

## **LIFE HISTORY:**

- The life situation into which you were born, including:  
The date, time and place of your birth; any significant factors regarding your birthing.  
Each parent's heritage, background, spiritual inclinations, personality, profession, illnesses, etc.  
Information about your siblings; your position and role in the family; any significant extended family or friends.  
Socioeconomic, cultural, ancestral, and education information.
- Any significant events/factors in your upbringing, such as:  
Relationships, changes, moves, losses, turning points, traumas, education, travel, aha's, talents, tendencies, qualities, successes, difficulties, etc.
- Any significant events/factors in your adult life, such as:  
Relationships, children, break-ups, moves, losses, turning points, traumas, travel, aha's, talents, successes, difficulties, etc.
- Your professional/worldly life:  
Education, profession, work situations, job satisfaction, economics, stressors, time press, security, plans, themes, etc.
- Your past and current lifestyle, including:  
Activities, pastimes, hobbies, healthy & unhealthy habits, major mistakes, major successes, relationships, jobs, travels, etc.
- Your current family and living situation, including:  
Marital/relationship/sexual/living/housing situation, children, family eldercare, ex's, friends, other responsibilities, stressors
- Yourself, including:  
Talents, proclivities, style, temperament, interests, personality type, tendencies, struggles, qualities, worries, growing edges, life goals, values, purpose, etc.
- 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.
- Give your height and weight and note any significant physical changes.
- Indicate any major illnesses you have had.
- Note any chronic illnesses, accidental injuries, surgeries, and disabilities you have had.
- Indicate any mental/emotional difficulties or diagnoses you have had.
- Indicate any addictions you have had and/or your current status with substance use and/or addiction and addictive activities.
- Mention any past and present usage of psycho-active drugs or substances or "sacred medicines".
- Mention any relevant aspects or events of your sexual history, including onset of puberty, first experience, partners, sex drive, significant experiences, difficulties, frequencies, preferences, orientation, preferences, current status, etc.
- Mention any relevant aspects of your present sexual life (type of sexual activity, frequency, celibacy, etc).
- Mention any relevant aspects or events of your reproductive history, including pregnancies, birthings, miscarriages, birth control, abortions, reproductive difficulties, diseases, 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 sexual functioning, semen loss, prostate health, etc.
- Mention any other significant aspects of your sexual or health history.
- Specify any past or frequent or significant medication or substance use.
- 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 and leisure practices.
- Indicate the amount of work/life stressors you have and describe the type.
- 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 or culture were you born and educated?
- Note any relevant childhood spiritual, religious, or esoteric 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 teachers or authors that have been significant in your development.
- Mention any spiritual initiations you have received; indicate by whom.
- 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, non-ordinary, or energetic experiences you've had/are having (select main ones).
- Mention any special capacities/talents/qualities you have.
- Describe your current spiritual or mystical experiences, including any significant visions, etc, if any.
- What most stirs your feelings of devotion or inspiration or spiritual focus?
- What is your religious/spiritual orientation now?
- What do you consider to be your spiritual lineage or path, if any?
- Toward what aspect of the Divine (including archetypal form or manifestation or One) do you feel most inclined?

These three history questions are from Patanjali Kundalini Yoga Care (PKYC) written by Joan Shivarpita Harrigan and Sri Swami Chandrasekharanand. [www.kundalinicare.com](http://www.kundalinicare.com)