

# Chakra Assessment and Balancing Tools

By White Crow Yoga

Due to many of us being in tight financial times, I've made *A Handbook of Chakra Healing* by Kalashatra Govinda an optional book, but I do recommend buying it if possible. I will refer to it some in this document but will also give you other resources to look at in case you opt not to purchase the book at this time.

There are many ways to assess for chakra imbalances. If a person seems open to it, I sometimes use a kinesiology test. There is a different variation of this test in the Govinda book, and both are valid. Use whichever resonates with you.

## **Kinesiology Test**

Instruct the client that you will ask them to say and/or visualize a few things while resisting you. Tell them you will try to press their arm down but they should try to resist. Tell them to try to use the same amount of resistance each time. In other words, don't resist me harder one time than the next time. Put forth the same amount of effort each time.

You, too, should put forth the same amount of pressure each time. Don't hurt your client. Just try to gently press.

For this test, ask your client to abduct their left arm so the hand is shoulder level and have them close their eyes and put the palm toward the ground. (Some testers use the dominant arm, but as long as you are consistent it should be fine.) Do a test run by asking them to say aloud, "My name is BLANK" (insert their real name) as you press down with your dominant hand near their bicep. Notice the strength when they say the true statement. Now have them say, "My name is Eugene" (unless of course their name is Eugene...then pick another name) and press down. Notice the weakness when they do not speak the truth.

Now, ask the client to place their non-dominant hand near the chakra and think of the color that is typically associated with that chakra with their eyes closed. If color doesn't work well with them, you can ask them to place a hand near the chakra while silently repeating an affirmation that supports that chakra. I will list examples in this document.

In between each chakra, allow your client to rest their arm and breath for 30 seconds or so before resuming the test.

Make note of chakras where the resistance is around the same resistance as when they stated their true name. It should not feel much stronger than this, but it also should not easily give. If the arm feels super strong, as if no matter how much pressure you gave, they would not budge, this may indicate an excess in this chakra. If they give easily despite trying to resist you, this may indicate a deficiency in this chakra.

Any chakras that are overly resistant may be Excessive and those that give easily may be Deficient. If you feel a good resistance, but not impossibly strong, this is usually indicative of a balanced chakra that is working efficiently.

### **Other Tests**

You could take a Chakra Personality Test or Chakra Pendulum Test, as outlined in Govinda's book. The Chakra Personality Test is simply a battery of questions that help determine where you are with the chakras. You can find many chakra personality tests online. I feel most any of them would probably elicit valid results.

You could create your own test. If you look at the Chakra Meanings Chart, you can easily see which questions to ask. For example, if you ask your client if they feel heavy or sluggish frequently and they say yes, then that's one indication of excessiveness in chakra 1.

Many tests only look for deficiencies. I'm not saying that is wrong, but I also believe you need to pay attention to any issues that could be due to an excess in a chakra.

### **Excessive vs Deficient**

If a client is deficient in a chakra (a blockage), they should focus a lot of attention on that chakra. Meditate upon it using some of the techniques below (or other techniques you like), wear the colors of the chakra and use the gemstones and essential oils.

Refer to Charka Meanings Chart (at <https://whitecrowyoga.files.wordpress.com/2011/12/chakra-meanings-chart.pdf>).

If a client is excessive in a chakra, they are what Nischala Joy Devi would call, "living in that chakra." At times, we are all 'living' in one chakra more heavily than the others, and this may not be detrimental for a short period, but can become problematic if we stay too heavily in one or two chakras for too long without a good balance. Most of us are also dominant throughout our lives in one chakra or the other. This may also be considered 'living in' that chakra and it is not, by itself, a bad thing, but we do have to watch ourselves. For example, if we are dominant (living in) chakra 1, we are probably capable of making a lot of money. We care about stability, natural and good health. Sounds great, right? Yes. But we have to be careful because sometimes we put our need for stability above other relationships and greed can result (makes sense...see the Chakra Meanings Chart and you'll notice that greed is an excess in chakra 1).

### **Excessive Chakra Work**

Two things we want to do to help with chakras where we are excessive.

- 1) We can still meditate upon this chakra, but do it in a way that is tailored toward the excess. (See below).
- 2) Work with the complementary chakra, noted later in this document.

First, for the meditation part: If we are excessive in a chakra, we should probably avoid wearing the color of that chakra, chanting that chakra's sound, wearing that chakra's gemstone, etc. We don't want to go deeper into that state of being. For example, if we are excessive in chakra 1, wearing red and black colors can make us feel overly grounded, which can lead to sluggishness, monotony and heaviness. This is not to say we'd have to avoid everything that was associated with chakra 1, such as standing (grounding) asanas or listening to a brief song of drums (the instrument of chakra 1), but we might not want to excessive time with these grounding activities.

