

ARE YOUR CHAKRAS BLOCKING YOUR ABILITY TO MANIFEST?

A Chakra Quiz

Anodea Judith, Ph.D.

We all have goals – things we want to accomplish or manifest in the world. You may want a great looking fit body, the perfect mate, a career with purpose, or a way to make a contribution to others. Yet goals are not easy to reach. It's easy to get frustrated while trying to achieve them. Our efforts appear to be uncoordinated. Sometimes, we do things that seem to take us in the opposite direction. What's often lacking is an accurate map of the territory, and knowing how to get from here to there.

If you were driving from New York to San Francisco, you wouldn't try to do it without a map (or at least a smart phone). At the first sign of obstacles, such as bad traffic, road work, a flat tire, or a wrong turn, you wouldn't turn around and give up. You would figure out a way to get around the problem. If you were on a time schedule, such as attending a wedding, you'd do whatever it takes to get there on time, bending reality around your intention.

We all encounter obstacles when trying to achieve something. That's normal. The higher you reach, the more obstacles you encounter. Obstacles are just pre-existing conditions that have to be cleared before you can build something new. You have to remove old stumps and boulders from a building site before you can lay your foundation for your new house. Obstacles are just something you have to deal with.

But in achieving goals, most of us allow our obstacles to stop us. We give up on the goal, and then feel bad about ourselves.

There are obstacles that come from outside ourselves and obstacles that come from within. Many people use external obstacles as an excuse to give up on their dream. They say: "You can't fight city hall." "It's never been done before." "Only the rich get to do that." "I have to wait until the kids are grown."

It appears that internal obstacles, such as beliefs, stop even more people than external obstacles. "I'm not good enough." "I'm too old / too fat / too shy." "There's something I'm missing." "It's too hard." "I don't have the funds / the right education / enough confidence to do *that*."

Internal blocks are associated with your chakras, the swirling wheels of life force energy that drive your beliefs, behaviors, and the results you get in your life. By clearing your chakras, you can make the manifestation process easier, more direct, and more enjoyable. And you will have greater success at whatever you choose to do.

Take the quiz below and see which chakras might be blocked, and where you should focus to get greater enjoyment and better *results* in your life.

In the process of manifesting your dreams, we visit the chakras from the top chakra at the crown of the head to the base chakra at the root of the spine, reflecting the ancient *current of manifestation*. This movement of energy reveals seven vital principles of manifestation – each of which can help you bring *your* dreams down into reality.

After each statement, circle the number that fits your experience, from zero (Never) to 5 (Always).

Then, add up the numbers for the three questions to get a score for each chakra to see where you might be blocked. The interpretation key is below.

Chakra Seven: Consciousness Creates

Location: Crown of Head

Associated with thought, consciousness, ideas, and connection to spirit

Never 0 – 1 – 2 – 3 – 4 – 5 Always

<ul style="list-style-type: none"> • Do you have a hard time choosing between your many options in life, fearing that you will miss out if you don't do everything? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you feel blocked in receiving spiritual guidance that helps you make decisions? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you have a hard time keeping your attention focused on one thing until it's complete? 	0 – 1 – 2 – 3 – 4 – 5

Chakra Six: Vision Vitalyzes

Location: Middle of Brow (third eye)

Associated with light, vision, imagination, and intuition

<ul style="list-style-type: none">• Do you find it hard to imagine life as different than it is now?	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none">• Do you have a hard time visualizing the path toward your goals?	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none">• Are you confused about your life purpose?	0 – 1 – 2 – 3 – 4 – 5

Chakra Five: Communication Catalyzes

Location: Throat Area (thyroid, thymus, voice and hearing)

Associated with communication, self-expression and creativity

<ul style="list-style-type: none">• Do have lots of ideas but find it difficult to communicate them to others?	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none">• Do you have voices in your head that tell you you're not good enough or criticize everything you do?	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none">• Do you find it difficult to align your words and actions?	0 – 1 – 2 – 3 – 4 – 5

Chakra Four: Love Enlivens

Location: Heart Area

Associated with love, intimacy, compassion, and balance

Never 0 – 1 – 2 – 3 – 4 – 5 Always

<ul style="list-style-type: none"> • Do you often think that you could do anything if only you had the right relationships? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you lack consistent support from others to achieve your dreams? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do find it difficult to work with others collaboratively? 	0 – 1 – 2 – 3 – 4 – 5

Chakra Three: Power Produces

Location: Solar Plexus Area

Associated with personal power, will, strength, and vitality

<ul style="list-style-type: none"> • Do you often fail to follow through with your will, for example staying on a diet, returning phone calls, cleaning your house, or exercising? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you feel confused about how to break your dream down into manageable tasks? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you get waylaid by common obstacles, such as phone calls, emails, TV, kids, friends, or other distractions? 	0 – 1 – 2 – 3 – 4 – 5

Chakra Two: Pleasure Pleases

Location: Sacral Area (sex organs, pelvic bowl)

Associated with emotions, sexuality, pleasure, and desire

Never **0** – **1** – **2** – **3** – **4** – **5** Always

<ul style="list-style-type: none"> • Do you often want to give up because life just isn't fun anymore? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you have difficulty attracting what you need, such as customers, clients, or collaborators? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you lack passion in what you are now doing? 	0 – 1 – 2 – 3 – 4 – 5

Chakra One: Matter Matters

Location: Base of Spine (coccyx and anus)

Associated with grounding, security, prosperity, stability

<ul style="list-style-type: none"> • Do you struggle with money and finances, living in a state of “not enough”? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you fail to complete things, even when they're almost finished? 	0 – 1 – 2 – 3 – 4 – 5
<ul style="list-style-type: none"> • Do you struggle to keep your body healthy and fit, living more in your head than your body? 	0 – 1 – 2 – 3 – 4 – 5

Scoring Your Quiz

Add up the numbers you circled in each of the seven chakras.

- **If you scored from zero to 3** in any chakra, congratulations! The manifesting current through your chakras is already quite clear and you are on your way to your goals!
- **If you scored from 4 to 7** then you have some work to do, but no major stumbling blocks.
- **If you scored from 8 to 12** in any chakra, you know where your work lies. Focus on learning more about that chakra and bringing it into a balance of open flow and integrity.
- **If you scored from 13 to 15**, then you have a significant stumbling block in that chakra. It's time to roll up your sleeves and do some inner work before you start your project. Work with a therapist, healer, or Creating On Purpose coach to help free you from past trauma or imbalances.

For more information on manifestation through the chakras, including exercises, practices, and detailed information, buy the book:

Creating on Purpose: The Spiritual Technology of Manifesting through the Chakras,

by Anodea Judith and Lion Goodman.

www.CreatingOnPurpose.net