



BALANCING YOUR CHAKRAS

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7 CHAKRAS

CHEAT SHEET



7. CROWN CHAKRA



- Location: Top of the head
- Functions: Knowledge, Fulfillment, Spirituality, and Self-Realization
- Element & Use: Light
- Food: Meditation
- Yoga Post: Savasana
- Statement: I Understand

6. THIRD EYE CHAKRA



- Location: Between eyebrows
- Functions: Intuition, Visualization, Imagination, Clairvoyance
- Element & Use: Light - window/outside
- Food: Spirituality/reflection
- Yoga Pose: forward fold, bent eagle, child pose
- Statement: I see

5. THROAT CHAKRA



- Location: Back of the neck, throat
- Functions: Communication, Expression, Honesty, Purification
- Element & Use: air - open sky
- Food: Blueberries, currants
- Yoga pose: Plow, Shoulder stand
- Statement: I Speak

4. HEART CHAKRA



- Location: Middle of the chest
- Functions: Love, Acceptance, Compassion, Kindness, Peace
- Element & Use: Air - deep breathing
- Food: Broccoli, avocado leafy greens
- Yoga pose: Camel, Wheel, Backbend
- Statement: I Love

3. SOLAR PLEXUS CHAKRA



- Location: Above the navel
- Functions: Strength, Ego, Power, Self-Esteem, Digestion
- Elements & Use: Fire/sun or fireplace
- Food: Bananas, turmeric, ginger, pineapple
- Yoga pose: Core exercises, boat, planks
- Statement: I do

2. SACRAL CHAKRA



- Location: Sacrum
- Functions: Sensuality, Sexuality, Pleasure, Creativity, Emotions
- Statement & Use: water/swim or being around water
- Food: Oranges, carrots, melons, mango
- Yoga pose: bridge/pigeon
- Statement: I feel

1. ROOT CHAKRA



- Location: Perineum
- Functions: Survival, Grounding, Stability, Comfort, Safety
- Element & Use: Earth/grounding
- Food: Tomatoes, beets, berries, red apples
- Yoga Pose: Tree pose or Malasana
- Statement: I am

CHAKRAS BLOCKAGE QUIZ

If you are making off more than a few in that category, you may have to recalibrate the energy of that chakra



Root Chakra

	YES	NO
Do you feel stuck?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel sluggish?	<input type="checkbox"/>	<input type="checkbox"/>
Are you feeling inflexible?	<input type="checkbox"/>	<input type="checkbox"/>
Are you feeling stressed due to external factors/circumstances?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain or stiffness in your feet or legs?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel stuck in your head?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel greedy?	<input type="checkbox"/>	<input type="checkbox"/>
Are you partaking in excessive behaviors?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel unsafe?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel chaos around you?	<input type="checkbox"/>	<input type="checkbox"/>



Sacral Chakra

	YES	NO
Do you feel ruled by your emotions?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel numb?	<input type="checkbox"/>	<input type="checkbox"/>
Are you having trouble being emotionally or sexually connected?	<input type="checkbox"/>	<input type="checkbox"/>
Do you struggle with a healthy self-image?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have lower back pain?	<input type="checkbox"/>	<input type="checkbox"/>
Do your hips feel tight and immobile?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel easily overwhelmed and emotional?	<input type="checkbox"/>	<input type="checkbox"/>
Are you lacking imagination/creativity?	<input type="checkbox"/>	<input type="checkbox"/>



Solar
Plexus
Chakra

	YES	NO
Are you having trouble controlling your temper?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel powerless or victimized?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble making decisions?	<input type="checkbox"/>	<input type="checkbox"/>
Do you suffer from low self-esteem?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have lack willpower?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel like you cant commit and follow through on your goals?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have digestive issues or abdominal pain?	<input type="checkbox"/>	<input type="checkbox"/>



Heart Chakra

	YES	NO
Do you feel angry or jealous?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have feel grief?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel self-hatred?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time committing to others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel the pressure to please everyone around you?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time accepting and receiving love?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lack self-compassion?	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to emotionally connect to others?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have tight or inflexible shoulders or have a hard time breathing?	<input type="checkbox"/>	<input type="checkbox"/>



Throat Chakra

	YES	NO
Are you scared of speaking up and saying how you truly feel?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often go along with others to keep the peace?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get nervous when speaking?	<input type="checkbox"/>	<input type="checkbox"/>
Do you dominate conversation and blab endlessly?	<input type="checkbox"/>	<input type="checkbox"/>
Do you gossip excessively?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a sore throat or jaw pain?	<input type="checkbox"/>	<input type="checkbox"/>



Third
Eye
Chakra

	YES	NO
Are you struggling to find meaning in life	<input type="checkbox"/>	<input type="checkbox"/>
do you often ask yourself "why am I here?" or "what is my purpose?"	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time making decisions?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel uninspired?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have brain fog?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent headaches?	<input type="checkbox"/>	<input type="checkbox"/>



Crown Chakra

YES

NO

Do you feel lonely/isolated?

Do you feel disconnected?

Do you feel overly attached to material objects or achievements while having difficulty connecting to the more spiritual part of living?

Are you unable to see other people's point of view or ideas?