

Final Review

MANIFESTING YOUR DREAMS COURSE

NAME _____ DATE _____

PHONE _____ EMAIL _____

This is an open book review. As you complete your practice hours, the questions on the following pages provide an opportunity for you to integrate your learning experience and do a final review of the material. The multiple-choice questions have a two-fold purpose. They test your knowledge of the information on NLP, Hypnotherapy, coaching, and manifestation. The questions also provide an overview of important points that you will want to understand as a Holistic Coach and/or Healer. To receive the greatest benefit from the exam, we recommend following up on any questions you are unsure of, so you have a full grasp of the subject matter when you complete the course.

For ease of mailing, just return this page with your answers (A-E) to the multiple choice questions. Complete the essay questions that follow on a separate page. These questions provide an opportunity for you to evaluate your learning experience and the direction you want to take from this point forward. There are no right or wrong responses to the essay questions.

Multiple Choice Questions: Please note that some of these questions may have more than one correct answer.

ANSWERS TO MULTIPLE CHOICE QUESTIONS

<u>NLP, HYPNO-</u>			<u>MANIFESTATION</u>				
	15.	_____		46.	_____		
	16.	_____	31.	_____	47.	_____	
1.	_____	17.	_____	32.	_____	48.	_____
2.	_____	18.	_____	33.	_____	49.	_____
3.	_____	19.	_____	34.	_____	50.	_____
4.	_____	20.	_____	35.	_____	51.	_____
5.	_____	21.	_____	36.	_____	52.	_____
6.	_____	22.	_____	37.	_____	53.	_____
7.	_____	23.	_____	38.	_____	54.	_____
8.	_____	24.	_____	39.	_____	55.	_____
9.	_____	25.	_____	40.	_____	56.	_____
10.	_____	26.	_____	41.	_____	57.	_____
11.	_____	27.	_____	42.	_____	58.	_____
12.	_____	28.	_____	43.	_____	59.	_____
13.	_____	29.	_____	44.	_____	60.	_____
14.	_____	30.	_____	45.	_____		

Essay Questions

MANIFESTING YOUR DREAMS COURSE

Please respond to the following questions on a separate page, using 100-400 words per question.

1. What are the most important things you have learned about manifestation?
2. How do you think hypnotherapy can help you with clearing blockages to manifestation?
3. For a 3-part hypnotic induction, provide an example of three elements you might include and describe the induction.
4. What are some effective coaching techniques you learned in this course and how might you use them?

Multiple Choice Questions

MANIFESTING YOUR DREAMS COURSE

For easy reference, the following questions are organized by subject.

NLP AND HYPNOTHERAPY REVIEW

1. **Which of the following techniques can be used to increase rapport?**
 - A. bridging
 - B. catalepsy
 - C. mirroring
 - D. ideomotor skills

2. **Ways to experience matching and mirroring include**
 - A. matching body postures
 - B. matching voice tone
 - C. matching breathing
 - D. all of the above
 - E. none of the above

3. **In NLP, the term “mirroring” refers to comparing characteristics of the right and left sides of the face.**
 - A. true
 - B. false

4. **A visual person tends to access information slowly and speak quickly:**
 - A. true
 - B. false

5. **Representation Systems are valuable tools for:**
 - A. understanding how different people experience their worlds
 - B. representing a client in the event of a lawsuit
 - C. discussing the relative value of money
 - D. predicting a client’s potential for success.
 - E. none of the above

6. **When a person is looking up and straight ahead, he is accessing**
 - A. kinesthetically.
 - B. auditorily.
 - C. visually.
 - D. gustatorally.

7. **In most people, the conscious mind represents about 50% of their awareness.**
- A. true
 - B. false
8. **The activity of right brain is generally our main obstacle to being able to visualize.**
- A. true
 - B. false
9. **Which of the following accurately describes the hypnotic state ?**
- A. a relaxed state in which the client is in control
 - B. an altered state where the client can think about his problems
 - C. the beta state
 - D. a relaxed state in which the client is not in control
10. **Phenomena commonly experienced during hypnosis do not include**
- A. slower heartbeat.
 - B. sighing or yawning.
 - C. stomach gurgling.
 - D. more rapid breathing.
11. **Increasing a new client's comfort level by clearing up fears and myths about hypnosis and healing is often helpful.**
- A. true
 - B. false
12. **Which of the following are not functions of the unconscious mind?**
- A. creative expression
 - B. serving as a memory bank
 - C. logical thinking
 - D. seat of the imagination
13. **Connecting with the wholeness of the soul is only valuable for a small percentage of the population who have reached a certain level of development.**
- A. true
 - B. false
14. **Types of inductions do not include**
- A. authoritarian.
 - B. blind.
 - C. permissive.
 - D. humanitarian.
 - E. none of the above

