



Discover Your Power Within

YOUR ENERGY CENTR

Self Assessment

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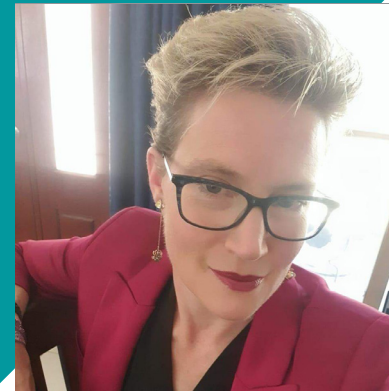
Self Empowerment Coach |
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Where your attention goes, energy flows

A message from your Coach

Re-connecting with my body and its energy centr's changed my life and outlook. I want to share what I have learnt and how understanding your energy centr's can help you improve your life for the better.



I've developed this self-assessment to help you return to your body and understand it on a deeper level.

Society's influence has disconnected our heart, head and mind from the all-important truths our body consistently tells us. This disconnection of heart, head, mind and body stops us from receiving the body's subtle energy messages. As a result, we become

unbalanced and trapped in patterns and behaviours that are detrimental to our health and wellbeing.

This self-assessment will help you check in with your body and its energy centr's. It will give you vital information about how your overactive, underactive, or blocked energy centr's may be manifesting physical, mental or emotional ailments or conditions.

Once you've completed this self-assessment, book your free 45min unpack session with me. In that session, we'll determine what actions you can take to re-balance and re-centr your energy. I'll help you to feel more energised, move your mindset, and build better habits for a healthy, functional, balanced life.

Amara Biggs

Life, Empowerment and Fitness Coach



THE SEVEN Energy Centr's AND THEIR MEANINGS



The History of Energy Centr's

Energy Centr's are a complex and ancient system that originated in India and were first mentioned in Vedas, ancient sacred texts of spiritual knowledge dating from 1500 to 1000 BC. Energy Centr's are becoming better known in western society, as more look to understand and manage themselves better.

What if an Energy Centr is blocked?

Each energy centr governs specific mental, emotional and physical functions. If these energy centr's get blocked or become overactive/ underactive, you are likely to experience mental, physical or emotional symptoms.

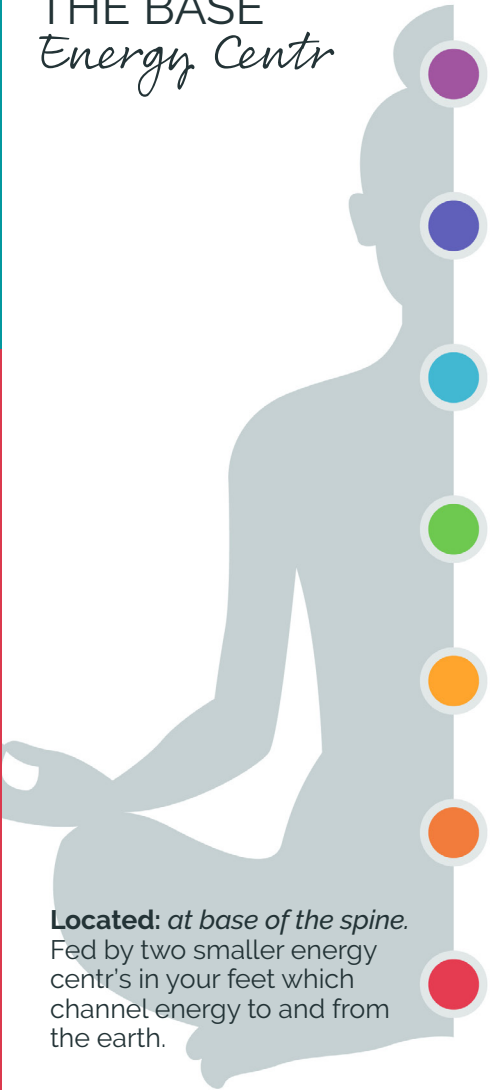
What are Energy Centr's?

