

CHAKRA TEST

Below is a short questionnaire to help you learn more about your energy centers. Most questions have two parts. Be honest with your answers. Remember that this questionnaire is to help you to understand more about yourself. So don't rush through the questions but rather try to reflect on each question before answering. And make sure you can honestly answer each question to be true at least 90% of the time.

Once you complete and add up your totals to each part, read the following section on "How to Use the Test Results." Use your results to see what energy centers you are strong in as well as what ones you need to work on...

Part One RED CHAKRA

1. Are you comfortable with your physical body and are you rarely sick?

Yes No Both

2. Are you self-motivated and do you achieve most of your goals?

Yes No Both

3. Are you very passionate about most things and willing to fight for just causes?

Yes No Both

4. Do you have a strong drive to live and do you feel that you have a right to exist?

Yes No Both

Part One: Total number of

Yeses Noes Both

Part Two ORANGE CHAKRA

1. Are you free from asthma as well as allergies (such as skin conditions, candida, yeast infections, etc.)?

Yes No Both

2. Are you very creative with your mind and do you have the ability to see situations from different perspectives (mentally and emotionally)?

Yes No Both

3. Are you confident, enthusiastic and outgoing and are you able to spread joy to others with a constant positive outlook on life?

Yes No Both

4. Are you connected to your emotional self and do you understand that feeling and expressing your emotions are your right?

Yes No Both

Part Two: Total number of

Yeses Noes Both

Part Three YELLOW CHAKRA

1. Are you free of digestive problems such as ulcers, food intolerances, constipation or diarrhea, blood sugar disorders, sluggish liver, etc.?

Yes No Both

2. Are you mentally strong and clever and do you have an exceptional memory and learn new things quickly?

Yes No Both

3. Can you truly say your ego is in balance and are you confident enough that you easily admit when you are wrong?

Yes No Both

4. Does your belief system include knowing that a higher power exists and do you use your personal power to openly discuss your beliefs?

Yes No Both

Part Three: Total number of

Yeses Noes Both

Part Four GREEN CHAKRA

1. Is your breathing deep and when stressful situations arise does your breathing pattern remain constant?

Yes No Both

2. Can you say no to people without feeling guilty or remorseful?

Yes No Both

3. Are you friendly and compassionate and do you rarely gossip?

Yes No Both

4. Are you a loving and giving person with little thought of receiving back and are you free of jealousy and envious thoughts?

Yes No Both

Part Four: Total number of

Yeses Noes Both

Part Five BLUE CHAKRA

1. Do you rarely have sore throats, shoulder and jaw tenseness or problems expressing yourself?

Yes No Both

2. Are you very organized and do you have a good ability to plan and give orders?

Yes No Both

3. Do you consider yourself a person with high integrity and are you devoted and loyal?

Yes No Both

4. Do you always communicate your inner truths and are you open and honest with others regardless of the situation?

Yes No Both

Part Five: Total number of

Yeses	<input type="text"/>	Noes	<input type="text"/>	Both	<input type="text"/>
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Part Six INDIGO CHAKRA

1. Do sleep well and are you able to get out of bed in the morning easily with no problems?

Yes No Both

2. Do you trust your intuition and insights and do you have a good imagination without losing contact with reality?

Yes No Both

3. Do you have a deep understanding of your existence that allows you to have little fear or anxiety in your thoughts?

Yes No Both

4. Are you connected to your unconscious self and do you have a strong intuitive (psychic) awareness?

Yes No Both

Part Six: Total number of

Yeses Noes Both

Part Seven VIOLET CHAKRA

1. Does your body feel and smell clean and is your lymph system flowing freely?

Yes No Both

2. Do you consider yourself a visionary and is your creativity and inspiration unlimited?

Yes No Both

3. Are you spiritually aware and are you in balance with your masculine and feminine energies?

Yes No Both

4. Do you believe in enlightenment and the universal consciousness and do you feel you have a purpose and a spiritual knowingness?

Yes No Both

Part Seven: Total number of

Yeses Noes Both

How You Use the Test Results

Each section above pertains to a different chakra intelligence. If you answered 4 Yeses in one section it means that you are connected to that chakra center. If you answered 3 Yeses it means you have a good understanding of that chakra power. If you only answered only 2 Yeses it means that you have the possibility to use that center but you do not completely understand its function. If you answered one or zero Yeses than it shows that you have little understanding of that chakra's full potential.

