

Test your energy level within each of the 7 major chakras; **Root, Sacral, Solar Plexus, Heart, Throat, 3**rd **Eye and Crown**

The Chakra Energy Meter© is a tool that can help you discover more of how you feel when conducting a chakra clearing session. Where is the level of your emotion as you focus on, or center over, each chakra? Proceed with each chakra as you conduct a self-clearing, or for a client, asking this question pertaining to each chakra. "How do I/you feel?" If conducting this for a client you may review each chakra prior to asking the question. You can also perform this with a muscle test or using a pendulum over each emotional face above when asking how you feel when you address each chakra.