Energy centr's or chakras refer to various energy vortexes in your body that correspond to specific nerve bundles, endocrine systems and internal organs. The seven major chakras run from the base of your spine to the top of your head.

"Each energy centr of your body has its own biological make up. That is they have their own glands, hormones, chemicals, and individual mini-brains (a plexus of neurons) and therefore their own mind."



THE BASE Energy Centr



Located: at base of the spine. Fed by two smaller energy centr's in your feet which channel energy to and from the earth.

Foundation of your life

Basic need: Certainty.

Basic right: To have physical safety, strength and vitality.

Qualities: Linked to survival and meeting basic survival needs. Basis of the physical body and sense of safety and security. Linked to monetary/ financial safety. Power generator feeding all chakras above it.

Dysfunction signs: Detachment, isolation, anxiety, loneliness.

Endocrine system: Linked to adrenal glands - adrenaline - fight or flight response.

Element: Earth.

Where issues manifest

Issues with your base energy centr (root chakra) manifest in lower back, legs, calves and feet.



Base Energy Centr
ENERGY, STABILITY,
COMFORT, SAFETY
"I AM"

Masculine energy - projects energy out to the world and down to the ground. Establishes physical presence..



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



Don't overthink it. Instead, record the first rating that comes into your mind. This way, you access your unconscious mind rather than your conscious mind - the one who tells you how you 'should be'.

Base Energy Centr Assessment

Question	Rating
Can you sit still and be patient?	
Do you generally feel safe?	
Do you feel like you belong on this earth?	
Are you good with money?	
Do you have a good worth ethic?	
Are you comfortable in your body?	
Is your home clean and organised?	
Do you order the same dish at your favourite restaurant?	
Do you feel like money comes to you pretty easily?	
When you commit to something, do you stick with it?	
Do you have a strong sense of smell?	
Do you feel grounded and stable?	
Total Base Energy Centr Assessment Score	



THE SACRAL Energy Centr



Located: Pelvis / Sacrum.

Main focus is on intimacy and emotions

Basic need: Variety.
Basic right: To Feel.
Qualities: Creativity, creation, wide emotional range, fun, wonder, sexuality, fertility, adventure and pleasure.
Dysfunction signs: Sexual rigidity, fertility issues, genital problems, hips or lower back problems, dehydration, resistance to change, codependency, lack of emotional control.
Endocrine system: Ovaries (no sacral gland for men).
Element: Water.



Where issues manifest

Issues with your sacral energy centr (sacral chakra) manifest in lower back, hips, genitals and reproductive organs.

Feminine energy - Projects energy inwards and governs your emotions and intimate relationships.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



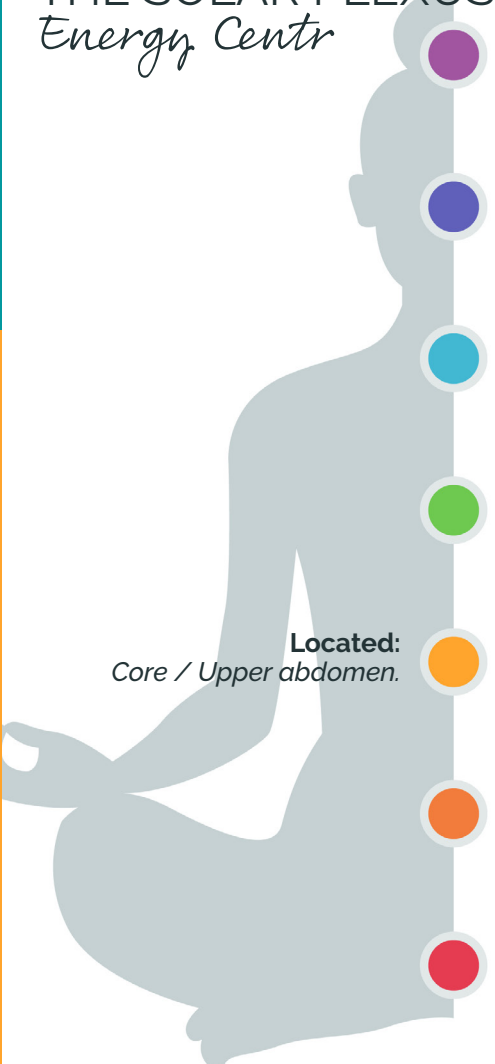
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Sacral Energy Centr Assessment

