

Lifecycles & Lifestyles Exam

Date _____

Name: _____ Lead Trainer: _____

1. Character is central to a Kundalini Yogi. What is the best way to think of character?
 - a. Our unique personality traits
 - b. Our best skill or ability
 - c. An internal force from our Self that manifests the projection of the soul
 - d. Our inherited pattern of personality and traits from our parents

2. To succeed in fulfilling our purpose and destiny, we must cultivate the ultimate habit: To consciously select promoting habits rather than demoting ones. What interferes with selecting these promoting habits that build a healthy, happy and holy lifestyle?
 - a. Old demoting habits
 - b. Unawareness of our feelings, impulses and self in each moment
 - c. Lack of a conscious purpose and the decision to commit to it
 - d. Impulsiveness
 - e. Lack of sadhana
 - f. Following external beliefs instead of cultivating self-experience
 - g. All the above

3. When you apply your character to live your purpose with a meditative mind,
 - a. Opportunities constantly come to you
 - b. No failures or tragedies befall you
 - c. You feel fully alive in the face of every success and failure
 - d. You are focused only on your goals and needs to succeed
 - e. You are calm amidst the whirl of life & feel a vast network of connections with others
 - f. a. and c. and e.

4. Which descriptions best fit the three life cycles of 7 years, 11 years and 18 years?
 - a. Lucky years, mastery years, and year of hidden powers
 - b. Formative years of the personality, energetic cycle, and physical health
 - c. Consciousness, intelligence, and life energy
5. Each of the three life cycles reflects a basic quality of the impersonal mind. The 7-year cycle connects to the development and embodiment of:
 - a. Manas
 - b. Ahangkar
 - c. Buddhi
 - d. Chitta
 - e. Purusha
6. Death ends our lifecycle on this earth. But our existence is a continuous process from unknown to known to unknown. What time period do we have to cross over the electromagnetic field and aura of the earth after death?
 - a. 72 hours
 - b. 7 days
 - c. The last breath
 - d. 40 days
 - e. 13-17 days
7. As we go through life, there are times of transition that come from the internal progression of the three cycles and from events in life. An important part of staying in alignment with our soul and purpose is how we handle transitions, which are often filled with emotions, fantasy and changes. What is the first step to successful transitions?
 - a. Be alert to all the threats that come with change
 - b. Preserve what you valued from before
 - c. Become nonattached and let go of what was
 - d. Fight against the change and be victorious in what you want

8. To choose the right step to take in a major transition which of the following is not helpful?
- Embrace the present and become neutral
 - Ignore the changes, deny the shifts, and only identify with what you were before
 - Open your intuition and sense what is emerging in this moment and how it aligns to your soul
 - Pause, take a break, take time to dwell in *shuniya*
9. During the mutual personality period (the first three years) we need a certain deep experience to successfully go through all the other transitions. Which of these is most important at this time?
- A belief in God
 - Being fed well
 - Feeling security, love and trust
 - Having a lot of varied stimulation
10. According to research, during what years do we show maximum potential for perception and learning?
- 1-2 years
 - 11-12 years
 - At birth
 - It stays the same until the 40th year
 - 7th year
11. At what transition do logic, assessment and comparison become increasingly powerful and useful?
- 7-11 years
 - 33-36 years
 - 18-22 years
 - 42-44 years

12. Which of these is **not** an important nor helpful part of the quickening of the young adult aged 18-22?

- a. Regular energetic exercise and yoga
- b. Meditation and the practice of self-reflection
- c. Communication with adults and role models
- d. Taking on new challenges to test themselves
- e. Isolating from adults and only connecting with peer groups

13. What is a central habit for health and awareness in the yogic approach to food?

- a. Learn to live on breath alone
- b. Never eat sugar or chocolate
- c. Avoid milk products
- d. Cultivate moderate, sustained food habits in both quantity and variety
- e. Fast five days a month

14. Which of the following is **not** a benefit of the approach to a vegetarian diet that we teach in kundalini yoga?

- a. Sleep less
- b. Better meditation
- c. Lowered problems with heart, prostate and colon
- d. Fewer drugs, hormones and toxic wastes
- e. Improved colon transit times

15. In Kundalini Yoga and Ayurveda, sexuality across the lifespan is:

- a. Not possible
- b. Should be limited to ages under 65
- c. Cannot be practiced too much
- d. Is one of the three pillars of good health along with a good diet and balanced sleep
- e. Is part of the development of the sixth sense that opens with the ajna
- f. d. and e.

16. It is important to see the value as well as the challenges of aging and not fall into the unconscious prejudice and “ageism” that has followed the overemphasis on the youth culture in the West. After 9 spirals of the 7-year cycle, we should:

- a. Retire from active life and pursue hobbies like golf and crossword puzzles.
- b. Continue our practice of Kundalini Yoga and share our wisdom with the next generations of students.
- c. Actively engage in learning, in your favourite or new educational studies
- d. Start a new career or business.
- e. Find ways to be of service in your local communities.
- f. Any of the above! There are no limits or societal preconceptions that can limit you.

