

*Dear Reader:*

Welcome! You're about to embark on a journey for your perfect body.

The truth is, you already live within your perfect body. Your perfect body is the one designed to help you fulfill your spiritual destiny. If you're here, you're "on point;" you are where you are supposed to be.

While you inhabit your perfect body, you might not necessarily see it when you look in the mirror. Okay, so we all have a few areas we want to shave off, a few muscles we want to pump up. You achieve mirror-quality satisfaction by customizing a life wellness plan as per your chakra system, the set of energy centers that reflect your spiritual purpose and the energies needed to fulfill it.

We all have twelve chakras, eleven of which manage specific physical, emotional, mental, and spiritual functions, as well as your unique gifts. Before birth, your spirit encoded its spiritual purpose and abilities directly into your chakras. These codes include the scripts needed to assure an optimum life, including your dietary, exercise, behavioral, and personal style needs. Thus through your chakras, your physical body is encrypted for perfection – the perfection that is right for you. By unlocking these ciphers, you will exponentially increase the effectiveness of your fitness actions. You will also instinctively magnetize the people, opportunities, and universal energies needed for health, confidence, and perseverance. You will act and think your way to your perfect body.

All chakras are not programmed alike. Your strongest chakras are those most necessary for fulfilling your mission. Your weakest chakras aren't as important for this higher goal. By fueling your strongest chakras, you support your spiritual and physical systems, calling forth your spiritual mission and gifts as well as your perfect body.

For example, let's say you are here to be an opera singer. Your perfect body (and the supportive chakras) will support this goal. You'll have broad shoulders, a big voice, and a heart for music. The chakras that correspond to these features will be your strongest chakras, and require the most amount of care. Tend these chakras, you provide for your spiritual purpose and summon your perfect body. If you're here to be a football player, your perfect body will be equivalent to Superman's: made of steel

and stone. It won't be necessary to sing the national anthem—just to offer stadium fans something to sing about.

In this file, you will find a questionnaire to help you figure out your strongest versus weakest chakras. You will compile a list of these chakras, top to bottom, to gain understanding of your core personality. If you customize your physical behaviors, mental attitudes, daily life, and decision making to your core personality, as determined by your chakra line-up, you will automatically begin to achieve exponential health benefits—as well as a happier life!

After the questionnaire, I have included a brief synopsis of each of the main eleven chakras. This data will help you provide for your chief life needs. To obtain specific recommendations for calling forth your perfect body according to chakra type, please read my book, *Attracting Your Perfect Body Through the Chakras*.

Thanks for being interested – in yourself!

Blessings, Cyndi Dale  
[www.cyndidale.com](http://www.cyndidale.com)

## Uncovering Your Perfect Body

*What's your perfect body? It's the one that mirrors your essence, enables you to fulfill your spiritual destiny, and fuels your spiritual gifts.*

### **Stronger versus Weaker Chakras:**

#### **Determining Your Perfect Body Code**

Not every chakra needs to be fully utilized in order to achieve your spiritual purpose. You only need to follow the wisdom of your strongest or most potent chakras to unlock your perfect body codes, and attract the energies you need for optimum health. By basing your perfect body plan on your strongest chakra programs, you automatically engage the complementary auric fields that magnetize supportive energies and deflect negative ones.

Ultimately your perfect body is a means to an end. It is a mode of transportation for your spirit, an expression of spirit that allows you to connect with the world at large. By supporting yourself in creating and maintaining your perfect body, you are undertaking an essential spiritual endeavor. You are agreeing to live as the spirit that you are.

### **QUIZ: YOUR STRONGEST CHAKRAS**

There are lots of tests and techniques for figuring out your body type, nutritional needs, or exercise requirements. This quiz is different, because it aims at pinpointing the underlying spiritual nature of your body so that you can build a perfect body from a spiritual base. By taking this quiz, you will separate your strongest from your weakest chakras, which will later enable you to construct your perfect body plan.