Question	Rating
Do you find it easy to feel and express your emotions?	
Do you enjoy change and adapt to it easily?	
Are you playful (as a child is)?	
Do you feel a strong need to be emotionally connected?	
Are you able to let go and just 'go with the flow'?	
Do you feel comfortable with both intimacy and lust?	
Do you participate in any forms of art?	
Do you feel a need for a lot of variety in your life?	
Are you sensitive to the emotion and moods of others?	
Are you creative?	
Are you an emotional and passionate person?	
Are you able to fully enjoy pleasurable experiences?	
Total Sacral Energy Centr Assessment Score	



THE SOLAR PLEXUS Energy Centr



Located:
Core / Upper abdomen.

Seat of your identity and healthy ego

Basic need: Significance.

Basic right: To Act..

Qualities: How you distinguish yourself from your tribe and family. Your authenticity or unique values (what drives your actions/choices). Gut knowledge or natural intuition.

Dysfunction signs:

Unable to finish things/ commitments. Not feeling good enough. Chronic fatigue, diabetes, low self-esteem/timidness, indecision. Too much 'doing', Over confidence/



Solar Plexus Energy Centr
STRENGTH, PERSONALITY,
POWER, DETERMINATION
"I DO"

egoic, rushing, rage/anger.

Endocrine system:

Pancreas.

Element: Fire.

Where issues manifest

Issues with your solar plexus energy centr (solar plexus chakra) manifest in the stomach, digestive system, kidneys,

Masculine energy -

projects energy out to the world - will, confidence, power, self-belief, self-esteem.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



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Solar Plexus Energy Centr Assessment

Question	Rating
Can you make decisions quickly and definitively?	
Do you tend to take control in group situations?	
Are you quick-witted?	
Do you believe in yourself completely? (ability, skill, capability)	
Do you have a strong will?	
Are you comfortable being the centre of attention?	
Are you always aware of what you do and don't like?	
Are you able to be assertive when necessary?	
Are you good at setting and reaching goals?	
Do you often exercise self-restraint?	
Do you generally feel confident, even when trying new things?	
Are you highly motivated? (Not a procrastinator)	
Total Solar Plexus Energy Centr Assessment Score	



THE HEART Energy Centr

Located: Centre of chest. Two smaller chakras located in hands.

To love and trust self and others

Basic need: To love and be loved.

Basic right: Love and be loved.

Qualities: Kindness, gratitude, forgiveness and healing. The centr in which we heal ourselves and others.

Dysfunction signs: Not feeling loved, people pleasing, always putting



others first. Inability to love oneself, excessively busy to avoid feeling unloved/ not belonging. Immune issues, loneliness, antisocial behaviours. Trust issues (self or others).

Endocrine system:

Thymus (heart).

Element: Air.

Where issues manifest

Issues with your heart energy centr (heart chakra) manifest in the chest, heart, arms, elbows, fingers and hands.

Masculine and Feminine energy

- projects energy in and out. Right side of the body- giving love to others. Left side of the body - receiving love from others.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



Don't overthink it. Instead, record the first rating that comes into your mind. This way, you access your unconscious mind rather than your conscious mind - the one who tells you how you 'should be'.

