

Spiritual Maintenance Assessment

A comprehensive diagnostic audit for your soul. Evaluate the 8 core pillars of spiritual health, identify energetic leaks, and restore sacred alignment.



Practitioner / Client Name:

Assessment Date & Season:

Primary Life Season / Focus Area:

THE 8 PILLARS OF SPIRITUAL VITALITY & HEALTH

How to complete: Rate each pillar from **1 (Severely Depleted/Porous)** to **5 (Vibrant, Clear & Sealed)**. Note your primary physical or emotional symptom in the right column. Total your score at the bottom (Max 40).

Spiritual Pillar	Diagnostic Question / Health Indicator	Score (1-5)	Current Symptom / Observation
1. Auric Boundaries Energy Protection	Can you hold loving space for others without absorbing their anxiety, mood swings, or emotional heaviness?		
2. The "Spiritual Diet" Input & Consumption	Is what you consume (social media, news, music, gossip) feeding your peace or siphoning your high vibration?		
3. Somatic Resonance Nervous System & Body	Does your body feel grounded and safe, or are you operating from chronic tension, clenched jaw, and burnout?		
4. Emotional Hygiene Grief & Emotional Flow	Are you allowing feelings and grief waves to move through naturally without suppression, numbness, or shame?		
5. Lineage & Boundaries Relational & Family Field	Are your interpersonal boundaries clear, or are you carrying generational guilt, caretaking, or people-pleasing?		
6. Intuitive & Dream Life Inner Sight & Signs	Is your intuitive channel open? Are you receiving, remembering, and trusting subtle synchronicities and dreams?		
7. Sacred Sanctuary Home & Environmental Space	Does your living space, bedroom, or altar feel clear, physically organized, and spiritually protected?		
8. Divine Connection Prayer, Meditation & Stillness	Do you cultivate daily sacred pauses, quiet contemplation, gratitude, and direct communion with Spirit?		
TOTAL SOUL VITALITY SCORE (Sum of 8 Pillars):		/ 40	

Diagnostic Anchor: "Awareness is the first act of spiritual maintenance. An energetic leak is not a failure—it is simply a sacred invitation to re-anchor your boundaries."

2. DIAGNOSTIC SCORING KEY & SOUL ASSESSMENT

33 – 40 Points

Sovereign & Aligned: Your aura is well-shielded, intuitive channels are open, and boundaries are clear. Focus on daily maintenance and honoring quiet stillness.

24 – 32 Points

Moderate Energy Siphon: Leaks present in 2–3 pillars (often spiritual diet or relational over-giving). Boundaries are porous and need immediate reinforcement.

Below 24 Points

Energetic Emergency: Significant auric depletion, nervous system fatigue, or heavy stagnant energy. Requires immediate space clearing, rest, and boundary resetting.

3. PRIORITY DIAGNOSTIC & URGENT CLEARING PLAN

How to complete: Examine your 2 lowest-scoring pillars from Page 1. Name the exact people, environments, or habits siphoning your frequency and declare your antidote.

Primary Energetic Siphon / Stagnant Area:

The Boundary That Must Be Enforced Today:

4. THE 7-DAY SOUL MAINTENANCE PRESCRIPTION

How to complete: Choose 3 non-negotiable spiritual maintenance commitments to practice over the next 7 days.

Maintenance Category	Specific Sacred Action / Boundary	When / Daily Anchor Time
1. Physical / Space Clearing		
2. Spiritual Diet / Input Reset		
3. Somatic Pause / Daily Shield		

5. SOVEREIGN SOUL ALIGNMENT SEAL

Soul Maintenance Declaration: "My energy is sacred, my boundaries are holy, and my vessel is dedicated to Divine light. I clear all heavy frequencies, seal my field with truth, and walk in sovereign wholeness."

My Sacred Maintenance Word for the Week:

My Daily Re-Anchoring Practice:

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