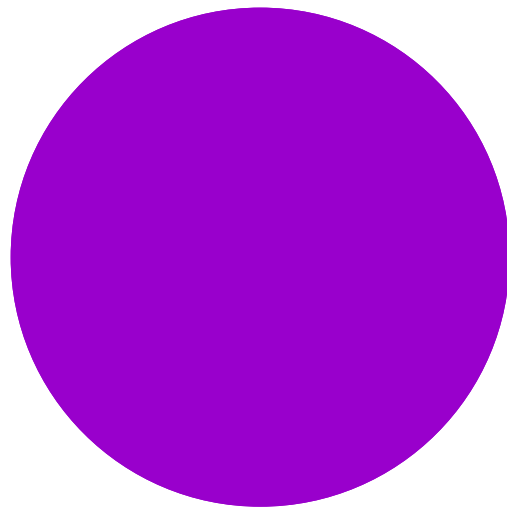
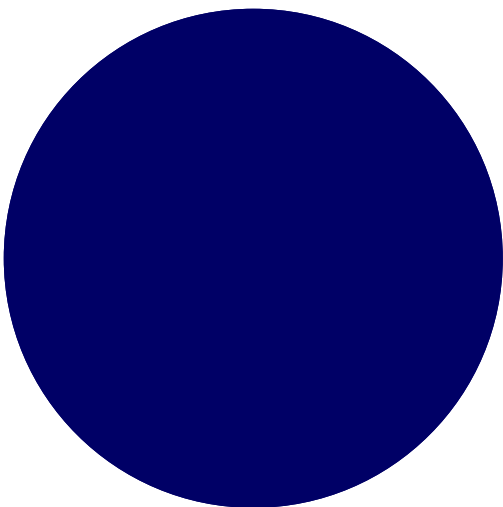
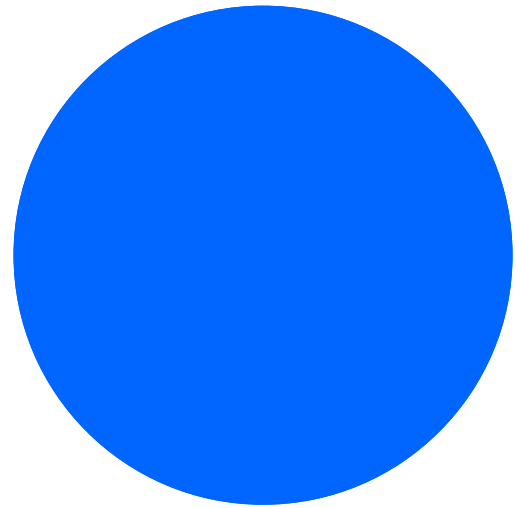
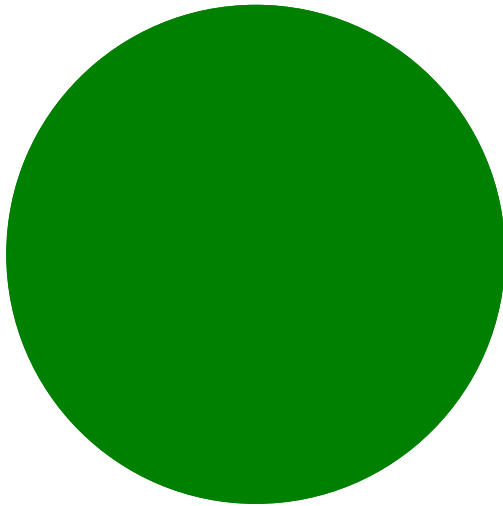
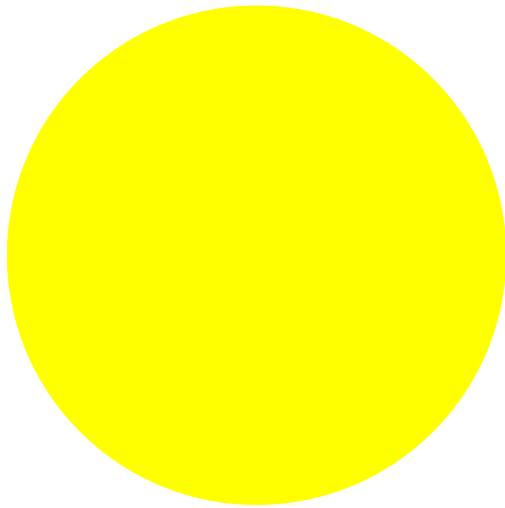
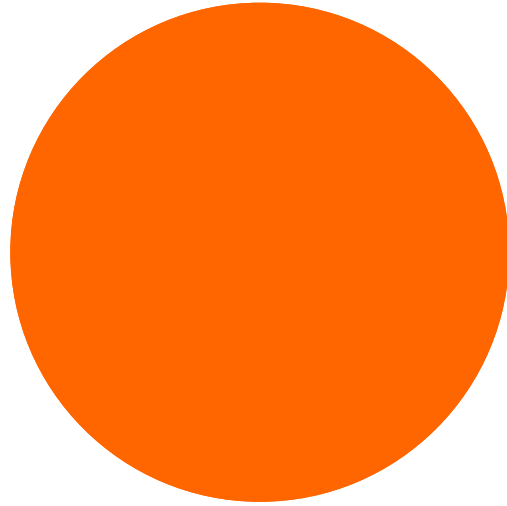
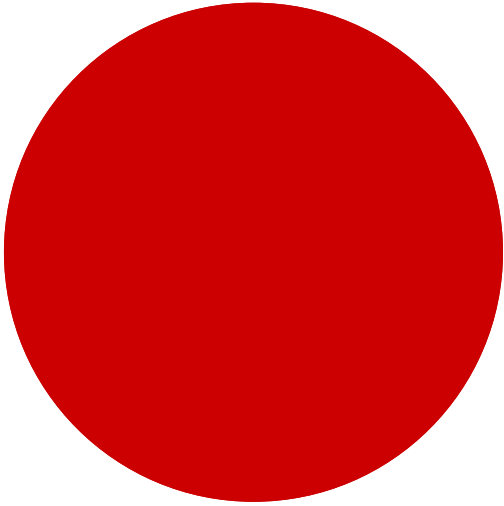


