

Create a Business That Never Burns You Out
with Energy Attuned Earning



Namaste



I'm Ompreneur Founder Rebecca Prien (Rama Devi). I mentor solo business owners in The Yoga of Entrepreneurship, a radical path of business as tantric spiritual practice.

You can earn in your business with joy and ease. When you design it that way. Consciously, intentionally and according to your Innate Constitution, or Dosha.

According to Yoga's sister science Ayurveda (the oldest system of health in the world), your Dosha is a biological energy force, made up of particular combinations of the 5 elements and possessing certain, inextricable qualities. Your Dosha is your sacred biology and chemistry. Harmonize with it and you harmonize with the entire universe.

Harmonize your business with your Dosha, and you will experience more joy, more ease and more freedom. You will also (I dare say) earn more income.





How to Use this Guide

1. Take the Dosha (Innate Constitution) Quiz.
2. Find your Dosha to learn about:
 - Your Motto
 - Your Positive & Negative Attributes
 - Your Key to Balance & Harmony
 - Your Style of Focus
 - Your Energy & Endurance Cycle
 - Your Harmonic Business Model & Offer Structure
3. Listen to Create A Business that Never Burns You Out with Energy-Attuned Earning.

Take the Dosha (Innate Constitution) Quiz

For each set of statements, choose the statement that best describes you for most of your life. If two statements equally describe you (and you did not instinctually lean toward one immediately) choose both.

Vata	Pitta	Kapha
<input type="checkbox"/> very short or very tall	<input type="checkbox"/> around average height	<input type="checkbox"/> short & stocky or tall & brawny
<input type="checkbox"/> thin difficulty putting on weight	<input type="checkbox"/> average weight no problem gaining or losing	<input type="checkbox"/> heavy difficulty losing weight
<input type="checkbox"/> delicate bone structure narrow hips & shoulders	<input type="checkbox"/> average bone structure average hips & shoulders	<input type="checkbox"/> large bone structure big hips or broad shoulders

Vata	Pitta	Kapha
 very short or very tall	 around average height	 short & stocky or tall & brawny
 thin difficulty putting on weight	 average weight no problem gaining or losing	 heavy difficulty losing weight
 delicate bone structure narrow hips & shoulders	 average bone structure average hips & shoulders	 large bone structure big hips or broad shoulders
 prominent joints knobby, dry	 average, well proportioned joints	 large joints well-lubricated

<input type="checkbox"/> prominent joints knobby, dry	<input type="checkbox"/> average, well proportioned joints	<input type="checkbox"/> large joints well-lubricated
<input type="checkbox"/> dry, cool skin dark skin for your race	<input type="checkbox"/> soft, warm skin fair skin for your race many freckles or moles	<input type="checkbox"/> oily, cold skin pale for your race
<input type="checkbox"/> thin, dark, coarse (kinky or curly) hair	<input type="checkbox"/> fine, soft, fair or red hair	<input type="checkbox"/> thick, wavy, lustrous brown hair
<input type="checkbox"/> long, angular face	<input type="checkbox"/> heart-shaped face	<input type="checkbox"/> large, round, full face
<input type="checkbox"/> small, narrow or sunken eyes dark brown or gray	<input type="checkbox"/> average sized eyes light blue, gray or hazel	<input type="checkbox"/> large, prominent, white eyes blue or light brown

<p style="text-align: center;"></p> <p style="text-align: center;">irregular or crooked teeth receding gums</p>	<p style="text-align: center;"></p> <p style="text-align: center;">medium-sized teeth yellowish</p>	<p style="text-align: center;"></p> <p style="text-align: center;">big, white teeth strong healthy gums</p>
<p style="text-align: center;"></p> <p style="text-align: center;">thin, dry lips</p>	<p style="text-align: center;"></p> <p style="text-align: center;">average lips</p>	<p style="text-align: center;"></p> <p style="text-align: center;">full, moist lips</p>
<p style="text-align: center;"></p> <p style="text-align: center;">sweat minimally</p>	<p style="text-align: center;"></p> <p style="text-align: center;">sweat heavily strong sour smell</p>	<p style="text-align: center;"></p> <p style="text-align: center;">sweat moderately even without exercising</p>
<p style="text-align: center;"></p> <p style="text-align: center;">crave warmth & humidity</p>	<p style="text-align: center;"></p> <p style="text-align: center;">crave coolness</p>	<p style="text-align: center;"></p> <p style="text-align: center;">dislike cold</p>

 light, irregular sleep prone to insomnia	 sound, short sleep fall asleep quickly	 deep sleep like plenty of it
 dry, irregular elimination prone to constipation	 regular, loose elimination "goes right through me"	 slow, heavy elimination plentiful
 expend energy quickly get depleted	 manage energy well	 great stamina slow to get started
 do multiple things at once fidget when stationary	 moderate amount of activity intense activity level	 low level of activity lackadaisical

