

Ama-Ojas Survey

Identify your levels of essential life energy (or ojas), and your accumulated toxins (or ama).

Instructions

1. Select the checkmark next to each statement you identify with.
2. Add the number of checkmarks for each column and write the total in the space provided.

Ojas

- ☐ I feel rested when I wake up in the morning.
- ☐ My skin has a healthy glow (without being too flushed).
- ☐ My tongue is clear and without a film coating it when I wake up in the morning.
- ☐ I can move my body easily without feeling weighted down.
- ☐ I feel centered throughout the day.
- ☐ I rarely (or never) experience bloating, gas, or heartburn after eating.
- ☐ I generally feel energetic and enthusiastic.
- ☐ My mind is clear and alert.
- ☐ My sweat has a pleasant smell.
- ☐ I rarely get sick.

= Ojas total

Ama

- ☐ There is a thick layer on my tongue that I can scrape off when I wake up in the morning.
- ☐ My breath is sour or unpleasant.
- ☐ I have a low appetite.
- ☐ I have a delicate digestion.
- ☐ I experience sluggish or irritable elimination.
- ☐ I experience generalized pain in my body.
- ☐ I often feel fatigued.
- ☐ I experience symptoms of depression.
- ☐ I frequently get sick.
- ☐ I have difficulty manifesting my intentions.

= Ama total

If your **Ama** score is higher than your Ojas score, you may be experiencing accumulated toxins. Don't worry—this course will help you find ways to reduce Ama. If your **Ojas** score is higher, you're likely enjoying a good state of health and balance. With a few minor changes, you can experience even greater health and happiness.