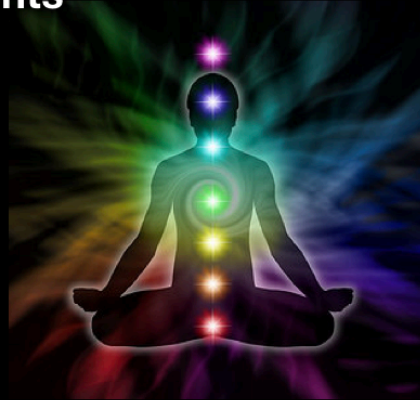


Excessive Characteristics

Heaviness, Sluggishness, slow movements
Resistance to change
Overeating, obesity
Hoarding
Material fixation, greediness
Workaholism
Excessive spending

1st Chakra



Deficient Characteristics

Fear, Anxiety
Resistance to Structure
Anorexia, underweight
Spaciness, flightiness, vagueness
Disconnection from your body
Restlessness, inability to sit still
Difficulty manifesting

Balanced characteristics

Groundedness
Physical health
Being comfortable in your body
A sense of safety and security
Stability and solidity
Right livelihood
Prosperity
Ability to sit still
Presence in the here and now

Excessive characteristics

**Sexual addictions
Obsessive attachments
Addiction to stimulation
Excessive mood swings
Excessively sensitive
Poor boundaries, invasion of others
Emotional dependency
Instability**

2nd Chakra



Deficient characteristics

**Rigidity in your body, beliefs,
or behavior
Emotional numbness or insensitivity
Fear of change
Lack of desire, passion, or excitement
Avoidance of pleasure, fear of sexuality
Poor social skills
Excessive boundaries
Boredom**

Balanced characteristics

**Graceful movements
Ability to embrace change
Emotional intelligence
Nurturance of self and others
Healthy boundaries
Ability to enjoy pleasure
Sexual satisfaction
Passion**

Excessive characteristics

**Dominating
Controlling
Competitive
Arrogant
Ambitious
Hyperactive
Stubborn
Driven (Compulsively focused towards goals)
Attracted to sedatives**

3rd Chakra



Deficient characteristics

**Passivity
Lack of energy
Poor digestion
Tendency to be cold
Tendency toward submission
Blaming
Low self-esteem, lack of confidence
Weak will, poor self-discipline
Use of stimulants.**

Balanced characteristics

**Self Confident
Strong Sense of Purpose
Self Motivated
Personal Identity
Taking responsibility for one's own life
Forming personal opinions and beliefs
Clarity of judgements**

Excessive characteristics

**Codependency
(focusing too much on others)
Poor boundaries
Jealousy
Being a martyr
Being a pleaser**

4th Chakra



Deficient characteristics

**Antisocial, withdrawn
Critical, intolerant
Lonely, isolated
Lack of empathy
Fear of intimacy**

Balanced characteristics

**Caring
Compassionate
Empathetic
Accepting
Self-loving
Peaceful
Centered
Content**

Excessive characteristics

**Talking too much or inappropriately
Gossiping
Stuttering
Difficulty being silent
Excessive loudness
Inability to contain (keep confidences)**

5th Chakra



Deficient characteristics

**Difficulty putting things in words
Fear of speaking
Speaking with small, weak voice
Secretiveness
Excessive shyness
Tone deafness**

Balanced characteristics

**Resonant, full voice
Clear communication with others
Good communication with self
Good listener
Good sense of timing and rhythm
Lives life creatively**

Excessive characteristics

Hallucinations

Delusions

Obsessions

Nightmares

Intrusive memories

Difficulty Concentrating

Excessive fantasizing

6th Chakra



Deficient characteristics

Lack of imagination

Difficulty visualizing

Insensitivity

Excessive skepticism

Denial (can't see what's going on)

Inability to see alternatives

Balanced characteristics

Strong intuition

Penetrating insight

Creative imagination

Good memory

Good dream recall

Ability to visualize

Has a guiding vision for life

Excessive characteristics
Dissociations from the body
Spiritual addiction
Confusion
Over-intellectualization
Living “in your head”
Disconnection from spirit
Excessive attachments

7th Chakra



Deficient characteristics
Spiritual cynicism
A closed mind
Learning difficulties
Rigid belief systems
Apathy

Balanced characteristics
Spiritual connection
Wisdom and mastery
Intelligence, presence
Open-mindedness, ability to question
Ability to assimilate and analyze information