Chakra Self-Test

From: “Wheel of Life: The Classic Guide to the Chakra System” By: Anodea Judith, Ph.D.

Directions: Answer each question to the best of your abilities.

N= Never                          P= Poor

S= Seldom  F= Fair

O= Often G= Good

A= Always E= Excellent

Score **one** point for the first column (N or P), **two** points for the second column (S or F), **three** points for the third column (O or G), and **four** points for the fourth column (A or E). Add up the points for each chakra and compare.

**Chakra One: Earth, Survival, Grounding**

**Answer Score**

How often do you go for a walk in the woods, park,

Or otherwise make contact with nature? N S O A

How often do you exercise consciously?

(work out, do yoga, etc.) N S O A

How do you rate your physical health? P F G E

How is your relationship to money and work? P F G E

Do you consider yourself well grounded? N S O A

Do you love your body? N S O A

Do you feel you have a right to be here?    N S O A

**Total:**

**Chakra Two: Water, Emotions, Sexuality**

**Answer Score**

How would you rate your ability to feel and express

Emotions? P F G E

How would you rate your sex life? P F G E

How much time do you create for simple pleasure

In your life? N S O A

How would you rate your physical flexibility? P F G E

How would you rate your emotional flexibility? P F G E

Are you able to nurture and be nurtured by others

In balance? N S O A

Do you struggle with guilt about your feelings or

Sexuality? A O S N

**Total:**

**Chakra Three: Fire, Power, Will**

**Answer Score**

How would you rate your general energy level? P F G E

How would you rate your metabolism/digestion? P F G E

Do you accomplish what you set out to do? N S O A

Do you feel confident? N S O A

Do you feel comfortable being different (if need be)

From those around you? N S O A

Are you intimidated by others? A O S N

Are you reliable? N S O A

**Total:**

**Chakra Four: Air, Love, Relationships**

**Answer Score**

Do you love yourself? N S O A

Do you have successful long-term relationships? N S O A

Are you able to accept others the way they are?

(i.e non-judgmental) N S O A

Do you feel connected with the world around you? N S O A

Do you carry a lot of grief in your heart? A O S N

Do you feel compassion for those with faults and

Troubles? N S O A

Are you able to forgive past hurts from others? N S O A

**Total:**

**Chakra Five: Sound, Communications, Creativity**

**Answer Score**

Are you a good listener? N S O A

Are you able to express your ideas to others

so that they are able to understand them? N S O A

Do you speak the truth faithfully, speaking up

When you need to? N S O A

Are you creative in your life? (This is not limited to

doing an art form, it could be creative with anything

–setting the table, writing letters to friends, etc.)          N S O A

Do you engage in an art form? (painting, dancing,

Singing, etc.) N S O A

Do you have a resonant voice? N S O A

Do you feel “in sync” with life? N S O A

**Total:**

**Chakra Six: Light, Intuition, Seeing**

**Answer Score**

Do you notice subtle visual details in your

Surroundings? N S O A

Do you have vivid dreams (and remember them)? N S O A

Do you have psychic experience? (intuitive

Accuracy, seeing auras, sensing future events etc.)    N S O A

Are you able to imagine new possibilities as

Solutions to problems? N S O A

Are you able to see the mythic themes (biggers

picture) of your life? N S O A

How would you rate your ability to visualize? P F G E

Do you have a personal vision that guides you

In life? N S O A

**Total:**

**Chakra Seven: Thought, Awareness, Wisdom, Intelligence**

**Answer Score**

Do you meditate? N S O A

Do you feel a strong connection with some kind of

Higher or greater power, God, Goddess, spirit, etc.? N S O A

Are you able to work through and release

Attachments easily? N S O A

Do you enjoy reading and taking in new information? N S O A

Do you learn quickly and easily? N S O A

Does your life have significant meaning beyond

Personal gratification? N S O A

Are you open-minded in regard to other ways of

Thinking or being? N S O A

**Total:**

**Scores:**

**22-28** Indicate a very strong chakra

**13-21**  Indicate average range, but could improve

**6-12**    Indicate weak chakra

However, it is the distribution that is important. Compare your scores between different parts. Aside from the strongest and weakest chakra, is there a distribution pattern, such as higher scores in the lower chakra, or higher scores in the upper or middle chakras? Does this pattern coincide with your own views about yourself?















