

CHAKRA QUESTIONNAIRE

Colour in the corresponding number if you do / feel / know this 51% of the time to gauge whether your chakras are open or closed.

1. I feel and understand what being 'grounded' means
2. I am open to my power (not ego) and I am comfortable about my sexuality
3. I acknowledge my feelings and emotions
4. It is easy for me to forgive myself and others
5. It is easy for me to say out loud what is on my mind
6. I make clear pictures in my head about what I would like to accomplish
7. I have a connection to the 'Divine' or 'Universal Energy'
8. I am confident socially
9. I co-operate easily with other people
10. I have inner power
11. Love is very important to me
12. I allow my creativity to be expressed
13. Concentration and focus is easy for me
14. I accept and know I can trust my inner guidance
15. I take action on my dreams and desires
16. I am motivated to accomplish my goals and objectives
17. I look forward to learning about new things
18. Life is fun and easy
19. I vocalize my thoughts knowing I am safe to do so
20. I have the courage to create my dreams even if others object
21. I am willing to be myself even if, it is not what others want to see
22. I have patience with myself and family
23. I learn from all my experiences
24. I relax and enjoy my accomplishments
25. Helping others is important to me
26. I keep my promises to myself
27. In all my plannings, I include a picture of myself
28. I express my 'spiritual' connection daily (by prayer, journaling, meditating etc.)

If the circles are not all coloured in – read further for what to do to heal the chakras.

Sue also works with clients to keep these clear and functioning for ease in energy flow.

Root Chakra is blocked by **Fear** and

Healed by:

- Wearing the colour red
- Get hugged
- Take a walk

Sacral Chakra is blocked by **Guilt** and

Healed by:

- Wearing the colour orange
- Listen to music with headphones (Mozart is great)
- Have a massage

Solar Plexus Chakra is blocked by **Shame** and

Healed by:

- Wearing the colour yellow
- Learn which emotions are yours
- Protect your feelings

Heart Chakra is blocked by **Grief** and

Healed by:

- Wearing the colour green
- Carry a baby picture of yourself
- Do a gratitude list

Throat Chakra is blocked by **Lies** and

Healed by:

- Wearing the colour blue
- Laugh more – find a movie or person who makes you laugh from your belly
- Listen to your breathing

Third Eye is blocked by **Illusions** or **No pictures** and

Healed by:

- Wearing the colour Indigo
- Surround yourself with beauty – art, photographs, flowers
- Use full spectrum lights

Crown Chakra is blocked by **Attachment** and **Ego** and

Healed by:

- Wearing the colour violet
- Rest one day a week – break from “have to’s and should’s”
- Say ‘cancel that’ for anything negative