

CHAKRA	BODY AREA	LIFE DEVELOPMENT	GOALS	OVERLY ACTIVE	BALANCED	UNDERACTIVE
Crown Chakra (7 th) Sahasrara thought	Upper skull, cerebral cortex, skin	Selflessness	Expanded consciousness	Overly intelligent, spiritual addiction, confusion, dissociation	Wisdom, knowledge, consciousness, spiritual connection	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy
Third Eye Chakra (6 th) Ajna sight	Eyes, base of skull	Intuitive intelligence	Ability to 'see' life with more than just the eyes	Headaches, nightmares, hallucinations, delusions	Ability to clearly see 'what is', patterns, use of intuition	Poor memory, poor vision, can't see patterns, denial
Throat Chakra (5 th) Visshudha vibration	Throat, ears, nose, teeth, mouth, neck	Personal expression, the power of choice	Expression of self-knowledge, passion and creativity	Arrogant, shameless, tyrant, excessive talking, inability to listen, over-extended, stuttering	Clear, graceful communication, creative expression, expression of will	Fear of speaking, poor rhythm, worthless, less than, shamed
Heart Chakra (4 th) Anahata air	Heart, chest, lungs, circulation	Compassion, acceptance and forgiveness of oneself and others	Healthy, nurturing relationships with self and others, a sense of balance	Codependency, poor boundaries, possessive, jealous, impatient, super mature, dissatisfied	Compassion, self-acceptance, self-love, love for others, good relationships	Shy, lonely, isolated, lack of empathy, bitter, critical, depressed, jealous, super immature
Solar Plexus Chakra (3 rd) Manipura fire	Diaphragm, digestive system, muscular system	Self-esteem, self-confidence, and self-respect	Live with purpose, effectiveness, endurance and self-respect	Blaming, resentful, explosive, controlling others, judging, dominating, aggressive, scattered, constantly active	Vitality, spontaneity, strength of will, purpose, high level of self-esteem	Weak will, poor self-esteem, passive, apathetic, sluggish, fearful, blaming self, controlled by others
Sacral Chakra (2 nd) Svadhithana water	Sexual organs, bladder, circulatory system	Uncovering what motivates oneself, expression of feelings and desires	Experiencing pleasurable and creative activities, flowing through life	Overly emotional, poor boundaries, obsessive attachments, compulsive, isolated	Pleasure, healthy sexuality, ability to express desires, emotions and feelings	Rigidity, emotional numbness, fear of pleasure, needy, dependent, possessive
Root Chakra (1 st) Muladhara earth	Bones, skeletal structure, pelvic floor	The right to have what one wants	Create physical health, fitness, grounding, stability, and attitude of abundance	Monotony, hoarding, greed, materialism, invulnerable, paranoid, defensive	Stability, grounding, physical health, prosperity, trust	Fearful, lack of good boundaries, resistance, vulnerable, self-doubting, defensive, lack of discipline, trust