

Sefkhet Arit Knowledge and Reflection Quiz

Exploring Energetic Centers & Community Healing

1. What area of life is the Sefkhet Arit associated with?

- A. Love, compassion, empathy, forgiveness, relationships.
- B. Spiritual connection, higher consciousness, purpose.
- C. Intuition, imagination, inner clarity, perception.
- D. Survival, physical safety, foundations, security.

2. Where is the Sefkhet Arit located?

- A. Throat Area
- B. Base of the spine
- C. Top of the head
- D. Center of the chest

3. What color is the Sefkhet Arit associated with?

- A. Yellow
- B. Orange
- C. Red
- D. Blue

4. What element is associated with the Sefkhet Arit?

- A. Earth
- B. Air
- C. Water
- D. Ether (Space)

5. What issues do Black Women face in society linked to the Sefkhet Arit?

- A. You have to work twice as hard to be considered half as good
- B. Code-Switching
- C. The Strong Black Woman Stereotype "Superwoman Schema"
- D. Systemic Gaslighting

BONUS SECTION: HOW CAN I HELP YOU HEAL?

Question: Now that you are a little more familiar with the Sefkhet Arit, what area of life are you struggling with the most pertaining to this arit?

Examples: Childhood trauma, not feeling protected in my household, I don't feel safe in my body, I don't feel like I belong anywhere, I am struggling financially, I feel like I am in survival mode, I am the strong friend and I no longer want to be, etc.

Your responses will help me create tailored resources, tools, and community support sessions to guide everyone on their healing journey.
