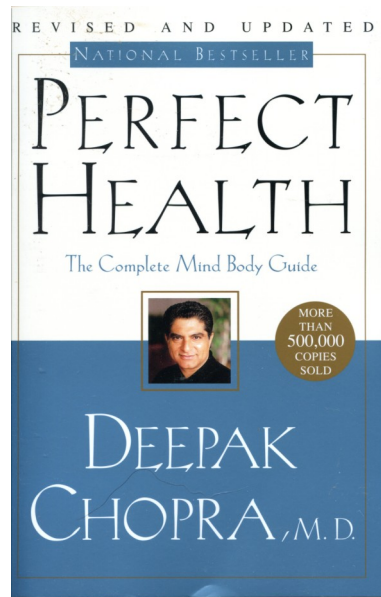




## Home Study Continuing Education Program



### **Perfect Health** **By Deepak Chopra, M.D.** **12 CE hours credit**

#### **Commonwealth Educational Seminars**

**1020 West Barnstable Rd  
Marstons Mills, MA 02648  
(800) 376-3345—Fax: (508) 420-3360  
info@CommonwealthSeminars.com  
Www.CommonwealthSeminars.com**

# **Home Study Program**

## **Instructions**

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
  - a. You may take it online if you wish.**

**Please refer to the instructions on the registration page at the end of this test packet.**
  - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: (800) 376-3345 or email to:  
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**We are approved to offer Continuing Education credit for Social Workers, Psychologists, Nurses, Licensed Mental Health Counselors, Certified Counselors, Licensed Professional Counselors, Substance Abuse Counselors, Licensed Alcohol and Drug Abuse Counselors, LADCs (I-III) and Massachusetts Educators.**

# Commonwealth Educational Seminars Certification Exam

## Perfect Health The Complete Mind Body Guide by Deepak Chopra MD

Select one response for each question below.

1. Breakthrough thinking is a unique form of problem solving.

- a. True     b. False

2. The guiding principle of Ayurveda is that the mind exerts the deepest influence on the body.

- a. True     b. False

3. In India's ancient Vedic tradition, the most basic force underlying all of nature is not intelligence.

- a. True     b. False

4. By knowing your body type, an Ayurvedic doctor cannot tell you which diet should help you.

- a. True     b. False

5. The seeds of disease are sown early.

- a. True     b. False

6. Everything we see in nature - stars, trees, lions, roses is basically abstract.

- a. True     b. False

7. In the West, we are not comfortable saying that nature is founded on two levels of abstraction, matter and energy.

- a. True     b. False

8. The element of space does not play a unique role in the Ayurvedic system.

- a. True     b. False

9. Unfortunately, we all have a tendency to compare ourselves to a norm, which generates feelings of inadequacy when we cannot live up to the standards we feel everyone must meet.

- a. True     b. False

10. When symptoms turn into chronic conditions, diagnoses based on body types do not continue to be useful.

- a. True     b. False

11. Being an active participant is what saves us from being helpless victims.

- a. True     b. False

12. The hidden you that wants to emerge is in perfect balance.

- a. True     b. False

13. Body temperature does operates like a thermostat.

- a. True     b. False

14. If you find you have a runaway appetite, do not try to force yourself to eat less.

- a. True     b. False

15. More heart attacks occur at nine o'clock Monday morning than at any other time of the week.

- a. True     b. False

16. Any dissatisfaction must express itself physically because all our thoughts turn into chemicals.

- a. True     b. False

17. There is more self-control in letting go than in trying to control one's body by force.

- a. True     b. False

18. If you can let go of perfection, perfection will appear by itself.

- a. True     b. False

19. Physical impurities play a large part in hiding our perfect nature from ourselves, like dust on a mirror.

- a. True     b. False

20. An angry mind cannot conquer its own anger.

- a. True     b. False

21. As you gain experience in meditation, you'll begin to feel the reappearance of youthful energy and vitality.

- a. True     b. False

22. In Ayurveda, it is not believed that whatever we put our attention on grows stronger in our lives.

- a. True     b. False

23. A principle of Ayurveda is, "Intention has infinite organizing power."

- a. True     b. False

24. Because conventional psychology concentrates so much on abnormal states, on neurosis and psychosis, it has little to say about the effects of joy.

- a. True     b. False

25. The message of an odor does not go to the brain's limbic system.

- a. True     b. False

26. Smells do not bring back past memories.

- a. True     b. False

27. Ayurveda recognizes that music can be used therapeutically to balance body and mind.

- a. True     b. False

28. The measure of success, regarding addiction, is how many days one goes without a relapse.

- a. True     b. False

29. Although everyone falls prey to the aging process, no one has ever proved that it is necessary.

- a. True     b. False

30. Several years ago, a team of researchers made the exciting discovery that the biological markers of aging can be retarded or even reversed through meditation.

- a. True     b. False

31. Instead of wrestling with all the wrong choices people are likely to make in the grip of unhealthy desires, in Ayurveda, we put our patients in touch with the source of their desires.

- a. True     b. False

32. In Ayurveda, a balanced diet revolves around fats, carbohydrates and proteins.

- a. True     b. False

33. In Ayurveda, calories, vitamins and minerals are given much direct attention.

- a. True     b. False

34. The most basic guide to what you should eat is your body type.

- a. True     b. False

35. In Ayurveda, how you eat is not as important as what you eat.

- a. True     b. False

36. Along with moderation, the key to balanced exercise is regularity.

- a. True     b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

37. I have completed all the requirements for this home study course without any assistance from others.

- a. True     b. False

38. The content of this course was appropriate for my profession.

- a. True     b. False

39. The course information was relevant and can be applied to practice.

- a. True     b. False

40. The course information contributed to achieving personal, professional goals.

- a. True     b. False

41. I would recommend this program to others.

- a. True     b. False

**Perfect Health  
Certification Test**

**You may take this certification test online.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
- 3. Click on *Perfect Health* in the books listing.**
- 4. Fill in the information requested. Use the Certification Number at the bottom of this page as your ID.**
- 5. Take the test and submit it.**
- 6. Download and print your Certificate of Completion.**

**Or you can fill out this printed test and send it to us.  
Please fill in the following information and Mail/fax it to:**

**Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Telephone:** (\_\_\_\_) \_\_\_\_\_ **e-mail:** \_\_\_\_\_@\_\_\_\_\_

**I am seeking CE credit for the following profession(s):**

<b>Profession</b>	<b>License Number</b>	<b>State</b>
____ Psychologist (APA):	_____	_____

\_\_\_\_ Social Work (ASWB): \_\_\_\_\_

\_\_\_\_ Certified Counselor (NBCC): \_\_\_\_\_

\_\_\_\_ LMHC (NBCC): \_\_\_\_\_

\_\_\_\_ Drug/Alcohol Counselor/LADC:(NAADAC): \_\_\_\_\_

\_\_\_\_ Licensed Marriage/Family Therapist (NBCC): \_\_\_\_\_

**Certification Number**