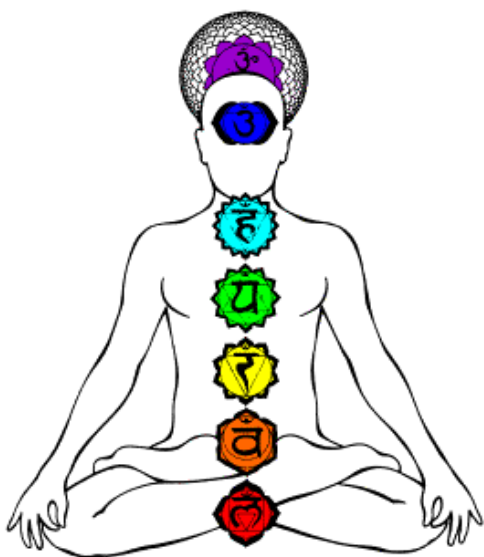


# Chakra Self-Discovery Test

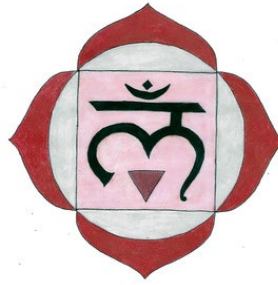
Answer the following questions honestly to understand which chakras are balanced and which are over or under-active. Remember that our energies are different daily, so use this tool to self-diagnose imbalances in your chakra system.

Answer Key:	What your answers mean:
1 = Never	15 Points = Chakra is very deficient.
2 = Not Often	16-30 Points = Chakra may be deficient.
3 = Sometimes	31-45 Points = Chakra is balanced.
4 = Often	46-60 Points = Chakra may be overactive.
5 = Always	61-75 Points = Chakra excessively overactive.

Come back to this page to enter all of your totals to see how the individual chakras relate to one another as a whole.



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

*The first chakra is our center of survival and our relationship to the physical world. When balanced, it brings health, security, and prosperity.*

	Never	Not Often	Sometimes	Often	Always
1) My body is solid and sturdy	1	2	3	4	5
2) I feel grounded in my body	1	2	3	4	5
3) I feel nourished by the foods I eat	1	2	3	4	5
4) I have a positive body image	1	2	3	4	5
5) I have a healthy relationship with my family of origin	1	2	3	4	5
6) I feel like I am in control of my life	1	2	3	4	5
7) I am willing to face what's underneath my issues	1	2	3	4	5
8) I prefer things to stay the same	1	2	3	4	5
9) My material possessions make me feel secure	1	2	3	4	5
10) I prefer to spend time alone	1	2	3	4	5
11) I experienced trauma as a young child	1	2	3	4	5
12) I hold on to people, objects, and feelings for a long time	1	2	3	4	5
13) I am stuck in my ways	1	2	3	4	5
14) I spend much of my time concerned about survival	1	2	3	4	5
15) I hold on to my material wealth	1	2	3	4	5

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

**Total:**

### What your answers mean:

15 Points	=	Chakra is very deficient.
16-30 Points	=	Chakra may be deficient.
31-45 Points	=	Chakra is balanced.
46-60 Points	=	Chakra may be overactive.
61-75 Points	=	Chakra is excessively overactive.



## II: Svadhishthana Chakra

*The second chakra holds our creative and sexual power. When balanced, we are adaptable and nurturing.*

	Never	Not Often	Sometimes	Often	Always
1) I have low back, sacral, hip, or pelvic pain	1	2	3	4	5
2) I suffer from lower GI problems	1	2	3	4	5
3) I practice self-care	1	2	3	4	5
4) I am comfortable with my sexuality and gender expression	1	2	3	4	5
5) I am empathic	1	2	3	4	5
6) I feel creative	1	2	3	4	5
7) I go with the flow	1	2	3	4	5
8) Spending time near water feels healing to me	1	2	3	4	5
9) I let go of things quickly	1	2	3	4	5
10) I become addicted easily	1	2	3	4	5
11) I fear that others will betray me	1	2	3	4	5
12) I thrive on emotional drama	1	2	3	4	5
13) I need constant stimulation to avoid boredom	1	2	3	4	5
14) I am compulsive (shopping, food, doom scrolling)	1	2	3	4	5
15) I have difficulty maintaining personal boundaries	1	2	3	4	5

