

# Three Histories Outline

To make an accurate assessment of your Kundalini rising and to provide effective recommendations to improve it, an analysis of your three histories (life, health, and spiritual) is necessary. The information you provide will, of course, be kept confidential. Please tell your stories honestly and objectively. You may describe things in your own style, and you may be brief, but be sure to cover all the important points. Try to be chronological within each topic, and provide dates/ages when possible. Complete information is required for correct understanding. Narratives should not exceed about 20 pages.

The items listed below are to aid you in organizing the information we need. These items are not provided as questions to be filled in but as areas to be discussed. Some items may not be relevant to your story, and you may need to add some items. The information the topics will yield is relevant to understanding how your chakras, nadis, and vayus function in your subtle body. The sexual information is requested in order to understand the functioning of your endocrine system, which is closely related to the chakra system.

Please read through all the items before you begin to write so you can decide how to best arrange your narrative. You do not have to follow the exact order indicated under each category of this list. Completing this life review with sincere reflection and objective contemplation is in itself a preparatory practice for advancing your spiritual life.

## **LIFE HISTORY:**

- Describe the situation into which you were born, including:  
The date, time and place of your birth; any significant factors regarding your birthing.  
Each parents' personality, profession, background, heritage, illnesses, spiritual inclinations, etc.  
Your siblings; your position and role in the family; any significant extended family or friends.  
Socioeconomic, cultural, ancestral, and education information.
- Describe any significant events in your upbringing, such as:  
Relationships, changes, moves, losses, turning points, traumas, education, travel, aha's, talents, successes, difficulties, etc.
- Describe any significant events in your adult life, such as:  
Relationships, children, break-ups, moves, losses, turning points, traumas, travel, aha's, talents, successes, difficulties, etc.
- Describe your professional/worldly life:  
Education, profession, work situations, job satisfaction, economics, stressors, time press, security, etc.
- Describe your past and current lifestyle, including:  
Activities, pastimes, hobbies, healthy habits, unhealthy habits, major mistakes, major successes, etc.
- Describe your current family and living situation, including relevant items regarding:  
Marital status, children, elder care, family, friends, other responsibilities, stressors, housing, etc.
- Describe yourself, including:  
Talents, proclivities, style, temperament, interests, personality type, tendencies, struggles, worries, growing edges, life goals, values, etc.
- Describe any recurrent or significant dreams; identify your prominent life themes.

## **HEALTH HISTORY:**

Mention any tendency toward certain maladies.

Mention any family history toward certain illnesses.

What is your weakest organ system or area of the body?

Note your constitutional type and describe your physical nature.

Indicate any major illnesses you have had.

Note any chronic illnesses, accidental injuries, surgeries, and disabilities you have had.

Indicate any mental/emotional difficulties you have had.

Indicate any addictions you have had and your current status with them.

Mention any relevant aspects or events of your sexual history, including onset of puberty, first experience, partnering, significant experiences, difficulties, frequencies, preferences, etc.

Mention any relevant aspects or events of your reproductive history, including pregnancies, birthings, birth control, reproductive difficulties, etc.  
Women: specify your menstrual cycle pattern and describe your monthly symptoms, including PMS, regularity, duration, color, clots, discomfort, menopause symptoms and onset, etc.

Men: describe your sex drive, sexual functioning, semen loss, etc.

Mention any relevant aspects of your present sexual life.

Mention any other significant aspects of your health history.

Specify any past or frequent or significant medication or substance use.

Mention any past and present usage of psycho active drugs or substances.

List any medications you are now taking, including herbal supplements and vitamins.

Describe your eating and nutritional habits and preferences.

Mention your exercise, recreation, and relaxation practices.

Describe any other health habits or practices in which you have engaged or now practice.

Describe any physical or emotional symptoms you are now having.

### **SPIRITUAL HISTORY:**

Into what religious orientation were you born and educated?

Note any relevant childhood spiritual or religious experiences, inclinations, or practices.

Mention any spiritual teachers/groups/churches you have been with.

Mention any spiritual guidance you have received; indicate by whom.

Mention any spiritual initiations you have received; indicate by whom.

Mention any spiritual teachers or authors that have been significant in your development.

Describe any religious or spiritual practices you have done; note any significant results.

Describe any religious or spiritual practices you are now doing; note any significant results.

Describe any spiritual, religious, or non-ordinary experiences you have had (select the main ones).

Mention any special capacities you have.

Describe your current spiritual or mystical experiences, including any significant visions.

What most stirs your feelings of devotion or inspiration?

What is your religious/spiritual orientation now?

What do you consider to be your spiritual lineage?

Toward what aspect of the Divine do you feel most inclined (what archetypal form/manifestation)?

What is your experience of your Kundalini process?

What has brought you to seek help from PKYC?

Please indicate your main purpose for seeking this consultation.

### **OTHER:**

Please include the following with your three histories:

Signed PKYC data sheet.

A recent photo of yourself showing your face and your torso/body.

A photocopy of the palms of your hands.

The Assessment fee of \$225 made out to PKYC.

Mail to: Patanjali Kundalini Yoga Care  
304 S. David Lane  
Knoxville, TN 37922

Upon receiving your Assessment, you may consider whether to continue on to PKYC's Intervention phase, which includes the Recommendation/Spiritual Retreat and Ongoing Consultation services. Together, these are designed to improve spiritual life by advancing Kundalini process. Ask for details.

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