



Root Balance Self Test

1. Do you often feel insecure?
2. Do you often feel unsafe?
3. Do you often worry about financial security?
4. Do you feel disconnected from nature?
5. Do you often feel like you are somewhere else and not in the present moment?
6. Do you have a hard time connecting with people in harmonious ways?
7. Do you often have relationships that are filled with turmoil?
8. Do you neglect your physical health?
9. Do you neglect good sleep?
10. Do you often feel worthless?

Please answer the questions above. Give 1 point to each "yes" answer. Then add all the 1s together. The higher the score, the higher the possibility of an unbalanced muladhara / root chakra.