

Chakra Quiz

The following questions will help you assess energy flows through your chakras. Where you answer yes to most or all questions, feel comfortable with a healthy energy flow through that chakra. Where you answer no to all or most of the questions, look to the companion handout providing guidance on improving energy flows through your chakras.

Root Chakra – Muladhara chakra

Do you feel:

- generally healthy and not susceptible to illnesses that may be going around?
- comfortable with your work?
- comfortable with your personal relationships?
- secure with your finances?
- not prone to overreact or get angry easily?
- secure and in control of your life?

Sacral Chakra – Svadhisthana chakra

Do you feel:

- able to be creative when you wish to do so?
- comfortable expressing your emotions and feelings?
- able to express your sensuality freely and (as appropriate) feel fulfilled in your sex life?
- you are not experiencing problems with your reproductive organs or kidneys?
- confident in riding out life's ups and downs?
- you are not prone to addictions or cravings?

Solar Plexus Chakra – Manipura chakra

Do you feel:

- able to stand up to others and state your point if you disagree?
- able to relinquish responsibility to others and not have to always be in control?
- able to cope well even when under pressure?
- confident in yourself without being overly egotistical?
- able to set boundaries and be assertive without being aggressive?
- that you know yourself, judging yourself and others fairly but not critically?



Heart Chakra – Anahata chakra

Do you feel:

- able to love and give to others easily?
- empathy and compassion towards others?
- balanced and generally harmonious in your relationships with family and friends?
- happy with your life?
- you are not prone to depression?
- you are not prone to high blood pressure, respiratory conditions or asthma?

Throat Chakra – Vishuddha chakra

Do you:

- express your truth easily and clearly?
- communicate with honesty and integrity?
- listen actively to others?
- feel accepted by others?
- make clear assessments without judging others?
- rarely have ear, nose, neck, throat or respiratory problems?

Third Eye Chakra – Ajna chakra

Do you:

- trust your intuition?
- sleep well and are you able to get out of bed in the morning easily?
- learn from your mistakes?
- rarely have headaches, sinus or panic attacks?
- live in the now, and not dwell in the past and or future?
- have a well functioning mind, with good memory and concentration?

Crown Chakra – Sahasrara chakra

Do you feel:

- the decisions you make reflect your core values?
- your life is in balance?
- at peace with yourself and others?
- you use your inner wisdom to help others?
- a sense of purpose in your life?
- a deep connection with your inner soul or a higher power?



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