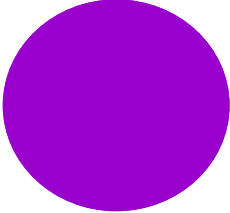
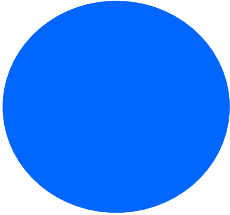
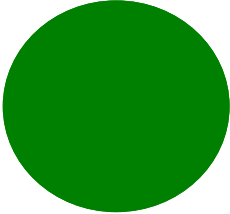
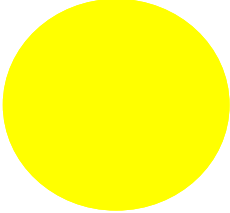
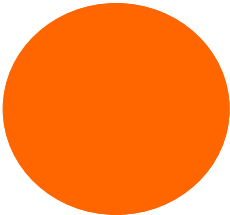
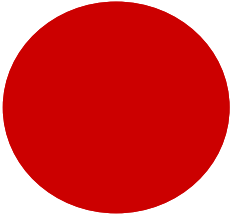
Chakra Test



Guidelines:

Stare at these coloured circles. See which one (s) stand out for you or seem to be grabbing your attention.

Then after deciding on which one look at the following sheet to see which of your chakras may be currently affecting you and need rebalancing.

	<p><u>Chakra Seven: Sahasrara</u> <i>The Crown Chakra is affected by thoughts and feelings of:</i> God Spirituality/religion Divine Guidance Trust</p> <p><i>Body parts associated with the Crown Chakra:</i> Brain Cerebellum Skull</p>
	<p><u>Chakra Six: Ajna</u> <i>The Third Eye is affected by thoughts and feelings of:</i> The Future The Past Beliefs about Spirit</p> <p><i>Body parts associated with the Third Eye:</i> Face, Eye, Nose, Sinus, Pituitary Gland, Cerebellum, Mouth, Nervous System.</p>
	<p><u>Chakra Five: Vishuddha</u> <i>The Throat Chakra is affected by thoughts and feelings of:</i> Speaking the truth Communication Asking for your needs to be met</p> <p><i>Body parts associated with the Throat Chakra:</i> Lungs, Vocal Cords, Bronchials, Throat, Thyroid, Voice, Jaw, Neck, Alimentary Canal,</p>
	<p><u>Chakra Four: Anahata</u> <i>The Heart Chakra is affected by our thoughts and feelings of:</i> Relationships Love Forgiveness Unforgiveness</p> <p><i>Body Parts associated with the Heart Chakra:</i> Heart, Upper Back, Rib Cage, Chest, Skin, Lower Lungs, Circulatory System, Blood, Abdominal Cavity, Thymus Gland</p>
	<p><u>Chakra Three: Manipura</u> <i>The Solar Plexus is affected by our thoughts and feelings of:</i> Power Control</p> <p><i>Body parts associated with the Solar Plexus:</i> Abdomen, Lower Back, Stomach, Liver, Spleen, Digestive System, Gall bladder, Pancreas, Nervous System, Appendix, Diaphragm, Large Intestine, part of the Small Intestine</p>
	<p><u>Chakra Two: Svadhithana</u> <i>The Sacral Chakra is affected by our thoughts and feelings of:</i> Cravings for physical pleasures Addictions Your Body</p> <p><i>Body parts associated with the Sacral Chakra are:</i> Reproductive Organs, Kidney Bladder, Pelvic Area, Sperm, All liquids & Fluids</p>
	<p><u>Chakra One: Muladhara</u> <i>The Root Chakra is affected by our thoughts and feelings of:</i> Finances Career Home Physical Safety Needs Possessions</p> <p><i>Body parts associated with the Root Chakra are:</i> Bones,Teeth, Nails, Legs, Arms, Intestines, Anus, Prostrate, Adrenals, Kidneys, Spinal Column</p>