

STANDARD UNIT ASSESSMENT

Course : **Energy in Holistic Healing**

Topic : **Introduction To Energy**

Student Name : _____

Facilitator : Rose Taleyana

Duration : 2 hours

SECTION A

Please Circle the correct answer (8 Marks)

1) Energy is...

a) Fun

b) Heaven

c) Omnipresent

d) Automatic

(1 Mark)

2) Everything that exists began as a...

a) Substance

b) Chakra

c) Constant

d) Thought

(1 Mark)

3) Energy Pathways are called...

a) Reiki

b) Chakras

c) Energy Medians

d) Solar Plexus

(1 Mark)

4) Japanese culture calls the life giving energy...

a) Chi

b) Ki

c) Prana

d) Nana

(1 Mark)

5) Chakras are aligned...

a) On your head

b) Along your spine

c) In your arms

d) On the ground

(1 Mark)

6) The Solar Plexus Chakra is located on your...

a) Head

b) Forehead

(1 Mark)

c) Chest

d) Upper abdomen where your ribcage meets

7) The color associated with the Root Chakra is...

- a) Blue b) Yellow
c) Green d) Red

(1 Mark)

8) Reiki brings about health to the...

- a) Mind, Body & Spirit b) Food
c) Universe d) Money Bank

(1 Mark)

SECTION B

Indicate by Ticking whether the following statements are True/False (5 Marks)

9) Energy is the Source of Creation

- True False

(1 Mark)

10) Everything has a Unique Energy Blueprint which ties to its purpose

- True False

(1 Mark)

11) Energy is never in the same place twice

- True False

(1 Mark)

12) Chakras can get blocked

- True False

(1 Mark)

13) Reiki helps increase the body's ability to heal itself

- True False

(1 Mark)

SECTION C

14) Match the Chakras with their correct location using arrows (7 Marks)

CHAKRA	LOCATION
Crown	Chest
Third Eye	Upper abdomen
Throat	Below the navel
Heart	At the base of the spine
Solar Plexus	Top of the head
Sacral	Neck
Root	Forehead

SECTION D

Fill in the blank spaces (10 Marks)

- 15) Energy is the Core Substance of the _____ of The Universe (1 Mark)
- 16) The Throat Chakra governs / is responsible for _____ (2 Marks)
- 17) The Heart Chakra governs / is responsible for _____ (2 Marks)
- 18) When our Chakras are balanced our bodies feel _____ (1 Mark)
- 19) Reiki is the Channeling of Healing Energy through _____ (1 Mark)
- 20) Reiki helps to loosen _____ energy (1 Mark)
- 21) Reiki can enhance all other forms of _____ (1 Mark)
- 22) Asian Cultures call the Life Giving Energy _____ (1 Mark)

SECTION E

Short Answer Questions (11 Marks)

- 23) What is a Chakra?

(2 Marks)
- 24) State 2 characteristics of energy

(2 Marks)
- 25) What does the Chinese Culture call The Life Giving Energy?

(1 Mark)
- 26) List 3 things that may cause Chakras & Medians to become blocked
1. _____
 2. _____
 3. _____ (3 Marks)

27) State 3 ways of Energy Cleansing

1. _____
2. _____
3. _____ (3 Marks)

SECTION F

***Essay Questions* (30 Marks)**

28) In your own words, summarize what Energy is

[illegible]

29) Discuss what happens when The Chakras become blocked

[illegible]

30) Discuss how you would apply Reiki/ Energy Healing to your current life challenges.

[illegible]