Remember there is no right or wrong—it just is. This Chakra Test was only for you to see that you use different “thoughts of energy” and by understanding your own energy will only help you to achieve your maximum potential.

___ **Part One:** Red Chakra

___ **Part Two:** Orange Chakra

___ **Part Three:** Yellow Chakra

___ **Part Four:** Green Chakra

___ **Part Five:** Blue Chakra

___ **Part Six:** Indigo Chakra

___ **Part Seven:** Violet Chakra

Increasing a Chakra's Energy

If you have been truthful you will know and you can see that you have areas that you can improve in your life. This is the first step in accepting who you at this moment in time. The next step is to start doing things to manifest more energy in the chakra center(s) that needs more recognition. Don't be concerned if all of your centers need work. Most people do not understand their chakras 100%, but that's why we are here... to learn and to grow!

You also have to understand that in order to become a specialist in a field, you must study, do research and complete practical experiments. Think of your seven chakra centers as different school subjects. Maybe some classes you aced but others you just passed or maybe even failed. As well if you did not go to class, listen to the teacher or study for the final exam any of these factors could have affected your final grades. However, if you learned the material you probably achieved top grades.

Well it's the same with your chakra centers. How do you expect to have an understanding of your chakra centers if you've never even taken a class in the chakra system? Consider that our chakras are our life subjects. Each chakra center is connected to a level of intelligence that is part of our whole being.

- The Root Chakra is our life force energy. It is also called our Red or Base Center
- The Spleen Chakra is our sensing and feeling energy. It is also called our Orange or Splenic Center

- The Solar Plexus Chakra is our mental energy. It is also called our Yellow or Ego Center
- The Heart Chakra is our emotional energy. It is also called our Green or Cardiac Center
- The Throat Chakra is our communication energy. It is also called our Blue or Laryngeal Center
- The Brow Chakra is our intuitive energy. It is also called our Indigo or Third-Eye Center
- The Crown Chakra is our inspiration and spiritual energy. It is also called our Violet or Coronal Center.

Now that you understand the basics of each chakra and the color vibration it correlates to you can begin to work with “tools” that will help energize the chakra center(s) you need to work on. The main tool I ask people to work with is the “right” (positive) thoughts. If you already have doubts or disbelief your end results will be effected.

Your thoughts are mainly what drive you on a physical level. It is your mind that tells you what to do, what you should learn and how you should act or re-act. This is why first and foremost you need to put the power of your mind into the thought that you are going to work at increasing your chakra system’s vitality. It is simply by acknowledging this that you have taken the first step to empowering your chakras. Congratulations!

How Thought Affects our Chakra Energy.

You must learn that with every thought there is a reaction. This response can either energize you or decrease your life force. For example, when you have a negative thought:

- **Brain:** Negative thoughts cause the electricity of the brain to change.
- **Meridian:** Due to the change of the brain electricity, the meridian energy changes.
- **Organ:** The organs connected with the meridian are not properly nourished with vital energy and disease develops.
- **Chakra:** The astral energy feedback changes in the chakra due to the bad thought. This thought has less vitality as it is out of the cosmic tune. A block in the chakra occurs.
- **Aura:** Negative thinking drains away the energy of the aura. The colors become dull and the auric protection shield weaker. Negativity from the outside can pour in.
- **Law of Resonance:** When negative thoughts are radiated to the environment, all thoughts on that morphogenetic field will be attracted. The negativity becomes stronger and happens more often.

Negative thoughts are against the Godly plan of loving. Bad life conditions will be attracted.

The next step is to use tools to help you achieve your optimum level.

Example of a Dysfunctional Chakra System.

The root, spleen, throat and brow centers are illustrating energy deficiencies (under-activity); whereas the solar plexus and crown chakra centers are over-active. In this case the chakra system indicates that the individual has little “red” fire to push the “chi” energy through their system. Lack of a healthy root driving force suggests that this person is unable to accomplish their goals or lacks a supportive relationship. A feeling of tiredness would validate this on a physical level.

Basically this person’s chakra system is already in trouble. However, since this individual’s solar plexus and crown centers are their main power stations, they could be accomplishing some tasks as their mental and visionary energies are able to achieve their goals. But on a foundation level they are not very strong and therefore may eventually burn out so that other root or chakra imbalances prevail.