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

**Total:**

What your answers mean:	
15 Points	= Chakra is very deficient.
16-30 Points	= Chakra may be deficient.
31-45 Points	= Chakra is balanced.
46-60 Points	= Chakra may be overactive.
61-75 Points	= Chakra is excessively overactive.



### III: Manipura Chakra

*The third power is our center of fire and determination.  
When balanced, it brings confidence, energy, and a sense of self.*

	Never	Not Often	Sometimes	Often	Always
1) I experience GERD	1	2	3	4	5
2) I have a strong metabolism	1	2	3	4	5
3) I have a high level of energy	1	2	3	4	5
4) I have a strong sense of personal power	1	2	3	4	5
5) I set and achieve goals easily	1	2	3	4	5
6) I am confident	1	2	3	4	5
7) I am decisive	1	2	3	4	5
8) I accept responsibility for my actions	1	2	3	4	5
9) I am always right	1	2	3	4	5
10) I prefer to work alone rather than in a group	1	2	3	4	5
11) I want to be in charge	1	2	3	4	5
12) I am a perfectionist	1	2	3	4	5
13) I anger easily	1	2	3	4	5
14) I feel judgmental and critical of others	1	2	3	4	5
15) I say things that offend other people	1	2	3	4	5

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

**Total:**

**What your answers mean:**

15 Points	=	Chakra is very deficient.
16-30 Points	=	Chakra may be deficient.
31-45 Points	=	Chakra is balanced.
46-60 Points	=	Chakra may be overactive.
61-75 Points	=	Chakra is excessively overactive.



## IV: Anahata Chakra

*The fourth chakra is the heart center and governs love. When balanced, it brings compassion and gratitude.*

	Never	Not Often	Sometimes	Often	Always
1) I have good posture in my chest and shoulders	1	2	3	4	5
2) I don't experience breathing problems	1	2	3	4	5
3) I have a healthy cardiovascular system	1	2	3	4	5
4) I make friends easily	1	2	3	4	5
5) I have successful long-term relationships	1	2	3	4	5
6) I am at peace with my current situation	1	2	3	4	5
7) I forgive others easily	1	2	3	4	5
8) I love and appreciate myself	1	2	3	4	5
9) I feel empathy	1	2	3	4	5
10) I am compassionate towards others	1	2	3	4	5
11) I connect with gratitude easily	1	2	3	4	5
12) I feel controlled by my emotions	1	2	3	4	5
13) I lead with my heart, not my head.	1	2	3	4	5
14) I am possessive with loved ones	1	2	3	4	5
15) I can be codependent in close relationships	1	2	3	4	5

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

**Total:**

What your answers mean:			
15 Points	=	Chakra is very deficient.	
16-30 Points	=	Chakra may be deficient.	
31-45 Points	=	Chakra is balanced.	
46-60 Points	=	Chakra may be overactive.	
61-75 Points	=	Chakra is excessively overactive.	



