

CHAKRA ASSESSMENT DIAGRAM

ROOT CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Does energy easily flow up to the next chakra? Is my body strong? Do I feel stable and grounded enough to safely welcome movement and emotions? Can I manifest what I desire in the physical world?

SACRAL CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do my sensory and emotional experiences feel well-integrated? Can I easily move? Am I ready to embrace my personal power and take purposeful action?

SOLAR PLEXUS CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do I feel well-integrated in my body, mind and emotions? Do I have enough energy to maintain my system? Am I ready to let go of my ego enough to embrace another?

HEART CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Has my heart been filled and fully opened? Do I love myself enough to reach into the unknown? Am I ready to have a voice and explore all that lies beyond this physical realm?

THROAT CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Do I feel comfortable speaking my personal truth, even if it's inconvenient? Can I surrender to a higher will? Am I ready to really see beyond what I think I know?

THIRD EYE CHAKRA



STRENGTHS

QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Can I see the world through the lens of unconditional love? Can I fully embrace my intuition? Am I comfortable with symbolic language and experience? Am I ready to release my images and embrace my divinity?

CROWN CHAKRA



STRENGTHS

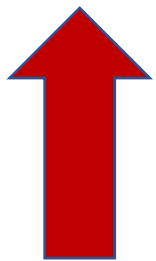
QUANTITY/QUALITY OF ENERGY

TRAUMAS

BODY SYMPTOMS

Am I willing to change my understanding of life based on an analysis of new information? Am I open-minded enough to question? Can I embrace my wisdom and spiritual nature?

HOW ENERGY FLOWS BETWEEN CHAKRAS



Energy flows UPWARD. The physical experiences of the lower chakras give you a sense of who you are in the world. With this sense of self, you can reach out to others and experience loving relationship. Filled with love, you express yourself creatively. Your creations reflect back more of who you are, and you gain self-knowledge and insight. You begin to glimpse higher truths, and seek deeper understanding.



Energy flows DOWNWARD. The higher awareness of the upper chakras continually informs who you are. You experience divine inspiration, create with purpose and embrace the humanity of self and others. With wisdom, you embrace change and the opportunity to grow using your capacity of choice. As consciousness descends deeper into the lower chakras, you deeply connect with the pleasure of life from a place of higher understanding. With purpose and joy, you manifest something real in the physical world.

This upward and downward movement of energy continues throughout life. Matter is constantly being raised to higher vibrational states, and consciousness is constantly descending into matter to gain understanding.

