



Chakras in the Real WORLD

A Practical Guide To Hearing Your Soul's Wisdom

www.ourRealwork.com

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Chakra Indicator Survey

I am excited you are giving yourself this time to learn about the chakras, how they apply in the real world, and how they can help us hear our soul's wisdom.

Give yourself a little time to do this self-assessment survey before the class. This will get you thinking about your chakras and will provide a baseline of awareness before our time together. Please complete it beforehand and have it with you on the call.

PART I: Chakra Assessment

The chakras are centers of awareness. They are energy centers, levels of consciousness, and a blueprint for accessing your unique mental, emotional, and spirit bodies. Your chakra dominances and limitations can reveal your greatest gifts and, also, how you might be blocking your truest potential.

Rate each chakra on how true the statements are for you on a scale of 1-10, if 10 is 100% true.

Chakra 1 Score _____

I feel grounded and supported most of the time. I am physically healthy and feel comfortable in nature and in my own body. I feel safe (as opposed to anxious) most of the time. I have relative ease manifesting things in the physical realm that pertain to my survival, stability, and physical needs (i.e., money, social support, etc.)

Chakra 2 Score _____

I am trusting, expressive, and attuned to own feelings. I can express myself and my emotions while allowing others the space to express themselves. I am creative and can create ideal relationships, work, and ideas, etc. I have healthy boundaries with other people in 1:1 relationships. I am comfortable with my sexuality. I enjoy things that stimulate the senses; art, good food, beauty, music.

Chakra 3 Score _____

I have a strong sense of self-esteem and believe in my uniqueness. I believe that I am worthy. I respect myself and others. I can be spontaneous and go with the flow, but always honor what is best for me. I have strong personal boundaries and always act like myself no matter what is happening or who I am is hanging out with. People have said that I am very warm and charismatic.

Chakra 4 Score _____

I am compassionate towards others and myself. My personality easily lends itself to feelings of unconditional love and nurturing. I am able to truly forgive others and myself for past mistakes. I find it easy to reach out to others and receive their love as well as give love to them without strings attached.

Chakra 5 Score _____

I am a great communicator while also allowing others space and time to speak. I can express my truth and emotions in a healthy and purposeful manner. I can ask for what I want. I am artistically inspired in music, arts, writing, or language. I am able to live authentically even when it's challenging.

Chakra 6 Score _____

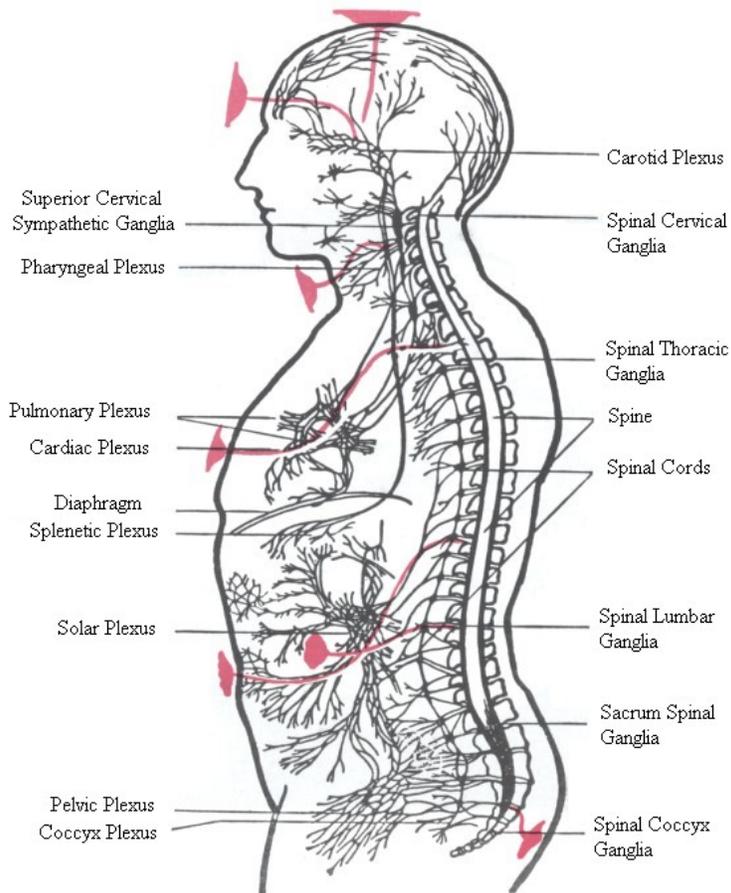
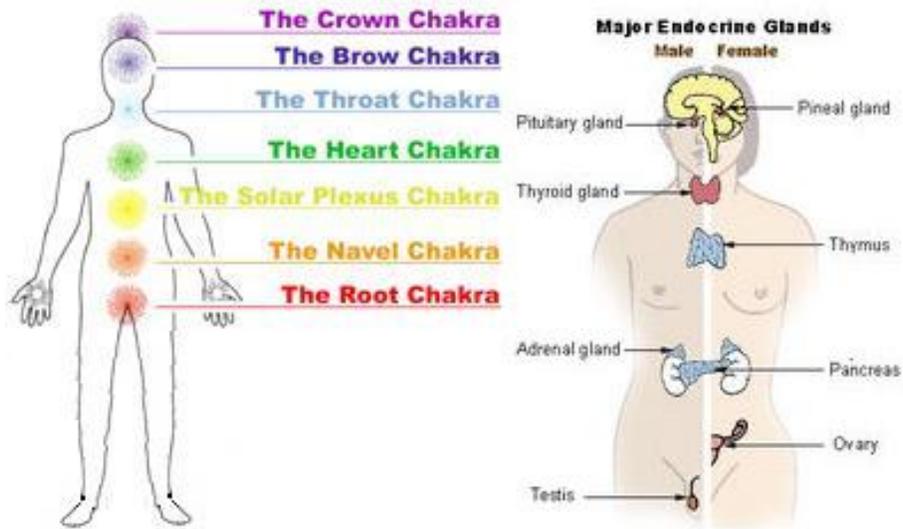
I am highly intuitive. I can see there is a bigger picture and that my life and soul fit into everything even if I can't make sense of it. I'm not overly attached to material things. I often have moments of clarity, insight and intuition about my next steps.

Chakra 7 Score _____

I feel a very strong a sense of connection of self to something bigger. I am connected to my soul and life purpose. My life is a reflection of Source. I trust that there is bigger purpose and picture and I am guided and supported by that.

My Total Chakra Score _____ (out of a possible 70pts)

Part II: A Little Background



Notes:

To receive *Real* tips on how to bring the *Real* you into your everyday life please visit www.ourRealwork.com.

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