

CHAKRA HEALING KINESIOLOGY

WRITTEN MULTIPLE CHOICE ASSESSMENT

Circle one answer to the following 40 x multiple choice questions. Each correct answer is worth 1 point. Possible score 40. Pass mark required 75% (30 correct).

1. A chakra is

- A a scientifically mapped energy line in the body
- B a spinning vortex or wheel of energy
- C a loss of energy in the body
- D someone's view of your spirituality

2. The Chakra finger mode is used

- A to determine which meridian needs balancing
- B to see if someone is grounded
- C to determine the length of time to use a correction
- D to determine if a chakra is out of balance

3. How are crystals used in Chakra Healing Kinesiology

- A placed on a particular chakra
- B worn by the person in their pocket, bra, etc as homework
- C held above the body, as indicated by a muscle test
- D all of the above

4. In Chakra Healing Kinesiology, essential oils should only be used

- A by orally swallowing and ingesting them
- B by smelling the appropriate oil from a cotton pad or burning in an oil burner
- C when pregnant
- D by rubbing directly onto skin on the body

5. The order of the chakras from ground to head is

- A Sacral, Base, Solar Plexus, Throat, Third Eye, Crown
- B Feet, Bottom, Navel, Heart, Throat, Third Eye, Universe
- C Base, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown
- D Base, Solar Plexus, Sacral, Heart, Throat, Crown, Third Eye

6. The colours of the 7 major chakras are

- A Blue, Pink, Orange, Red, Yellow, Purple, Black
- B Black, Brown, Red, Orange, Green, Blue, White
- C Red, Orange, Yellow, Green, Blue, Indigo, Violet
- D Red, Orange, Yellow, Pink, Blue, Violet, Gold

7. The Endocrine Gland related to Throat Chakra is

- A Thymus
- B Vocal cords
- C Throat
- D Thyroid

8. The Heart Chakra governs

- A Cardiovascular system, love, chest area
- B Spleen, power, identity
- C Brain, knowledge, visualisation
- D Feet, nervous system, spirituality

9. Suggested foods to avoid for the Third Eye Chakra

- A Green leafy veggies and coloured foods
- B Spices & herbs
- C Caffeine, alcohol, processed foods
- D Organic foods

10. Recommended other activities to increase Base Chakra energy include

- A Grounding exercises, walks in nature/beach, foot massage
- B Riding a horse, flying, sitting in a car
- C Bare foot walking, wearing glasses, singing, clairvoyance
- D Reading, visualisation, bungee jumping

11. Your Sacral Chakra is located

- A At the throat
- B Between the genitals and navel
- C At the centre of the chest, between the breasts
- D Between the navel and the bottom of the sternum

12. The Element for the Heart Chakra is

- A Air
- B Fire
- C Light
- D Water

13. The Identity of the Throat Chakra is

- A Emotional
- B Ego
- C Social
- D Creative

14. The Primary Issue associated with the Base Chakra is

- A Sexuality, emotions
- B Survival
- C Power, will, self-worth
- D Awareness

15. The Purpose associated with the Crown chakra is

- A Movement
- B Pattern Recognition
- C Understanding
- D Foundation

16. The Right associated with Solar Plexus Chakra is

- A To act and be an individual
- B To feel and have pleasure
- C To see
- D To be here and have

17. The Shadow associated with the Sacral Chakra is

- A Loss
- B Hate
- C Shame
- D Guilt

18. The Sense associated with the Solar Plexus Chakra is

- A Smell
- B Taste
- C Touch
- D Sight

19. The Body associated with the Third Eye Chakra is

- A Etheric
- B Celestial
- C Astral
- D Mental

20. The Development of the Throat Chakra occurs around when

- A 6 months to 2 years
- B 4-7 years
- C 7-12 years
- D 18 months to 4 years

21. The Sound associated with the Base Chakra is

- A C
- B D
- C A
- D B

22. The Star Sign associated with the Heart Chakra is

- A Pisces, Gemini
- B Libra, Taurus
- C Aries, Leo
- D Cancer

23. The Archetypes associated with the Third Eye Chakra is

- A The Warrior, The Servant
- B The Hermit, The Teacher
- C The Egoist, The Master
- D The Intellectual, The Wise Elder

24. The Planet associated with the Heart Chakra is

- A None
- B Venus
- C Mercury
- D Moon

25. Which chakra relates to movement, emotions, sexuality, needs

- A Heart
- B Solar Plexus
- C Base
- D Sacral

26. Which chakra relates to spirituality, life path, understanding and enlightenment

- A Crown
- B Third Eye
- C Throat
- D Heart

27. Which Chakra relates to action, belonging, boundaries, connection to family

- A Sacral
- B Base
- C Solar Plexus
- D Heart

28. Which Chakra relates to Discernment, imagination, insight, perception

- A Heart
- B Throat
- C Crown
- D Third Eye

29. The Chakra is located at CV6 Acupressure Point

- A Sacral
- B Base
- C Heart
- D Solar Plexus

30. Going up the chakras, after Sacral Chakra is which chakra

- A Heart
- B Throat
- C Base
- D Solar Plexus

31. Which Chakra's other activities include automatic writing, chanting, singing, fasting

- A Heart
- B Throat
- C Crown
- D Third Eye

32. The Sanskrit Name Anahata refers to which chakra

- A Base
- B Heart
- C Throat
- D Crown

33. Which chakra relates to change, creativity, expressing true self, truthfulness

- A Throat
- B Third Eye
- C Sacral
- D Solar Plexus

34. Which chakra relates to wisdom, knowledge, belief systems, higher power, consciousness

- A Crown
- B Third Eye
- C Heart
- D Base

35. Which chakra relates to menstrual cycle and reproductive organs

- A Base
- B Sacral
- C Solar Plexus
- D Heart

36. Which chakra relates to the sense of taste and life issues of needs

- A Third Eye
- B Solar Plexus
- C Throat
- D Sacral

37. Which chakra relates to ambition, confidence, ego, internal power and self-image

- A Crown
- B Sacral
- C Solar Plexus
- D Heart

38. Which chakra relates to relating, harnessing your will and lies

- A Third Eye
- B Throat
- C Heart
- D Solar Plexus

39. The One Hundred Meeting or Thousand-petalled lotus relates to which chakra

- A Crown
- B Heart
- C Third Eye
- D Throat

40. Which chakra relates to acceptance, authenticity, balance, forgiveness, devotion to self

- A Solar Plexus
- B Crown
- C Base
- D Heart

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