

Your Energy Centr



Self Assessment

Amara Biggs

**Self Empowerment Coach | Health & Wellbeing Mentor
Facilitator | Speaker**

Email: amara.biggs@outlook.com

Web: www.theenergycentr.com.au

Facebook: facebook.com/theenergycentr

Mob: 0400 165 335

Meet Your Coach



Amara Biggs

Re-connecting with my body and its energy centrs changed my life and changed my 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 too.



About this Workbook

Hi I'm Amara Biggs and I'm a Life and Fitness Coach.

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

Societies influence has disconnected us from the truths that our body tells us; and we live more in our heads and disregard all the important messages that our body gives us. This disconnection of mind and body stops us from receiving the bodies subtle energy messages, and become unbalanced and trapped in patterns and behaviours that are detrimental to our health and well being.

This assessment will help you check in with your body and its energy centrs giving you vital information about how your overactive, underactive or blocked energy centrs may be manifesting physical, mental or emotional ailments or conditions.

Completing this assessment also entitles you to a free 45min unpack session with me to determine what actions you can take to re-balance and re-centr your energy; and as a result, help you feel more energised, move your mindset and build better habits for a healthy, functional and balanced life.



What are Energy Centr's

Energy Centr's or Chakras refer to various energy vortex's 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 of these energy centr's govern specific mental, emotional and physical functions. If these energy centr's get blocked or become over active/under active, you are likely to experience metnal, physical or emotional symptoms related to a particular energy centr's.



History

Energy Centr's have only recently become more well-known in western society. As more and more people look to understand and manage themselves better, they are now becoming more open to New Age philosophies in general.

Energy Centr's are a complex and ancient system that originated in India. They were first mentioned in the Vedas, which are ancient sacred texts of spiritual knowledge dating from 1500 to 1000 BC.

About Energy Centr's

"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."

- Dr Joe Dispenza

There are seven energy centr's all together. Starting from the base of your spine they are called:

Base (or Root), Sacral, Solar Plexus, Heart, Throat, Brow and Crown.



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How to use this assessment

This self assessment comprises of 7 separate Energy Centr quizzes.

Answer every question using the number rating legend provided, based on how much you associate with that statement/question.

Rating Legend: 1 = Not at all, 2 = Rarely, 3 = Occasionally, 4 = Usually & 5 = Absolutely

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

Then add up your total score for EACH PAGE. See example below.

On page 13 you can record each of your energy centr scores to see how they stack up in relation to each other. Are any blocked or over active? or are they balanced.

This assessment gives you a great starting point for where you can place your focus and attention.

Where your attention goes, energy flows!

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



- response.
- Linked to monetary/financial safety.
 - Power generator feeding all chakras above it.
 - **Element** earth

Issues with your root chakra manifests in lower back, legs, calves and feet.

Base Energy Centr Assessment

Question	Rating
Can you sit still and be patient?	1
Do you generally feel safe?	3
Do you feel like you belong on this earth?	3
Are you good with money?	1
Do you have a good work ethic?	5
Are you comfortable in your body?	2
Is your home clean and organised?	1
Do you order the same dish in your favorite restaurant?	1
Do you feel like money comes to you pretty easily?	4
When you commit to something, do you stick with it until the end?	3
Do you have a strong sense of smell?	4
Do you feel grounded and stable?	2
Total:	30



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Base Energy Centr

Description

Colour: Red

Located: at base of the spine

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

Establishes physical presence.

Fed by two smaller energy centr's in your feet which channels energy to/from the earth.

Base Energy Centr is:

- Foundation of your life
- **Basic need:** Certainty
- **Basic right:** To have
- Physical Safety, strength and vitality
- Linked to survival and meeting basic survival needs.
- Basis of the physical body and sense of safety and security.
- **Endocrine system:** Linked to adrenal glands - adrenaline - fight or flight response.
- Linked to monetary/financial safety.
- Power generator feeding all chakras above it.
- **Element:** earth

Issues with your root chakra manifests in lower back, legs, calves and feet.

