

# CHAKRA QUIZ

Tick the box for each Chakra that best describes you. Any Chakra that is blocked or over-active, needs your focus & attention.

Over on my blog, I've put together 6 Ways to Balance Each Chakra.

## Sahasrara / Crown

**Blocked**   
Depression, learning difficulties, brain fog

**Balanced**   
Strong Faith, universal love, understanding

**Over-active**   
Judgemental, spiritual addiction, ungrounded



## Vishuddhi / Throat

**Blocked**   
Misunderstood, can't listen, secretive

**Balanced**   
Confident, expressive, diplomatic

**Over-active**   
Opinionated, loud, harsh



## Ajna / Third Eye

**Blocked**   
Poor focus, poor judgement, no imagination

**Balanced**   
Imaginative, intuitive clear thoughts

**Over-active**   
Nightmares, hallucinations, obsessive

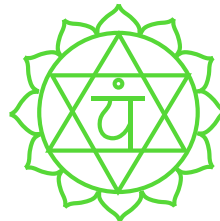


## Anahata / Heart

**Blocked**   
Lack of empathy, bitter, trust issues

**Balanced**   
Peaceful, compassionate, open

**Over-active**   
Jealous, co-dependent, give too much



## Manipura / Solar Plexus

**Blocked**   
Low self-esteem, powerless, inferior

**Balanced**   
Confident, feel in control, drive

**Over-active**   
Domineering, perfectionist

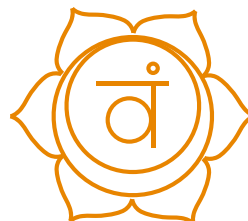


## Svadhithana / Sacral

**Blocked**   
Low libido, no creativity, isolated

**Balanced**   
Open, passionate, healthy sex drive

**Over-active**   
Manipulative, sex hungry, over emotional



## Muladhara / Root

**Blocked**   
Anxious, insecure, fearful

**Balanced**   
Safe, happy to be alive, secure

**Over-active**   
Aggressive, greedy, power hungry



Enjoy your self-growth!

Nicola<sub>x</sub>