**Directions:** Circle your replies to the following statements, deciding if you agree or don't agree. The scale is zero to five. Zero means, "I disagree completely," while five means, "I agree completely." You will score the quiz after taking it. Save the results; you will be working with them throughout this book.

1. My diet is at its worst when I'm worried about finances.  
0 1 2 3 4 5

2. I like exercising best if I'm "dressed" for the exercise, such as when wearing the right exercise clothing.  
0 1 2 3 4 5
3. I desire a fitness program that brings me closer to God or my spiritual guidance.  
0 1 2 3 4 5
4. What's the reason for a body? It's my connection to Nature and the natural world.  
0 1 2 3 4 5
5. I usually exercise when I'm happiest, and have a hard time when I'm not.  
0 1 2 3 4 5
6. I stop eating healthy when thinking about all the tragedies in the world.  
0 1 2 3 4 5
7. I best alleviate stress through verbal means, such as by listening to music, reading a book, or writing or talking about the problem.  
0 1 2 3 4 5
8. I get rid of stress by dealing with the negative thinking causing the problem.  
0 1 2 3 4 5
9. I free myself from stress by connecting with family or a loved one.  
0 1 2 3 4 5
10. What's the reason for a body? It's a medium for learning and communicating.  
0 1 2 3 4 5
11. I like exercises that make feel able to command superpowers when I'm doing them.  
0 1 2 3 4 5

12. My diet gets out-of-control when I'm unable to maintain my regular life schedule.  
0 1 2 3 4 5
13. The ideal fitness program will leave me looking my absolute best to the outside world.  
0 1 2 3 4 5
14. It's impossible for me to eat healthy if I'm overwhelmed with negativity or feelings of powerlessness.  
0 1 2 3 4 5
15. I love any type of exercise or movement – just don't make me sit still long!  
0 1 2 3 4 5
16. I like to dress in clothing that has a magical quality.  
0 1 2 3 4 5
17. I cope with stress by tapping into worlds, guides or powers that are beyond this one.  
0 1 2 3 4 5
18. What's the reason for a body? Through it, I connect with others in relationship.  
0 1 2 3 4 5
19. I eat unhealthy when I'm really emotional.  
0 1 2 3 4 5
20. I stop eating healthy when life loses its mysterious, magical quality.  
0 1 2 3 4 5
21. I like clothing that shows my personal and spiritual values.  
0 1 2 3 4 5
22. My favorite forms of exercise all take me outdoors.  
0 1 2 3 4 5

23. I like clothing that is intelligent and fit for all the tasks that I have to do on a particular day.  
0 1 2 3 4 5
24. What's the reason for a body? It's a "crossing point" between dimensions and spaces.  
0 1 2 3 4 5
25. Relationships problems are the main cause of unhealthy eating.  
0 1 2 3 4 5
26. I select clothing that helps me look and feel successful.  
0 1 2 3 4 5
27. I forget my stress by helping others with problems more serious than my own.  
0 1 2 3 4 5
28. I want a fitness program that incorporates music or learning, as in being taught by a trainer, etc.  
0 1 2 3 4 5
29. The optimum fitness program will empower me to be a strong and forceful leader.  
0 1 2 3 4 5
30. What's the reason for a body? It's what I inhabit to help change the problems in world.  
0 1 2 3 4 5
31. The ideal fitness program will bring me outdoors and in concert with Nature.  
0 1 2 3 4 5
32. It's easiest for me to exercise listening to music, television or books-on-tape.  
0 1 2 3 4 5

