



Kinesiology with Natalia

Discover Health, Joy and Untapped Resources within!

Natalia Gavrilova, Advanced Diploma in Functional Kinesiology

www.kinesiologywithnatalia.com.au Phone: 0435 540 030

kinesiologywithnatalia@gmail.com

Chakras' Issues

How developed are your chakras? Review the list of life challenges below and tick those applicable to you. The more ticks you get for each chakra, more work needs to be done in these domains.

Base Chakra Issues

- Issues of trust and personal boundaries _____
- Physical, financial and emotional safety and security _____
- Issues of fitting in society/family/groups _____
- Ability to provide for life necessities _____
- Physical health and comfort being in the body _____

Sacral Chakra issues

- Issues of sexuality and emotional relationships _____
- Creativity and fertility _____
- Blame, guilt and other issues of emotional nature _____
- Ability to relax into sensual pleasures _____
- Healthy personal boundaries and power of relationships _____

Navel Chakra issues

- Lessons related to ego, personality and self _____
- Ambition and ability to act _____
- Autonomy, personal power and individuation _____
- Self-esteem confidence and intuition _____
- Aggression and dominance _____

Heart Chakra issues

- Social identity and forming relationships _____
- Lessons related to forgiveness and compassion _____
- Acceptance, love, intimacy and appreciation _____
- Issues of jealousy, criticism and resentment _____
- Immune system issues _____

Throat Chakra issues

- Self-expression, creative expression _____
- Clear communication _____
- Ability to hear others and finding your own voice _____
- Courage, truth and ability to make personal choices _____
- Issues of timing and rhythm _____

Brow Chakra issues

- Ability to turn knowledge into wisdom _____
- Self-reflection and perception _____
- Distinction between illusion and insight _____
- Ability to notice patterns of life dramas and make sense of them _____

Crown Chakra issues

- Loss of connection with life and people _____
- Ability to trust life _____
- Highest personal expression _____
- Spiritual connection and purpose _____

Self -reflection

Have you noticed any patterns in the type of issues you are faced with in life?

Which issues are of the highest priority?

How your life would be without those issues?

Write a goal of how you want your life to be. You can do a different goal for each chakra. Make sure your goal is written in the present tense and does not contain words “not”, “don’t” and “no”. Avoid stating what you don’t want. State what you do want.

If you are interested in having kinesiology to help you achieve your goals, please contact me to discuss how I can help. 0435 540 030

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