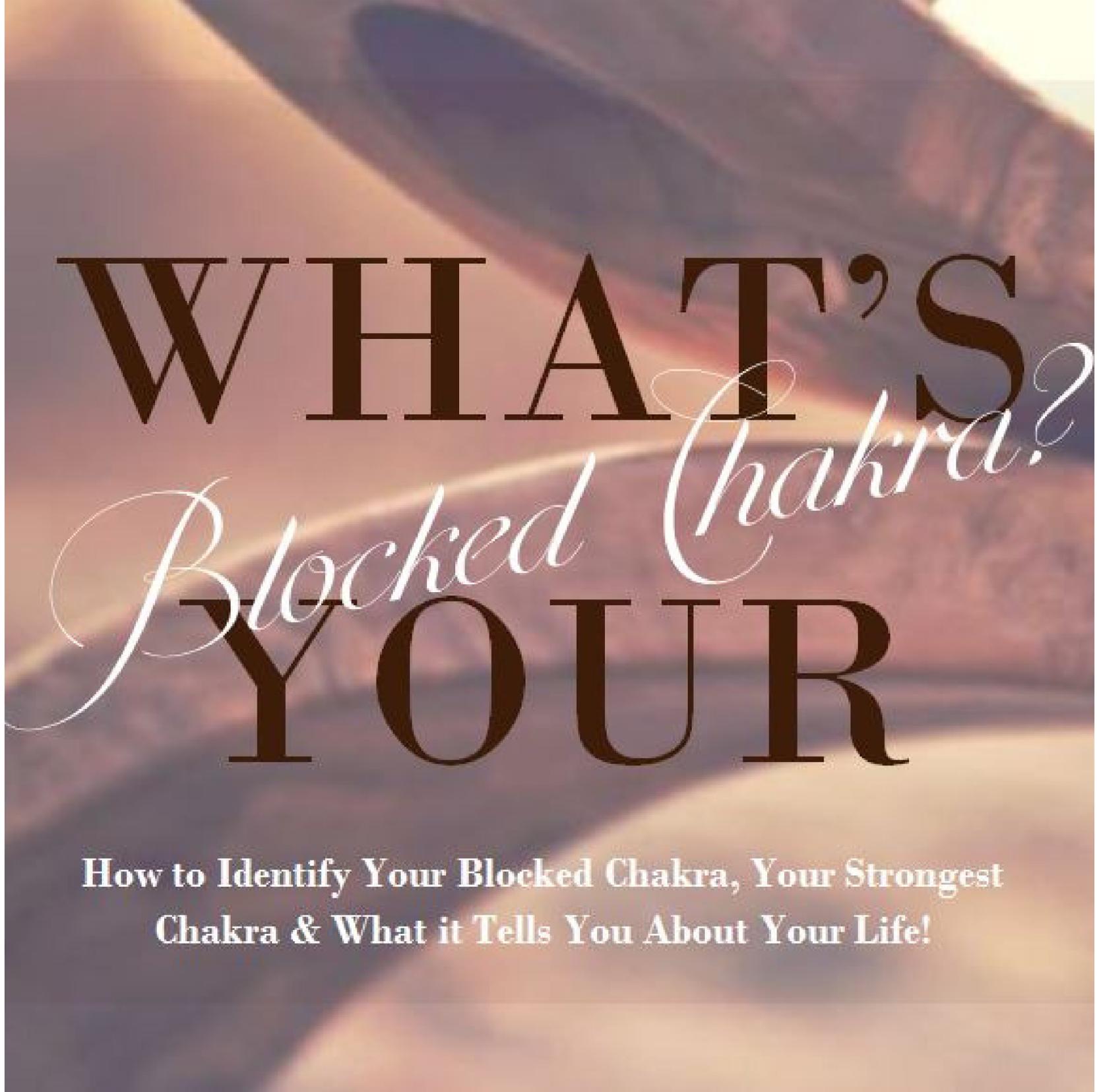


CHAKRA QUIZ



WHAT'S  
*Blocked Chakra?*  
YOUR

How to Identify Your Blocked Chakra, Your Strongest  
Chakra & What it Tells You About Your Life!

DELLARESIDE

Tired of info-overload? I know I am.

Welcome to my easy to use - easy to interpret Chakra Quiz to start you on your Chakra journey!

