



Chakra Alignment Tracker

using a pendulum



BY: JESSICA TRANBARGER



I am so grateful that you took the
opportunity to invest in yourself!

I created my printables in the hopes of
transforming the lives of myself and others
through spiritual awareness.

I hope that you enjoy your download and
spread the word if you love them!

I worked hard on these, please respect my
time and creative effort. Please do not
repost or make copies unless it is for
personal use.

XO,
Jess
That Soul Glow

CHAKRA ALIGNMENT TRACKER

Information Sheet

Your chakras correlate to different energy centers on your body.

Keeping track of the alignment of your chakras helps you to spot any patterns or blockages.

Making sure that your chakras are aligned makes a big difference for your spiritual and physical health.

To check for alignment, hover your pendulum over the tracker for each chakra. Ask if it is balanced, underactive, or overactive.

The lines under are for any notes you may have on each chakra and why it is balanced, underactive, etc.

Check for alignment whenever you feel necessary. I would suggest maybe once a week so you can give yourself time to balance any unbalanced chakras.



CHAKRA ALIGNMENT TRACKER

Created by: That Soul Glow

Date: _____

ROOT CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE

SACRAL CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE

SOLAR PLEXUS CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE

HEART CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE

THROAT CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE



THIRD EYE CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE

CROWN CHAKRA:

☐ UNDERACTIVE ☐ BALANCED ☐ OVERACTIVE



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