33. A fitness program needs to leave me feeling happier and less emotional.  
0 1 2 3 4 5
34. What's the reason for a body? It's who I am. I am my body.  
0 1 2 3 4 5
35. What's the reason for a body? It's the vehicle for God and acts of goodness.  
0 1 2 3 4 5
36. I like dressing to make a point about a global issue or concern.  
0 1 2 3 4 5
37. I like exercise routines, especially if I know which exercises provide which benefits.  
0 1 2 3 4 5
38. An ideal fitness program will involve other people, whom I can get closer to through the process.  
0 1 2 3 4 5
39. I choose clothes that express my creativity.  
0 1 2 3 4 5
40. What's the reason for a body? It's a creative outlet of my inner feelings.  
0 1 2 3 4 5
41. What's the reason for a body? It's a command center for powers and forces.  
0 1 2 3 4 5
42. I get stress relief by getting out in Nature.  
0 1 2 3 4 5
43. I eat poorly when my self-image is low.  
0 1 2 3 4 5

44. An ultimate fitness program will open me to supernatural powers or life's greater mysteries.  
0 1 2 3 4 5
45. I don't always pay attention to my clothes; sometimes I'm more interested in what I'm learning or communicating.  
0 1 2 3 4 5
46. I eat unhealthy when I'm unable to express my needs or opinions.  
0 1 2 3 4 5
47. I best work with stress by praying or meditating as means of getting God's help.  
0 1 2 3 4 5
48. I don't eat well when I'm stuck indoors and can't get outside.  
0 1 2 3 4 5
49. To alleviate stress, I work. Hard.  
0 1 2 3 4 5
50. I like clothing that helps others find me approachable and welcoming.  
0 1 2 3 4 5
51. My perfect fitness program will somehow benefit the world, or at least brings its peoples closer together.  
0 1 2 3 4 5
52. My stress alleviates when I'm able to forcefully effect change in my life, or in someone else's.  
0 1 2 3 4 5
53. I like exercises that put me in touch with supernatural energies or phenomenon.  
0 1 2 3 4 5
54. What's the reason for a body? It's the visual expression of my inner self.  
0 1 2 3 4 5



55. To get rid of stress, I have to deal with my feelings.  
0 1 2 3 4 5
56. Exercise is easiest if I'm praying or meditating.  
0 1 2 3 4 5
57. I don't feed myself well if I think I've done something bad or unethical.  
0 1 2 3 4 5
58. A good fitness program will clear my mind so I can stay organized and on-task.  
0 1 2 3 4 5
59. I believe that clothing reflects someone's true personality, so I care about how I look – period.  
0 1 2 3 4 5
60. My main goal in a fitness program is to have the energy I need to be successful, such as in work, primary relationships, sex, and finances.  
0 1 2 3 4 5
61. I like clothing that makes me look and feel like a powerful, take-charge leader.  
0 1 2 3 4 5
62. I like exercising best with other people.  
0 1 2 3 4 5
63. I like exercise forms that teach specific cultural or spiritual concepts.  
0 1 2 3 4 5
64. I deal with stress visually, such as by changing clothes or shopping.  
0 1 2 3 4 5
65. What's the reason for a body? It holds my thoughts and mind.  
0 1 2 3 4 5

66. I only like organic or natural clothing.

0 1 2 3 4 5

**Scoring:** Please add your scores in each of the eleven categories.

Category One:

1, 15, 26, 34, 49, 60

Category Two:

5, 19, 33, 39, 40, 55

Category Three:

8, 12, 23, 37, 58, 65

Category Four:

9, 18, 25, 38, 50, 62

Category Five:

7, 10, 28, 32, 45, 46,

Category Six:

2, 13, 43, 54, 59, 64

Category Seven:

3, 21, 35, 47, 56, 57

Category Eight:

16, 17, 20, 24, 44, 53

Category Nine:

6, 27, 30, 36, 51, 63

Category Ten:

4, 22, 31, 42, 48, 66

Category Eleven:

11, 14, 29, 41, 52, 61

You will now fill out the following box.

First, translate each category as a chakra. Category one, for instance, represents the first chakra. Category two symbolizes the second chakra, and so on. Knowing this, list your chakras in the “Chakra Order Table” from highest to lowest numbers, writing in the scores.

