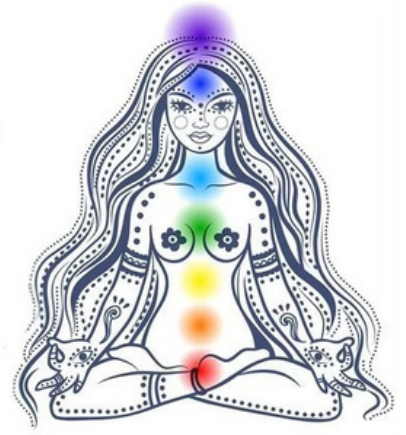


TheHealingMoon.com

Chakra Quiz

This is Your Energy Vibe Check-in. Are your Chakras Radiant, Rattled, or in Need of a Reboot? Let's Find Out!



The Chakras are seven major energy centers in the body. They help to regulate the energy within and around your body. Each chakra connects to specific mental, emotional, spiritual and physical aspects of your being. When these energy centers are drained or imbalanced you may feel tired, overwhelmed, anxious, or depressed. Your chakras may become off balanced due to stress, negativity, trauma, an unhealthy environment. However, when chakras are flowing positively, people feel energized, grounded, intuitive, empowered, happy and calm.



Root Chakra (Muladhara) - Red

1. Your daily routine is:

- A. My temple of sanity. I thrive on structure and slippers.
- B. Organized chaos—Spontaneous but with a day planner.
- C. What routine? I'm just winging it in fluffy socks.

2. Finances?

- A. I've got savings, investments and spreadsheets.
- B. Let's just say I avoid checking my bank account.
- C. My wallet cries at the grocery store.



Sacral Chakra (Svadhithana) - Orange

3. Sensuality and creativity check-in:

- A. I'm a walking Pinterest board and dance party.
- B. Sometimes I sparkle, sometimes I sulk.
- C. Me? Sensual? I think my inner goddess is on snooze.

4. Feelings—friend or foe?

- A. My emotions and I are besties. We journal, cry, & thrive.
- B. It's complicated—we connect, but not often.
- C. I ghost my emotions like a bad date.



Solar Plexus Chakra (Manipura) - Yellow

5. Decision-making style:

- A. I lead with fire and flair, darling.
- B. I Google everything and still feel unsure.
- C. I'm too stressed, can someone else decide?

6. Goals?

- A. Crushed them. Lit a candle and manifested them!
- B. I think of them, then forget them—like expired coupons.
- C. They're on the to-do list... somewhere.



Heart Chakra (Anahata) - Green or Pink

7. Love: giving, receiving, and all the messy bits.

- A. I'm basically Cupid with a crystal collection.
- B. I love hard and overthink harder.
- C. Love? Sounds risky. I'd rather cuddle my cat.

8. When someone hurts you:

- A. I send forgiveness, light & love.
- B. I heal... after ice cream & a cry into my pillow.
- C. I build a grudge shrine and visit often.



Throat Chakra (Vishuddha) - Light Blue

9. Speaking your truth?

- A. Loud and proud, with glitter and grace.
- B. I drop hints like I'm in a rom-com.
- C. I stay silent & hope people read my aura & mind.

10. Being heard:

- A. I take the mic and the moment.
- B. I test the waters first... then maybe whisper.
- C. My voice is in hiding with my self-confidence.



Third Eye Chakra (Ajna) - Indigo

11. Trusting your intuition?

- A. I'm basically psychic at this point.
- B. I check in with my gut, but also, Google.
- C. I think my third eye needs a nap and a latte.

12. Inner wisdom game:

- A. I meditate, I dream, I channel messages like a pro.
- B. Occasionally I get a vibe... or a cosmic nudge.
- C. My brain is a foggy forest with unmarked trails.



Crown Chakra (Sahasrara) - Purple

13. Spiritual connection?

- A. I chat with the universe like it's my BFF.
- B. I get divine downloads... during bubble baths.
- C. I want to connect, but Netflix keeps calling.

14. Spiritual practices:

- A. Rituals, mantras, moon-bathing—you name it.
- B. I dabble. Tarot Tuesdays are a thing.
- C. I light a candle and call it a day.



Scoring for each Chakra:

- **Mostly A's:** This chakra is open and glowing—like a goddess vibing high at a full moon ritual. Keep shining, moonbeam!
- **Mostly B's:** This chakra is doing okay, but she's craving a spa day and TLC. It maybe time for a sound healing or crystal bath?
- **Mostly C's:** This chakra is in energy hibernation—time for a serious energy intervention and recharge—Reiki, crystals, and sound bath.



**Feeling like your sparkle has fizzled?
Book a chakra balancing session with
The Healing Moon and get your sparkle back,
because your energy deserves to glow like
the goddess you are!**

<http://www.thehealingmoon.com>