



INTERVIEW QUESTIONS

The Power of Chakras

By Dr. Susan Shumsky

1. What is the aura?
2. What are the *koshas*, and what is the mental body?
3. What does the Sanskrit word *chakra* mean? How do you correctly pronounce *chakra*?
4. What is kundalini?
5. What is prana?
6. What is yoga?
7. What is the purpose of raising kundalini?
8. What is Kundalini Yoga?
9. What are the 14 chakras that you talk about in your book *The Power of Chakras*?
10. What are some myths about chakras?
11. What are the chakra colors, days of the week, and planets associated with the chakras?
12. How are chakras related to the elements, senses, and organs?
13. How does the universe spring from the singularity or "the void"?
14. How do chakras relate to the birth and death of the cosmos?
15. What is *maya*, and how does unity split into duality?
16. What is the most common misperception about yoga?