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



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 work ethic?	
Are you comfortable in your body?	
Is your home clean and organised?	
Do you order the same dish in your favorite restaurant?	
Do you feel like money comes to you pretty easily?	
When you commit to something, do you stick with it until the end?	
Do you have a strong sense of smell?	
Do you feel grounded and stable?	
Total:	



Sacral Energy Centr

Description

Colour: Orange

Located: Pelvis / sacrum

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

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Sacral Energy Centr:

- Main focus is intimacy and emotions.
- **Basic need:** Variety
- **Basic right:** To Feel
- **Endocrine system:** Ovaries (no sacral gland for men)
- **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 etc.
- **Element:** water

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

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 to people?	
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 emotions and moods of others?	
Are you creative?	
Are you and emotional and passionate person?	
Are you able to fully enjoy pleasurable experiences?	
Total:	



Solar Plexus Energy Centr

Description

Colour: Yellow

Located: Core - Upper abdomen

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

Solar Plexus Energy Centr is:

- Seat of your Identity and healthy ego.
- How you identify yourself. How you separate yourself from others.
- **Basic need:** Significance
- **Basic right:** To Act
- How you distinguish yourself from your tribe and family. Your authenticity or unique values (what drives your actions/choices).
- **Dysfunction signs:-** Unable to finish things/commitments. Not feeling good enough. Chronic fatigue, diabetes, low self-esteme/timidness, indecision. Too much 'doing', business. Over confidence/egoic, rushing, rage/anger.
- Gut knowledge or natural intuition.
- **Endocrine system:** Pancreas
- **Element:** Fire

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Issues with your solar plexus chakra manifests in stomach, digestive system, kidneys,

Solar Plexus Energy Centr Assessment

Question	Rating
Can you make decisions quickly and definitively?	
In group situations, do you tend to be the one to take control?	
Are you quick-witted?	
Do you believe in yourself completely? (abilities, skill, capability)	
Do you have a strong will?	
Are you comfortable being center 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 feel generally confident, even when trying new things?	
Are you highly motivated (not a procrastinator)?	
Total:	



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Heart Energy Centr

Description

Colour: Green and Pink

Located: Center of chest.

Two smaller chakras located in hands.

Masculine & Feminine energy - projects energy in and out. Right side - giving love to others, left side receiving love from others.

Solar Plexus Energy Centr is:

- To love and trust self and others. Kindness, gratitude, forgiveness and healing.
- The center in which we heal. Energy moves though the arms/hands to impart healing to others e.g. hugs, a kind hand etc.
- **Basic need:** To love and be loved
- **Basic right:** Love and be loved
- **Dysfunction signs:** not feeling loved, people pleasing, always putting others first. Inability to love oneself, excessive business to avoid feeling unloved/not belonging. Immune issues, loneliness, antisocial behaviours. Trust issues (of self or others)
- **Endocrine system:** Thymus (heart)
- **Element:** Air

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Issues with your Heart Chakra manifest in the chest, heart, arms, elbows and fingers/hands.

Heart Energy Centr Assessment

Question	Rating
Are you considerate of 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?	
Are you able to easily extend an attitude of compassion to others and yourself?	
Do you make a daily effort to make the people around you feel better?	
Do you hug and cuddle others every day?	
Do you feel elated when something good happens to someone else?	
Total:	



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Throat Energy Centr

Description

Colour: Blue

Located: Throat

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

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Throat Energy Centr is:

- Expression of what is true to you - your feelings, situation or thoughts.
- Center of your authentic expression, honest communication.
- **Basic need:** To grow and contribute
- **Basic right:** To express and be heard.
- **Dysfunction signs:** fear of speaking up/out, sharp words/reactiveness. Silence, avoiding conversation, lack of purpose. Talking to much or too loudly. Talks over others or is a poor listener.
- **Endocrine system:** Thyroid
- **Element:** Sound
- Issues with your Throat Chakra manifest in your thyroid under/over activity, throat issues, hearing issues, tonsils, teeth /gums/mouth.

