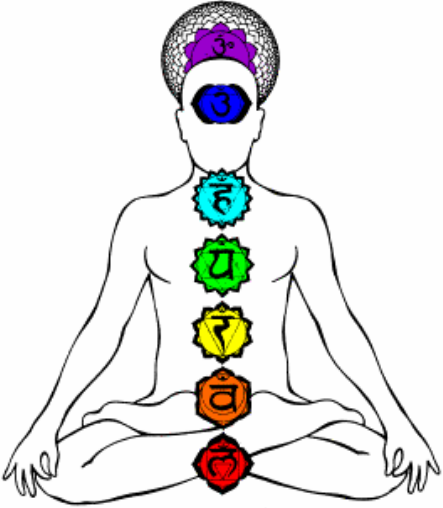


Chakra Self-Discovery Test

Answer the following questions honestly to gain a clear picture of which chakras are balanced and which are over or under active. Remember that every day our energies are different to use this tool to self-diagnose imbalances in your chakra system.

Answer Key:	What your answers mean:
1 = Never / Strongly Disagree	1-10 Points = Chakra is very deficient, work to open it
2 = Not Often / Disagree	11-20 Points = Chakra is slightly deficient, work to open it
3 = Sometimes / Maybe	21-30 Points = Chakra is open, work to keep it open
4 = Often / Agree	31-40 Points = Chakra is very open, work to keep it balanced
5 = Always / Strongly Agree	41-50 Points = Chakra may be excessive, work to balance it with the other chakras

Chakras:	Total Points:
1. Muladhara Chakra	
2. Svadhisthana Chakra	
3. Manipura Chakra	
4. Anahata Chakra	
5. Visuddha Chakra	
6. Anja Chakra	
7. Sahasrara Chakra	



I: Muladhara Chakra

Earth, Survival, Grounding

The center of survival and our relation to the physical world

When balanced, it brings health, security and prosperity.



- | | | | | | |
|--|---|---|---|---|---|
| 1) I often spend time in nature | 1 | 2 | 3 | 4 | 5 |
| 2) I exercise regularly | 1 | 2 | 3 | 4 | 5 |
| 3) The world feels safe to me | 1 | 2 | 3 | 4 | 5 |
| 4) I eat a balanced, healthy diet | 1 | 2 | 3 | 4 | 5 |
| 5) I am a grounded person | 1 | 2 | 3 | 4 | 5 |
| 6) I have confidence in myself | 1 | 2 | 3 | 4 | 5 |
| 7) I do not worry about what others think of me | 1 | 2 | 3 | 4 | 5 |
| 8) I do not need material possessions to make me happy | 1 | 2 | 3 | 4 | 5 |
| 9) I am a patient person | 1 | 2 | 3 | 4 | 5 |
| 10) I face my problems without running away from them | 1 | 2 | 3 | 4 | 5 |

Add up your total and compare it to the chart below.	Total:
--	---------------

Answer Key:	What your answers mean:
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II: Svadhisthana Chakra

Emotions, Sexuality

The pleasure center of sensuality and emotion.

When balanced, it brings emotional health, sexual fulfillment and adaptability.



1) I let go of things easily	1	2	3	4	5
2) I am very affectionate, touching people freely	1	2	3	4	5
3) I am satisfied with my love life	1	2	3	4	5
4) I enjoy nurturing other people	1	2	3	4	5
5) I regularly "escape" with hobbies and enjoyable activities	1	2	3	4	5
6) I am comfortable with my gender	1	2	3	4	5
7) I am in control of my emotions	1	2	3	4	5
8) I am content spending time by myself	1	2	3	4	5
9) I am compassionate towards others	1	2	3	4	5
10) I feel comfortable about my body	1	2	3	4	5

Add up your total and compare it to the chart below.

Total:

Answer Key:

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III: Manipura Chakra

Fire, Power

The center of power or will.

When balanced, it brings confidence, energy and identity.



1) I have a strong sense of personal power	1	2	3	4	5
2) I have a high energy level	1	2	3	4	5
3) I have a strong metabolism	1	2	3	4	5
4) I set and achieve goals	1	2	3	4	5
5) I am confident	1	2	3	4	5
6) I do not let other people make me feel like a victim	1	2	3	4	5
7) I have good self-esteem	1	2	3	4	5
8) I accept responsibility for my actions	1	2	3	4	5
9) I am comfortable taking risks	1	2	3	4	5
10) I am not critical of others, giving praise freely	1	2	3	4	5

Add up your total and compare it to the chart below.

