

CHAKRA DISCOVERY INTAKE

Client: Read each question carefully and answer to the best of your abilities.

1ST CHAKRA



PROSPERITY

- Always Sometimes Never 1. You suffer from physical pain in the lower region of the body including back, hips, feet, etc.
 Always Sometimes Never 2. You are anxious about the stability of your future.
 Always Sometimes Never 3. You feel as though work is taking over your life.
 Always Sometimes Never 4. You have many good ideas, but have difficulty materializing them.

2ND CHAKRA



CREATIVITY

- Always Sometimes Never 1. You have difficulty putting aside time for things you enjoy.
 Always Sometimes Never 2. You often have a one sided view on things, you have difficulty looking at other perspectives.
 Always Sometimes Never 3. You ignore your feelings and do what you think others want or expect you to do.
 Always Sometimes Never 4. You suffer from physical discomfort or pain related to the reproductive or urinary system/organs.

3RD CHAKRA



COURAGE

- Always Sometimes Never 1. You do more for others than you do for yourself.
 Always Sometimes Never 2. You stay in a situation that you dislike due to fear of change (relationship, work, location).
 Always Sometimes Never 3. You are easily intimidated by others.
 Always Sometimes Never 4. You have digestive problems such as ulcers or indigestion.

4TH CHAKRA



HARMONY

- Always Sometimes Never 1. You often feel alone or without help.
 Always Sometimes Never 2. You have difficulty feeling compassion for others.
 Always Sometimes Never 3. You find it difficult to forgive someone for a wrong.
 Always Sometimes Never 4. You suffer from high blood pressure, hypertension, breathing difficulties, or high cholesterol.

5TH CHAKRA



EXPRESSION

- Always Sometimes Never 1. You have difficulty joining group conversation.
 Always Sometimes Never 2. You have difficulty expressing your feelings to others.
 Always Sometimes Never 3. You have a fear of public speaking.
 Always Sometimes Never 4. You feel tightness in the neck and shoulders and/or frequently have a dry/sore throat or chronic cough.

6TH CHAKRA



INTUITION

- Always Sometimes Never 1. You often disregard your intuition (gut feeling) to later find you should have listened to yourself.
 Always Sometimes Never 2. You have difficulty making simple decisions.
 Always Sometimes Never 3. You have difficulty planning out long term (5 to 10 years) life goals.
 Always Sometimes Never 4. You have constant headaches or migraines and/or chronic sinus issues.

7TH CHAKRA



WISDOM

- Always Sometimes Never 1. You feel a lack of connection to a spiritual being.
 Always Sometimes Never 2. You have a difficult time believing in a higher power.
 Always Sometimes Never 3. You have difficulty figuring out your life purpose.
 Always Sometimes Never 4. You often experience nightmares.