

Methods for Chakra Diagnosis

The following methods for diagnosis require a certain amount of intuition, the way people walk talk, colour of their skin, shape of body help the yoga therapist assess the needs of the client.

When working with the Chakras you have to see the spine moving to observe stiffness, indentations, hypermobility. All these observations relate to the Chakras and the **balance** of **energy** within each of these centres.

Method 1: Spinal diagnosis

This method requires you to run your fingers along the spine where the chakra point is situated.

Note: It is not possible to determine the energy within the Sahasrara with this method.

The **Ajna** is accessed in the centre at the base of the skull

The **Vishuddhi** at the base of the neck around C7

The **Anahata** between the shoulder blades

The **Manipura** base of the rib cage

The **Swadistana** at the top of the sacrum

The **Mooladhara** base of the sacrum

Run your fingers along these points as your client bends forward.

You will begin to intuit a feeling of each Chakra either giving energy or drawing energy.

When a Chakra is not giving out energy there is a indentation and or stiffness within the spine in that area.

You can also determine the Chakras by the degree of movement within the spine and tone of the muscle.

Give a value to a chakra from a scale of minus 5 to plus 5 (this is arbitrary but gives you a starting point to relate each chakra to the one next to it).

A Chakra giving a minus reading is drawing energy in and unable to give energy.

The values you attribute are not as important as the differentials between the Chakras, for example:

Chakra	Value down
6	2
5	1
4	1
3	0
2	-1
1	0

} differential 1

Chakra	Value down
6	1
5	-1
4	2
3	-1
2	2
1	0

} differential 3

We can see from the table on the left that there is not a significant difference between the values of each chakra whereas the one on the right has a difference of 2 between the 6th and 5th a difference of 3 between the 5th and 4th chakras, the 4th and 3rd chakras and the 3rd and second.

If the values of the chakras are all low then of course this does have significance as well. You can correlate your observances of the spine with the following colour visualisation technique

Method 2: Colour Visualisation

We all know the standard colours of the Chakras, it is useful to ask the client to visualise each chakra and to ask them to ascribe a colour to that chakra. You will be surprised at the range of colours clients see when focusing on individual centres.

Colours in balance		Colours that may indicate possible imbalances	
1	Deep Rich Red	1	Reddy Brown Blues Grey/Black
2	Peachy Orange	2	Blues muddy Greens Muddy yellow
3	Sunshine yellow	3	Lime greens blues. Muddy reds and yellows Black white
4	Emerald Green Pinks/purples	4	Red/Black/Grey/White
5	Light Blue/Purples/White	5	Reds/Greys/oranges
6	Dark Blues/Expansive Black Whites/Violets	6	Red/Greys/Muddy colours
7	Many colours White/Purple/Violet/Gold	7	Reds are not considered balanced colours for this Chakra

Generally colours that are muddied, sickly, washed out or pale are indicators of Chakra Imbalances.

It is also significant to discover how the person sees the Chakras and their colours, for example visualising an expansive colour pink within the heart centre may indicate that the person has an open warm heart.

Red in this area on the other hand may be a sign of the Chakra out of balance.

Greens in the first three Chakras and within the Hrit are signs of imbalance in the liver – stagnancy, staleness, maybe chronic imbalances are associated with browns and pale greens.

Blues in the lower 3 Chakras indicate that the kidneys are out of balance. Blue generally indicates tiredness/exhaustion within these chakras

Black can mean untapped potential, or the total opposite it really depends on how the client sees the colours that they present to you. It is vital not to make an initial judgement of a colour.

For example someone seeing a brown in the brit chakra may be considered out of balance, but you might say how does that feel and the response may be it's a really lovely rich brown colour like loam, it makes me feel safe. That is not a negative statement.

Remember, the chakras exist in the pranamaya kosha and therefore can be altered by prana.

Method 3: Diagnosis of facet joint lock

You can determine the strength of each Chakra using the following method.

Ask you client to sit side on in a chair and place your hand at the base of the sacrum.

To test the strength of the Mooladhara ask the client to push into the base of the sacrum while you resist this push, you can determine whether the Chakra is strong or weak.

Use the same points as you did with the spinal diagnosis method only place the whole of the hand on the back to give the client something to push against. Test each Chakra up to the Ajna in the same way.

Make a note of the strength of each Chakra and then perform the staged sitting twists and shoulder movements we have been practicing during the weekend to free the facet joints.

Test the strength of the Chakras once again to see if any difference.