Total:

Answer Key:

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IV: Anahata Chakra

Air, Love

It is the heart chakra, center of love and nurturing.

When balanced, it brings compassion, peace and love.



- | | | | | | |
|--|---|---|---|---|---|
| 1) I'm generally a happy person | 1 | 2 | 3 | 4 | 5 |
| 2) I make friends easily | 1 | 2 | 3 | 4 | 5 |
| 3) I like myself | 1 | 2 | 3 | 4 | 5 |
| 4) I have successful long-term relationships | 1 | 2 | 3 | 4 | 5 |
| 5) I am at peace with my current situation | 1 | 2 | 3 | 4 | 5 |
| 6) I forgive others easily | 1 | 2 | 3 | 4 | 5 |
| 7) I am not a jealous or possessive person | 1 | 2 | 3 | 4 | 5 |
| 8) I feel inspired in my life | 1 | 2 | 3 | 4 | 5 |
| 9) I am compassionate towards others | 1 | 2 | 3 | 4 | 5 |
| 10) I believe that I have the power to heal myself | 1 | 2 | 3 | 4 | 5 |

Add up your total and compare it to the chart below.

Total:

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V: Visuddha Chakra

Sound, Communication

The communication and creativity center allows personal and artistic expression and ingenuity when in balance.



- | | | | | | |
|---|---|---|---|---|---|
| 1) I am an effective communicator | 1 | 2 | 3 | 4 | 5 |
| 2) I enjoy expressing myself through writing, art, or music | 1 | 2 | 3 | 4 | 5 |
| 3) I am a good listener | 1 | 2 | 3 | 4 | 5 |
| 4) I am a creative person | 1 | 2 | 3 | 4 | 5 |
| 5) I get along well with other people | 1 | 2 | 3 | 4 | 5 |
| 6) I feel heard by my family and friends | 1 | 2 | 3 | 4 | 5 |
| 7) I have good hearing | 1 | 2 | 3 | 4 | 5 |
| 8) I can express myself easily through words | 1 | 2 | 3 | 4 | 5 |
| 9) I am comfortable with my voice | 1 | 2 | 3 | 4 | 5 |
| 10) I am an honest person | 1 | 2 | 3 | 4 | 5 |

Add up your total and compare it to the chart below.

Total:

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VI: Anja Chakra

Light, Perception

Sometimes called the third eye chakra, this center is related to seeing-both physically and intuitively.

When balanced, it brings clarity of instinct and intellect.



1) I am very aware of my physical surroundings, noticing visual details	1	2	3	4	5
2) I have vivid dreams	1	2	3	4	5
3) I often experience deja vu or coincidence	1	2	3	4	5
4) I have a strong ability to visualize or "picture" things	1	2	3	4	5
5) I am imaginative	1	2	3	4	5
6) I trust my intuition	1	2	3	4	5
7) I have a good memory	1	2	3	4	5
8) I experience psychic connections with other people	1	2	3	4	5
9) I experience clairvoyance or telepathy	1	2	3	4	5
10) I have good eye sight	1	2	3	4	5

Add up your total and compare it to the chart below.

Total:

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VII: Sahasrara Chakra

Thought, Understanding

The center of the spirit and consciousness.

When balanced, it brings knowledge, connection and bliss.



1) I meditate/pray/contemplate	1	2	3	4	5
2) I am self-aware, reflective and conscious of my thoughts, actions, motives	1	2	3	4	5
3) I nurture my spirituality	1	2	3	4	5
4) I consider myself an intellectual person	1	2	3	4	5
5) I am aware of the interconnectedness of all things	1	2	3	4	5
6) I can think for myself	1	2	3	4	5
7) I am aware when I have become overly attached to an idea or an object	1	2	3	4	5
8) I have self-reliance in spiritual matters	1	2	3	4	5
9) I love to learn	1	2	3	4	5
10) I enjoy taking tests like these	1	2	3	4	5

Add up your total and compare it to the chart below.

Total:

Answer Key:

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