

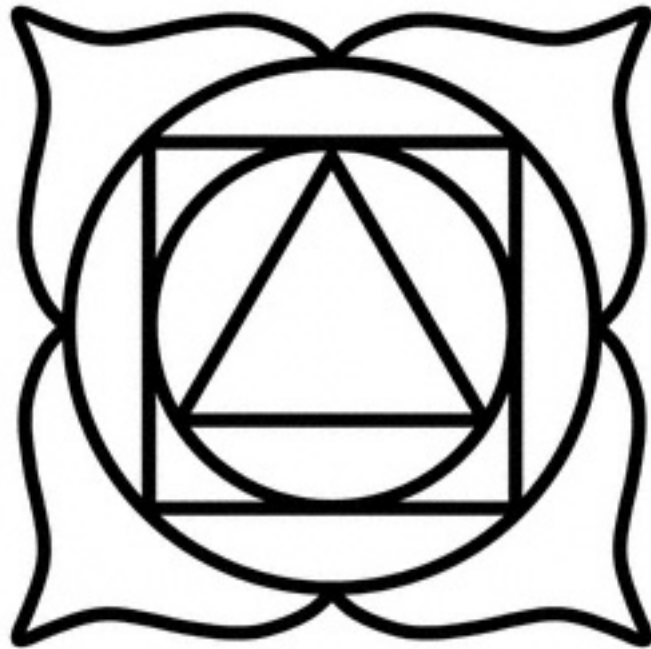
Question cards

Here are some questions for a quiz on the energy centers. They are designed so you can cut them out and begin to build a deck of question cards. You may want to print them and mount them on 3" x 5" index cards for long-term use. As you study each energy center, add the new cards to your deck. It gets more fun!

Children love to be quizzed, because they love to show you that they know the answers. Fun repetition of simple games leads to mastery of knowledge. If your child is a reader, let him ask you the questions first. This is a powerful way to review the facts before he takes his turn.

**Cards marked with #1 are quiz cards for the base-of-the-spine energy center. With each new energy center lesson, your child can add the new question cards to the deck.*

<p>What energy center is filled with the light of the Divine Mother?</p> <p>Base-of-the-spine-chakra</p> <p>#1</p>	<p>What is the key word or quality of the light in the base-of-the-spine chakra?</p> <p>Purity</p> <p>#1</p>
<p>Who gives us light and energy?</p> <p>God</p> <p>#1</p>	<p>Who decides how we each use God's energy?</p> <p>We do!</p> <p>#1</p>
<p>What are some of the ways we take care of our own body?</p> <p>Eat right, get enough sleep, exercise</p> <p>#1</p>	<p>What are some ways that we show the light of the Divine Mother?</p> <p>Giving and receiving love, praying, meditating or thinking about God, And helping others</p> <p>#1</p>



Base-of-the-Spine Energy Center

Color, cut out and mount on your body outline.