

Chakra Diagnostics Exercise

This Diagnostics exercise works by asking you to rate a basic statement made about each of the seven chakras. Once you've rated each of the seven, you will be able to quickly see which aspects are on the low side, needing a little more attention, and which ones are on the high side. Basically, you get to know your strengths and weaknesses with regard to the body's energy system. If you find that several statements have the same rating, that's okay. It is common to work with several areas at one time and it's easy.

Read through the seven statements below and rate them from one to ten: 1 means low or not so good—in other words, when you read the statement you might feel a sense of sadness, anger, or some level of negativity; and 10 is high, meaning you feel really great when you read the statement. Go with your first impression and don't analyze it too much.

Chakra 1, Law 1 Statement:

1. I feel a strong sense of support, connection, and belonging to my community, my family, and always feel safe and at peace to be "me" within my environment. Rate 1 - 10 _____.

Chakra 2, Law 2 Statement:

2. I create healthy relationships and situations with people and things (like money and jobs) while expressing and sharing my creative gifts and talents. Rate 1 - 10 _____.

Chakra 3, Law 3 Statement:

3. I have a strong sense of personal power, self-respect, and love myself deeply and follow through on commitments, always keeping my word to myself and others. Rate 1 - 10 _____.



Chakra 4, Law 4 Statement:

4. I hold no resentment, judgments, or expectations of other people and feel an abundance of love flowing in and out of my heart. Rate 1 - 10 _____.

Chakra 5, Law 5 Statement:

5. I am not afraid to voice my Truth, always speaking from a place of integrity, with kindness, respect, calmness, and honesty to others (especially family members). Rate 1 - 10 _____.

Chakra 6, Law 6 Statement:

6. I always listen to my inner knowing and trusting my intuition, allow it to guide me in every area of my life. Rate 1 - 10 _____.

Chakra 7, Law 7 Statement:

7. I have a strong relationship with a higher source and spend quiet time in regular meditation, prayer, yoga, or other spiritual practice. Rate 1 - 10 _____.

Once you've determined which energy center is lowest and which one is highest, you have something to work with. For example, the statement related to Chakra 1 is about whether you have a strong sense of peace within your community, feel that you belong, that you are part of a family. If you feel that you have no family support, then you enter a 1 for that statement. If you've got a solid support system, one that nurtures you, stands by you, loves and celebrates you without condition, you might enter 8 or 9.

Now, write down your scores. (You may have a tie and that's okay.)

Lowest Score _____

Highest Score _____



The Diagnostics not only pinpoints the lows, but highlights your strengths. Knowing your strong points will help you know what to draw on for support as you work to improve the area giving you trouble. If your heart chakra is low, for example, but your crown, or seventh, chakra is high, then you can draw on the aspects of the seventh law to help bring positive and healing energy into the fourth chakra.

Let's say my Diagnostics Test came back as follows:

1. Root Chakra: 3
2. Sacral Chakra: 3
3. Lumbar/Solar Plexus Chakra: 4
4. Heart Chakra: 2
5. Throat Chakra: 5
6. Spiritual Eye Chakra: 3
7. Crown Chakra: 6

Looking at the ratings in the example I see that my heart chakra is the lowest, with a score of 2, and my crown chakra is the highest, with a score of 6. Based on what we've learned about the chakras in my book, *The Eight Aspects of God*, I know that having a low score for my heart chakra indicates I may have an issue with receiving love. I may be holding resentment, or having a hard time forgiving someone, or accepting a situation. And since I've learned that the seventh chakra is my highest score, I can draw on the positive qualities of that chakra, my spiritual practice, to help me work out issues I am having with my heart chakra.



It's important to understand the point of the Diagnostics. This exercise is an opportunity to gather information to become self-aware, not to judge. Just state the facts.

The next part of the exercise is to write three to five sentences about why you think your low-scoring chakra is low. When I do this exercise in my classes, we pair off into groups of two for a few minutes of discussion. If you want to do this exercise with someone, you can; otherwise just sit quietly and contemplate the feelings you have and then write it out. It helps to dedicate some time, regardless of which approach you take. Talking through an issue or writing about it is how you gain the most clarity.

Once you've written your short paragraph, you have just identified, or become more aware of, what's troubling you. Perhaps you've even named a person who you feel at odds with. It's important to be honest about any bad feeling you may be holding toward someone else.

The last part of this exercise is a three-step action plan called the AAA Plan, which was introduced in my book, *The Eight Aspects of God*.

Three-Step Action Plan: Awareness, Affirmation, Action (AAA)

The AAA Plan is meant to be short. Think of it as a quick, go-to, three-step action plan. The first action is to take note of what you became Aware of in the Diagnostics. If you wrote a paragraph or had conversation with someone, the action now is to condense your findings into one sentence. This sentence is the Awareness part of your AAA Plan. The second action is the Action—to decide how you intend to bring positive change to a situation and the third action is writing an Affirmation.

