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?

- 13. Write three affirmations for Heart Chakra?
- 14. Provide some other activities which could be undertaken to increase the energy of the Base Chakra.
- 15. Which chakra has its identity as self-acceptance and explain why?
- 16. List the 7 different chakra purposes.
 Base –
 Sacral –
 Solar Plexus –
 Heart –
 Throat –
 Third Eye
 - Crown –
- 17. List four Essential Oils which would benefit Heart chakra and why?
- 18. What are the life issues for sacral chakra?
- 19. What are Aura-Soma Colour Infused Oils made of?
- 20. List some home reinforcement activities used in Chakra Healing Kinesiology?

(2 marks each question)

Total correct out of 40 Pass required 75% (30 correct)