

## CHAKRA HEALING KINESIOLOGY

### SHORT ANSWER ASSESSMENT

The Short Answer Take Home Assessment consists of 20 short answer questions to be completed online. 2 marks per questions. Total of 40 marks. Pass mark required 75%. (30 points)

#### Short Answer Assessment Questions

Please write a short answer/paragraph on each of the following questions:

1. What is a chakra?
  
2. Chakra finger mode is used to determine stress in a ...
  
3. Where is the Heart Chakra located?
  
4. Where is the Crown Chakra located?
  
5. Explain how using crystals work to clear the energy of a chakra.
  
6. What is the Endocrine Gland for each chakra?  
Base –  
Sacral –  
Solar Plexus -  
Heart -  
Throat -  
Third Eye -  
Crown -
  
7. In point form, list **three** areas that each chakra governs physically as if you were describing to a client.
  - a) Base
  
  - b) Sacral
  
  - c) Solar Plexus
  
  - d) Heart

- e) Throat
  - f) Third Eye
  - g) Crown
8. What is the difference between emotional indications of imbalance and emotional indications of balance?
9. What does the Shadow heading under each chakra mean?
10. List the 7 different shadows relating to each chakra.
- Base –
  - Sacral –
  - Solar Plexus –
  - Heart –
  - Throat –
  - Third Eye –
  - Crown –
11. What is the best word/s (no more than 3) to **emotionally** describe each chakra?
- Base –
  - Sacral –
  - Solar Plexus –
  - Heart –
  - Throat –
  - Third Eye –
  - Crown –
12. What colour would I use to enhance the vibration of the Crown Chakra?