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 (thyroid)?	
Are you interested in communicating with people across the globe?	
Do you balance listening and talking when communicating with others?	
Do you actively engage in some form of self-expression on a regular basis?	
Regardless of what you think your ability is, do you enjoy singing?	
Do you desire to inspire others with your communication?	
Do you keep your promises?	
Do you express your authentic truth even when it's uncomfortable?	
Do you believe the saying "the truth will set you free"?	
Do you feel you're currently doing your true life's work?	
Total:	



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Brow Energy Centr

Description

Colour: Indigo

Located: Center of the forehead

Feminine & Masculine energy - energy moving in, how you see or perceive yourself and others.

This enables you to better see and be aware of patterns and decipher the bigger picture.

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Brow / Third Eye Energy Centr is:

- Determines your perspective and how you see yourself and the people/world around you.
 - It is the home of your inner knowing, intuition, imagination and higher self.
 - **Basic need:** Connection with higher self
 - **Basic right:** To Perceive
 - **Dysfunction signs:** Lack of self awareness or low consciousness. Over active - god complex/egoic, mental illness, insomnia.
 - **Endocrine system:** pineal gland
 - **Element:** Light
- Issues with your Third Eye Chakra manifest in your vision, intuition, dreams/nightmares, issues with the head/face - migraines, sinuses, sleep disorders.

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 are going to happen before they do?	
Do you believe in or use any kind of oracles (cards, pendulums etc)?	
Are you good at seeing many different perspectives?	
Do you see a whole lot of beauty in the world?	
Do you tap into or follow your intuition?	
Have you experienced another 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:	



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Crown Energy Centr

Description

Colour: Violet

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

Crown Energy Centr is:

- Self awareness, unity, oneness, understanding, wisdom, grace.
- Feeling connected to others and the world around you.
- **Basic need:** Oneness
- **Basic right:** To know
- **Dysfunction signs:** confusion, fogginess, spaciness, mental illness, apathy, stroke.
- **Endocrine system:** Pituitary (Hypothalamus)
- **Element:** Ether
- Issues with your Crown Chakra manifest in your mental disorders, diseases and disfunctions of the brain.

Rating Legend

1. Not at all
2. Rarely
3. Occasionally
4. Usually
5. Absolutely



Crown Energy Centr Assessment

Question	Rating
Do you believe in a Higher Power (God, Universe, or Pure Consciousness)?	
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 drawn into the future or past)?	
Do you believe there is 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:	



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Your Results

There is no total score for this assessment.

Each energy centre is assessed on its own, whether it is blocked, under balanced, balanced or over active. The energy centres are then examined whether they are in balance with the others. Write the scores for each energy centre assessment in the circles below to see your Energy Centre overview.

Base

Sacral

Solar Plexus

Heart

Throat

Brow

Crown



Blocked

<25

This energy centre is blocked and is currently extremely underactive. It indicates there is probably a serious blockage at any or all of these levels: mental, emotional and/or physical.

Very Underactive

26-34

This energy centre is currently very underactive and could use your loving attention and focus.

Slightly Underactive

35-43

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.

Open + Balanced

44-51

This energy centre is open in a healthy way that is optimal for a balanced energy field.

Overactive

52-60

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.



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Resource Library

01 Chakra Boosters

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02 Chakra Abundance

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03 Book: The Chakra Directory



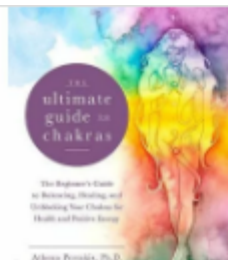
The Chakra Directory

Booktopia has The Chakra Directory, Discover Your Chakras for Healing & Balance by Vicki Howie. Buy a discounted Hardcover...

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The assessment questions within this assessment have been referenced from this book.

04 Book: The Ultimate Guide to Chakras



The Ultimate Guide to Chakras

Booktopia has The Ultimate Guide to Chakras, Beginner's Guide to Balancing, Healing, and Unblocking Your Chakras fo...

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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 look at your assessment and 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 YOU!

Click on the link below to book your free Unpacking Session and

Discover your power within

[Book my free Unpack Session](#)



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