<input type="checkbox"/> talk quickly	<input type="checkbox"/> sharp, clear, precise speech	<input type="checkbox"/> talk slowly
<input type="checkbox"/> learn quickly	<input type="checkbox"/> learn at moderate rate	<input type="checkbox"/> learn slowly
<input type="checkbox"/> short-term retention of learning	<input type="checkbox"/> medium-term retention of learning	<input type="checkbox"/> long-term retention of learning
<input type="checkbox"/> quick, restless mind	<input type="checkbox"/> sharp intellect, aggressive	<input type="checkbox"/> calm, steady mind
<input type="checkbox"/> stress causes anxiety	<input type="checkbox"/> stress causes anger, denial	<input type="checkbox"/> stress causes depression

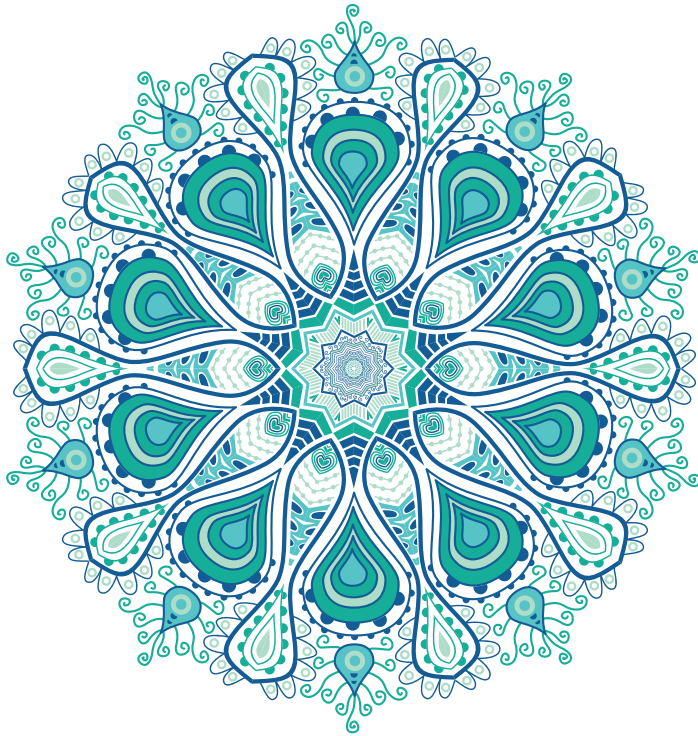
<input type="checkbox"/> timid	<input type="checkbox"/> outwardly confidence	<input type="checkbox"/> inwardly confident
<input type="checkbox"/> spend quickly don't save	<input type="checkbox"/> big spender save some	<input type="checkbox"/> save regularly accumulate wealth
<input type="checkbox"/> dislike competition	<input type="checkbox"/> fierce competitor	<input type="checkbox"/> deal easily with competition
Total _____	Total _____	Total _____
Vata	Pitta	Kapha

Total the number of statements you've chosen from each column. The column with the highest number indicates your predominant Dosha, or Innate Constitution.

*The Dosha (Innate Constitution) Quiz is adapted and compiled from the work of Judith H. Morrison in [The Book of Ayurveda](#) and John Douillard at www.lifespa.com.

Vata (Air)

Creativity



Your Motto: Change. Change. Change.

Your Positive Attributes: Clarity. Intuition. Adaptivity.

Your Negative Attributes: Fear. Confusion. Spaciness.

Your Style of Focus: Various. Flexible.

Your Energy & Endurance Cycle: Short.

Your Key to Balance & Harmony: Routine.

