

Chakra Diagnostic Survey

There are now 15 main energy centers, or chakras, within the physical body which reflect the state of one's mind, body and spirit. Each chakra is like a database and records data (holds energy) related to the experiences of your life. When a chakra is blocked or misdirected, mental, physical or emotional pain, discomfort or illness can arise.

Please complete the attached survey to the best of your ability and then email it back to us at: support@simpleascension.com. We'll then contact you back to set up a convenient date/time for your consultation session.

Root 1

Lessons re Safety and Security

- Yes ___ No ___ Do you have back problems?
- Yes ___ No ___ Are you in good health?
- Yes ___ No ___ Do you find it relatively easy to achieve your goals?
- Yes ___ No ___ Do you fear abandonment?
- Yes ___ No ___ Are you often depressed?
- Yes ___ No ___ Do you have regular outbursts of anger
- Yes ___ No ___ Have you ever experienced blood, bone or immune system disorders?
- Yes ___ No ___ Have you ever experienced Base of spine/ chronic lower back pain?
Feet and leg problems including varicose veins and leg cramps
- Yes ___ No ___ Have you often experienced issues with:
- Yes ___ No ___ Providing for your basic needs
- Yes ___ No ___ Following the establishment or family rules
- Yes ___ No ___ Trying to fit in

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Sacral 2

Lessons related to sexuality, work and physical desires

- Yes ___ No ___ Are you a creative and spontaneous person
- Yes ___ No ___ Do you have loyalty to others
- Yes ___ No ___ Are you easily manipulated
- Yes ___ No ___ Do you have personal power struggles
- Yes ___ No ___ Are you overly ambitious
- Yes ___ No ___ Have you ever experienced menstrual cycle, urinary or bladder problems?
- Yes ___ No ___ Do you often experience hip, pelvic or lower back pain?
- Would you say you experience challenges in any of the following:
- Yes ___ No ___ Being Creative
- Yes ___ No ___ Sexuality issues
- Yes ___ No ___ Blame or control issues
- Yes ___ No ___ Ethics, money, greed, power, repression issues

Willpower 3

Lessons related to self esteem and personality

- Yes ___ No ___ Do you have bladder problems
- Yes ___ No ___ Do you have self confidence
- Yes ___ No ___ Do you get nervous or anxious when meeting new people
- Yes ___ No ___ Are you free from depression
- Yes ___ No ___ Do you intellectually avoid change

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- Yes ___ No ___ Are you overly sensitive to constructive criticism
- Yes ___ No ___ Do you often experience indigestion, stomach, intestinal or color problems?
- Yes ___ No ___ Have you ever been experienced diabetes, arthritis, adrenal, pancreas, liver, gall bladder, kidney or spleen dysfunctions?
- Yes ___ No ___ Does your middle back often hurt?
- Yes ___ No ___ Would you say you experience challenges in any of the following:
- Yes ___ No ___ Responsibility issues
- Yes ___ No ___ Caring for others
- Yes ___ No ___ Trust, fear, guilt, intimidation or personal honor issues
- Yes ___ No ___ Self –respect, self-esteem, confidence or self-worth issues

Lower Heart 4

Lessons related to forgiveness

- Yes ___ No ___ Do you hold onto deep fears
- Yes ___ No ___ Do you procrastinate
- Yes ___ No ___ Do you have feelings of frustration
- Yes ___ No ___ Do you forgive people who have hurt you
- Yes ___ No ___ Do you have natural warmth and empathy

Chakra Diagnostic Survey

Middle Heart 5

Lessons related to compassion

- Yes ___ No ___ Do you feel stuck in life
- Yes ___ No ___ Do you participate in global issues
- Yes ___ No ___ Do you fear changes in the world
- Yes ___ No ___ Do you have a deep connection to the natural world and animal kingdom?
- Yes ___ No ___ Are you emotionally independent
- Yes ___ No ___ Do you often experience trust issues in your relationships?
- Yes ___ No ___ Have you often experienced issues with the heart or circulatory system, lungs, chest, or breathing problems
- Yes ___ No ___ Have you experienced significant issues with asthma, allergies, pneumonia or bronchitis?
- Yes ___ No ___ Do your shoulders, upper back or arms often feel sore, tight or painful?

