

Yoga Energy Channels (Nadis) Test

Section 1: Multiple Choice

1. **What are the three primary nadis in yogic tradition?**
 - A) Sushumna, Ida, and Pingala
 - B) Anahata, Muladhara, and Svadhisthana
 - C) Agni, Prana, and Vyana
 - D) Kapha, Pitta, and Vata

2. **The Ida nadi is typically associated with which side of the body?**
 - A) Center
 - B) Left
 - C) Right
 - D) None of the above

3. **Which nadi is known to represent solar energy and is related to active, stimulating qualities?**
 - A) Ida
 - B) Sushumna
 - C) Pingala
 - D) Sahasrara

4. **Which nadi is believed to be the central channel and is accessed primarily through meditation and breathing techniques?**
 - A) Sushumna
 - B) Pingala
 - C) Ida
 - D) Vyana

5. **The goal of balancing Ida and Pingala nadis is to activate which central nadi for deeper states of meditation?**
 - A) Pingala
 - B) Ida
 - C) Muladhara
 - D) Sushumna

Section 2: Matching

Match the nadi with its associated qualities:

Nadi	Qualities
Ida	A) Solar, energetic, outward
Pingala	B) Calming, lunar, introspective
Sushumna	C) The channel for spiritual awakening

Match each term to the correct description below:

1. **Pingala**
2. **Ida**
3. **Sushumna**

Section 3: True or False

1. **Ida nadi is associated with lunar, cooling, and feminine energy.**
 - ☐ True
 - ☐ False
2. **Sushumna nadi is activated only during physical asana practices and has no link to meditation.**
 - ☐ True
 - ☐ False
3. **The nadi system is only symbolic and has no connection to any aspect of physical or mental health.**
 - ☐ True
 - ☐ False

Section 4: Short Answer

1. **Explain the role of Sushumna nadi in the process of kundalini awakening.**
2. **Describe the ideal way to balance Ida and Pingala nadis. How can this balance be achieved through pranayama or meditation?**

Answer Key

Section 1: Multiple Choice

1. A) Sushumna, Ida, and Pingala
2. B) Left
3. C) Pingala
4. A) Sushumna
5. D) Sushumna

Section 2: Matching

1. **Pingala** - A) Solar, energetic, outward
2. **Ida** - B) Calming, lunar, introspective
3. **Sushumna** - C) The channel for spiritual awakening

Section 3: True or False

1. True
2. False
3. False

Section 4: Short Answer (Example Answers)

1. **Role of Sushumna Nadi in Kundalini Awakening:** The Sushumna nadi is the central energy channel running along the spine, considered the pathway for kundalini energy to rise. When this nadi is activated, it allows the energy to move up through the chakras, leading to heightened awareness and spiritual awakening.
2. **Balancing Ida and Pingala Nadis:** Balancing Ida and Pingala nadis is essential for achieving harmony in body and mind. Techniques like alternate nostril breathing (Nadi Shodhana) can help balance these channels. By focusing on equalizing the breath through each nostril, practitioners can bring balance to the cooling (Ida) and warming (Pingala) energies.

This test covers theoretical knowledge, understanding of yoga concepts, and practical applications through pranayama and meditation.

