

# Chakra Flow Assessment

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This is a fun and simple test that will help you assess the strength of energy flow through your body.

Everyone has strengths and wounds in their energetic make up. Knowing which chakras are your strength and which hold wounds helps you to draw upon your strengths and free your limitations, healing you from the inside out.

Simply answer yes or no to each of the questions and tally up your scores:

### **Chakra 1, Root Chakra**

1. Do you suffer from any allergies, seasonal or environmental?
2. Do you have any autoimmune or skin rashes/disorders?
3. Do you suffer from chronic yeast overgrowth?
4. Do you have difficulty achieving orgasm?
5. Do you have any joint or bone issues, or osteoporosis?
6. Do you feel aggressive?
7. Do you have any overwhelming fears?
8. Do you have UTI or kidney issues?
9. Do you have trouble trusting people or in the general goodness of the Universe?
10. Do you hate change or fear instability?

How many Yes answers: \_\_\_\_\_

How many No answers: \_\_\_\_\_

## Chakra 2, Sacral Chakra

1. Do you have infertility issues?
2. Do you have painful cramps, PMS, or excessive moodiness during your menstrual cycle?
3. Do you have low back pain?
4. Do you have sciatic pain?
5. Do you have issues with money... fear there will not be enough or trouble feeling worthy of the money you deserve?
6. Do you have a propensity to overindulge?
7. Do you suffer from fatigue or adrenal burnout?
8. Do you have bouts of low self esteem?
9. Do you suffer from guilt that is hard to release?
10. Do you find it hard to get in a creative mindset?

Number of Yes answers:

\_\_\_\_\_

Number of No answers:

\_\_\_\_\_



### **Chakra 3, Solar Plexus Chakra**

1. Do you have digestive issues, constipation, gas, or IBS?
2. Do you have weight issues?
3. Do you suffer from any addictions?
4. Do you have diabetes?
5. Do you have ulcers?
6. Do you have gallbladder pain or stones?
7. Do you have muscle tension, pain, or fibromyalgia?
8. Do you feel like you have trouble sensing immediate intuitions or accepting your gut knowings?
9. Do you feel like you jump to warrior mode if you are threatened?
10. Do you feel like you are in servant mode and under-appreciated?

Number of Yes answers: \_\_\_\_\_

Number of No answers: \_\_\_\_\_

### **Chakra 4, Heart Chakra**

1. Do you have heart or circulation issues?
2. Do you tend to get lung issues, such as bronchitis or pneumonia?
3. Do you have any breast pain, tenderness, or other issues?
4. Do you have trouble nurturing yourself?
5. Do you put up shields or walls in your relationships?

6. Do you have difficulty with your attachments, either getting over-attached to loved ones, items and pets, or never allow yourself to get attached at all?
7. Do you have trouble receiving intuitive information in relationships?
8. Have you been a victim of abuse from loved ones?
9. Do you tend to play an actor or actress role to fit in to a relationship?
10. Do you crave attention in order to feel whole?

Number of Yes answers: \_\_\_\_\_

Number of No answers: \_\_\_\_\_



## **Chakra 5, Throat Chakra**

1. Do you have thyroid issues?
2. Do you have neck or throat pain, laryngitis, or sore throats often?
3. Do you suffer from TMJ, jaw pain, or grind your teeth at night?
4. Do you have dental issues such as a large number of cavities, abscesses or gum issues?
5. Do you have a slow metabolism?
6. Do you enjoy overeating or using your mouth in habits such as smoking or drinking?
7. Do you get tension headaches often?
8. Do you have trouble expressing how you truly feel?
9. Do you love to gossip even when you are trying not to? Is it hard for you to keep a secret?
10. Do you feel shame intensely or grieve deeply?

Number of Yes answers: \_\_\_\_\_

Number of No answers: \_\_\_\_\_

## **Chakra 6, Third Eye Chakra**

1. Do you suffer from migraines?
2. Do you have depression, anxiety or any mental illness?
3. Do you have ear or eye issues?

4. Do you have trouble sleeping or issues with insomnia?
5. Do you over analyze things and live from an intellectual reality over an emotional reality?
6. Do you have a poor memory?
7. Do you have trouble visualizing things?
8. Do you feel competitive?
9. Do you fatigue easily in public? Do you find it difficult to be in crowds?
10. Do you feel so empathetic it affects your mood? Do other peoples mood affect your own?

Number of Yes answers: \_\_\_\_\_

Number of No answers: \_\_\_\_\_

## **Chakra 7, Crown Chakra**

1. Do you have any genetic disorders?
2. Do you have any life threatening illnesses?
3. Do you have any learning disabilities?
4. Do you find it hard to pay attention for long periods of time?
5. Do you have any seizure disorders?
6. Do you feel light-headed or dizzy often?

7. Do you have periods of time where you can not access joy, or have you lost pleasure in things that used to give you pleasure?
8. Do you get your feelings hurt and feel personally attacked by criticism?
9. Do you find it hard to form your spiritual beliefs?
10. Do you feel separate from God?

Number of  
Yes answers:

\_\_\_\_\_

Number of No  
answers:

\_\_\_\_\_



Everyone has strengths and everyone has wounds.

This quiz will help show you which areas you may have some energetic blocks and you may find that opening up these chakras with energy work will help transform and heal your body as well.

Everyone is different, so each result will be unique... but if you have more than three “Yes” results in a chakra you might consider delving further into that chakra and doing some releasing energy work.



My specialty is using my medical background as a traditionally trained physician and blending it with a heart open, intuitively centered approach to each patient.

In this way, I can go over your medical background and combine it with my clinical medical knowledge and my heart centered healing approach to find out some answers to the bigger health questions.

Why do you have a particular illness?  
What is your body’s message to you?

How can you receive and release this message and help facilitate pure positive well being?

I would love to work with you on any chakra you have a question about, as well as any health situation you are ready to let go of, or that you want answers to.

Find out more about my private medical intuition consults and my health books and programs on my website at:

[www.IntuitionPhysician.com](http://www.IntuitionPhysician.com)



In the meantime, here is a small list of ways that you can help support each chakra and help move energy through any chakra that you feel called to work on:

**Chakra 1:** grounding to the earth, gardening, massage, drumming, running or jogging, nature, spending time at the beach/ocean, reaching a knowing that you are provided for at all times by earth and heaven

**Chakra 2:** comforting textures/sensations such as fabrics that are soft, baths, massage, acupuncture... dance, swimming, orgasm, yoga, creating art, creating your life experience, focusing on intention more than outcome

**Chakra 3:** trusting your \*gut knowings\*, cycling, hiking, sports, leadership roles, photography, trying new things, solitude, feeling connected to a deeper purpose/spirit, oneness

**Chakra 4:** spending time with family, pets, forgiveness, reiki, open heartedness, touch -- with a partner, dance, massage, peace, healing past relationships, letting go, trusting in unconditional love... giving and receiving unconditional love

**Chakra 5:** Song... chant, hum, whistle, sing, play a musical instrument... journalling, chiropractic, fasting, silence, retreats, speaking your truth, speaking (or singing!) your heartsong

**Chakra 6:** Finding wisdom in life's lessons and pain, tai chi, qi gong, contemplation, meditation, visualization, reading, trusting in abundance, letting go of old thought patterns, freedom

**Chakra 7:** Making joy and happiness a priority, sleep/naps, laughing, funny movies/books, prayer or reading scripture, astrology, nighttime, releasing any draining entanglements with others, following divine will

