

KNOW YOUR CHAKRAS: A GUIDE TO UNDERSTANDING ENERGY BLOCKS

Welcome to your
Know Your Chakras
Cheat Sheet!

by

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Welcome to your Know Your Chakras Cheat Sheet!

Your chakras are energy centers within your body that influence your physical, emotional, and spiritual well-being. When these energy centers are balanced, you feel aligned, confident, and at peace. However, when one or more chakras are blocked or out of balance, it can lead to feelings of stress, fear, frustration, and even physical discomfort.

This simple yet powerful questionnaire will help you identify which of your chakras may be blocked or out of alignment. By recognizing the areas in need of attention, you can begin the process of healing and restore balance to your body and mind.

How to Use This Cheat Sheet:

Read through each chakra's symptoms: Each chakra corresponds to specific emotional and physical aspects of your life. Take a moment to reflect on whether you have experienced any of the listed symptoms.

Tick the boxes: As you go through the symptoms for each chakra, tick the box next to any symptoms you've noticed in your own life. These are indicators that the chakra may be blocked or in need of healing.

Start the Healing Journey: After completing the questionnaire, you'll have a clearer idea of which chakras may need your attention. Use this information to explore practices such as meditation, essential oils, creative expression, or energy healing to restore balance.

Healing is a journey, and you're taking a beautiful step toward deepening your understanding of your energy body.

Let's dive in and uncover which chakras may need a little extra care today.



CHAKRA	LOCATION	SYMPTOMS OF IMBALANCE	TICK IF EXPERIENCED
ROOT CHAKRA	Base of spine	- Feeling insecure or unsafe	[]
		- Financial stress or worry	[]
		- Difficulty feeling grounded	[]
		- Lack of physical energy	[]
SACRAL CHAKRA	Lower abdomen	- Trouble with intimacy or emotional expression	[]
		- Lack of creativity	[]
		- Difficulty embracing pleasure	[]
		- Feelings of guilt	[]
SOLAR PLEXUS CHAKRA	Upper abdomen	- Low self-esteem or self-doubt	[]
		- Control issues or feeling powerless	[]
		- Struggling with motivation	[]
		- Digestive issues	[]

CHAKRA	LOCATION	SYMPTOMS OF IMBALANCE	TICK IF EXPERIENCED
HEART CHAKRA	Center of chest	- Difficulty giving or receiving love	[]
		- Feeling closed off or lonely	[]
		- Holding onto grudges	[]
		- Respiratory issues	[]
THROAT CHAKRA	Throat area	- Trouble expressing your thoughts	[]
		- Fear of speaking up	[]
		- Frequent sore throats	[]
		- Feeling misunderstood or ignored	[]
THIRD EYE CHAKRA	Forehead, between eyes	- Lack of intuition or clarity	[]
		- Difficulty visualizing or making decisions	[]
		- Feeling disconnected from inner wisdom	[]
		- Frequent headaches	[]
CROWN CHAKRA	Top of head	- Feeling disconnected from purpose	[]
		- Lack of spiritual connection	[]
		- Difficulty trusting life or finding meaning	[]
		- Frequent migraines	[]



Root Chakra (Muladhara)

The Root Chakra is all about feeling grounded, safe, and secure. If you've noticed imbalances, try engaging in grounding practices such as walking barefoot on the earth or practicing yoga poses like the mountain pose. You can also use red or black gemstones like hematite or garnet, and essential oils like vetiver or cedarwood to strengthen this chakra. Meditation focusing on stability and security can also help reconnect you to the earth and your sense of belonging.

Sacral Chakra (Svadhithana)

The Sacral Chakra is linked to creativity, pleasure, and emotional expression. To balance this chakra, try exploring creative activities such as painting, dancing, or journaling your emotions. Enjoying water-related activities, such as swimming or taking a warm bath, can also help restore flow and pleasure. Orange stones like carnelian or citrine and oils such as orange or ylang-ylang can support the Sacral Chakra.

Solar Plexus Chakra (Manipura)

The Solar Plexus Chakra governs your personal power and confidence. If you feel blocked here, focus on boosting your self-esteem by setting small, achievable goals. Practice affirmations like "I am worthy" and take time to connect with your inner strength. Yellow stones like tiger's eye or citrine, and essential oils like lemon or ginger can help stimulate this chakra and promote empowerment.

Heart Chakra (Anahata)

The Heart Chakra is at the center of love, compassion, and connection. To balance this chakra, focus on acts of self-love and kindness towards others. Practice forgiveness, both for yourself and others. Surround yourself with green or pink stones like rose quartz or jade, and use essential oils such as lavender or rose. Meditation on unconditional love can also help open the Heart Chakra.

Throat Chakra (Vishuddha)

The Throat Chakra governs communication and self-expression. If you feel blocked in this area, start by speaking your truth, whether through writing, singing, or speaking aloud. Journaling and chanting can also help open this chakra. Blue stones like lapis lazuli or aquamarine, and essential oils such as peppermint or eucalyptus, can support clear and authentic communication.

Third Eye Chakra (Ajna)

The Third Eye Chakra is linked to intuition, insight, and clarity. To balance this chakra, practice mindfulness, meditation, or visualization techniques. Trusting your inner guidance and spending time in silence can help you tune in to your intuition. Indigo stones like amethyst or sodalite, and oils like frankincense or sandalwood, can help deepen your connection to inner wisdom.

Crown Chakra (Sahasrara)


The Crown Chakra is your connection to the Divine and universal consciousness. If you're feeling disconnected, try engaging in meditation or prayer to cultivate spiritual awareness. Spending time in nature and practicing gratitude can help you reconnect with a higher purpose. Purple or clear stones like amethyst or clear quartz, and oils such as lavender or frankincense, can aid in balancing the Crown Chakra.





As you explore the results of your chakra assessment, you may have identified areas where energy may be blocked or out of balance. Each chakra represents a different aspect of your physical, emotional, and spiritual well-being, and by nurturing these energy centers, you can create a harmonious flow within yourself. The following suggestions offer practical steps you can take to restore balance to each chakra. Whether it's through simple practices like meditation or yoga, working with specific essential oils or gemstones, or focusing on self-care activities, these actions can help you realign and unlock the natural flow of energy within your body. Remember, healing is a journey, and small, consistent steps will help you achieve greater harmony and well-being. Take your time, listen to your intuition, and trust the process as you move forward on your path of self-discovery and growth.





This list of suggestions is just a starting point, and there are countless other practices and techniques to explore in your journey of chakra healing. If you're looking for more in-depth guidance or personalized support, I invite you to check out the upcoming courses I will be offering, where we will be diving deeper into each chakra and providing practical tools to help you create lasting transformation. You can also tune into my podcast podcasters.spotify.com/pod/show/yourenchantedlife for insightful discussions on spirituality, creativity, and personal growth or connect with me on social media for daily inspiration and guidance
Facebook www.facebook.com/enchantedlife11
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Blessings
Nicky

