

Chakra questionnaire

Base chakra

1. Would you consider yourself a lonely person?
2. Do you eat, drink or smoke excessively as a means of escape?
3. Did you have some trauma, distress or difficulty between conception and the age of 3 to 5?
4. Are you low in energy and often feel weak, tired or just not well?
5. Do you have any physical problems in your legs, knees or feet?

The base chakra is the chakra representing survival. If you/your client answers 'yes' to most of the above then you/they may well need to address some of the issues in the questions and concentrate your work on this chakra. If the base chakra is not balanced, the others cannot be.

Sacral chakra

1. Do you have difficulty with touch – either being touched gently or being able to touch others?
2. Do you have problems with your kidneys, bladder or with retaining fluid?
3. Did you suffer distress or trauma between the ages of 3-5 and 8?
4. Do you feel that your general vitality and stamina are low?
5. Do you have difficulties with any part of your sexuality?

If you/your client answered 'yes' to most of the above, your/their sacral chakra could probably benefit from some work.

Solar plexus chakra

1. Do you have digestive problems, e.g. ulcers, heartburn or recurrent indigestion?
Do you have diabetes?
2. Do you have a fiery, irritable nature?
3. Did you suffer distress or trauma between the ages of 8 and 12?
4. Are you easily influenced?
5. Do you sometimes feel powerless?

'Yes' to most of these means that you/your client's personal power, prosperity and will could be enhanced by working with the solar plexus chakra.

Heart chakra

1. Do you find it difficult to love or feel loved?
2. Are you negative and pessimistic, or bossy and dictatorial?
3. Do you feel exhausted and drained most of the time?
4. Are you impatient and intolerant or the opposite, i.e. so patient and tolerant that people take advantage of you?
5. Do you have difficulty in saying you are sorry or in feeling forgiveness?

If you/your client answered 'yes' to most of the above, then you/they make have a blockage in the heart chakra and working with this chakra is recommended.

Throat chakra

1. Do you have difficulty with general communication?
2. Do you have problems expressing yourself with speech, with making yourself understood clearly?
3. Do you have problems listening attentively to other people's point of view?
4. Do you have problems with throat infections, thyroid, ears or neck problems in general?
5. Do you feel your creativity is blocked or that you are not a creative person?

Your communication, creativity and vocation are all affected by the throat chakra. If you/your client answered 'yes' to most of these questions, then working with this chakra is recommended.

Brow chakra

1. Do you suffer from migraine or other headaches?
2. Are you unable to visualize your future?
3. Do you have nightmares?
4. Are you happy with your possessions or are you always wanting more 'things'?
5. Do you suffer with hormonal problems?

As we move up the chakras, the problem is often more one of lack of development than blockage. A 'yes' answer to most of these questions would indicate that you/your client could use some work here.

Crown chakra

1. Do you have a natural calling for holistic therapy work/generally being kind, thoughtful and having time for others?
2. Do you feel happy, and at peace with yourself?
3. Can you concentrate wholeheartedly on a client throughout a treatment, without thinking of yourself and the things you have to do?

4. Are you compassionate and empathetic towards your clients?
5. Do you have a general love of life?

If you/your client can answer 'yes' to most of the above then you are well on your way to living in harmony and balance and are in a position to help others through holistic therapy work/charity work or generally looking after loved ones.

Please do not be concerned if you answered 'yes' to many of the above questions and are training to be an holistic therapist. Just because your chakras may be out of alignment does not mean you cannot work on anyone else. What it does mean, however, is that you must learn to look after yourself, and not to give yourself a hard time. It is important to receive treatment as well as to give, so set up an exchange programme with other therapists.