

INDIANA UNIVERSITY STUDY INFORMATION SHEET FOR RESEARCH

Chakra Experiences Survey

About this research

You are being asked to participate in a research study. Scientists do research to answer important questions which might help change or improve the way we do things in the future.

This form will give you information about the study to help you decide whether you want to participate. Please read this form, and ask any questions you have, before agreeing to be in the study.

Taking part in this study is voluntary.

You may choose not to take part or may leave the study at any time. Leaving the study will not result in any penalty or loss of benefits to which you are entitled. Your decision whether or not to participate in this study will not affect your current or future relations with Margaret Moga, PhD, Indiana University School of Medicine.

This research is intended for individual 18 years of age or older. If you are under age 18, do not complete the survey.

This research is open to participants in any country. The survey is in English.

Why is this study being done?

The focus of this study is on the “chakras”. Chakras were first described in ancient Hindu texts as ‘energy centers’ in the human body. The Western Chakra system, used in yoga practice, meditation and complementary therapies, is based on the ancient Eastern Chakra system, but it has a number of aspects which have not been studied or tested. This study will determine whether the chakra qualities, colors and functions, widely assigned to each chakra, are correlated with actual user experience. T

The purpose of this study is to examine some common types of chakra experiences individuals have experienced themselves or with clients. Specifically, this survey asks: Have you experienced imagery, colors or physical sensations related to any of the core chakras? For example, some individuals have reported imagery of an inner light with a Brow Chakra meditation, feeling of warmth in the Heart Chakra while connecting with others, golden light entering the Crown Chakra during healing, and specific images of issues related to particular chakras. By surveying a large number of individuals familiar with the chakra system, we may discover new information about the chakras, not previously reported.

You were selected as a possible participant because, 1) you have expressed interest in the chakras on social media, like Facebook, 2) you have received training in an energy healing or biofield therapy (e.g., Reiki, Healing Touch), 2) you are a practitioner of a yogic discipline, meditative tradition, or martial art involving the chakras. Chakra users and experiencers of all kinds, at any level, including students, are welcome to participate.

The study is being conducted by Dr. Margaret Moga, Indiana University School of Medicine – Terre Haute, Department of Anatomy, Cell Biology and Physiology.

What will happen during the study?

If you agree to be in the study, you will do the following things:

- You will complete the online survey, powered by Qualtrics. The survey takes 8 – 12 minutes to complete. The survey consists of 2 questions about you and your background, and 22 questions about your chakra experiences. All survey responses are anonymous.

What are the risks and benefits of taking part in this study?

One risk of participating in this research is being uncomfortable revealing personal life experiences. Another risk of participating is that one or more of your responses may be used in a scientific publication as an example of a chakra experience. We don't expect you to receive any benefit from taking part in this study, but we hope to learn things which will help scientists in the future, particularly to help advance the field of subtle anatomy and energy medicine.

How will my information be protected?

All research includes at least a small risk of loss of confidentiality. Efforts will be made to keep your personal information confidential. We cannot guarantee absolute confidentiality. Your personal information may be disclosed if required by law. Your identity will be held in confidence in reports in which the study may be published.

Organizations that may inspect and/or copy your research records for quality assurance and data analysis include groups such as the study investigator and her research associates, the Indiana University Institutional Review Board or its designees, and any state or federal agencies who may need to access your research records (as allowed by law).

Will I be paid for participation?

You will not be paid for participating in this study.

Who should I call with questions or problems?

For questions about the study, contact the researcher Dr. Margaret Moga at mmoga@iu.edu or 812-238-4172.

For questions about your rights as a research participant or to discuss problems, complaints or concerns about a research study, or to obtain information, or offer input, please contact the IU Human Subjects Office at 800-696-2949 or at irb@iu.edu.