



Aware Of Awake

Mind Your Body Centers



BCC and Elemental Awareness Quiz

A Guide for Students of Mind Your Body Centers

LEGAL DISCLAIMER: Mind Your Body Centers and its staff are not doctors or licensed healthcare providers. We specialize in meditation and "Awake Mind-Body Balance" through dedicated meditation practices. This checklist is an educational tool for your personal knowledge. Always consult with a licensed medical professional before making any changes to your diet, exercise, or medical treatment.

A. Track Your Elements

1. ☐ Anxiety Control & Stress Reduction
2. ☐ Physical Flexibility & Postural Alignment
3. ☐ Cardiovascular Health & Strength Training
4. ☐ Body Detoxing & Nutritional Cleansing
5. ☐ Deepening Meditation & Mind-Body Connection
6. ☐ Lifestyle Coaching & Habit Transformation

B. "MIND-BODY" BASELINE

1. Quality of Sleep: ____ / 10
2. Daily Energy Levels: ____ / 10
3. Ability to Manage Stress: ____ / 10
4. Digestive Comfort: ____ / 10
5. Mental Clarity/Focus: ____ / 10

C. LIFESTYLE & STRESS TRIGGERS

1. Workload/Stress: On an average day, how would you describe your stress level? ☐ Manageable ☐ High (Constant) ☐ Burnout/Exhaustion
2. Physical Activity: How many hours a week do you currently engage in physical exercise? _____
3. Dietary Habits: Are you currently following any specific diet (e.g., Alkaline-heavy, Keto, Vegan)?

D. Brain Cognitive Congestion (BCC) 10 Quiz

1. If you find yourself repeatedly asking for refunds or complaining about services that were clearly described, which elemental imbalance is likely occurring?

A. Kapha (Earth/Water) – Stability and Peace
B. Elemental Harmony
C. Vata (Air/Space) – Creativity and Flow
D. Pitta (Fire/Water) – Aggression and Entitlement
Hint: Think about which element represents heat, intensity, and goal-oriented frustration.
2. What is the primary characteristic of 'Brain Cognitive Congestion' (BCC) in a modern digital environment?

A. Improved ability to multitask and process data
B. Deep connection to the 5 elements of nature
C. Heightened physical awareness of micro-organs
D. A 'Buffet' mindset where one expects instant, effortless gratification
Consider how an 'instant delivery' culture affects how we view effort and time.
3. A person who wants high-end custom designs but refuses to pay for professional blueprints is likely suffering from a lack of which element?

A. Earth – Grounding and respect for foundations
B. Water – Emotional fluidity
C. Fire – Motivation to start
D. Air – Space for new ideas
This element represents the physical structure, blueprints, and the 'grit' of construction.
4. When your 'inner cellulite' and skin send negative signals due to BCC, where are you likely spending most of your time?

A. Engaging in mind-body movement sessions
B. In a forest or near natural water sources
C. Inside an 'invisible prison' of phones, computers, or offices
D. Participating in communal gardening
Think about the 'invisible prison cell' mentioned in the text.

5. Which body type is most likely to experience 'Anxiety and Comparison' when they fall into the BCC trap?

- A. Athletic Types
- B. Mesomorphs
- C. Endomorphs
- D. Ectomorphs (Vata)

Which type is described as 'long and lean' with a mind that 'thinks outside the box' but distracts easily?

6. If you are feeling heavy, slow, and find it hard to leave the house to exercise, which elemental reset do you need?

- A. Fire – To burn off stagnation
- B. Space – To be still
- C. Water – To cool down
- D. More Earth – Grounding

Consider what element is needed to 'melt' coldness and 'move' heaviness.

7. The trend of wanting 'high-end custom crafted designs' built with 'cheap labor and home improvement store materials' is a symptom of:

- A. Balanced Vata energy
- B. Brain Cognitive Congestion (BCC)
- C. Economic efficiency
- D. Advanced technological planning

Think about the 'dilemma' mentioned in the text regarding renovation and design.

8. Why is the 5-Element Clock Reset important for someone who feels stuck in their phone or office?

- A. It helps them find better apps for relaxation
- B. It bypasses the body's negative signals
- C. It allows nature's elements to reach the inner cellular micro-organs
- D. It teaches you how to get faster refunds

Recall how BCC prevents nature from reaching your 'inner cellulite' and organs.

9. What is the first step toward overcoming the 'Invisible Prison' of BCC?

- A. Working longer hours in the office
- B. Recognizing the imbalance and seeking help to reconnect with nature
- C. Demanding free parts from manufacturers

D. Ordering more luxury items online

Consider the importance of awareness and the mind-body connection in healing.

10. Which elemental practice helps a 'Fire' (Pitta) personality stop seeing life as a series of complaints and refunds?

A. Engaging in high-intensity competitive sports

B. Practicing surrender and flow (Water)

C. Demanding faster service to save time

D. Spending more time in the midday sun

What element provides the cooling, liquid quality needed to balance out intense heat and friction?

Mind Your Body Centers *Specializing in Meditation & Awake Mind-Body Balance*

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