

Chakra Diagnostic:

Quick Version: Pick one answer for each question and add up your results from each letter response at the end.

Detailed Response: For a more thorough analysis (or if the “Quick Version’s” results were obscure), rank your answers with a 6 for the most resonate response that’s true for you right now, and then give descending order with 0 to indicate responses that are not at all or barely ever like you. You can have “ties” if you want, with two or more responses being “4,” for example.

Choose responses that match your current state of mind more than a past way of responding to discern which chakras are more relevant to your current life and how you may have changed or grown. Try to be honest with your responses (there are no “right” or “wrong” answers!), and you may skip a question or two if they feel unanswerable or irrelevant to you, but skipping more than that may weaken the results. When there are multiple words in one answer choice, you don’t need to agree with all of them equally.

1) I most often receive pain or injuries on (or have received the worst injuries on).

Include muscular, joint, or bone injuries:

- a) feet or legs
- b) hips or buttocks
- c) abdomen or lower back
- d) chest, upper back, arms, or hands
- e) shoulders, neck, ears, or jaw
- f) eyes, nose, brow, or back of head
- g) crown of head

2) My worst or most frequent ailments are:

- a) elimination: diarrhea, constipation, hemorrhoids, etc.
- b) sexual, reproductive, or urinary, yeast or bladder infections, STDs etc.
- c) digestive: gut or absorbing nutrients, stomachaches
- d) cardiovascular or lung diseases
- e) immunity or upper respiratory: asthma, allergies, hearing, inner ear
- f) headaches, migraines, eyes or vision
- g) sleep-related: insomnia, apnea, night terrors

3) I find most physical complaints from my:

- a) bones, joints, teeth, cartilage
- b) organs
- c) muscles or connective tissue
- d) circulatory system, blood, skin/complexion

- e) lymph and lymph nodes (swelling of extremities or lymph nodes)
 - f) autonomic nervous system (nerves)
 - g) central nervous system (brain and spine functions)
- 4) I prefer yoga or exercise that is:
- a) grounding, methodical, and alignment-based
 - b) flowing and moving like dance or swimming
 - c) hot and sweaty hard work or core-based
 - d) incorporating strong breath and/or cardio work
 - e) helping me to turn inward and “go deep”
 - f) balancing and focused
 - g) meditative or prepares me for meditation
- 5) The nourishment I most often eat or crave is:
- a) protein (meat/poultry/fish, beans, dairy, etc.)
 - b) liquids/fats (water, milk, juice, soda, alcohol or butter, oils, avocados)
 - c) carbohydrates/starches (bread/baked goods, grains, potatoes, etc.)
 - d) vegetables (cooked or raw)
 - e) fruit
 - f) tonics (health drinks or mind-altering drugs)
 - g) fasting or little interest in food
- 6) My favorite foods or tastes are:
- a) sweet (sugar and fruit, but also milk and rice are sweet)
 - b) salty (potato and other chips, seaweed, bacon)
 - c) bitter (coffee, dark chocolate, rhubarb, dark green vegetables)
 - d) sour (citrus fruit, vinegar, plain yogurt)
 - e) pungent/hot (black pepper, chilies)
 - f) astringent (strong tea, turmeric, persimmons)
 - g) savory/“umami” (mushrooms, cheese, meat, soy sauce, MSG)
- 7) I enjoy experiencing the world through:
- a) wonderful smells which creates deep resonances within me
 - b) tasting exquisite foods and flavors
 - c) seeing amazing sights and images
 - d) touch communication with others
 - e) hearing beautiful music and sounds, highly sensitive to volume
 - f) intuiting and sensing through unknown channels
 - g) dreaming or meditating
- 8) It's easiest for me to learn through:

- a) kinetic learning (doing and acting out)
 - b) emotional intelligence (understanding others)
 - c) visual learning (“seeing is believing”)
 - d) tactile learning (I need to “feel it”)
 - e) spacial intelligence or aural learning
 - f) studying is my best way of learning
 - g) I experience and “just know”
- 9) My favorite colors or range of colors are:
- a) reds, black, brown or earth tones
 - b) orange, or blue-green watery colors
 - c) yellow or vibrant hot colors
 - d) greens or pink
 - e) blue or gray
 - f) indigo or violet
 - g) white
- 10) My favorite scents are:
- a) woody or piney (sandalwood, cedar)
 - b) sweet and fruity
 - c) spicy (cinnamon, cloves)
 - d) rose, tea roses, rose attar
 - e) patchouli or musk
 - f) minty (peppermint, eucalyptus)
 - g) floral (lavender, jasmine)
- 11) The “spirit animal” I’m most drawn to is a(n):
- a) elephant
 - b) crocodile or fish
 - c) ram or goat
 - d) antelope, deer, or dove
 - e) cat or lion
 - f) owl or swan
 - g) human being
- 12) The deity or mythological figure I like most, or most identify with is:
- a) Demeter/Ceres (Earth Mother) or Kernunnos/Green Man (Celtic Earth God)
 - b) Artemis/Diana (Huntress/Moon Goddess) or Poseidon/Neptune (Ocean God)
 - c) Eris/Chaos (Chaos Goddess) or Apollo (Sun) or Ares/Mars (War God)
 - d) Aphrodite/Venus (Love Goddess) or Hermes/Mercury (Communicator)
 - e) Astarte/Isis “Morning Star” or Zeus/Jupiter (Thunder/Sky God)
 - f) Athena/Minerva (Wisdom Goddess) or Hades/Pluto (Underworld God)

g) The Great Goddess or God/Jehovah/Allah

13) My favorite jewelry or gems are:

- a) gold, rubies, garnets, jet, or obsidian
- b) silver, pearls, opals, coral
- c) gold, topaz, yellow diamonds, amber
- d) copper, emeralds, jade, turquoise
- e) silver, sapphires, lapis lazuli
- f) amethysts, tanzanite
- g) diamonds, clear quartz

14) My favorite activity, hobby, or line of work (or my current job). Can be one or more in a category:

- a) gardening, woodworking, building, crafts, hiking, shopping
- b) cooking, dancing, wine or cocktails, boating, fishing, swimming
- c) competitive and/or extreme sports, film and/or television, games
- d) counseling, massage and spas, flying, pets, bird-watching
- e) singing/music, teaching, writing, healing/nursing, stargazing
- f) reading, studying, computers, occult/astrology, visual arts
- g) meditating, sleeping, spiritual pursuits or religious activities

15) My favorite place to vacation or live:

- a) the woods, gardens, farms, stately homes
- b) the ocean, lakes, rivers, etc.
- c) the tropics, the desert, active cities
- d) someplace high up, great open plains or fields, moors
- e) the mountains, caves, clear night skies
- f) in books or my own mind and imagination
- g) none of the above/no where in particular

16) Favorite season/time of year

- a) late Summer/early Fall
- b) Winter
- c) Summer
- d) Spring
- e) Fall
- f) late Winter/early Spring
- g) no preference

17) The biggest problem for me is:

- a) stress, anxiety, or fear

- b) moodiness or depression
- c) impatience, anger, or violence
- d) sadness, grief, or bitterness
- e) disconnection or withdrawal
- f) misperception or confusion
- g) obsession or mania

18) My worst “addiction” (or imagine what might be the most compelling to you):

- a) work, food, shopping, or gambling
- b) sugar, alcohol, or sex
- c) caffeine, cocaine, or “speed”
- d) tobacco and/or smoking
- e) cannabis
- f) psychedelics/mind-altering substances
- g) sleep-aids, pain-relievers, narcotics

19) I most strongly desire or long for:

- a) financial security or material abundance
- b) fulfilling sexual relationships
- c) success at work or in the public eye
- d) true love and connection
- e) creative expression and purpose
- f) wisdom and knowledge
- g) spiritual fulfillment

20) When faced with a crisis, my first response is generally:

- a) a practical, hands-on response for safety
- b) emotional response and release
- c) fast powerful action or anger
- d) compassion and understanding others
- e) honest communication and listening deeply
- f) mentally assessing the situation
- g) praying or faith

21) My worst qualities include:

- a) possessiveness or hoarding
- b) over-eating, addictions, or self-pity
- c) impatience, a hot temper or prone to violence
- d) emotional coldness or hatred
- e) not listening or talking too much
- f) over-analyzing and rationalizing
- g) zealotry or a lack-of-faith

- 22) My best qualities include:
- a) generosity and sharing
 - b) cheerfulness and adaptability
 - c) will-power and discipline
 - d) empathy and compassion
 - e) honesty and listening to others
 - f) fairness and wisdom
 - g) peacefulness and integration
- 23) I value most highly or prize my:
- a) home/garden and/or special objects or collections
 - b) social life and/or good food and drink
 - c) honor/prestige and/or beauty
 - d) long-term friends, family, and unconditional love
 - e) talking, communicating, and/or creating
 - f) books, education, or occult practice (astrology, ESP etc.)
 - g) religious life and practice
- 24) I'm most interested in or identify with the following characteristics:
- a) interest in my physical body, my health, and/or my weight
 - b) the appropriate expression of my emotions and finding happiness
 - c) my responsibilities, ambitions, and energy-level
 - d) giving to others, and the state (or lack) of close relationships
 - e) finding my "voice" and expressing myself clearly
 - f) interest in my mind, thoughts, intuition, and knowledge
 - g) my spiritual life or my atheism/lack of spiritual identity
- 25) I take pride in my ability to:
- a) work with my hands
 - b) laugh
 - c) get things done
 - d) care for others
 - e) speak the truth
 - f) know what's right
 - g) integrate

Add up your answers for each question in the appropriate letter below:

a=Mulhadara	b=Swadisthana	c=Manipura	d=Anahata	e=Vishuddha	f=Ajna	g=Sahasrara

You can interpret your own response. Are your answers fairly evenly distributed or are some chakras extremely high or low? The highest rated chakras may indicate areas that are over-emphasized or *rajasic* in your life, low rated chakras might be under-expressed or *tamasic*.