You might still meditate upon the chakra that is excessive, but do it in a way that creates balance. For example, if you are excessive in the 5<sup>th</sup> chakra, you might be prone to excessive talking, over-sharing, stuttering or the inability to listen. To meditate upon this chakra in a way that creates balance, you might select affirmations such as "I actively listen with an open mind" or "I control my impulse to over-share" or "I listen more than I talk" or "I speak and communicate clearly." As you see, you can still meditate upon an excessive chakra, but it will be tailored to the excess versus the deficiency.

We tend to spend more time working on our deficient chakras, which may work, too. For example, if I am excessive in chakra 1, I am likely to be deficient in chakra 7. Working on the deficiency will naturally create less excess in chakra 1. If I work on chakra 7, that will mean a higher level of spirituality, which naturally will lead to less greed and materialism, as we often see with an excess of chakra 1.

If you are familiar with Ayurveda, I'll make an analogy. If we are excessive in one dosha, instead of focusing on decreasing that dosha, if we simply focus on increasing the other two constitutions, the excessive constitution will naturally balance itself.

### **Complementary Chakra** (see Govinda's book, page 51)

Each chakra has a complementary chakra, except for the heart chakra. Their energies are in strong opposition, but also complement each other; this is important when working to resolve issues that arise from the dominance (excessiveness) of one chakra.

Often, where one chakra is dominant, the complementary chakra needs more development and will be deficient. Here are the pairs:

Root (1<sup>st</sup>) and Crown (7<sup>th</sup>)  
Forehead (6<sup>th</sup>) and Sacral (2<sup>nd</sup>)  
Throat (5<sup>th</sup>) and Navel (3<sup>rd</sup>)

## Chakra Work

There are a lot of things you could do to work on the chakras. We will touch on several of them. Most of these are ways we would work on a deficiency, but you could modify it to work on an excess. For example, you could create a specific affirmation that worked with the excess.

### **Affirmations:**

The statements below are only example affirmations you may use for each chakra. You could create any affirmation that supports the function and goal of the chakra. Remember, you can also ask them to think of the color instead of silently repeating the affirmation. You could also do both; ask them to see the color while holding their hand near the chakra and then silently repeat the affirmation.

Refer to the Chakra Meanings Chart (at <https://whitecrowyoga.files.wordpress.com/2011/12/chakra-meanings-chart.pdf>) for colors, goals, locations, etc. for each chakra.

Chakra 1 (Red): I am stable and grounded.

Chakra 2 (Orange): I have healthy boundaries.

Chakra 3 (Yellow): I am strong and courageous.

Chakra 4 (Green): I am wanted and loved.

Chakra 5 (Blue): I am open, honest and clear in my communications.

Chakra 6 (Indigo): I am wise and intuitive.

Chakra 7 (Violet or White): I honor the Divine within me.

If you have Govinda's book (see top of this page), look at the tables that begin on page 298. You'll find many elements you could use for meditating upon each chakra. If you don't have the book, you can google and find information online or in other books.

### Meditations:

With each meditation, you might have your client draw their awareness to the position on the body, such as top of the head for chakra 7, or the center of the chest/heart level for chakra 4. The client could place awareness at the position or even place the hand at that position.

Then you could add these components to create a meditation. Again, these would usually be used for a deficiency, but you might modify them or use them sparingly in a chakra with an excess. For example, if you were working through all the chakras in a yoga practice or meditation, you would not have to skip the excessive one if you didn't want to, but you would not want to spend a lot of time focusing on it.

Here's another analogy: If your postural assessment showed a slight thorax rotation to the right, it doesn't mean you'd never twist to the right. You'd simply spend more time rotating to the left. The

same concept can apply with chakra work.

Meditation Ideas:

- A) Ask them to visualize the color of that chakra as a spinning vortex of energy.
- B) Lead them through a guided meditation using the corresponding nature scene. For example, Chakra 1 is associated with dawn and sunset and red earth. Chakra 5 is associated with night sky and stars.
- C) See Chakra Element Work document. Have clients follow the practices on that document as a form of balancing the specific chakra.
- D) Have the client chant the specific mantra that goes with the chakra.
- E) Encourage the client to say affirmations for the chakra.
- F) Ask the client to listen to the musical instrument connected to each chakra.
- G) Ask the client to place the gemstone for the chakra on their body. They can do this as they meditate but can also wear it daily.
- H) Ask them to wear the metal that is associated with the chakra (gold, platinum, etc.).
- I) Ask them to do extra chakra work for the chakra when it is in the moon phase associated with that chakra. For example, a new moon is associated with chakra 7, so when we are in a new moon, that would be a time to dedicate extra attention to chakra 7 meditations.
- J) Encourage them to use the essential oil associated with the chakra. This could be a daily use but also could be used in a meditation.
- K) Have the client look into the symbol for that chakra. This could be the lotus blossom for that chakra or the symbol, such as a winged circle for chakra 6 or a hexagon for chakra 4.