

Homework: Authentic Relationships 2025

- Continue the Kriya for the Frontal Lobe for 40 days (link in Student Portal) or choose a Kriya from the Authentic Relationships Manual to do for 40 days.
<https://kundaliniyogawageningen.nl/wp-content/uploads/2018/09/Exercise-Set-for-The-Frontal-Brain.pdf>
- Meditation to Heal the Wounds of Love, p160, 40 days, 11 recitations It can be sung with the music or just recited. You don't have to do it in one sitting. You can break it up throughout the day. You can sit in a meditative posture or go for a walk, etc. (just no driving)
<https://youtu.be/Se5LrmKW3GA?si=EiaMYj6Jfz6o3brY>
- Choose one for 90 days:
 - Hast Kriya: Earth to Heaven, p 158
 - Merger of the Sun and Moon, p141
 - Maha Gyan Agni Pranayam, p41
 - Linking with the Infinite, p134

Remember if you miss a day, you have the opportunity to start again from day 1.

- Keep a journal of your progress with kriya, meditation, and lifestyle changes or improvements. This helps rewrite your story (pre-forgiveness). One page reflection paper due upon completion of day meditation. Email to Level2@KRIteachings.org
- Use the study guide. Re-read the lecture transcripts or rewatch the videos. See the end of each chapter for questions to reflect on and ideas to continue. Keep the topic alive in your life.
- Meet regularly with your group for support and sharing, at least once a month. Remember the group guidelines.
- Read the manual, over and over again.
- Take and pass the test referring to the manual. You can discuss the questions with your group, but you are responsible for your own answers. Test will be loaded onto the student portal on day 60. You have 30 days to complete and send in. Keep a copy for yourself. Passing grade is 70%

- Teach what you have been learning, in your weekly classes, workshops, to family and friends. The kriyas, the meditations, the topics.
- Choose someone to be a supervisor, mentor, counsellor, guide all through your process. [If it is any of us: Free for support through email-WhatsApp. A specific fee in case of wanting to book a personal private consultation]