

Study Questions Humanology

1. What is Humanology?
2. What are the three cycles of life? Elaborate on each with a few sentences.
3. How can you connect to feminine and masculine energies within yourself?
4. Give three ways you can demonstrate the spirit of inclusivity while teaching topics related to humanology.
5. What happens on the 120th day of pregnancy? What is the tradition done on that day in kundalini yoga?
6. Why is it important for the pregnant woman to meditate during pregnancy?
7. What is special about the postpartum time? How can the mother and father support the baby? How can the mother be supported?
8. Name and locate the moon points of a woman.
9. Do men have moon points? If so, say a few words about it/them?
10. Say a few words about the yogic approach towards sexuality.
11. What is a Venus Kriya?
12. How do you begin and end each Venus kriya?
13. What is Jivan Mukta? Why is it important for a yogi/ yogini?
14. Which mantra is associated with the transition of death? How is it used?
15. Which conscious communication formula targets to uplift? Say a few words about each word of the formula.
16. Which mind is associated with prosperity? What is a yogic attitude towards prosperity?