KRI LEVEL ONE AQUARIAN TEACHER PROGRAM

Take Home Final Examination

Sat Nam.

Answer each of the following questions to the best of your ability in ESSAY FORM. You may use any materials given to you during the course. However, as much as possible, use your own words to demonstrate clear, accurate, and thorough understanding of the material. You may use a maximum of 30 typewritten pages or 7500 words to complete the entire exam.

1. Explain how the technology of Kundalini Yoga can help mankind face the challenges of transition from the Piscean Age to the Aquarian age.

2. Imagine you have been asked to prepare a presentation to promote Kundalini Yoga classes in your area. Prepare your material and include the following topics:
   a. What yoga is; its purpose and benefits.
   b. What Kundalini Yoga is and the Kundalini Energy.
   c. How Kundalini Yoga compares to other types of yoga.

3. Explain the concept of the Golden Link and its importance to Kundalini Yoga. What mantra is used to connect with the Golden Link? How are Yogi Bhajan and Guru Ram Das related to the Golden Link?

4. How would explain to a new student what a mantra is and how it works? Prepare your answer based on your knowledge of the science of Naad and on the Shabd Guru. Then, list two Bij mantras and two Ashtang mantras and their effects.

5. Based on all you have learned through out this course, how would you help the following people? Include, but do not limit your answer to the following: A pranayam, a kriya and a meditation. You may also include a dietary suggestion.
   a. A woman in her 30’s with depression
   b. A senior in his 70’s with lower back and chronic fatigue problems.
   c. A business man with digestive and insomnia problems.

6. a. Write the "Oath of a Kundalini Yoga Teacher" and explain what it means to you.
   b. What are your key ethical responsibilities as a teacher of Kundalini Yoga in terms of your service to students as well as your personal conduct and roles?
   c. Define your relationship to the teachings and to the source of the teachings.
7. In the practice of Kundalini Yoga many asanas, bhandas and mudras are used.
   a. Define asana, bhanda and mudra.
   b. Choose three bhandas and mudras and explain the correct way of doing them and their effects.
   c. List five asanas and explain how to teach them correctly, their benefits and mistakes beginners often make in each. Also include alternative ways of performing them.

8. Kundalini Yoga classes have a specific structure and sequence that must be followed. Explain the correct sequence a teacher should follow and why it is critical not to omit or alter this sequence.

9. a. Explain meditation in your own words and include at least three of its benefits.
   b. List the points of concentration within the body that are used for meditation.
   c. Describe the following types of meditation and its benefits: walking, gong, tratakam, Venus kriyas, mala.

10. a. Define Sadhana and explain why this practice is essential for a yoga teacher.
    b. What is the difference between practicing Sadhana alone vs. in a group?
    c. Describe the relationship between sadhana, aradhana and prabupati.

11. Briefly explain the following concepts in terms of Yogic Philosophy
    a. G.O.D.
    b. Reincarnation
    c. Maya
    d. Karma
    e. Dharma
    f. Liberation

12. Where in the human body does the dormant Kundalini energy reside? How can this energy be awakened? Describe the path it takes in the body once awakened.

13. Create a chart which includes the following information about the eight chakras:
    a. Name and location in the body
    b. Organs/ nerves/ glands associated with it
    c. Characteristics of proper functioning
    d. Characteristics of mal functioning

14. Describe the purpose of the negative, positive and neutral minds. Why it is important for a yogi to develop a neutral mind?
15. Provide the following information first for the Respiratory System and then for the Endocrine System:
   a. organs/structures compose them
   b. basic functions
   c. Negative influences for the system
   d. Suggested Kundalini Yoga exercises or kriyas

16. Imagine you are asked to introduce facets of humanology to an audience of beginner yoga students. Choose two of the following topics and write your lecture in less than 1 page each.
   a. Pregnancy and Birth
   b. Yogic Lifestyle
   c. Yogic Hygiene
   d. Yogic Diet

17. Please read the following quotes from Yogi Bhajan and explain the key concepts and how you could use these ideas in your life.
   a. “Many people believe that the spiritual path is difficult and the neurotic path is easy. Students profess it even some teachers encourage this idea. I have never agreed to it, nor am I willing to agree to it now. It takes the same effort and energy you walk either path. The difficulty lies in the nature of the mind and how it grasps things and becomes entranced by feelings and sensations. The problem lies in being subject to time rather than being one step ahead of time”.
   b. “The job of a teacher is to elevate. You are a forklift. The person has come to you as a teacher, and you have to relieve his problem. It doesn’t matter what your problems are.”
   c. “Shakti Pad is the arena of consciousness in which you confront the ego and the ego confronts you in a million ways. If you take faith and use the mental link with your spiritual teacher, you can penetrate it, you can pass through it.”