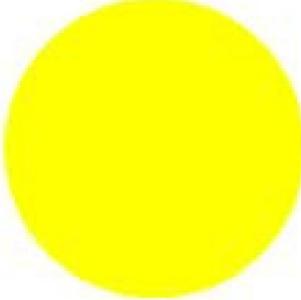
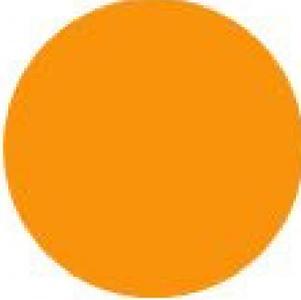
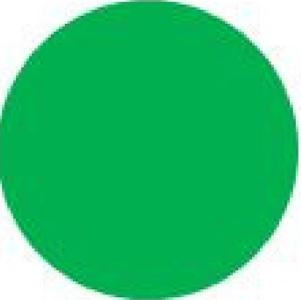
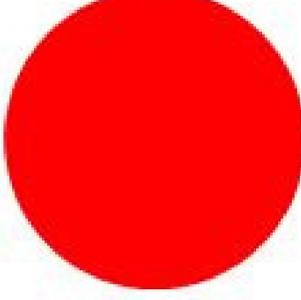
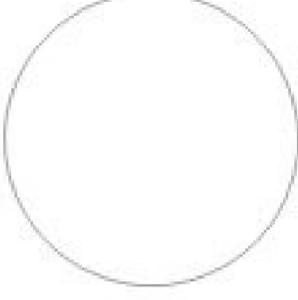
By answering the following 10 questions you can identify your blocked Chakras as well as which of your Chakras is the strongest & what that tells you about your life!

All you have to do is circle one answer per question then use the chart on page 6 to add up your totals - yup, it's really that easy!

Thanks & enjoy!

Della

**1. Pick the color that appeals most to you?**

 A	 B	 C	 D
 E	 F	 G	

**2. Of the following, which is your strongest?**

- A. Communication
- B. Confidence
- C. Creativity
- D. Organization
- E. Maintaining relationships
- F. Staying grounded
- G. Imagination

**3. Which animal do you identify with the most?**

- A. Lion
- B. Ram
- C. Fish
- D. Owl
- E. Bird
- F. Elephant
- G. I don't identify with any of the above animals

**4. Pick a sense that most appeals to you.**

- A. Hearing sounds
- B. Feeling gut instincts
- C. Feeling your vitality (life force)
- D. Seeing
- E. Feeling love for others
- F. Touching
- G. Thinking

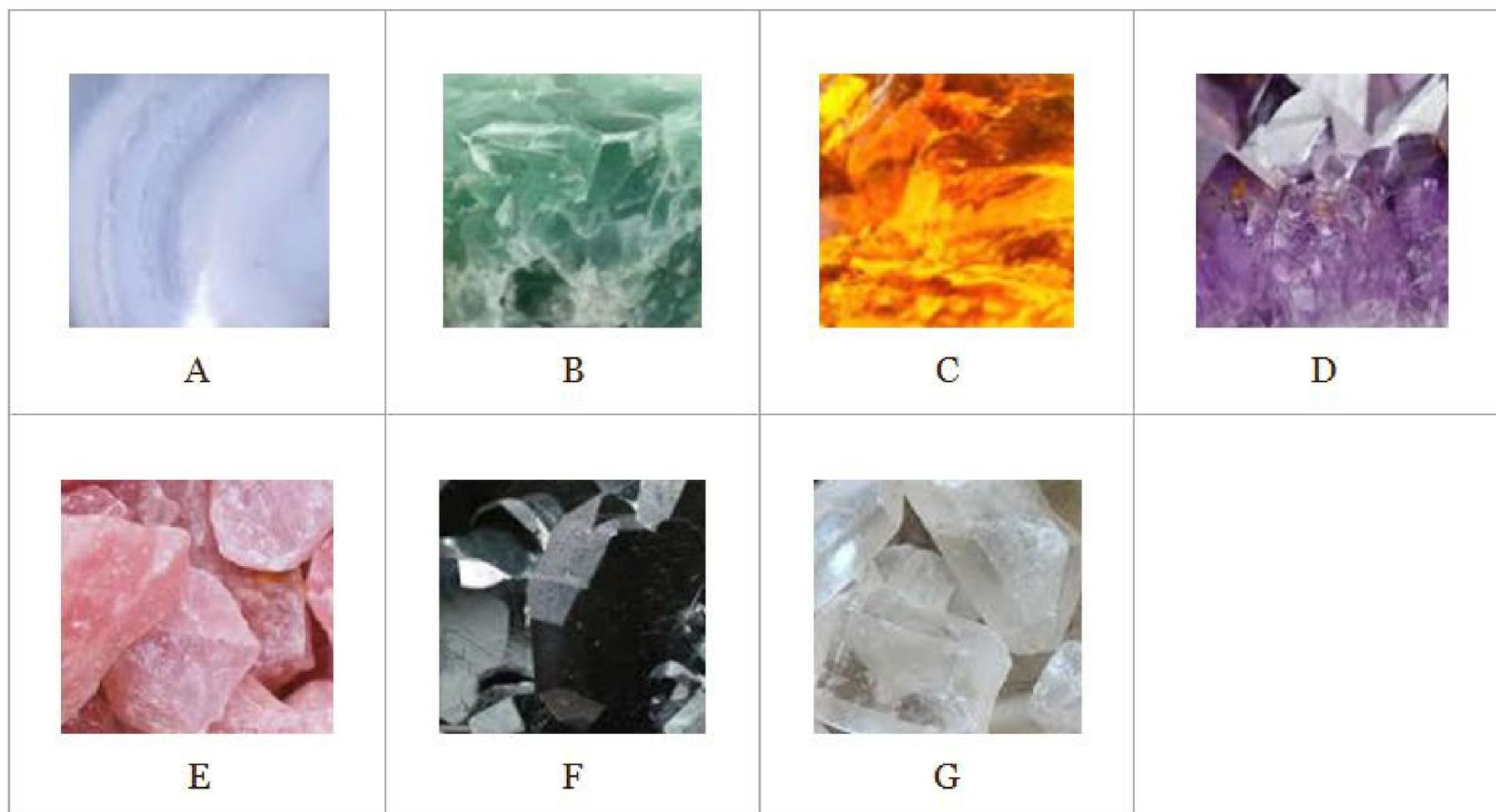
**5. Which of the following do you relate most closely with?**

