



Prepared For -

Test Report

January 01st 1970

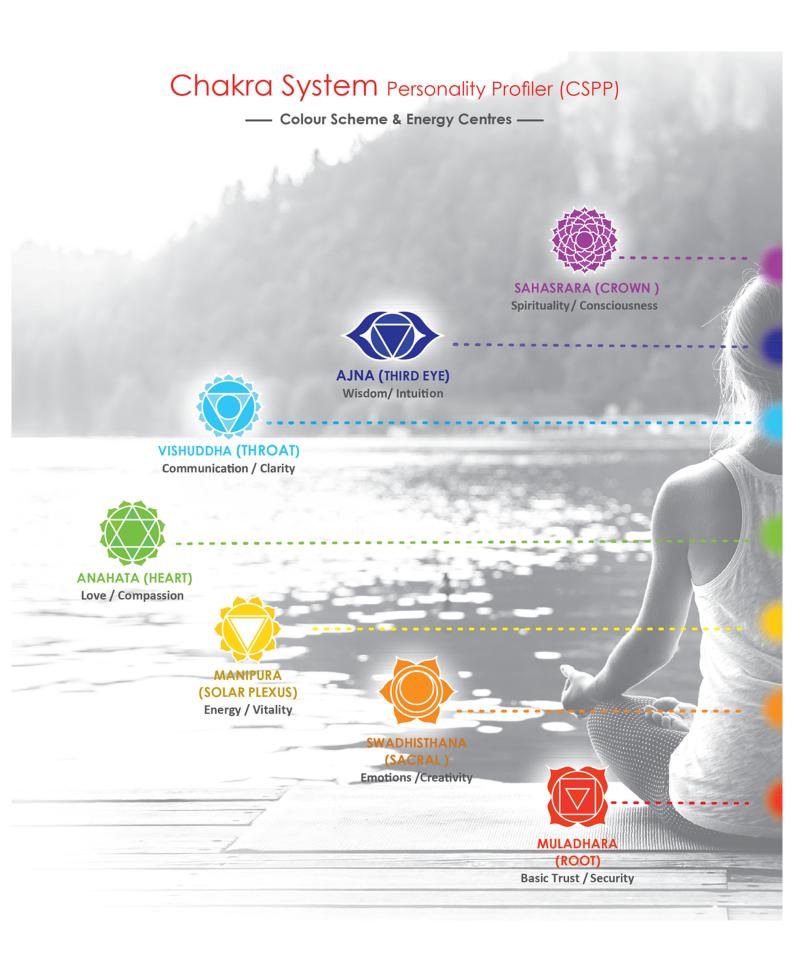
Dr Paras Wellness Pvt Ltd

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You Are Fail This Test

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CUST CHAKRA SYSTEM PERSONALITY PROFILER (CSPP): COLOUR SCHEME & ENERGY CENTRES | Page 7

MULADHARA or ROOT



Attributes - Survival instincts, good self-image, ability to ground self in the physical world, material success & stability, balance, structure &

Blockages - Insecurity, fear, feeling unsupported. Too Open - Dishonesty, defensiveness, hyperactivity.

SWADHISTHANA or SACRAL

Attributes - Vitality, emotions, creativity, desires, pleasure-seeking, fluidity & flow Blockages - Emotional imbalance, guilt, base

emotions, suppression Too Open - Addiction, manipulation



Attributes - Personal power, will, autonomy, determination, assertion, direction, self-control

Blockages - Victimization, attachments, fear, instability Too Open - Over-critical behaviour, workaholic,

controlling need

ANAHATA or HEART

Attributes - Ability to express love for self & others, compassion, intuitiveness, acceptance, oneness with life & people

Blockages - Lack of compassion, repressed self-love, fear of rejection, unworthiness

Too Open - Bleeding heart, over possessiveness

VISHUDDHA or THROAT



rigidity, prejudice

Too Open - Over-talkative, lies, self-righteous,

arrogance



AJNA or THIRD EYE

Attributes -Intuition, Awareness, Inner wisdom, clairvoyance, imagination, analyse,

form conclusions Blockages - Egoistical, inability to see the big

Too Open - Impatience, disillusion, rigid belief

SAHASRARA or CROWN

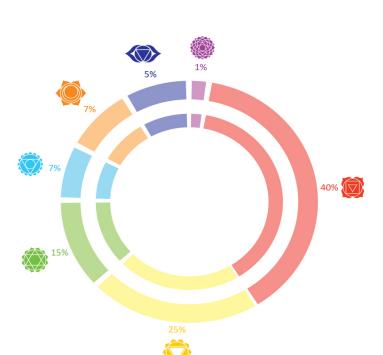


Energy Balance Techniques

- Positive thought patterns/ Affirmations
- Getting out in the sun for a few hours
- Being in nature
- Art or Pet Therapy
- Eating foods that contain each of the seven color energies
- Meditation and/or Yoga
- Aromatherapy
- Music & Dance
- Toning & Sounds
- Water color solarized by the sun
- Syntonics (colored glasses)
- Positive color décor in your home or office
- Clothing color
- Surround yourself with color (calming colors in bedroom, stimulating colors in workplace)









The Builders

Lovers of Details, foundations & structures



The Artists

Lovers Of Life, Experience & Feeling



The Achievers

Energetic Pursuers Of Ambitions & Heights



The Caretakers

Emotionalists Who Wish To Help



The Speakers

Charismatic Leaders & Guides



The Thinkers

Keen Observers & Idea - Makers



The Yogis

Silent & Reclusive Meditators

The 7 Chakras are an amazing description of life's different rainbow colors; life's different energies and aspects. In each of us, these different aspects and colors blend and express in a unique way that forms our original individuality. There's no doubt that personalities are complex and multi-dimensional, and a thorough understanding of our dominant Chakras reveals the basics of the underlying patterns that support a person to navigate life successfully in many different ways.

Self-Awareness

To become aware of our Chakra Personality Type provides a much better understanding of ourselves, our needs, wishes, and behaviours

Life Purpose

To know our Chakra Personality Type reveals what truly makes us happy, how we most naturally & effectively express in the world and what gifts we have brought to this life.

Balance

The understanding of our Chakra Personality Type gives direct insights into areas we might easily get out of balance or struggle with and provides with effective tools to maintain a more balanced life.

Compassion

The understanding that other beings experience the world very differently and have different needs & values helps to feel other people where they are at and to avoid misunderstanding and conflict.

Knowing your Chakra Personality type and removing blockages is about aligning your life with your authentic self. Chakra balancing and healing is about treating the 7 chakras and making modifications as desired. This fills you with a deeper sense of meaning and fulfilment. With some self-care work, you can keep the chakras 'open' for greater physical, mental, and emotional well-being. Being connected with your true self leads to the creation of a balanced life.