The reason the AAA Plan works is because it gives you a place to organize your findings and an opportunity to work with your feelings in a systematic way. Like a good mechanic, you have isolated the issue and now have some choices to make on how to make the repair and prevent further damage. The AAA Plan does three important things: 1) brings your attention (Awareness) to a problem and helps you evaluate your attitude about it; 2) gives you options for what to do (Action) about the problem; and 3)



guides you in writing a simple statement (Affirmation) that integrates both Awareness and Action with the power of a positive Attitude to improve the situation.

Awareness

Being self-aware is a way to uncover issues that hold us back or make us feel unhappy, but to be too aware of the self—and all its baggage—can feel like a burden. The point of the AAA exercise is to bring to the surface something to work with, but not dwell on! It's important that we don't overanalyze our problems. When we do, judgment sets in. Be gentle and kind with yourself. Be happy to know that you are doing a loving thing for yourself that will make you stronger, happier, and balanced. It's a good thing to work out our issues. And we all have them!

A paragraph for the Awareness piece to go along with in the above diagnostics example, where the heart center was low, might go like this: *My heart chakra is low because I hold resentment toward my dad. I hold resentment toward my dad for not helping my mom take care of me, to raise me. I feel unworthy of love because he was never around. My perception is that he didn't love me or he would have made an effort to be a part of my life. I even feel jealous of my friends who have loving relationships with their dads and other men in their lives. I have no respect for my dad, think he is a loser, and I am embarrassed of him.*

A fundamental part of the AAA revolves around Attitude, as in Attitude Check. Reading the above paragraph helps me with this. This is where you ask, "Am I having positive thoughts or am I reacting negatively?" Poor attitude is often a result of holding expectations that aren't met or not willing to accept what is, reality. We have more *what ifs* than *what is*. When we burn up the what ifs by accepting what is, our negative attitudes soften and can be changed.

Attitude is a little thing that makes a big difference.

~Winston Churchill

Action

The Awareness part of the AAA involves an *attitude check* whereas Action involves an *attitude shift*. All actions begin with changing your attitude. And your action should be meaningful and measurable; that is to say you should be able to track progress in a meaningful way. In my old job we had to make progress reports for each engineering project to keep an eye on budget, schedule, and quality. Although created using complex data, the end result was a simple, quick, easy-to-read chart to let us know where we might be falling short. I'm not suggesting you make reports or charts, but to take a moment to check in with yourself on a regular basis.

Running the Diagnostics or the MBS Scan (as taught in my new book, *The Eight Aspects of God* and my forthcoming book *It's Not About You*) is a good measurement tool. As a reminder, the MBS Scan asks three simple questions related to mind, body, and spirit: 1) Am I having good thoughts (and a good attitude!)? 2) Am I consuming things that are compatible with my body? and 3) Am I spending adequate time nurturing my spirituality? The point is to strive for some level of balance between the three.

The bottom line is that if you want to improve a situation, you are the one to do it. Even if it's just a small action (like an attitude shift) seemingly invisible to others, you've got to do at least one small thing. One small step leads to another small step. Many small steps is how people climb mountains. Each action you take creates momentum. Doing just one small thing is so important to ignite the momentum in the first place.

"If all you can do is crawl, start crawling."

~Rumi

Affirmation

Affirmations work to hold your Awareness and intended Action together in one simple statement. They add fuel to the positive attitude and propel you toward your goal; peace, for example, the quality of the first chakra. To affirm something is to bring to life that which you deeply believe in, or desire. It's the "what you think is what you get" philosophy. Do be careful, though; beliefs works with negative thinking too.

To affirm a positive belief *firmly* in the now attracts the most helpful and positive energy. Making a statement in the present tense sends a strong message to your subconscious mind where old negative beliefs are held. The old stuff is burned up by the power of strong affirmations. Making a habit of good thoughts and attitudes is the most reliable and responsible action to rid yourself of thoughts that no longer serve you.

Affirmations are always written in the present tense. The reason this works is buried within the feeling, the energy, behind the *belief*. Affirmations keep the energy moving, the intention alive; they build momentum. Keeping the affirmations active in the way of post it notes, mantras, or chanting them aloud or mentally sends a powerful message to not only the subconscious mind, but the universal source of all energy. Everything *is* energy. The act of affirming attracts an equivalent energy—like attracts like. It's that simple. And it's real.

"The practice of engaging in affirmations allows us to begin replacing some of our stale, worn out, or negative mind chatter with more positive ideas and concepts."

~ Shakti Gawain



Since my Diagnostics in the above example came back with a high score for law seven, which is related to spirituality, I can turn to my spiritual resources for help. Sitting in meditation or prayer might be a good choice. Once in a state of expansion, I can ask for guidance for clearing negative energy from my heart center, the lowest score, so that I may release resentment. I could keep a journal to record my conversations with God. Reflecting back on my notes will help me track progress. Depending on how much time I want to put in, I could go to Chapter 10 for more information on the seventh chakra.

Once all is said and done, my AAA PLAN might look like this:

Awareness: My heart center is blocked because I hold resentment toward my dad and I have an attitude of being the victim. I feel unlovable, not worthy of being or feeling love.

Action: I will sit in stillness, either through meditation, prayer, or in nature, and ask for guidance to release expectations. I will ask for help to accept what is.

Affirmation: I am worthy of feeling love, being in love, and fully expressing love. I am love. I am lovable.

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