

# ASK YOUR CHAKRAS

## 5 MIN SELF INQUIRY

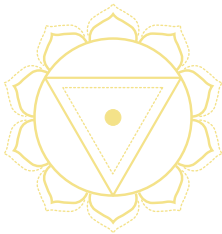
Your Problem: \_\_\_\_\_



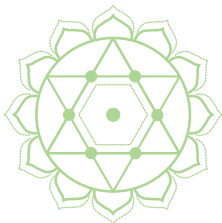
What does my first chakra - *my survival center* - have to say about this?



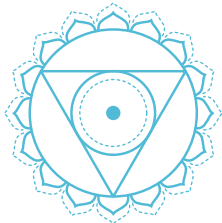
How does my second chakra - *my emotional body* - FEEL about this?



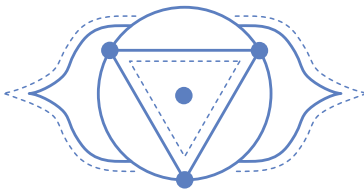
What does my third chakra, *the seat of my energy, my ego, and willpower*, want me to do (or not do) regarding this?



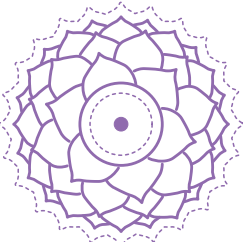
What does my fourth chakra - *the area of my heart* - want to say about this?



What does my fifth chakra - *my truth* - want to express about this?



What does my sixth chakra *intuit* about this?



What awareness does my seventh chakra - *my connection to spirit* - have around this?