



EVALUATION

BASE CHAKRA

chakeradance™
rhythm for your soul

IF YOU ARE NEW TO CHAKRA WORK, AND EVEN IF YOU ARE NOT, IT CAN SOMETIMES BE DIFFICULT TO KNOW WHETHER YOUR CHAKRAS ARE OPERATING IN A HEALTHY AND BALANCED WAY.

I have developed this simple evaluation so that you can get a sense of where your base chakra is currently at right now. Think of it as shining a spot-light on to a specific part of you so that you can get a laser-beam insight into how this energy centre is helping you, or possibly holding you back, in your life.

There is no right or wrong score here. It's all about gaining knowledge that you can use to improve your life.

Simply answer YES or NO to each of the statements below. At the end, add up the number of YES and NO answers to gain more insight into your base chakra.

- Y N I exercise regularly
- Y N I do not hoard things; I regularly declutter
- Y N My diet is healthy and balanced
- Y N I am comfortable embracing changes in my life
- Y N I take time to be in nature on a regular basis
- Y N I feel good about my body
- Y N I am generally well organized
- Y N I regularly make time to relax
- Y N I find it easy to stay focussed on what I am doing
- Y N I usually trust my instincts
- Y N I'm good at taking care of details

If you answered 'No' more than three or four times, it may indicate that your base chakra is somewhat imbalanced.

BALANCED BASE CHAKRA

Having a balanced base chakra will help you to feel comfortable in your own skin. You will have a healthy attitude towards your body and will be in good physical health. You will be well-grounded and when things don't go your way in life, you will be able to stand on your own two feet and work things through. In general, you are a stable person, who is in touch with your natural instincts.

IMBALANCED BASE CHAKRA

Our chakras can be imbalanced in two ways. We may have an excess of energy in a chakra, which results in our energy, symptoms and behaviours being over-active in this part of our lives. Alternatively, we don't have enough energy pulsing through a chakra, which causes a weakness or deficiency in our lives.

OVER-ACTIVE BASE CHAKRA

If you have an over-active base chakra, you may find that you tend to be addicted to food and other substances. Physically, you may show signs of being overweight. This extra weight (both physically and energetically) leaves you feeling lethargic and heavy. You may be overly materialistic, over-focussed on money, and can be driven by greed, which is really about your insecurity around survival. You tend to have a hoarding mentality and can be obsessive about routine. You tend to dislike change or anything that upsets your sense of security.

UNDER-ACTIVE BASE CHAKRA

Alternatively, if your base chakra is deficient in energy, you may be underweight and very ungrounded. You tend to live predominantly in a fantasy world and therefore find it challenging to meet your commitments. You may be very disorganised and have a severe lack of boundaries. You may have a fearful and restless nature that makes you feel scatty and unfocused. Overall, you lack a sense of security in your life.

Whatever your results from this 'quiz' you will, I hope, derive benefit from using the tools in this Gift-Pack, to help reboot, retune and maintain a healthy and balanced base chakra.