## V: Vishuddha Chakra

*The fifth chakra is the seat of the voice and truth.  
When balanced, we are freely able to communicate authentically*

	Never	Not Often	Sometimes	Often	Always
1) I have good hearing	1	2	3	4	5
1) My teeth and mouth are healthy	1	2	3	4	5
2) I know the truth when I hear it	1	2	3	4	5
3) I have pain in my neck and shoulders	1	2	3	4	5
4) I am a good listener	1	2	3	4	5
5) I am an effective communicator	1	2	3	4	5
6) I feel heard by my family and friends	1	2	3	4	5
7) I enjoy expressing myself through writing, art, or music	1	2	3	4	5
8) I remember and understand my dreams	1	2	3	4	5
9) I have personal integrity	1	2	3	4	5
10) I live in alignment with my values	1	2	3	4	5
11) I value honesty above all else	1	2	3	4	5
12) I am comfortable with the sound of my voice	1	2	3	4	5
13) I interrupt others	1	2	3	4	5
14) I dominate conversations	1	2	3	4	5

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

**Total:**

What your answers mean:			
15 Points	=		Chakra is very deficient.
16-30 Points	=		Chakra may be deficient.
31-45 Points	=		Chakra is balanced.
46-60 Points	=		Chakra may be overactive.
61-75 Points	=		Chakra is excessively overactive.



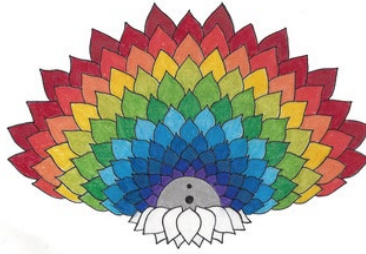
## VI: Anja Chakra

*The sixth chakra is the third eye and promotes vision and clarity. When balanced, it enables us to see the bigger picture.*

	Never	Not Often	Sometimes	Often	Always
1) I have good eyesight	1	2	3	4	5
2) I have a sharp memory	1	2	3	4	5
3) I have vivid dreams	1	2	3	4	5
4) I often experience deja vu or coincidence	1	2	3	4	5
5) I have a strong ability to visualize or "picture" things	1	2	3	4	5
6) I am imaginative	1	2	3	4	5
7) I trust my intuition	1	2	3	4	5
8) I believe in karma	1	2	3	4	5
9) I experience psychic connections with other people	1	2	3	4	5
10) I experience clairvoyance or telepathy	1	2	3	4	5
11) I understand my life's purpose	1	2	3	4	5
12) I have nightmares	1	2	3	4	5
13) I believe that I am wiser than most other people	1	2	3	4	5
14) I can see the bigger picture	1	2	3	4	5
15) My religion is the only correct one	1	2	3	4	5

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

What your answers mean:			
15	Points	=	Chakra is very deficient.
16-30	Points	=	Chakra may be deficient.
31-45	Points	=	Chakra is balanced.
46-60	Points	=	Chakra may be overactive.
61-75	Points	=	Chakra is excessively overactive.



## VII: Sahasrara Chakra

*The seventh chakra is at the crown of the head and connects us to universal consciousness. When open, it brings knowledge, connection, and bliss.*

	Never	Not Often	Sometimes	Often	Always
1) I believe that there is something beyond the physical plane	1	2	3	4	5
2) I engage in meditation, prayer, or other contemplative practices	1	2	3	4	5
3) I am conscious of my thoughts and actions	1	2	3	4	5
4) I have a rich spiritual life	1	2	3	4	5
5) I have a personal philosophy	1	2	3	4	5
6) I am aware of the interconnectedness of all things	1	2	3	4	5
7) I can think for myself	1	2	3	4	5
8) I know when I become too attached to an ideology	1	2	3	4	5
9) I understand the motives for my behavior	1	2	3	4	5
10) I love to learn and expand my mind	1	2	3	4	5
11) I am self-aware	1	2	3	4	5
12) My spiritual accomplishments make me better than others	1	2	3	4	5
13) Limitations are difficult for me to accept	1	2	3	4	5
14) I feel detached from people and things	1	2	3	4	5
15) I enjoy taking tests like these that better help me understand myself	1	2	3	4	5

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

**Total:**

What your answers mean:	
15 Points	= Chakra is very deficient.
16-30 Points	= Chakra may be deficient.
31-45 Points	= Chakra is balanced.
46-60 Points	= Chakra may be overactive.
61-75 Points	= Chakra is excessively overactive.