



7 Lotus Sequence Evaluation Questionnaire

Student Name: _____ Country: _____

Email: _____ Language: _____

Chi Kung Level under Review: _____ Date of Review: _____

1. To advance to the next level in the 7 Lotus Chi Kung Series, write a short reflection of the general changes you have experienced with the practice of this sequence in the areas of:

Physical Well-being

Energetic Sensitivity

Mental Clarity

Emotional Well-being

State of Consciousness and Awareness

Dream Experiences

Change in Pulses

2. Answer the following questions:

What are the greatest benefits you have felt or received from your practice of Chi Kung?

What has been the most challenging or difficult aspect for you in doing daily practice?

What questions or doubts do you have regarding specific exercises in this level, or in your general Chi Kung practice?

How would you describe the feeling of the flow of energy inside your skin, on your skin, and outside your skin?

Describe how you clean and harmonize your energy on a daily basis?

Describe what lifestyle habits you engage in that cause you to waste and deplete your energy?

Describe what lifestyle habits you engage in to strengthen and develop your energy?

Do you feel you have integrated this level of Chi Kung and are ready to advance to the next level and the reasons why?

3. Please forward this completed document to info@ontogony.com, and you will receive a follow up email to arrange a date and time for your personal interview with Tessy Bardavid!