Reflecting on the Seven Components for Awakening *Kundalini* (Continuity, Clear Seeing, *Prana Dharana*, *Sushumna, Rudrani, Advaita, Bhakti*), determine the two Components—one primary and one secondary—that would be most helpful for you to develop over the next three to six months. To make your determination, consider your life as well as practice.

Part 1.

In the box below, specify the most relevant goals and symptoms, in light of the Seven Components, you wish to address. Please briefly explain how your goals and symptoms relate to the Seven Components.

From the context of the Seven Components, specify which two you wish to address in your practice and/or life, reflecting on what, on a personal level (emotionally, creatively, relationally, etc.), you perceive as the next step(s) in your evolution. Briefly explain.

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Based on the teachings of Moon, Sun or Fire, choose one of the three orientations that would be most helpful for you to focus upon in your practice over the next three to six months. In doing so, reflect upon the principles as well as your experiences of working with these three orientations to practice (Moon, Sun and Fire).

Part 2.

In the box below, note the symptoms and goals—physical, emotional or spiritual—you wish to address.

In this box specify your focus—Moon, Sun or Fire—and the qualities or conditions you intend to achieve by focusing on it.

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Self-prescribe a 30 - 90 minute regular practice—one that you will do three to seven days a week, based on the two specific components you choose as well as your ideal orientation to Moon, Sun or Fire. It is recommended that you review the *Tantra Shakti* and *Vinyasa Krama* Compendium to help you make your determination. To design your practice, select one, specific *asana* category and two *pranayama* practice that you will emphasize. Also select one of the five open mantras of ParaYoga.

- if you wish, you can include a *kriya* or preliminary meditation practice, that will proceed your mantra practice (e.g. Still Lake of the Mind, to prep are for the *mantra Rama*)
- at a minimum, your prescribed meditation practice should include *prana dharana* + silent *mantra* (*japa*)

The following are the minimum guidelines for a 30 minute practice:

- 10 minutes for the *asana* portion of your practice
  5 minutes of *pranayama*
- 15 minutes of meditation, beginning with *prana dharana* and leading into silent *mantra* (*japa*) practice

Part 3.

Asana category you will emphasize:

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Pranayama practice you will emphasize:

Meditation practice; if applicable, include the *kriya* that will precede your silent meditation practice:

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