

ROOT CHAKRA (MULADHARA)

Excessive Traits

Deficient Traits

Monotony

Constant Fear

Attachment to physical/material items

Isolation from world

Greed, obesity

Nervousness

Heaviness, sluggish

Low self-confidence

Hoarding belongings

Feeling of Disconnect

SOLAR PLEXUS CHAKRA (MANIPURA)

Excessive Traits

Deficient Traits

Short temper, uncontrollable anger

Weak will, timidity

Dominating and aggressive

Passive attitude

Scattered physically & emotionally

Poor/low-self esteem

Judgemental, over-critical of others & self

Eating disorder development

Constant need to be active

Sluggish movement

SACRAL CHAKRA (SVADISTHANA)

Excessive Traits

Deficient Traits

Sex Addiction

Impotency

Overly-Emotional

Frigidness

Addiction to drama

Emotionally numb

Inability to acknowledge boundaries of others

Fearful of pleasure

Obsessive attachments

Inability to set own boundaries

HEART CHAKRA (ANAHATA)

Excessive Traits

Deficient Traits

High blood-pressure

Inability to allow self to love

Codependency on others

Loneliness, isolation

Lacks boundaries

Lack of empathy

Clinginess & possessiveness

Bitter & critical

Easily jealous

Inability to let others in/feel loved.

THROAT CHAKRA (VISSUDHA)

Excessive Traits Deficient Traits

- | | |
|--|---|
| <input type="checkbox"/> Excessive talking | <input type="checkbox"/> Fear of speaking |
| <input type="checkbox"/> Over-bearing & bluntness | <input type="checkbox"/> Inability to stand up for self |
| <input type="checkbox"/> Dominates conversation | <input type="checkbox"/> Poor rhythm |
| <input type="checkbox"/> Inability to listen | <input type="checkbox"/> Aphasia |
| <input type="checkbox"/> Stuttering, tripping on words | <input type="checkbox"/> Inability to speak boundaries |

THIRD EYE CHAKRA (AJNA)

Excessive Traits Deficient Traits

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|---|---|
| <input type="checkbox"/> Frequent headaches/migraines | <input type="checkbox"/> Weak memory |
| <input type="checkbox"/> Nightmares/Sleep Paralysis | <input type="checkbox"/> Weak vision |
| <input type="checkbox"/> Hallucinations | <input type="checkbox"/> Unimaginative |
| <input type="checkbox"/> Inability to focus | <input type="checkbox"/> Lack of creativity |
| <input type="checkbox"/> Delusional | <input type="checkbox"/> Frequently in denial |

CROWN CHAKRA (SAHASRARA)

Excessive Traits Deficient Traits

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|---|--|
| <input type="checkbox"/> Overly intellectual (at unnecessary times) | <input type="checkbox"/> Learning difficulties |
| <input type="checkbox"/> Addiction to spirituality | <input type="checkbox"/> Spiritual skepticism |
| <input type="checkbox"/> Ignorant to bodily needs | <input type="checkbox"/> Limited beliefs |
| <input type="checkbox"/> Confusion or dissociation | <input type="checkbox"/> Lack of direction |
| <input type="checkbox"/> Lack of mental clarity | <input type="checkbox"/> Apathy |