



Verena Radlingmayr

# ENERGY ASSESSMENT

## 12 CHAKRAS, MANY TIPS

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# Energy Assessment Fact Sheet

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## KNOW WHERE YOU STAND

This is the right tool to gain a basic insight into your energetic balance. Using the 12 chakra system, it provides you with an overview of potential energy blockages that might interfere with bodily or emotional well-being.

## A way to being balanced



### Chakra messages

Each chakra has a function and between them they cover anything from influx of money to love.



### Ideas for your life

To get ideas how to improve your day-to-day routine, I combine the insight gained from all 12 chakras.



### Continue, only better

It doesn't take much to be the best version of ourselves, free yet connected. The assessment will show you ways.

## Because you are worth it!

This is your chance to gain insight into your energetic fitness and get an idea how my holistic services could assist you in the journey of regaining your balance.



## Yes, I want that

### E-mail

me your name, birth date, and if applicable, challenges you'd like to conquer

### Wait









and enjoy a cup of tea. Your assessment will be in your inbox asap

### Enjoy!

Emotionally free, connected from the heart!





# How it could look like

## 12 CHAKRA ASSESSMENT

Chakra	Result	Information/individual situation
	0%	<p>Chakra 1: Root Chakra (Pelvic Floor/Spine) General purpose: This chakra reflects stability, grounding, and primal trust. It influences the teeth, bones, and blood.</p> <p>Individual situation: This chakra is open but inactive, operating at 0% capacity.</p>
	29%	<p>Chakra 2: Sacral Chakra (Navel) General purpose: This chakra governs sensory experiences, pleasure, creativity, sexuality, and passion.</p> <p>Individual situation: The chakra is open and active, with an energy level of 29</p>
	100%	<p>Chakra 3: Solar Plexus Chakra (stomach area) General purpose: personal power, contentment; regulates nervous stomach, spleen.</p> <p>individual situation: perfect!</p>
	80%	<p>Chakra 4: Heart Chakra (centre of chest) General purpose: it's the centre for all the qualities associated with the heart, such as self acceptance, love, and relationships. Regulates the physical activities of heart and thymus gland.</p> <p>individual situation: The chakra is open and spinning. 80% power.</p>
	100%	<p>Chakra 5: Throat Chakra (Throat) General purpose: Centre of Intuition and self-expression. Connected to throat and thyroid gland.</p> <p>individual situation: although open and spinning, there is 0% power.</p>
	95%	<p>Chakra 6: Third eye Chakra (between and a little above eyebrows) General purpose: Chakra of personal and aligned will, the I Am, eye sight, psychic abilities.</p> <p>individual situation: open and stirring, power at 95% .</p>
	100%	<p>Chakra 7: Crown Chakra (top of cranium/head) General purpose: Unity, enlightenment, wisdom, connect to God. Regulates brain and hormones.</p> <p>individual situation: Open and spinning, 100% power. Ideal!</p>
	25%	<p>Chakra 8: Portal Into Dreamtime (at both sides of the head, above ears) General purpose: Opening ways into other dimensions, dreaming, dreamworld.</p> <p>individual situation: open and spinning, with only 25% of its power.</p>

exemplary sample

# 12 CHAKRA ASSESSMENT

Chakra	Testergebnis	Bedeutung/Auswertung
	21%	Chakra 9: Wheel of the Way (occipital bun) new senses (telepathy, telekinesis,..)  individual situation: open and spinning at 21% power.
	29%	Chakra 10: Gate of Transcendence (back of the head) Manifestation  individual situation: open and spinning at 29% power.
	100%	Chakra 11: Center of the Universe general purpose: Connection to all non-earthly dimensions and beings  Individual situation: This chakra is absolutely perfect.
	80%	Chakra 12: Gate to Infinity (above C7) general purpose: Main connection to the Divine, a place in the Universe  Individual situation: This chakra is open and active, operating at 80% capacity



Ideas for balance

## Tailored tips - try them on!

The chakra analysis reveals a weakness in grounding and a lack of development (as chakras 8-10 are weak) possibly due to a lack of understanding the personal purpose. To support this, the following can be attempted:

Mudra: [Description of the Mudra]

Exercises:

- [Example Exercise 1]
- [Example Exercise 2]
- [Example Exercise 3]

Idea:

[Suggested Idea] this contains a detailed idea for your individual suggestion, not just any blah-blah. All assessments are tailored to your needs and individuality. I will provide you with things you can do yourself. No further purchase required!

Cherry on top:

Should you feel that your tailored tips only get you so far, this are more in-depths ways to continue your journey.