

QUESTIONS FOR WEEKEND 2 – YOGIC ANATOMY AND SUBTLE PHYSIOLOGY

Chapter 3 – Functional Western Anatomy

1. Tick all of the correct answers to the question: What is the kundalini?
 - a. It is the whole energy of the cosmos in the individual and beyond the individual
 - b. It is the energy of consciousness
 - c. It is a latent energy that can be used for total consciousness
 - d. The creative potential of the human being
 - e. The hallucinations and psychism that rise up the spine during the kundalini rising
2. Name the 2 nervous systems that make up the Autonomic Nervous System and what are their functions?
3. The left brain functions are: Tick all that apply
 - a. Being able to make an effort
 - b. Appreciation of music and creativity
 - c. Being able to just take things as they come
 - d. Being Rational and objective
 - e. Having a sense of time
 - f. Liking learning new things
4. Name the 10 glands of the endocrine system and what is to be noticed about their positioning in the body as relating to the chakras?
5. According to Yogi Bhajan, how many vertebrae are there within the spine are what are the 4 sections of the spinal column?
6. What exercises would you recommend for the thyroid?

7. Name 2 good foods for the pancreas

Chapter 14 – Yogic Anatomy – Prana, Vayus, Nadis, the Kundalini and the Navel Point.

1. Name the 5 Vayus and their natural homes in the body?
2. What is a Nadi, where may you find them and name the major nadis which Kundalini Yoga concentrates on?
3. Name the 4 causes of navel point displacement?
4. What is left nostril breathing good for and what is right nostril breathing good for?
5. Where do the three rivers of inner energy meet?
6. What is Pingala healing?

Chapter 15 – Yogic Anatomy and The Chakras

1. The first 5 chakras are also associated with what?
2. What is the 'Will of the Spiritual Warrior'?
3. What is the signature of the Heart Chakra?
4. What is the Tenth Gate?

Chapter 16 – Yogic Anatomy/ The Ten Bodies

1. The Ten Bodies are split up into 3 parts. What are they?
2. If your Soul Body is weak, what can it lead to?
3. If one fearlessly embraces life then which body is strong?
4. What are the 3 C's that create a strong Radiant Body?
5. When a person dies, which two bodies live on and leave the Earthly Realms?