



## WORKSHEET: INSIGHT READING

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NAME:

DATE:

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All readings are designed to help you understand yourself better and find more freedom, creativity and inspiration in all areas of your life. Use this worksheet to take notes during your reading and reflect on the information afterwards.

Remember that all information is symbolic and metaphorical, and should never be used to replace medical or psychological care. Take only what resonates as true to you and leave the rest. You will find questions for reflection at the end of this worksheet.

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## CHAKRA ALIGNMENT

Chakras are energy centres within the core of our bodies that regulate energy flow between our energetic field and our physical bodies.

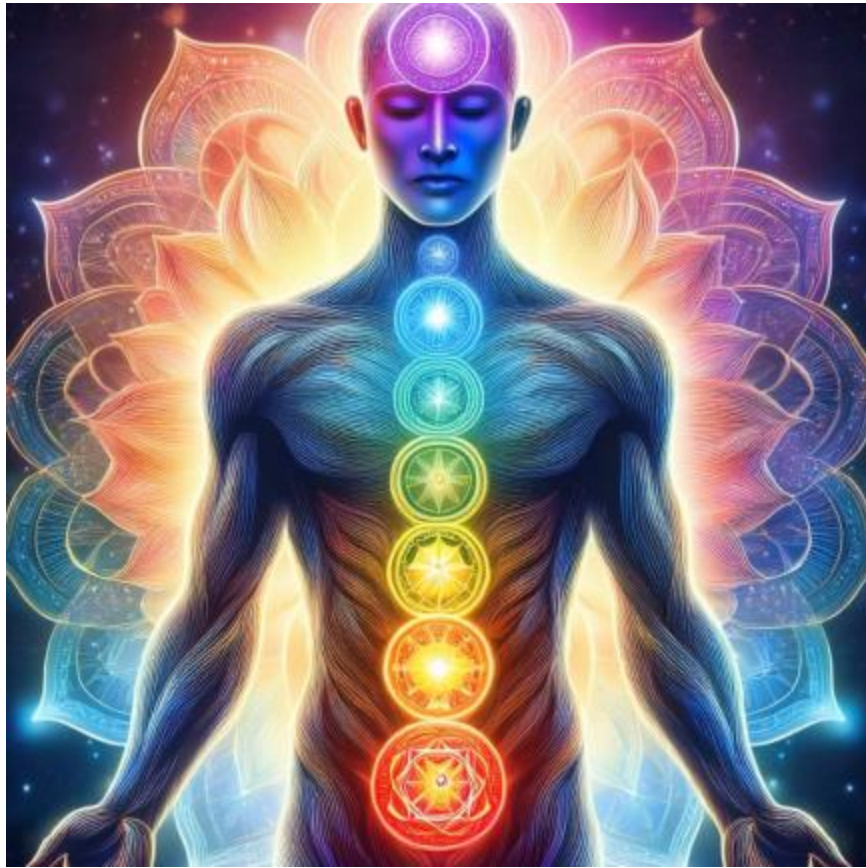
They can become imbalanced – either too open or too closed – for many reasons, including:

- overuse or underuse, suppression and repression,
- subconscious control mechanisms over self and others,
- belief systems or conditioning we received as children,
- karmic/subconscious decisions we made as a result of emotionally significant life events,
- chronic stress or trauma responses,
- habits of anxious or avoidant attachment,
- chemical imbalances due to nutritional deficiencies, medication, supplementation, substance use,
- postural imbalances due to tension patterns and physical injuries,
- chronic health issues, viral or toxic load and inflammatory processes,
- lack of natural inputs like sunlight, grounding, fresh air, mineral-rich water, whole food, etc.

All these things can make us feel depleted and imbalanced, affecting all aspects of our lives.

This reading explores the general health of each of your chakras and what you could do to help it become more balanced.

Descriptions include symbols and colours, and these are unique to you with personal meanings that do not follow any existing concepts of what colours chakras are usually represented by.



\*Please note: This is an artistic representation and not a true image of where chakras are situated in the body!

**Your Chosen Theme:**

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**Overall Quality of your Energy Field**

*Colour*

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*Shape*

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1<sup>st</sup> Chakra / Root Chakra

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*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

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## 2<sup>nd</sup> Chakra / Sacral Chakra

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*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

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## 3<sup>rd</sup> Chakra / Solar Plexus Chakra

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*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

4<sup>th</sup> Chakra / Heart Chakra

%

*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

5<sup>th</sup> Chakra / Throat Chakra

%

*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

6<sup>th</sup> Chakra / Third Eye Chakra

%

*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*



7<sup>th</sup> Chakra / Crown Chakra

%

*Overall quality of Chakra & meaning*

*Current issue or imbalance in this Chakra*

*Recommendation about what might be needed for balance right now*

## Symbol

*A symbol of the general energy you need to rebalance your whole system right now*

## SELF-REFLECTION

What was your main reason for choosing this reading?

What were the highlights of this reading for you?

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What was most surprizing or unexpected for you and why?

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What did this reading inspire you to try differently?

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Anthing else you would like to write about...

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## Where to from here

Once you have completed this worksheet, you have a list of specific recommendations that can help rebalance your energy, as well as your own intuitive insights. Try what feels good for you, and journal about what effects you feel.

Some issues that came up may continue to give you more intuitive insights in the coming weeks and months. Keep journaling or thinking about them to dive deeper.

Remember that all tools you have learnt elsewhere can also help rebalance your Chakras: yoga, intuitive movement, conscious dance, somatic work, nervous system work, tapping, breathing, meditation, visualization, mantras, mudras, etc.

Any method that works with your energy and nervous system will be supportive of your Chakras.

The more you connect to your physical body and learn to feel your energy, the easier it will become to feel any imbalances before they go too far, and the more intuitive insight you will receive about what you might need to help yourself rebalance.

Have fun with it!