

# Lifted Energy - Emotional & Chakra Reference Sheet

## Emotion Families

1. FEAR	2. ANGER	3. SADNESS	4. SHAME	5. DISGUST	6. JEALOUSY	7. HAPPINESS LOST	8. LOST LOVE
Alarmed	Fury	Blue	Embarrassed	Appalled	Competitive	Unamused	No attraction
Anxious	Frustrated	Defeated	Humiliated	Offended	Distrustful	Discontent	No compassion
Nervous	Irritated	Discouraged	Invalidated	Repulsed	Envious	No excitement	Disinterest
Shy	Insulted	Hopeless	Insecure	Turned off	Petty	Joyless	Guarded
Worried	Rage	Lonely	Guilt		Resentful	Dissatisfied	Cold
		Rejected	Mortified			No pride	Unprotected
		Miserable					

## Chakra Balance Chart - Overactive vs Blocked Manifestations

Chakra	Balanced Traits	Blocked	Overactive
Crown (I Understand)	Wisdom, spiritual connection, unity	Cynicism, disconnection, spiritual apathy	Spiritual addiction, escapism, disassociation
Third Eye (I See)	Intuition, insight, clarity	Poor intuition, lack of imagination	Hallucinations, obsession with psychic visions
Throat (I Speak)	Communication, truth, self-expression	Shyness, fear of speaking, feeling silenced	Talking over others, dominating conversations
Heart (I Love)	Compassion, forgiveness, unconditional love	Coldness, isolation, fear of intimacy	Co-dependency, smothering, neediness
Solar Plexus (I Do)	Confidence, motivation, personal power	Low self-esteem, indecision, passivity	Controlling, aggressive, perfectionist tendencies
Sacral (I Feel)	Creativity, pleasure, emotional openness	Emotionally numb, lack of desire, rigid	Overindulgence, addiction, mood swings
Root (I Am)	Safety, groundedness, stability	Fear, anxiety, instability	Material obsession, hoarding, resistance to change