For instance, let's say that your top score is a "30" and you have two categories with this number: category one and two. This means that your first and second chakras are in first place. Under "Place," put the word, "First." Under "Score," write "30." Under "Category/Chakra," write "First" and "Second."

Now let's say your next strongest chakra pertains to category five, with a score of 25. Under "Place," put "Second." Under "Score," write "25." Under "Category/Chakra," write "Fifth."

Continue with this exercise until you have accounted for every category or chakra.

### Chakra Order Table

Place	Score	Category/Chakra

## **Assessment**

You are now ready to learn a little bit more about your unique personality and perfect body requirements. Read through the assessments of your strongest chakras, as revealed in the “Chakra Order Table.” Some people have one strong chakra; others have several. Read through those that are highest in score to gain a sense of your true self and your perfect body needs. For more information about specific techniques for supporting your perfect body, please read *Attracting Your Perfect Body Through the Chakras*.

### **Chakra One: Manifester**

If anyone loves the physical body and world, it's you. You are the most primal and physical of all the chakra types. Why lie down if you can sit, sit if you can stand, or stand if you can run? That's your attitude in the world, as well. You see a challenge and you're not satisfied until you meet it. Drawn to material reality, you apply your intense and attuned physical resources and strengths to make money, build an empire, have great sex with an equally physical life partner, and move with ease in the world. You are your body and your body is you; therefore, your perfect body assures you complete freedom, connects you in relationship, and is your transportation for success.

*Chakra Color:* Your color is RED. Red represents power of movement and passion for life.

*First Auric Field:* Your first auric layer releases physical toxins and stress and attracts spiritual energy, which you convert to chemicals and raw energy to drive you toward success and pleasure.

*Chakra Development:* This chakra activates in-uterus until 6 months of age. You are therefore most affected by issues of safety, security, worthiness, and deserving.

### **Chakra Two: Feeler**

Feelings express your soul, and connect your soul to your body. Among chakra types, you are the feeler. To you, every feeling is a unique universe, a mystery to explore, and an adventure in taste and texture. Feelings are the baseline of your intense creative abilities, which you offer as your spiritual gift to the universe.

Everything about your body is affected by your own and others' feelings. If you're happy, you'll like your body. If you're unhappy, you won't. If you or a loved one is emotionally upset, it might be hard for you to eat – or stop eating! Your body is a holographic representation of how you feel about yourself and what's important to you, therefore your perfect body is a conduit for emotional and creative expression. You are highly sensual, sensitive, and creative in nature, and find that everything physical stimulates a distinct emotional reaction. What you eat, how you exercise, and even what you wear needs to consistently keep you emotionally balanced and creatively attuned, or your health will suffer for it.

*Chakra Color:* Your color is ORANGE. Orange stimulates feelings, compassion between people, and innovative expression.

*Second Auric Field:* Your second auric field screen out negative feelings, shares positive feelings, and attracts others' feeling energies to you.

*Chakra Development:* The second chakra opens between age 6 months and 2 1/2 years. During this age you are strongly influenced by others' moods. Discordance can affect your ability to eat healthy, exercise, or feel good about your body at this and later ages.

### **Chakra Three: Thinker**

You are the person best described with a single word: Mindful. Information, data, and details fill your fantasies, and you are compelled to organize these bits and pieces of the world into streamlined systems. Capable of sorting the imperative from the imbecilic, you are “mindful,” meaning you “mind” what your mind needs “to be full of.” Your body is therefore extremely affected by the information that you feed it, as well as your ideas about food, exercise, health, and fitness. Your perfect body will keep your brain smart and your life on-task, as you go about organizing the universe (or your little pocket of it).

*Chakra Color:* Your color is YELLOW. Yellow reflects the joy of using information in a way that is logical and purposeful.

