



VEDIC ENERGY ANALYSIS

Chakra Energy Report

Personalized Astro-Chakra Diagnostic, Planetary Stress Maps & 30-Day Alignment Blueprint

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| Prepared for: | Test User |
| Birth Date: | 15 May 1995 |
| Birth Time: | 10:30:00 |
| Birth Place: | Mumbai, Maharashtra, India |
| Sun Sign: | Taurus |
| Moon Sign: | Scorpio |
| Lagna (Ascendant): | Cancer |
| Current Maha Dasha: | Mercury |
| Current Antar Dasha: | Saturn |
| Report Date: | 20 Jun 2026 |

REPORT OVERVIEW

Executive Diagnostics

Throat (communication & clarity) is your main focus right now (active growth).

Right now your system is processing life mainly through Throat (communication & clarity). This tends to affect miscommunication, delays, confusion in decisions, difficulty expressing needs.

Karmic Root Drivers

- your current time-period (dasha) is emphasizing Mercury → Saturn
- your nervous system is more reactive than usual (Moon sensitivity)

Next 7 Days Critical Focus

✓ Daily Core Actions

- Write 3 bullets then speak
- Avoid multitasking on calls

⚠ Behaviors to Avoid

Avoid overcommitting and trying to fix everything at once.

☐ Mental Shift

"Progress comes from consistency, not intensity."

Core Energy Themes

communication, truth, learning

How To Use This Blueprint

Use this report like a coaching map: don't fight the theme — regulate it. Do the 3 actions daily for 7 days, avoid the caution item, and track the signals. If the signals improve, you're on the right track; if not, we adjust the plan.

Chakra Performance Analysis

VISHUDDHA

Active

53/100

Themes:

Communication

Truth

Learning

Expression

Astrological Drivers:

- Mercury - Maha dasha activates chakra
- Saturn - Antar dasha modulates
- - Weak Moon amplifies stress signals

Correction & Stabilization:

Truth practice

- Write 3 bullets then speak
- Avoid multitasking on calls

Clarity day

- Single-task blocks
- Shorter messages, clearer words

MULADHARA

Balanced

35/100

Themes:

Security

Routine

Stability

Fatigue

Astrological Drivers:

- Saturn - Secondary chakra from antar dasha

Correction & Stabilization:

Grounding routine

- Fixed sleep/wake
- Leg strength 3x/week
- Morning walk 10 min

Stability actions

- 3 priorities only
- Finish 1 pending task
- Weekly budget check

TRANSFORMATION STRATEGY

30-Day Corrective Plan

Your 30-day transformation pack is focused on Throat (communication & clarity).

This is designed to create stable change through repetition + timing (not motivation).

Week 1: Stabilize

Reduce volatility and create a baseline in Throat (communication & clarity).

- Do less, but do it daily.
- Avoid conflict/impulse decisions.
- Protect sleep and routine.

Week 2: Build

Strengthen skill and discipline in Throat (communication & clarity).

- Add one training habit (10-20 minutes).
- Prefer clarity over speed.
- Reduce noise inputs.

Week 3: Apply

Use Throat (communication & clarity) in real-world situations (work/relationships).

- One courageous action per day.
- Make decisions with a written 2-line plan.
- Close loops (messages/tasks).

Week 4: Lock

Make the change stick and prevent relapse in Throat (communication & clarity).

- Weekly review (wins + one fix).
- Keep boundaries clean.
- Consistency > intensity.

Daily Practice Guide (First 7 Days)

Day 1

20 Jun 2026

Goal & Actions:

Stabilize: Close one pending communication thread.

- Write 3 bullets
- Speak the shortest truth
- Single-task calls

Caution:

⚠ Don't stay silent if clarity is needed.

Affirmation:

✓ *My words are clear and kind.*

Day 2

21 Jun 2026

Goal & Actions:

Stabilize: Write 3 bullets before you speak.

- Write 3 bullets
- Speak the shortest truth
- Single-task calls

Caution:

⚠ Don't stay silent if clarity is needed.

Affirmation:

✓ *My words are clear and kind.*

Day 3

22 Jun 2026

Goal & Actions:

Stabilize: Send one clear message with a single ask.

- Write 3 bullets
- Speak the shortest truth
- Single-task calls

Caution:

⚠ Don't stay silent if clarity is needed.

Affirmation:

✓ *My words are clear and kind.*

Day 4

23 Jun 2026

Goal & Actions:

Stabilize: Close one pending communication thread.

- Write 3 bullets
- Speak the shortest truth
- Single-task calls

Caution:

⚠ Avoid vague promises.

Affirmation:

✓ *My words are clear and kind.*

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| Day 5 24 Jun 2026 | Goal & Actions: <i>Stabilize: Write 3 bullets before you speak.</i> <ul style="list-style-type: none">• Write 3 bullets• Speak the shortest truth• Single-task calls | Caution: ⚠ Don't stay silent if clarity is needed. | Affirmation: ✓ <i>My words are clear and kind.</i> |
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| Day 6 25 Jun 2026 | Goal & Actions: <i>Stabilize: Send one clear message with a single ask.</i> <ul style="list-style-type: none">• Write 3 bullets• Speak the shortest truth• Single-task calls | Caution: ⚠ Don't stay silent if clarity is needed. | Affirmation: ✓ <i>My words are clear and kind.</i> |
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| Day 7 26 Jun 2026 | Goal & Actions: <i>Stabilize: Close one pending communication thread.</i> <ul style="list-style-type: none">• Write 3 bullets• Speak the shortest truth• Single-task calls | Caution: ⚠ Don't stay silent if clarity is needed. | Affirmation: ✓ <i>My words are clear and kind.</i> |
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Daily Checklist

- Did I do today's 3 actions?
- Did I avoid the caution behavior?
- Did I repeat the affirmation at least once?
- Did I track the signals honestly (not emotionally)?

Astrological Relief Window

Expect this to soften after 18 Jan 2029 (about 943 days).