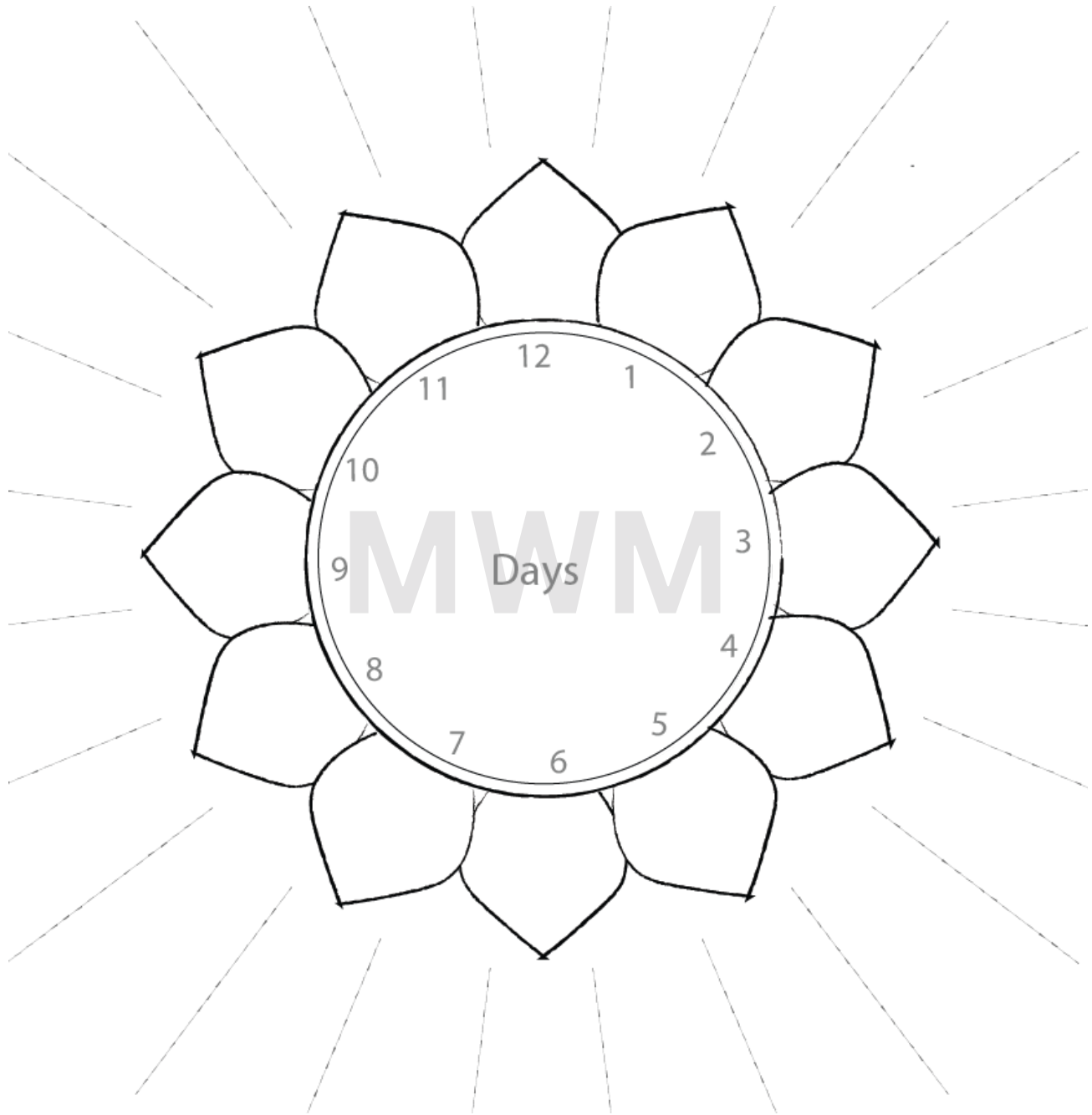














MWM ANALYTICAL TOOL

Get your colours pens/pencils ready and color your emotions



Legend: Emotions (rasas) and colours representing each rasa.

 Love <i>Śṃgāra rasa</i>	 Laughter <i>Hāsya rasa</i>	 Compassion <i>Karunā rasa</i>	Record your emotions (rasas) experienced by colouring each lotus petal after completing your My Wellness Mantra daily activity. 
 Furious <i>Raudra rasa</i>	 Valour <i>Vīra rasa</i>	 Terror <i>Bhayānaka rasa</i>	
 Unpleasant <i>Bībhatsya rasa</i>	 Wonder <i>Adbhuta rasa</i>	 Peaceful <i>Śāntā rasa</i>	



MWM ANALYTICAL TOOL

How to use the My Wellness Mantra journal?

Step 1: Record your emotions (rasas) experienced by colouring each lotus petal after completing your My Wellness Mantra daily activities. The colours for each emotion (rasas) are given in the legend. Please identify the emotion closest. For the emotion of laughter, the recommended colour is white. However, since you cannot colour white on white paper, please at least mark a smiley face to record the emotion and not forget.

Step 2: Start from day one and continue every day till day 12. If you miss a day or cannot fill the petal, please cross the petal.

Step 3: Write the trigger point for the emotions you have experienced within the dotted lines next to the petal you have coloured. Don't worry; leave it blank if you cannot identify trigger points.

Step 4: Complete this journal for two weeks, file it, or take a picture with your phone and share it on our Facebook page with your experiences.

Step 5: Start a new journal.

Step 6: Once you have six recorded journals (three months), you can start analysing the relationship between the trigger points and emotions. Read more on our website about how to interpret the journals.

Required Stationary?

1. Print the journal. We recommend at least six copies. You can get prints at Staples or any local print shop. Page size is US Letter.

2. You will require basic stationery, such as colour markers (sharpie non-permanent) or pencils or crayons. Please try and find colours that match or are closest to the ones in the legend. For example, green is the colour of love emotion (rasa). You can choose any shade of green, which can be different from the one in the legend.

3. Colours required: Green, Red, Blue, White, Brown, Yellow, Gray, Black and Pink.