*Third Auric Field:* The third auric layer filters out unhealthy and incorrect psychic and sensory data, so you only acquire healthy and accurate information.

*Chakra Development:* This chakra triggers between ages 2 1/2 and 4 1/2 years. These “power struggle” years are significant in that they affect self-esteem, self-confidence, and later success in the external world. Resultant internal beliefs and external actions establish lifelong patterns that are either physically healthy or unhealthy.

### **Chakra Four: Relater**

You are the heart of the chakra system, attuned to matters of love, healing, and relationship. If your relationships are undergoing smooth sailing, you’ll be happy and hearty. When you are challenged by significant romantic, familial, work, or friendship-based problems, your physical health becomes compromised. As a healer, you have the capacity to help heal yourself or others in difficult times, but you have to establish good boundaries or you’ll lose your own vital energy, and develop bodily problems.

*Chakra color:* Your color is GREEN. Green signifies the power to heal and change.

*Fourth Auric Field:* The fourth layer attracts healing energies and healthy relationships, while deflecting energies that are harmful. Essentially, it assures the giving and receiving of love.

*Chakra Development:* The fourth chakra is stimulated between age 4 1/2 and 6 1/2, key years for developing authentic relationships with family and peers. Lack of self-acceptance, rejection from others, abandonment from a parent, and other wounds involving relationship and love can cause a lack of self-love, therefore problems with taking care of your own health.

### **Chakra Five: Communicator**

Is there a conversationalist in the room? Someone who can hear a pin drop while on the phone with a friend, with Mozart blaring in the background? Then you’re dealing with a Communicator, the well, communicator of the chakra system! Communicators are about learning, teaching, educating, listening, and when that’s done, they start the communication process all over again. A pure Communicator will be physically healthy if allowed to share and learn.

*Chakra color:* Your color is BLUE. Blue reflects the giving and receiving of information for higher ends.

*Fifth Auric Field:* The fifth auric field sorts verbal data, opening you to higher wisdom and guidance and filtering harmful or inapplicable auditory information.

*Chakra Development:* The fifth chakra activates from ages 6 1/2 to 8 1/2, greatly increasing a child's potential for accessing higher information and guidance. Messages that compromise your capability or the acceptability of receiving, sharing, exchanging, or receiving personal or learned information can shut down this chakra and therefore, stifle spiritual development and physical health.

### **Chakra Six: Visionary**

True Visionaries lives up to the name. They are futuristic, strategic, and above all, imaginative. Your spiritual pursuits will always involve laying long-term plans that aimed at meeting long-range goals. Visual by nature, you will be highly attentive to your appearance.

*Chakra color:* Your color is PURPLE. Purple symbolizes majesty, and what could be more magical than peering into the future to make practical, here-and-now decisions?

*Sixth Auric Field:* This field snares potential futures and enables you to project them forward in your mind's eye. Upon seeing what is possible, you can then decide what is practical to do today.

*Chakra Development:* The sixth chakra awakens during ages 8 1/2 through 13. This period involves the formation of self-image, which is greatly affected by internalized projections from family, society, and the culture-at-large. All these players and your reactions to them factor into your body image, which affects every aspect of your physical well-being.

### **Chakra Seven: Spiritualist**

We'll preempt the "Chakra color" section by telling you right now that your color is white. What does white mean in the Western world? Purity, sanctity, honesty, integrity, and spirituality, all of which represent a Spiritualist's grounding values and serve as fodder for his or her spiritual purpose. If you are a Spiritualist, you are here to spread divinity. Your

body is therefore a means of serving a greater power. If you believe that your body is good, you'll be in good health; if bad, your health will suffer.

*Chakra color:* Your color is WHITE. White illuminates spiritual truths.  
*Seventh Auric Field:* The seventh auric layer is an access point to spiritual realms, spirits and ghosts, and energies of the Divine. Good health depends upon allowing in energies that match rather than don't match your personal spirit.

