



## What are the chakras?



Chakra	Name/Location	Associated Energy
7	Crown	Divine Connection
6	Third Eye	Intuition & Wisdom
5	Throat	Communication & Truth
4	Heart	Love & Compassion
3	Solar Plexus	Personal Power
2	Sacral	Pleasure & Creativity
1	Base	Basic Physical Needs

The sanskrit (ancient Indic language) word for chakra means spinning wheel or disc. There are 7 main chakras forming part of a subtle energy system that runs from the base of the spine to the top of the head. Each of the energy centres are related to a universal spiritual life lesson. As we mature through the seven phases, greater understanding of our personal and spiritual power is gained, and subsequently we move to the next level or evolve to a higher consciousness.

### ***How do the Chakras work?***

When chakras are balanced, energy flow is even and consistent. The physical body is healthy and vibrant. However, if the chakras are too open or too closed, the subtle energy body becomes disrupted. If we have blockages, the chakra wheel spins too slowly, and the sluggish momentum prevents energy from flowing freely. If the chakras are too open, the wheel is spinning rapidly resulting in an influx of energy into the body. If chakras have been out of balance for some time it can manifest as disease and/or illness.

***The activity on the following pages will help you to get a feel for whether your chakras are balanced...***

# BALANCING YOUR CHAKRAS



## Are my chakras balanced?

Place a tick beside each statement that is currently true for you & add up each section

Chakra 1	
I feel like I don't belong	
I am fearful of change	
I have low self-esteem	
I am over or under weight	
I have addictive habits or patterns	
I often suffer constipation or diarrhea	
I am frequently worried about my financial situation	

Chakra 2	
I fear not being in control of situations	
I feel guilty if I do things for myself	
I experience problems with my reproductive organs	
I often feel isolated and misunderstood	
I seem to attract dysfunctional relationships	
I often experience groin, pelvic or lower back pain	
I do not always feel emotionally balanced	

Chakra 3	
I fluctuate between being overly confident and unconfident	
I am afraid of being alone	
I can be domineering or alternatively afraid of power	
I experience digestive or intestinal issues	
I find it difficult to trust people	
I often feel drained of energy or fatigued	
I can tend to overreact to situations	

Chakra 4	
I often withhold my emotions	
I do not feel that I am worthy of love	
I experience blood pressure, circulation or coronary problems	
I frequently feel bitter and resentful	
I have issues with commitment and betrayal	
I easily feel jealous and have a hard time forgiving	
I have problems with my lungs, asthma or chest pain	

# BALANCING YOUR CHAKRAS



Chakra 5	
I have a hard time expressing my thoughts, ideas and emotions	
I experience many cold-like symptoms (coughs, sore throat, runny nose)	
I find myself unable to be creative	
I am often judgmental of others	
I find it difficult to speak my truth	
I generally lack spontaneity	
I suffer from ear infections or gum problems	

Chakra 6	
I have a hard time seeing different perspectives	
I experience problems with headaches and/or vision problems	
I find it challenging to learn new things	
I have difficulty concentrating for any length of time	
I regularly experience feelings of inadequacy	
I find I regularly have difficulty sleeping	
I frequently feel mentally detached	

Chakra 7	
I often feel anxious and / or depressed	
I am afraid of being spiritually abandoned	
I frequently feel disconnected, disassociated and separate	
I often feel tired to the point of exhaustion	
I find the thought of death confronting and fearful	
I am overly sensitive to light and sound	
I regularly feel confused and unable to see the bigger picture	

**Which Chakra scored the highest number of ticks?**

**Sections with higher scores indicate where your chakras may be out of balance**



## What could I do if my chakras are not balanced?

Chakra	What can I do?
1	<ul style="list-style-type: none"><li>• Walking or standing with your bare feet on the Earth</li><li>• Journal to identify the beliefs that no longer support you</li><li>• Eat foods high in protein</li></ul>
2	<ul style="list-style-type: none"><li>• Exercise, focusing on pelvis, legs &amp; core</li><li>• Journal to identify toxic relationships</li><li>• Eat foods high in omega 3</li></ul>
3	<ul style="list-style-type: none"><li>• Power walking and stomach crunches</li><li>• Journal to identify how you use your anger</li><li>• Eat low GI foods</li></ul>
4	<ul style="list-style-type: none"><li>• Exercise that opens the chest</li><li>• Journal to identify what you are grateful for</li><li>• Eat green raw food &amp; foods rich in chlorophyll</li></ul>
5	<ul style="list-style-type: none"><li>• Exercise that focus on the neck</li><li>• Journal to identify dreams and goals</li><li>• Eat tree growing fruits</li></ul>
6	<ul style="list-style-type: none"><li>• Spend time meditating</li><li>• Journal coincidences &amp; synchronicities</li><li>• Eat blue and bluish colored foods</li></ul>
7	<ul style="list-style-type: none"><li>• Spend time sitting quietly in the sunshine</li><li>• Journal any insights that come to you</li><li>• Try some fasting or detoxing</li></ul>

If you are seeking more information about the chakras, including what else you can do to support your chakra health, please consider purchasing my e-book “**The Seven Chakras**” for \$10.00 (AUD). This book gives a comprehensive insight to each of the seven chakras along with multiple tips & tools to help you understand the chakra energies and how to maintain their balance. This book can be purchased from the Soul Truth Shop (<https://soul-truth.com.au/shop/>).

I would also recommend reading “Self-Mastery Model” available at: <https://soul-truth.com.au/self-mastery/>