Your Harmonic Business Model:

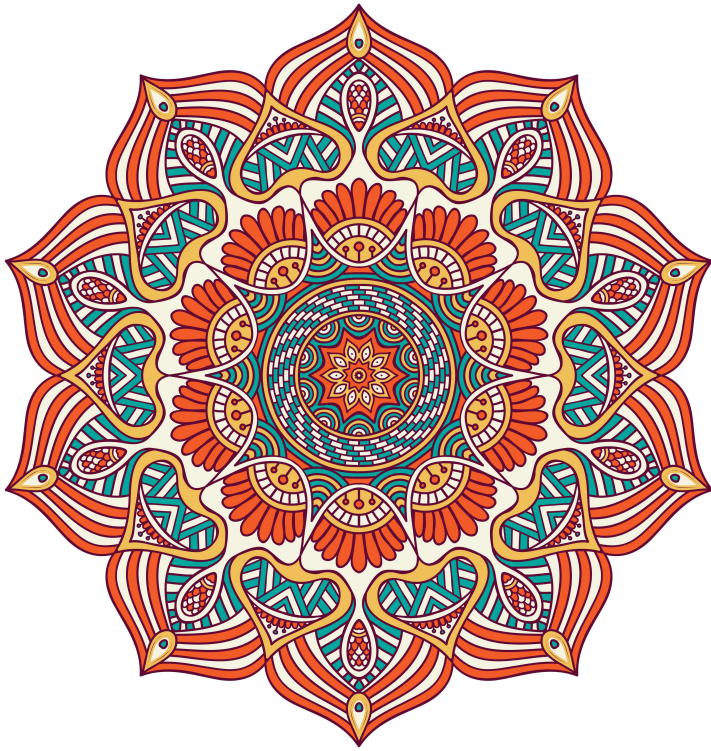
Recurring. Multiple Streams.

Your Harmonic Offer Structure:

Long-term. Flexible. Exploration-oriented.

Pitta (Fire)

Transformation



Your Motto: Burn. Burn. Burn.

Your Positive Attributes:

Discrimination. Enthusiasm. Vitality.

Your Negative Attributes: Anger. Neglect. Criticism.

Your Style of Focus: Intense. Periodic.

Your Energy & Endurance Cycle: Medium.

Your Key to Balance & Harmony: Balance.

Your Harmonic Business Model:

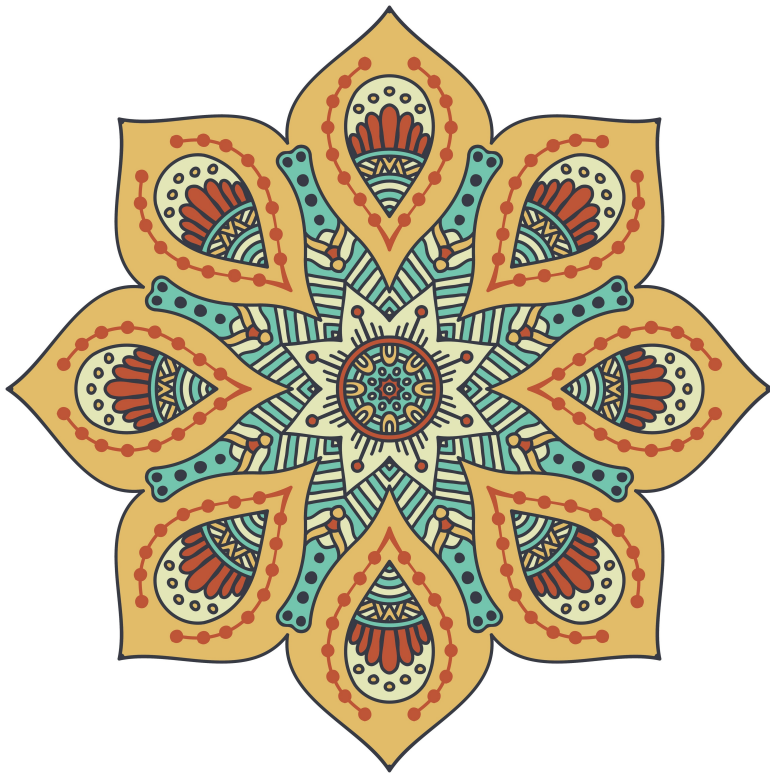
Periodic Launches. Pyramid of Streams.

Your Harmonic Offer Structure:

Medium-term. Intense. Results-oriented.

Kapha (Earth)

Structure



Your Motto: Steady Now.

Your Positive Attributes:

Nurturance. Consistency. Devotion.

Your Negative Attributes:

Attachment. Depression. Lack of Communication.

Your Style of Focus: Singular. Fixed.

Your Energy & Endurance Cycle: Long.

Your Key to Balance & Harmony: Stimulation.

Your Harmonic Business Model:

Periodic Launches. Consecutive Streams.

Your Harmonic Offer Structure:

Short- to Mid-term. Rhythmic. Nurturance-Oriented.