Upper Heart6

Lessons related to compassion

- Yes ___ No ___ Do you find it difficult to open your heart to love
- Yes ___ No ___ Do you hate anyone
- Yes ___ No ___ Do you have lung problems
- Yes ___ No ___ Do you hold sadness or grief in your heart
- Yes ___ No ___ Do you love without conditions
- Yes ___ No ___ Lessons related to forgiveness
- Yes ___ No ___ Are you able to express feelings of love freely

Chakra Diagnostic Survey

- Yes ___ No ___ Do you have allergies/intolerance to your environment
- Yes ___ No ___ Do you respect and enjoy a healthy lifestyle including physical fitness
- Yes ___ No ___ Do you express your heartfelt desires
- Yes ___ No ___ Do you feel defenseless

Throat 7

Lessons re self expression

- Yes ___ No ___ Do you allow others to make choices for you
- Yes ___ No ___ Do you have a thyroid imbalance
- Yes ___ No ___ Do you feel frequent neck or throat problems
- Yes ___ No ___ Do you often act on your own truth
- Yes ___ No ___ Do you avoid making choices
- Yes ___ No ___ Do you often experience challenges with:
- Yes ___ No ___ Being true to yourself
- Yes ___ No ___ Addiction issues
- Yes ___ No ___ Keeping your word
- Yes ___ No ___ Judgment
- Yes ___ No ___ Have you often experienced issues in any of the following:
- Yes ___ No ___ Neck area, mouth, teeth, gums, mouth sores. Thyroid and gland problems. Throat, esophagus, hiatal hernias, sore throats, choking, gagging, laryngitis.

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Chakra 8 Well of Dreams

Lessons re truth

- Yes ___ No ___ Do you suffer with any mouth sores/ulcers or gums
- Yes ___ No ___ Do you speak unkindly towards or about others
- Yes ___ No ___ Do you fear spiritual experiences
- Yes ___ No ___ Do you mistrust in your own madness
- Yes ___ No ___ Do you bite off more than you can chew

Chakra 9 – Third Eye

Lessons re intuition

- Yes ___ No ___ Do you suffer with headaches, migraines or sensitivity to light and sound
- Yes ___ No ___ Are you a worrier, trapped in negative thinking
- Yes ___ No ___ Are you distracted easily
- Yes ___ No ___ Do you fee mentally confused
- Yes ___ No ___ Are you superstitious
- Yes ___ No ___ Do you often engage in daydreams and fantasies

Chakra 10 – Pineal Chakra

Lessons related to Power

- Yes ___ No ___ Are you a good listener
- Yes ___ No ___ Do you often judge harshly
- Yes ___ No ___ Do you assume superiority over others' opinions

Chakra Diagnostic Survey

Yes ___ No ___ Have you ever interfered in the affairs of others

Yes ___ No ___ Do you suffer with sinus problems

Chakra 11 - Crown

Lessons re the mind

Yes ___ No ___ Do you have schizophrenia?

Yes ___ No ___ Do you often experience "psychic attacks"?

Yes ___ No ___ Do you have mental health issues?

Yes ___ No ___ Do you have rigid thinking?

Yes ___ No ___ Do you ignore physical needs?

Yes ___ No ___ Do you lack mental energy on a regular basis?

Gold Chakra 12

Lessons related to spirituality

Yes ___ No ___ Do you constantly sabotage your spiritual potential

Yes ___ No ___ Do you lack an understanding of your consciousness

Yes ___ No ___ Do you experience deep mystical bliss

Yes ___ No ___ Do you feel connected to your soul

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Please check off the top 5 areas you'd like more of in your life:

- More health
- I want to feel more secure in life
- More dynamic presence
- More grace
- More depth of feeling
- More sexual fulfillment
- More accepting of change
- Exercise more non-dominating divine power
- Increase my metabolism
- More effectiveness in reaching life goals
- Love more deeply
- Feel more compassion
- Feel a greater sense of peace
- Greater self-expression
- See the bigger picture of life more
- More knowledge, wisdom or understanding of life
- More joy and bliss from life
- Feel more connection to life or those around me