

# Chakra Balances & Imbalances

Chakras	Under-active	Balanced	Overactive	Physical Problems
<b>7th Crown</b> <i>Sahasrara</i> 	Is cynical of spirituality Has difficulty learning Has rigid belief system Has excesses in lower chakras	Able to perceive, analyze and assimilate Information Intelligent, thoughtful, aware Open minded Spiritually connected Has a broad understanding	Over intellectualizes Addicted to spirituality Confused Disassociated with their body	Coma Migraines Brain tumors Amnesia Cognitive delusions
<b>6th Third Eye</b> <i>Adna</i> 	Insensitive Poor memory Difficulty seeing the future Lacks imagination Uses denial as coping mechanism	Intuitive Perceptive Imaginative Has good memory Able to think symbolically Able to visualize	Experiences delusions and hallucinations Obsessive Has difficulty concentrating Frequent nightmares	Headaches Vision problems
<b>5th Throat</b> <i>Vishuddha</i> 	Afraid to speak Has difficulty expressing feelings into words Shy Weak voice Poor rhythm	Good listener Communicates clearly Lives creatively Voice resonates Has a good sense of time and rhythm	Talks too much Defensive Unable to listen Gossips Interrupts conversations Has dominant voice	Disorders of the throat, ears, nose and neck Voice problems Tightness of jaw Toxicity
<b>4th Heart</b> <i>Anahata</i> 	Antisocial Judgmental Prone to loneliness and depression Fears relationships Narcissistic	Compassionate Loving Empathetic Self - Loving Peaceful	Codependent Poor boundaries Demanding Clingy Jealous Over scarifies	Disorders of lung, heart, thymus Breast and arm problems Shortness of breath Asthma Circulation problems Immune system deficiency
<b>3rd Solar Plexus</b> <i>Manipura</i> 	Low energy Weak willed Low self-esteem Has victim mentality Unreliable Attracted to stimulants	Responsible and reliable Good self-esteem Confidence Spontaneous, playful Has a sense of humor Warm personality	Overly aggressive Controlling Power hungry Competitive Hyperactive Attractive to sedatives	Eating disorders Digestive disorders Hypoglycemia, Diabetes Chronic fatigue Stomach, pancreas, gall bladder and liver Problems
<b>2nd Sacral</b> <i>Svadhithana</i> 	Fearful of sex Poor social skills Denies themselves pleasure Fearful of change Lacks desire, passion and excitement	Moves gracefully Emotionally intelligent Able to experience pleasure Nurtures self and others Ability to change Has healthy boundaries	Acts out sexually Addicted to sex Ruled by emotions Oversensitive Uses seduction to manipulate Emotionally dependent	Reproductive & Urinary System Disorders Spleen Problems Sexual Dysfunction Lower back pain, Knee Problems Lack of Flexibility
<b>1st Root</b> <i>Muladhara</i> 	Disconnected to their body Notably underweight Fearful, anxious, and restless Poor focus & discipline Poor boundaries Chronically disorganized	Good health and vitality Well grounded Comfortable in their body Feels safe and secure Able to relax and be still Stable	Obese Over eats Hoards Materialistic Greedy, lazy, sluggish Fears change	Large intestine disorders Bone and teeth problems Issues with legs, feet, knees, base of spine Eating disorders Frequent illnesses (deficient/excessive)