

Chakra Self-Assessment Exercise

from Anodea Judith's *Eastern Body Western Mind*, Celestial Arts, Berkeley, CA, 1996.

ISBN: 0-89087-815-3. Page 462.

<u>Chakra Number</u>	<u>Issues</u>	<u>Strengths</u>	<u>Excess</u>	<u>Deficiency</u>
----------------------	---------------	------------------	---------------	-------------------