- 15. For the purpose of most of therapeutic work, a medium level of trance is generally desired.**
- A. true
 - B. false
- 16. When using imagery in an induction, which of the following help to deepen the trance?**
- A. pacing the client's eye movements
 - B. allowing the client to determine the images
 - C. using the same images with all clients
 - D. having the client describe the images
- 17. Before proceeding with a hypnotic induction, the practitioner should not:**
- A. suggest possible causes of the client's problem
 - B. ask the client if he or she is ready to begin
 - C. make sure that the client is comfortable
 - D. establish rapport with the client
- 18. Letting go of the past is essential to:**
- A. Overcome our childlike wonder
 - B. Develop a more realistic, left-brained approach to life
 - C. Effectively pace and lead the client
 - D. Be fully free to realize our infinite potential
- 19. Dissociation helps to:**
- A. match lead modalities
 - B. Clarify the significance of the event
 - C. Reduce the emotional intensity associated with a situation
 - D. Control addictive tendencies
- 20. Techniques for going back in time as with age regression do not include**
- A. asking the client who was responsible for his or her childhood problems
 - B. a hypnotic induction that leads the client through a timeless mist
 - C. bridging
 - D. all of the above
 - E. none of the above
- 21. In a therapeutic relationship, the practitioner should avoid**
- A. telling personal stories to the client
 - B. having a strongly formulated agenda for a session
 - C. communicating in a neutral way
 - D. encouraging the client to discover her own destiny

- 22. In a regression, the term “bridging” refers to**
- A. accessing the source of a sensation, emotion or thought.
 - B. moving the client into another chair to view a situation from another perspective.
 - C. bringing the client out of a trance state.
 - D. an interviewing technique used to relax a new client.
 - E. all of the above
- 23. With past life regression, you can help a client to “get into the scene” by asking what kind of footwear he or she is wearing and what is on the ground.**
- A. true
 - B. false
- 24. It is important for the client to believe in past lives for past life regression to be effective.**
- A. true
 - B. false
- 25. Therapeutically, which of the following is not an important element in past life regression?**
- A. being open-minded
 - B. finding the source of current problems that relate to blockages from a past life or lives
 - C. having a willingness for honest self-evaluation
 - D. determining what the historical facts were in a person’s past life
- 26. Inner Child Communication is useful for:**
- A. helping the client to release blockages from unresolved childhood issues
 - B. finding out who was responsible for problems the client had during their childhood
 - C. working with addictions
 - D. coming out of the trance state
- 27. Subpersonalities are parts of the self who have become disconnected from our wholeness.**
- A. true
 - B. false
- 28. The Integration Process is most valuable for**
- A. integrating different modalities to include all of the senses
 - B. incorporating more depth into a trance experience
 - C. deepening the experience of pacing and leading
 - D. all of the above
 - E. none of the above
- 29. The best time to use the Magical Child Process is before addressing the Wounded Inner Child.**
- A. True
 - B. False

30. Characteristics of the Magical Child include serving as a guide.

- A. True
- B. False

MANIFESTATION

31. The purpose of questioning a client about the importance of moving ahead and following his/her dream is to maximize the client's commitment to do what it takes to make the dream a reality.

- A. True
- B. False

32. Some of the most common reasons people don't realize their dreams include

- A. no time.
- B. fear of failure, success, and more.
- C. lack of clarity.
- D. no strategy.
- E. all of the above

33. With goalsetting, the "essential why" defines the primary reason why an individual has not achieved a specific goal.

- A. true
- B. false

34. "Getting out of the herd" is important because

- A. we have to be fully in control to create an extraordinary life.
- B. spending time with others doesn't help us to reach our goals.
- C. no one else can help us.
- D. all of the above
- E. none of the above

35. Straightening and aligning the body creates a substantial boost in one's energy.

- A. true
- B. false

36. High and low vibrations are

- A. relatively insignificant in relation to making productive choices.
- B. key factors in taking control of one's life.
- C. interesting to observe, but impossible to change.
- D. unrelated to the experience of the soul.

