kapha nature, you are less vocal than Vatas and Pittas, speaking only when you have something important to say. When you do speak, people pay attention and value your contribution. You're also a good listener and genuinely care about the feelings and perspectives of others.

Kaphas have great stamina. You sleep soundly and enjoy a reservoir of steady energy. You are graceful in your movements and are likely to have beautiful, shining eyes and a lustrous complexion. You also will tend to have a strong immune system, good muscle tone, and consistent good health