Heart Energy Centr Assessment

Question	Rating
Are you considerate to those around you:?	
Are you open and trusting with strangers?	
Do you enjoy sharing with others?	
Do you make cultivating your relationships a high priority?	
Are you able to forgive everyone who wrongs you?	
Are you generous?	
Do you frequently feel gratitude and count your blessings?	
Do you love most people?	
Do you easily extend compassion to yourself and others?	
Do you make the people around you feel better daily?	
Do you hug and cuddle others every day?	
Do you feel elated when something good happens to others?	
Total Heart Energy Centr Assessment Score	



THE THROAT Energy Centr

Located: Throat

Expression of what is true to you

Basic need: To grow and contribute.

Basic right: To express and be heard.

Qualities: What is true to you - your feelings, situation and thoughts. Centre of your authentic



Throat Energy Centr
COMMUNICATION, EXPRESSION,
CREATIVITY, INSPIRATION
"I TALK"

expression, honest communication.

Dysfunction signs: Fear of speaking up/out, sharp words/reactiveness. Silence, avoiding conversation, lack of purpose. Talking too much or too loudly. Talks over others or is a poor listener.

Endocrine system: Thyroid.

Element: Sound.

Where issues manifest

Issues with your throat energy centr (throat chakra) manifest in your thyroid, throat, hearing, tonsils, teeth, gums, mouth.

Masculine energy -

projects energy out to the world to speak your truth and be heard. To communicate with purposefulness.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



Don't overthink it. Instead, record the first rating that comes into your mind. This way, you access your unconscious mind rather than your conscious mind - the one who tells you how you 'should be'.

Throat Energy Centr Assessment

Question	Rating
Do you have a clear and audible voice?	
Are you totally honest with everyone, including yourself?	
Do you have a healthy metabolism?	
Are you interested in communicating with people worldwide?	
Do you balance listening and talking well?	
Do you actively engage in self-expression regularly?	
Do you enjoy singing, regardless of your ability?	
Do you desire to inspire others with your communication?	
Do you keep your promises?	
Do you express your authentic true self all the time?	
Do you believe the saying "The truth will set you free?"	
Do you feel you are currently doing your true life's work?	
Total Throat Energy Centr Assessment Score	



THE BROW Energy Centr

Located: Centre of forehead.



Home of imagination, intuition, inner-knowing, Higher-Self

Basic need: Connection with Higher-Self..

Brow Energy Centr
INTUITION, LUCIDITY,
MEDITATION, TRUST
"I SEE"

Basic right: To perceive.
Qualities: Determines your perspective, including how you see yourself and the people/ world around you.

Dysfunction signs:
Lack of self awareness or low consciousness.
Overactive - God complex/egoic, mental illness, insomnia.

Endocrine system:
Pineal Gland.
Element: Light.

Where issues manifest

Issues with your brow energy centr (third-eye chakra) manifest in your vision, intuition, dreams/ nightmares, issues with the head/face - migraines, sinuses, sleep disorders.

Feminine and masculine energy - Energy moving in. This enables you to better see and be aware of patterns and decipher the bigger picture.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.



Don't overthink it. Instead, record the first rating that comes into your mind. This way, you access your unconscious mind rather than your conscious mind - the one who tells you how you 'should be'.

Brow Energy Centr Assessment

Question	Rating
Can you visualise easily?	
Do you feel connected to your Higher-Self?	
Do you think you'd make a good judge? (know what is fair)	
Do you often know things will happen before they do?	
Do you believe in or use any oracles? (cards, pendulum)	
Are you good at seeing many different perspectives?	
Do you see a lot of beauty in the world?	
Do you tap into or follow your intuition?	
Have you experienced a realm beyond our physical one?	
Is it easy for you to look within and meditate?	
Are you in touch with your psychic abilities?	
Do you have a vivid imagination?	
Total Brow Energy Centr Assessment Score	



THE CROWN Energy Centr

Located: Top or slightly above the head. Linked to the entire body.



