

MESSAGE FROM SCHOLASTICA KIMARYO

Good Day, Esteemed Fellows.

1. Reference is hereby made to the above subject.
2. It will be recalled that after today's one-day Session On Wellness and Leadership Competence, a number of Fellows, Colleagues stayed behind for one-on-one, bilateral consultations with me regarding the outcomes of their Mind Body Type Questionnaires/Dosha Quiz results and how to interpret them.
3. These Consultations went on right into Dinner, until my last Client and I were the last to leave the Restaurant just before they closed Shop for the night. Such was the keen interest.
4. During these consultations, it became clear that one tool that each Fellow needed for these consultations was a Personal copy of the Summary Characteristics for the Vata, Pitta, Kapha Doshas, on which each Fellow can identify and tick off the characteristics relevant to them, thereby customising the information contained therein in order to surmise their individually specific Mind Body Characteristic; without which the Fellows are left without concrete recollection and thus a basis for personal follow-up Action in addressing the Mind Body imbalances which were highlighted from page 2 to 5 (Vikruti/Current Mind Body scores), as well as to clearly understand How to interpret the scores on page 1 (Prakruti/Natural Mind Body Type at conception).
5. The purpose of this note, therefore, is to hereby transmit the attached Summary Characteristics of Vata, Pitta, Kapha. I do sincerely regret and thus apologise for the delay in making sure this document reaches you.
6. The best Action for you to take at this point in time is to first print out the three page document:
 - 6.1 Then, starting with page one/Prakruti on the Mind Body Type Questionnaire, rank your Vata Pitta Kapha scores according to which is the highest,
 - 6.2 Next, consult the attached, 3-page Summary Characteristics, identify which of these are True for you and place a tick against each. Do this for each of the Vata Pitta Kapha characteristics in order to know all the characteristics which relate to you,
 - 6.3 Do examine this list carefully, recognising that this is the essence of you, the gifts, attributes, strengths which you inherited from your Parents at conception.

6.4 Then sit back and ask yourself: “to what extent am I living my life by making optimum use of my natural attributes, strengths? Do yourself a favour by identifying Any/All the attributes which you have Not been putting to good use in your day to day transactions for whatever reason. Then, decide How you can enrich your life by embracing those strengths which you have not been engaging for whatever reason.

6.5 Next step, turn to the bottom of page 5 of your Mind Body Type Questionnaire. Take note of which Mind Scores are highest and rank them accordingly. Then look at the 3rd Column of the attached Summary Characteristics for Vata Pitta Kapha. This list gives you an idea about How and Why you may be feeling either anxious, insomnia (Vata imbalance, angry, irritable (Pitta imbalance) and/or dull, withdrawn, etc (Kapha imbalance).

6.6 Once you understand what the feedback on your page 2 to 5 scores are telling you, you should then examine which questions on Pages 2 to 5 you scored a 5 in and start applying the formula which I shared with you for dealing with all questions against which you scored a 5.

(a) Make an effort to utilise a Personal Journal as the place where you write down one question at a time, identify What has caused you to answer any of these questions with a 5.

(b) ask yourself What Trigger has been prominent in the past few days, weeks, months, in making you feel stressed out. Write this down on a Matrix in your Journal,

(c) then decide and write down your Course of Action plus Time Lines by which date you wish to have accomplished doing the Personal Work required for your Mind Body to return into wholeness, balance.

(d) do this for every question which you scored with a 5. As you do the work, which includes Meditation, Yoga, your favourite Music, Massage, exercise, eating healthy food, sleeping by 10:00 p.m, regularly, etc...

(c) You will notice that doing this exercise every evening, you will help your Mind Body to detox, release harmful issues from your tissues. As you keep doing this exercise, you will be releasing, Unleashing your highest potential: Mind Body Spirit!!!

7. Lastly, always remember:
Your Life Is Your Garden,
Your Thoughts Are Your Seeds,
If Your Life is Not Awesome,
You Have Been Watering the Weeds!!!

8. Let today be the first day of the best of your life !!!