

# Sound Essence

## { Chakra Questionnaire }

### Deciding which Chakra Balancer to use.

Score the following questions from 1-5 to determine which Sound Essence to use.  
The Chakra with the lowest total is the chakra centre that needs the Sound Essence.

1. Never • 2. Occasionally • 3. Sometimes • 4. Mostly • 5. Always

#### ROOT CHAKRA – C NOTE

- Do you feel that your family supports you in the choices & changes you have made in your life?
- Does your work support you and provide the quality of life you deserve?
- Do you enjoy your home?
- Does the structure in your life allow you to enjoy your family, friends and the possessions in your life?
- Do you feel secure in yourself?
- Is your life & home organized?
- Do you feel that you have the right to have your dreams come true?
- TOTAL** (Add up your score for the above questions)

#### SACRAL CHAKRA – D NOTE

- Do you feel that you have the right to enjoy yourself?
- Do you allow abundance in your life?
- Are you able to distinguish earning your livelihood from having a sense of abundance?
- Do you feel loveable without an active sexual life?
- Do you look after yourself well with good quality food, exercise and a clean environment, at home and at work?
- Do you keep your promises?
- Do you consider yourself a creative person?
- TOTAL** (Add up your score for the above questions)

#### SOLAR PLEXUS CHAKRA – E NOTE

- Do you love and value who you are?
- Do you give yourself the pride you deserve?
- Do you feel confident that you are good enough to do the things you want?
- Are you a respected person in a friendship, partnership or an organization?
- Are you able to admit when you are wrong?
- Do you exercise your right to choose freely without guilt or for the sake of keeping peace or for approval?
- Are you capable of taking good care of yourself?
- TOTAL** (Add up your score for the above questions)

#### HEART CHAKRA – F NOTE

- Do you feel you are open to love?
- Are you willing to release anger & resentment so that there is more love available to you?
- Do you feel emotionally connected to others?
- Do you sense that you are loved for who you are and the joy that you have brought to other peoples lives?
- Do you consider yourself passionate & generous?

- Have you ever experienced a deep peace that goes beyond all understanding?
- Do you let your heart show to your family, friends and children?
- TOTAL** (Add up your score for the above questions)

#### THROAT CHAKRA – G NOTE

- Do you focus your intent on honest and sincere communication?
- Do you speak up for yourself?
- Do you do what you say you will do?
- Do you believe you have the right to ask for things you want?
- Do you honor the truths of others?
- Do you take time to listen to the higher voice in yourself?
- Do you express yourself creatively with writing, art, dance, music, sport, cooking, gardening or a hobby?
- TOTAL** (Add up your score for the above questions)

#### BROW CHAKRA – A NOTE

- Do you validate your worth and intelligence?
- Do you trust your inner knowing and intuition?
- Do you use knowledge to enhance your life?
- Do you use your imagination?
- Are you in tune with your soul's desire?
- Do you listen to the messages from your body?
- Do you make sound decisions?
- TOTAL** (Add up your score for the above questions)

#### CROWN CHAKRA – B NOTE

- Do you feel loved, accepted and connected with your God?
- Do you feel that you are divinely guided and protected each and every day?
- Are you living your life on purpose?
- Are you experiencing serenity in your everyday life right now?
- Do you have faith that life is good?
- Do you give thanks for the opportunities life gives you?
- Do you take time to appreciate the wonder of music, the magic of colours & the beauty in the world around you?
- TOTAL** (Add up your score for the above questions)

**The following questions are for the Semitone Essences. It is the Semitone Essences that support the linkage of the front and back chakras. You can use both whole and semi note Essences at the same time.**

#### SACRAL CHAKRA – C# NOTE

- Do you feel that you can express your sensuality?
- Do you express your feelings with your body?
- Can you fully embrace life?
- Do you get to do the things you want to do?
- Do you get along easily with others?
- Do you get wonderful ideas and act on them?
- Do you dance?
- TOTAL** (Add up your score for the above questions)

#### SOLAR PLEXUS CHAKRA – Eb NOTE

- Can you enjoy yourself without anyone else?
- Can you make decisions without family input?
- Can you easily handle life's ups and downs?
- Do you create sacred space for yourself?
- Do you ever hug yourself?
- Do you feel that you have the power to create your own destiny?
- Do you have good mid back movement?
- TOTAL** (Add up your score for the above questions)

#### HEART CHAKRA – F# NOTE

- Do you celebrate your accomplishments?
- Do you feel supported and cherished?
- Do you look at others without judgment or criticism?
- Are you doing what you love to do?
- Do you feel that you are in the flow of life?
- Are you fulfilling any passions?
- Do you have free movement of your upper back?
- TOTAL** (Add up your score for the above questions)

#### THROAT CHAKRA – G# NOTE

- Can you think before you act?
- Can you make decisions easily?
- Can you express your beliefs easily with others?
- Do you sense that the people in your life see you for all that you are?
- Are you following your dreams?
- Do you feel solid in your life's work?
- Does your neck turn easily?
- TOTAL** (Add up your score for the above questions)

#### BROW CHAKRA – Bb NOTE

- Are you ready to let go?
- Are you ready for a change?
- Are you good at getting things done?
- Do you feel spiritually connected?
- Are you good at making transitions in life, circumstances, or thought?
- Do you feel at one with yourself?
- Do you have mental clarity?
- TOTAL** (Add up your score for the above questions)