

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



**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Antisocial, withdrawn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

Being

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

7th Chakra



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

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