37. Clear intent

- A. requires taking time to think out the issues of your life.
- B. is the element that will carry you forward toward the realization of your dreams.
- C. can become your primary driving force for manifestation.
- D. all of the above
- E. none of the above

38. Which of the following is not an element of the seven part roadmap for realizing your dreams?

- A. getting everything in order before you start
- B. bringing the soul's reality down to earth
- C. enlisting the full support of the universe
- D. setting your course
- E. opening to new opportunities

39. Being in your most resourceful state requires the presence of another person.

- A. true
- B. false

40. The heart is significant because

- A. it is where we can access the joy and excitement that define our purpose.
- B. It is the place where we connect with our inner wisdom.
- C. it is where we can experience the presence of the soul in the body.
- D. all of the above
- E. none of the above

41. The twelve principles of manifestation

- A. include four elements drawn from kinesiology.
- B. require one to have a cheerful façade.
- C. don't relate to the presence of the soul.
- D. provide a solid, lasting foundation for our creations.

42. Regular practice of Soul Centering effortlessly clears all of one's internal blockages.

- A. true
- B. false

43. Ground Rules are not intended to

- A. help one to experience a more joyful life.
- B. define one's expectations related to the creation of one's reality in general.
- C. require one to have a cheerful façade.
- D. define one's expectations related to the creation of one's goals.

44. You could say that manifesting your heart's desires is your birthright.

- A. true
- B. false

45. Creating a Focus List

- A. allows one to focus effectively on dozens of items at one time.
- B. allows one to define one's next steps.
- C. requires one to focus on a single goal.
- D. all of the above
- E. none of the above

46. Guidelines for goalsetting include

- A. concentrating primarily on what you currently believe you can attain.
- B. receiving the approval of family and friends.
- C. opening to your infinite potential.
- D. finding ways to incorporate your weaknesses into the plan.

47. Common stumbling blocks to success with realizing one's dreams include

- A. fear of failure.
- B. the perception of having too many real problems for this to work.
- C. fear of public exposure.
- D. all of the above
- E. none of the above

48. To deal effectively with transforming interference, it is important to admit that the beliefs you hold about your limitations are a part of your true identity.

- A. true
- B. false

49. Money

- A. means different things to different people.
- B. is necessary for feeling secure.
- C. needs to be the main element on everyone's focus list.
- D. is necessary for creating a healthy sense of self-worth.
- E. none of the above

50. The six general categories of interference one addresses as a coach do not include

- A. lacking a strategy or plan.
- B. being in a supportive environment.
- C. lack of clarity.
- D. internal blockages.
- E. all of the above

51. Leaving the past behind is important, because we need to realize that our history is not our destiny.

- A. true
- B. false

52. The Change History Process in the Manifestation Book is not

- A. a great tool for leaving the past behind.
- B. related to Age Regression and Past Life Regression.
- C. intended to change the events that occurred in the past as much as one's perceptions of them.
- D. an effective process for addressing long-standing issues.

53. In general, when addressing internal blockages, it's best to start with the most comprehensive processes, like Age Regression and the Integration Meeting.

- A. true
- B. false

54. The Wheel of Life is

- A. a well-known coaching tool that is used for goal-setting.
- B. an effective clearing technique for addressing feelings of self-doubt.
- C. not intended to be used for creating an action plan.
- D. a key for enlisting the support of the universe.

55. The Seven Mental Stages in Manifesting Your Dreams is intended to help one to

- A. understand where a person is in relation to being in an optimal state for manifesting.
- B. communicate with people who are unwilling to speak in person.
- C. eliminate limitations from the past.
- D. release internal blockages.
- E. all of the above

56. Tools for building belief include

- A. the Belief Buster Process.
- B. listening to the heart's guidance and wisdom.
- C. filling our heads and hearts with supportive, loving thoughts.
- D. all of the above
- E. none of the above

57. Opening to new opportunities involves

- A. realizing your dream may not be in the process of coming into form.
- B. having an understanding of how to effectively address a variety of possible outcomes.
- C. knowing that taking action is insignificant.
- D. understanding that massive action is always the most effective strategy.

58. The primary reason for clearing out closets is to make room for new purchases when your dreams become a reality.

- A. true
- B. false

59. When one is feeling overwhelmed, effective strategies do not include

- A. coming back to the present moment.
- B. exerting one's will and taking massive action.
- C. making your life easy and take comfortable steps regularly.
- D. all of the above
- E. none of the above

60. The Bright Future Process

- A. includes writing a letter to the Universe.
- B. focuses on Inner Child Communication.
- C. clarifies the need for approval.
- D. identifies and clears obstacles that stand between people and their dreams.