*Chakra Development:* The seventh chakra unlocks between ages 14 and 21, opening spiritual energies to help you heal from life's wounds and attract what you need to achieve your destiny.

### **Eighth Chakra: Shaman**

Shamans experience life inside out, upside-down, and turned-around. They are therefore considered life's masters of mystery, able to perceive what others cannot. Able to link worlds and dimensions, they unify nature, humankind, and the worlds of spirits, and their purpose always involves using these connections for healing self and others. Physically, shamans often utilize their bodies as conduits for healing or supernatural energies, and the rituals they use for their work therefore either adversely or positively affect their health.

*Chakra color:* Your color is BLACK or SILVER. Black represents the mystery of using negativity for positive reasons, while silver symbolizes the purity of providing information for the greater good.

*Eighth Auric Field:* The eight auric field links all dimensions, planes, and time periods into a center point. It then filters energies or entities that are needed from those that are unnecessary or harmful.

*Chakra Development:* The eighth chakra opens between ages 21 and 28, retriggering issues from your past and encouraging the development of potent magical gifts.

### **Ninth Chakra: Idealist**

Years ago, Coca Cola issued a television commercial using a song with these lyrics, "I'd like to teach the world to sing, in perfect harmony." Idealists are the world's harmonizers, desiring communion among people everywhere. As an Idealist, you can peer into the heart of a matter or the



soul of a person, and initiate action that can blend heart and soul. Your physical health will therefore be affected by the causes you pursue, and your ability to take care of yourself while taking care of others.

*Chakra color:* Your color is GOLD. Gold magnetizes love, infusing people and situations with grace and goodness.

*Ninth Auric Field:* The ninth field initiates contact with higher order beings, including Masters, Avatars, and saints, therefore drawing on entities and individuals that are supportive of humanity's continual development. Physically, it allows penetration of ideas or universal energies that attune the individual to the collective whole, and rejects energies that might harm the individual or a larger group.

*Chakra Development:* The ninth chakra activates first during preconception, selecting physical genes supportive of your soul purpose and life mission. It again rouses between ages 28 and 35, linking individuals to their soul purpose and spiritual helpers.

### **Tenth Chakra: Naturalist**

It's easy to spot a Naturalist. They're the people with Birkenstock sandals, organic cotton underwear, and sprouts on their sandwiches. Naturalists find Paradise in the world of Nature, preferring the great outdoors to the narrow confines of cement cities. A Naturalist's spiritual mission is always linked to the benefit of the environment, the home, or the wellness of natural beings. Attuned to Nature, a Naturalist's physical health is dependent upon the presence of natural rather than unnatural surroundings.

*Chakra color:* Your color is BROWN. Brown intimates Nature and all things natural.

*Tenth Auric Field:* The tenth field surrounds the skin and holds the programs for your "perfect body," as regulated by your spirit.

*Chakra Development:* The tenth chakra first connects during preconception, working with the ninth chakra to focus your physical genetics to match your soul purpose. It then reengages between ages 35 and 42 to help you ground your purpose in practical reality.

### **Eleventh Chakra: Commander**

If there's a natural born leader, you are it, ready to access your vast resources and powerful personality to change the world. Like the shaman of yore, you can summon potent powers and forces from the worlds of humanity or nature to meet your goals. Do you want to squelch a fire? Depending upon your training and skill, you might call a waterfall to meet your demands – or a troop of firefighters. Your physical health will depend upon the appropriate and ethical use of your powers and abilities, as well as your skill at transforming negative into positive energies.

*Chakra color:* Your color is rose. Rose combines the red of passion with the spirituality of white, to create loving power.

*Eleventh Auric Field:* The eleventh auric field encompasses the entire body, concentrating in the hands and the feet, which serve as command centers for transmuting energies.

*Chakra Development:* The eleventh chakra engages between age 42 and 49, encouraging the full expression of your personal powers and leadership to effect world change.