

CHAKRA SELF-ASSESSMENT

Crown

Your spiritual connection

Links you to the cosmos so you can reach your higher potential. It is the energy of knowingness and enlightenment.

- Are you dedicated to the Divine consciousness?
- Do you trust the universe and your spiritual reality?
- Are you able to equally balance your spirituality with your ability to stay grounded?
- Do you allow the universal energy to flow through you so that you have an unlimited creative energy source?
- Are you able to integrate you intuitive energy with your intellect—your feminine energy with your masculine energy?
- Do you lack faith because you prefer to believe in your own abilities?

Third Eye

Intuitive center for sight

Helps you to see things psychically and your path ahead in life

- Do you trust your intuition and insights?
- Are you able to develop your psychic and intuitive abilities?
- Can you release your fears and anxieties, or do you hang on to negative thoughts?
- Are you able to balance your imagination and fantasy realm with reality?
- Do you tend to feel lonely or are you often depressed?
- Are you unable to give yourself credit because you lack self-pride?

Ajna

(between eyebrows)

Shows addiction or depression

Throat

Communication center

The center that handles incoming and outgoing messages. It is through this center that we voice our opinions and our truths.

- Are you able to express yourself and your beliefs (voice your inner truth)?
- Do you have the ability to trust others without doubt?
- Do you have good organization and planning skills?
- Are you able to free yourself of old family values, beliefs and commitments especially regarding their relationship to responsibility?
- Are you concerned with financial security and having nice possessions?
- Are you shy and do you have difficulty communicating or are you too talkative?

Heart
(front – present)
(back – past)

Governs your emotions
Heart helps you connect on an emotional level to others.

- Do you accept yourself for who you are or do you lack self-love?
- Do you feel that you are not worthy of living life fully or do you feel stifled (feel a lack of freedom in your life)?
- Are you indecisive because you can't make up your mind?
- Do you have a difficult time saying "No" to people?
- Do you have a fear of being rejected or abandoned?
- Are you envious and jealous of what other people have?

Meng Mein
(back, just above the navel)

The "pump"
Pumps energy throughout the body

Solar Plexus

Will power, inner core of strength

- Do you trust your gut feeling?
- Do you worry about what others think of you?
- Do you lack self-confidence or suffer from low self-esteem?

Spleen
(left of navel)

Brings energy into body

Sacral

Live in the now, enthusiasm

- Are you emotionally stable or do your emotions go from one extreme to another?
- Do you try to hide or control your feelings?
- Is your inner child still alive, enthusiastic and uninhibited?
- Can you think outside of the box or is your creative perception restricted?
- Are your sexual relationships mutual and respectful, and can you be totally comfortable with your partner with no limitations such as frigidity or impotence?
- Do you feel disconnected from reality and do you have difficulty living in the present moment?

Root

Grounding, material connection, vitality

- Are you physically fit?
- Was there or is there any abuse (physical, emotional or verbal) in your life?
- Are you able to put your thoughts into action?
- Do you accomplish most of your goals?
- Are money and a home very important to you?
- Have you had any recent thoughts of self-destruction?