- A. Fruits
- B. Starches (bread, pasta, etc.)
- C. Liquids
- D. Alcohol/drugs
- E. Green vegetables
- F. Root vegetables
- G. Fasting

**6. Which scent most appeals to you?**

- A. camphor (for example: vicks vaporub)
- B. tangy-citrus
- C. fruity-mint
- D. minty-herbal
- E. floral-fruity
- F. woody-herbal
- G. lemony-pine

**7. Pick your favorite crystal depicted in the photos below:**



**8. Which activity would you prefer to do?**

- A. Shoulder/head stands
- B. Laugh
- C. Take a warm bath
- D. Breathing exercise (pranayama)
- E. Cardiovascular exercise (running, aerobics, etc.)
- F. Squats
- G. Meditate

9. Pick the image of an element that you are you most drawn to.

 <p>Ether #1 <b>A</b></p>	 <p>Fire <b>B</b></p>	 <p>Water <b>C</b></p>	 <p>Ether #2 <b>D</b></p>
 <p>Air <b>E</b></p>	 <p>Earth <b>F</b></p>	 <p>Ether #3 <b>G</b></p>	

10. Which positive affirmation resonates with you?

- A. "I speak up for myself"
- B. "I am enough"
- C. "I have the right to feel"
- D. "I see clearly"
- E. "I am important"
- F. "I am safe"
- G. "I know"

## ADD 'EM UP!

Add up the total number you circled for each letter - then go to page 7 for characteristics & interpretation.

A	B	C	D	E	F	G

### Your highest score:

- relates to your strongest chakra, probably the one you use the most
- if your highest score was the same for more than one chakra - you probably have more than one strong chakra so read the characteristics for both to see how they apply in your life.

### Your lowest score:

- relates to your chakra or chakras with lower energy flow and indicates that they may need strengthening
- if your lowest score was the same for more than one chakra - you probably have more than one chakra that needs strengthening so read the characteristics for both to see how they apply in your life.

### No score:

- If there were chakras for which you had no score, it is similar to ones where you scored low. Those chakras probably have low energy flow and need strengthening.

I hope this quiz has helped you understand what your chakras can tell you about your life. Let me know if you need any 'chakra assistance' along your way!

Thanks,



DELLA RESIDE

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A	<p>The Throat Chakra is the chakra of communication. It is related to openly and authentically speaking your truth. If you scored high on the Throat Chakra, physically, you have a strong metabolism due to healthy thyroid function, a strong neck as well as a good sense of taste, smell and hearing.</p>
B	<p>The Solar Chakra is the chakra of personal power. It is related to transformation &amp; the ability to overcome inertia. If you scored highest in the Solar Chakra, you are self-confident, feel like you belong, have healthy boundaries and are not afraid of sticking up for yourself.</p>
C	<p>The Sacral Chakra is the chakra of pleasure, creativity and vitality. It is related to fluidity and being able to easily go with the flow of life. If you scored highest in the Sacral Chakra, you are creative, vibrant, easy going &amp; allow yourself to feel the pleasures in everyday life.</p>
D	<p>The Brow Chakra is also called the third eye chakra and is associated with Clairvoyance. If you scored highest in the Brow Chakra, you are likely good at visualizing and planning for the future. You probably also have good eyesight, sleep well and have methodical organizational qualities.</p>
E	<p>The Heart Chakra is the chakra related to love, loving and relationships. If you scored the highest in the Heart Chakra, you are open to greater possibilities of personal growth and connection in all of your relationships. You also may easily let things go and may find yourself experiencing great peace and joy in life.</p>
F	<p>The Root Chakra is associated with physicality and physical body strength. If you scored the highest in the Root Chakra, you are well grounded, stable and easily able to relax and feel safe. You probably have a calm disposition and also have a strong connection to the earth.</p>
G	<p>The Crown Chakra is associated with your connection to the divine. If you scored highest in the Crown Chakra, you are easily inspired and have lots of ideas. You probably maintain connection to the spiritual realms using practices such as meditation.</p>