

THE CHAKRA WAY



UNDERSTAND YOUR RELATIONSHIPS

Discover your energy blocks –
fix your relationships

WORKBOOK

SELF-DIAGNOSIS EXERCISE

During this workshop you will discover where your energy is open, where it is blocked and where it is being lost. We will look at all the areas of your life and find understanding and then solutions to balancing your energy so that you can understand yourself on a deeper level.

Working to understand your relationships on an energetic level will give you the tools to see your patterns of thought and behaviour and to take control of your life. Being able to own your sh!t and to know yourself, to know what your needs and desires are, and to express that, involves getting intimately acquainted with your energy centres.

During this workshop you will discover where your blocks lie, and begin to understand how to find balance, and healing, within each energy centre. This is the route to finding contentment and fulfilment in your life and in your relationships. Let's get started!

On the following page you will see different areas of your life.

Take a look and mark yourself out of 10 on each of the categories. (Where 10 is super strong and 1 is not good at all).

Don't spend too much time – use your first instinct for the number.

We will then look a little deeper...

1. HOME ~ FAMILY ~ EARTH CONNECTION ~
BASIC NEEDS ~ SECURITY ~ FOOD ~
PHYSICAL HEALTH

SCORE 1 - 10

2. CREATIVITY ~ EMOTIONS ~ FLOW
~ ONE-TO-ONE RELATIONSHIPS ~ PLEASURE ~
FLOW ~ DESIRE ~ SEXUALITY

SCORE 1 - 10

3. PERSONAL POWER ~ MONEY ~ CONFIDENCE
~ WILL POWER ~ ASSERTIVENESS ~ ENERGY ~
SELF-ESTEEM

SCORE 1 - 10

4. RELATIONSHIPS ~ FRIENDS ~ LOVE
~ SELF-ACCEPTANCE ~ EMPATHY ~ BALANCE
GRATITUDE ~ TRUST

SCORE 1 - 10

5. COMMUNICATION ~ SELF-EXPRESSION
~ TRUTH ~ LISTENING ~ YOUR VOICE ~
CREATIVITY

SCORE 1 - 10

6. INTUITION ~ INNER VOICE ~ VISION
~ VISUALISATION ~ DREAMS ~
IMAGINATION

SCORE 1 - 10

7. BELIEF SYSTEMS ~ SPIRITUALITY
~ CONNECTION ~ WHOLENESS ~
ONENESS

SCORE 1 - 10

CHAKRA POSITIONS AND NAMES



1. ROOT CHAKRA

SCORE 1 - 10

How is your relationship with your family of origin?

How healthy is your relationship with food?

How safe and stable do you feel in your life?

How much do you enjoy spending time in nature?

2. SACRAL CHAKRA

How in touch are you with your emotions?

How creative are you in your life? (this can be anything from art to cooking to work...)

How much do you allow yourself to follow your passions and have fun?

How strong is your primary relationship - emotionally and sexually?

3. SOLAR PLEXUS CHAKRA

SCORE 1 - 10

How is your relationship with work? Do you love it or tolerate it?

How would you rate your sense of purpose?

How healthy is your relationship with money?

Rate your average physical energy and strength levels

4. HEART CHAKRA

How accepting are you of others shortcomings?

Do you typically have long term steady relationships?

How important are your friends to you?

How would you rate your self-love and self-acceptance?

5. THROAT CHAKRA

SCORE 1 - 10

How happy do you feel about your voice?

How easily do you speak what is in your heart openly and freely and truthfully?

How would you feel about speaking to a room of strangers? (1-terrified 10-very happy)

Do you think you are a good listener? (be honest with yourself!)

6. THIRD EYE CHAKRA

How intuitive do you feel you are?

How good are you at making decisions?

How easily do remember your dreams?

How helpful is your inner dialogue?

7. CROWN CHAKRA

SCORE 1 - 10

How strong is your belief system?

How spiritual do you consider yourself to be?

How connected do you feel to the wider world?

How open minded do you feel you are?

Well done! These aren't often easy questions to ask oneself but they are important if you are to get to know your energy centres and see where your balance lies.

On the next page there is a sheet where you can actually begin to see the picture of where your energy is open or blocked.

Make a mark along the line corresponding to each chakra with all your scores. You should have 5 marks on each line. Make the mark for the first assessment the largest so you can differentiate it. We will discuss your findings in the live workshop! See you then xxx

YOUR CHAKRA SCORES

1-5

6-10

ROOT CHAKRA



SACRAL CHAKRA



SOLAR PLEXUS
CHAKRA



HEART CHAKRA



THROAT CHAKRA



THIRD EYE
CHAKRA



CROWN CHAKRA

