

# Chakra Experiences Survey

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This survey takes approximately 10 minutes. Your input will help us to understand how chakras are experienced. We are particularly interested in any exceptional experiences you may have had with the chakras. Have you experienced any images, colors, sounds or physical sensations while focused on one or more of the core chakras?

If a question is not applicable, please feel free to skip it.

Thank you for participating.

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## About you

What is your age? Must be 18 or older to participate.

10 19 28 37 46 55 64 73 82 91 100

Age	
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Did any of your chakra experiences occur during the following activities? **Please check all that apply.**

- Meditation
  - Energy healing
  - Yoga practice
  - Martial arts
  - Other, please describe \_\_\_\_\_
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### Physical sensations related to the chakras

Individuals have experienced a variety of physical sensations associated with the chakras. Among the most common, have you experienced any of these sensations in one of the core chakras?

	Yes	No	Not sure
Warmth or heat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vibration or buzzing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tingling sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pressure sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energy movement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A tightening sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Releasing, loosening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throbbing sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Circular sensations

Have you experienced any circular or spiraling sensations in one of the core chakras, or in an area where a chakra is located?

	Yes	No	Not sure
Circular sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt a spiral of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swirling wave sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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### Color, light and imagery

Have you experienced any colors, images, lights, or sounds associated with one of the chakras, or in an area where a chakra is located?

	Yes	No	Not sure
Spontaneous colors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spontaneous images	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Light entering and/or leaving a chakra	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strong, bright light in a chakra	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vision of chakra as trumpet-shaped	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buzzing sound	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other, please describe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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### Exceptional or remarkable chakra experiences

The previous questions may not capture the unique or remarkable chakra experiences you have had. Please briefly describe any exceptional (nonordinary) experience, such as physical sensations, images, sounds, colors or lights, or psycho-spiritual realms, you may have experienced associated with any of these chakras:

- Root or base chakra \_\_\_\_\_
- Sacral chakra \_\_\_\_\_
- Solar plexus chakra \_\_\_\_\_
- Heart chakra \_\_\_\_\_
- Throat chakra \_\_\_\_\_
- Brow or third-eye chakra \_\_\_\_\_
- Crown chakra \_\_\_\_\_
- Chakras as a whole \_\_\_\_\_

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### Kundalini experiences

Have you had a kundalini experience, that is, have you felt a powerful energy move up your spine or body?

- Yes
- No
- Not sure

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Can you describe one of your kundalini experiences?

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### Additional experiences or knowledge

Are there any additional experiences or knowledge regarding the chakras which you would like to share or you feel should be studied in the future?

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