17. Over 50% of men between 40 – 70 will experience a loss of sexual function; this originates from many things including stress, diabetes, circulatory problems, medications, high blood pressure and general lack of health. All these are yogic aids for prevention except:

- a. Banyan Tree Milk
- b. Trinity roots: onions, ginger and garlic
- c. Shavasana and shoulder stand
- d. Chyavanprash
- e. Sat Kriya and Stretch Pose

18. Why is wearing a conscious, graceful, intentional bana and head cover valuable? Mark all that apply:
- a. To declare and experience your identity as a teacher who uplifts and holds a standard
 - b. To separate ourselves as holy and untouchable
 - c. To overcome our subconscious tendency to grab what we desire instead of declare our self in consciousness come what may
 - d. To balance the flow of energy in the chakras
 - e. To extend our aura and conquer stress
 - f. To provoke people to realize they are asleep and insensitive
 - g. To aid us as we teach, allowing students subconscious projections to be processed through consciousness impersonally
 - h. To regulate the energy of the solar centers and open a natural sensitivity to the subtle naad
19. Which of these helps you to live ethically as a yogi in the world?
- a. Deciding what is right and wrong
 - b. Letting everything be as it is since nothing is right or wrong, thinking makes it so
 - c. Collapsing all values as if there is only one that dominates all others— “chakra lock”
 - d. Seeking universal truth to know how to decide things
 - e. Practicing stillness to clearly intuit what is most appropriate
20. As the three life cycles change, they create “clusters” in our life with changes occurring in all the cycles. These clusters are important transition periods. Each cluster period has its own characteristics and needs. What are the key issues for someone going through the 33-35-36 cluster?
- a. Progressing in and focusing on career or mission
 - b. Re-evaluating the marriage or partnerships for trust and intimacy
 - c. Showing fearlessness and adaptability in the face of failures
 - d. Avoiding isolation from imbalanced work efforts or emotional reactions to life’s complexities
 - e. All the above

21. The best meditation mantra to help stay in contact with your soul and destiny in midlife transitions and Shaki Pad is:
- Mulmantra
 - Bij mantra
 - Ardas Bhaee mantra
 - Any mantra done longer than 31 minutes
 - Ganpati Kriya
22. Which of these does **NOT** reflect the benefits of rebirthing kriyas and their effect—a renewed self concept to face the future?
- Clearing the fear deposits we gain in the first 11 years of life
 - Creating a moment of *shuniya* where we can implant a single new profile of our self for our mind to serve
 - Changing the glandular rhythms back to alignment with the natural biorhythm of life
 - Putting you in the present so you have no memories to bother you
23. How is a life transition different from a change?
- It always involves a move
 - It is gradual instead of abrupt
 - It marks a profound transformation of values or priorities
 - It happens every decade: 20, 30, 40, and so on
24. What gets in the way of our natural capacity to assess our circumstance and act in an effective manner in 9 seconds or less?
- Laziness
 - Lack of discipline
 - The subconscious thoughts and emotions
 - Lack of our Neutral Mind to apply intuition
 - a. and b.
 - c. and d.

25. To clear out the distorting memories and entangled human ghosts we gain through the school years, what is an effective mantra to practice with a stiff tongue?
- Humee Hum Brahm Hum
 - Narain Shabd
 - Rakhe Rakanhaar
 - Ong
26. As we reach the years of Maturity in the lifecycle, there is one critical habit that we must break in order to excel, be happy and continue to develop. Identify that habit.
- The habit to breathe less than four times a minute
 - The habit to make poor financial decisions
 - The attachment to being young
 - The habit of emotional satisfaction & emotional compensation
27. As we go through the transition periods of 42-44 and 54-55-56, what habits help us to resist becoming increasingly mentally or emotionally rigid?
- Our capacity to trust
 - Application of our intuition
 - The discipline to assess not judge
 - Discuss and associate with people who do not agree with you
 - All of the above
28. A yogi who manages her life well and excels in each part of her lifecycle has certain attitudes and understandings that aid her. Identify the statement that doesn't apply:
- Knows that 80% of life is beyond our conception
 - Understands that most of life has its own rhythm which we do not control
 - In whatever place you are, excel as you
 - Know what you want and demand it from others and from life

29. If we go with our natural pulse of development, the three life cycles stay in proportion to each other. What factors cause the cycles to get out of proportion in our life?
- a. Emotional traumas that fixate our mind on certain fears
 - b. Self-generated fears
 - c. Lack of environments that challenge and develop us
 - d. Lack of models of good relationships
 - e. No experience of our self as our self
 - f. All of the above
30. Teenagers have much greater risk for severe driving accidents than those over age 26 because:
- a. Their eyesight is not matured yet
 - b. They love taking dangerous risks
 - c. They do not comprehend the dangers involved in driving
 - d. They have heightened social motivation and less experience
31. Why do we bother with ethics and morals as yogis?
- a. To be liberated from the false constraints of morals
 - b. To cultivate a clarity of mind and lightness of spirit
 - c. To develop compassion and the capacity for interconnectedness with others
 - d. To better handle our life transitions and those of our students
 - e. To avoid lawsuits
 - f. a and b
 - g. b, c and d

32. Which of these are true statements about group consciousness or groupthink?
- a. Group consciousness supports the individual potential and adds resources
 - b. Group think supports the best idea of the group and everyone agrees to it
 - c. Group Consciousness is when you are very aware of everyone in a group and can please them
 - d. Group think is when the individual feelings and ideas are shaped by the feelings, authority or ideas of others without real dialogue or debate about contrasting perspectives
 - e. a and d
33. Most moral and values-based conflicts commonly can arise from:
- a. One party being completely wrong and the other right
 - b. Confusion about terms that are used
 - c. The interests that back a position
 - d. The hierarchy or priority of the values is different, even though the list of values might be the same.
34. Our body image influences our sense of self and our social confidence throughout our life. Which of these is true:
- a. The image depends on family attitudes
 - b. Advertising and media images affect it profoundly
 - c. The powerful changes of puberty and how you react to that shapes the feelings about your body image
 - d. Many people retain a body image of a weight they once had instead of what they actually have now.
 - e. All of the above