**Study Questions-Month 7**

1. What is the major watchword in *Kriya Yoga* cosmology? And why is it valuable?
2. Briefly explain the law of *karma.*
3. Where is *karma* stored?
4. How can we soften or *karma*?
5. What in your view is the value in creating harmonious *Kriyamana Karma?*
6. What is the difference between concentration and meditation?
7. When is the time for a woman to go back to a yoga practice after childbirth?
8. What does *neti,neti,neti* mean and what is the value of practicing it?
9. What is the value of women supporting women?

10. Why do you think it is important to surround yourself and baby with likeminded souls?

1. What is the biggest hindrance to meditation?
2. Explain what cultivates physiologically to a postnatal woman feeling isolated and depressed?
3. What is the action of the major and pelvic diaphragms as we breathe?
4. In the 3D tutorial this month, fill in the missing word; "S 2 3 4 keep the ------- off the floor". Here is the link:

<http://www.youtube.com/watch?v=P3BBAMWm2Eo&authuser=0>