Crown Energy Centr
KNOWLEDGE, CONSCIOUSNESS,
FULFILMENT, SPIRITUALITY
"I UNDERSTAND"

Feeling connected to others and the world around you

Basic need: Oneness.
Basic right: To know.
Qualities: Self-awareness, unity, oneness, understanding, wisdom, grace. Influences brain functions such as memory, intelligence and sharp focus.
Dysfunction signs: Confusion, disillusion, fogginess, boredom, melancholy, spaciness, mental illness, apathy, stroke.
Endocrine system: Pituitary gland and hypothalamus.
Element: Ether.

Where issues manifest

Issues with your crown energy centr (crown chakra) manifest as mental disorders, diseases and dysfunctions of the brain.

The crown chakra energy is neither feminine nor masculine; yin or yang- Instead, it is the universal flow of divine energy.



Answer every question using the number rating legend below. Select the rating that resonates based on how much you associate with that statement/question.

Not at all Rarely Occasionally Usually Absolutely

1 2 3 4 5

Don't overthink it. Instead, record the first rating that comes into your mind. This way, you access your unconscious mind rather than your conscious mind - the one who tells you how you 'should be'.

Crown Energy Centr Assessment

Question	Rating
Do you believe in a Higher Power?	
Do you enjoy meditating?	
Do you believe that everything happens for a reason?	
Do you believe your soul lives on after physical death?	
Do you have some kind of regular spiritual practice?	
Are you able to live fully in the now? (not past or future)	
Do you believe there's order behind everything in the Universe?	
Do you regularly engage in spiritual rituals of any kind?	
Do you believe the saying "We are all one"?	
Do you believe synchronicities are a sign?	
Do you believe your essence lives beyond time and space?	
Do you pray or otherwise communicate with a Higher Power?	
Total Crown Energy Centr Assessment Score	



YOUR RESULTS

INTERPRETING YOUR RESULTS

There is no total score for this assessment. We individually assess whether each energy centre is blocked, imbalanced, balanced or overactive. Then each energy centre is examined to identify whether it is in balance with the others. Interpret your results (overleaf) as follows;

- < 25: BLOCKED**
This energy centre is blocked and is currently extremely underactive. This result indicates there is probably a serious blockage at any or all mental, emotional and / or physical levels.
- 26 - 34: VERY UNDERACTIVE**
This energy centre is currently very underactive and could use your loving attention and focus.
- 35 - 43: SLIGHTLY UNDERACTIVE**
This energy centre is currently a little underactive for good balance, especially if the other energy centres in your body are open and balanced, or overactive.
- 44 - 51: OPEN AND BALANCED**
This energy centre is open in a healthy way that is optimal for a balanced energy field.
- 52 - 60: OVERACTIVE**
This energy centre is so open and strong that it may be causing an imbalance in your energy field, and issues in the areas of life that relate to your other energy centres. If, however, all your energy centres are "overactive", you probably just have a super-boosted, balanced energy field.



THE SEVEN Energy Centres



Record your notes: Take a moment to record any noticing or insights you have gained from this self assessment



Are you ready
to make a
change?



Want to unpack your energy centr's and understand yourself in a much deeper way?

This is your invitation to book your **free Energy Centr Assessment Unpacking Session**. It is a **free** 45min session to explore your assessment, break down what it means for you and set action points to balance your energy centr's.

How amazing would it be to understand yourself at a whole deeper level; and energise yourself so you can do and be the best version of incredible YOU?!

Click on the The Energy Centr Spiral above to book your free Unpacking Session and...

Discover Your Power Within

Amara Biggs

Life, Empowerment and Fitness Coach



Resource Library

1

Chakra Boosters



2

Chakra Abundance



3

The Chakra Directory

The questions within this assessment are referenced from this book.



4

The Ultimate Guide to Chakras



"Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it."

-Albert Einstein.





Discover Your Power Within

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