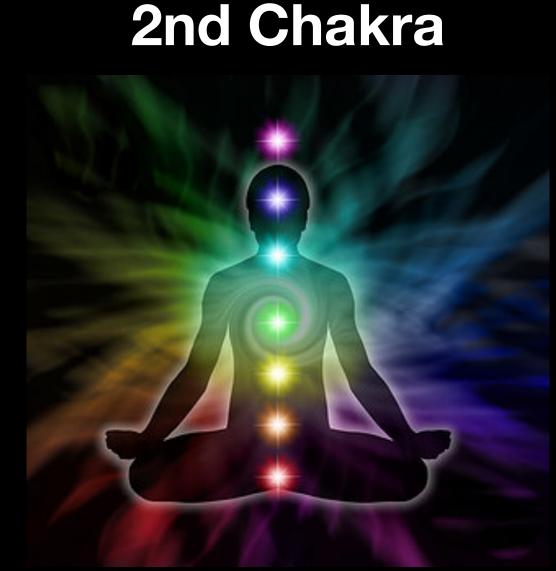
Excessive Characteristics
Heaviness, Sluggishness, slow movements
Resistance to change
Overeating, obesity
Hoarding
Material fixation, greediness
Workaholism
Excessive spending



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 sence 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

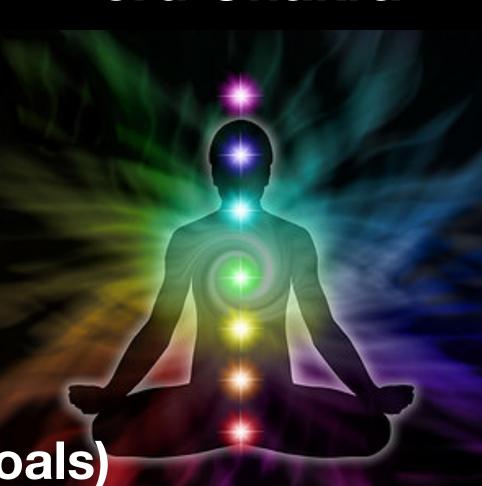


Rigidity in your body, beliefs,
or behavior
Emotional numbness or insensitivity
Fear of change
Lack of desire, passion, or excitement
Avoidance of pleasure, fear of sexuality
Poor social skills
Excessive boundaries
Boredom

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

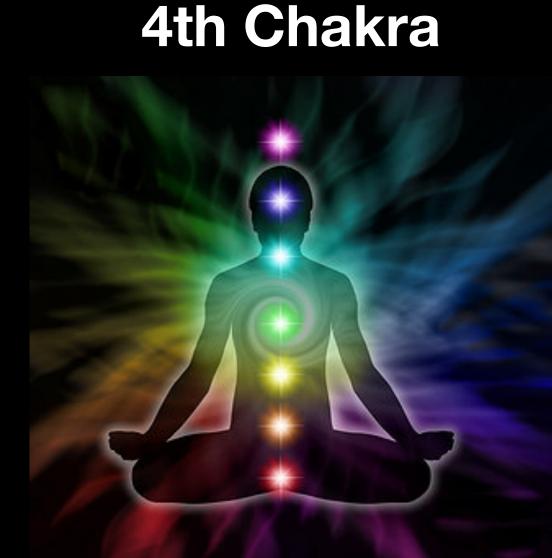


Deficient characteristics
Passivity
Lack of energy
Poor digestion
Tendency to be cold
Tendency toward submission
Blaming
Low self-esteem, lack of confidence
Weak will, poor self- discipline

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

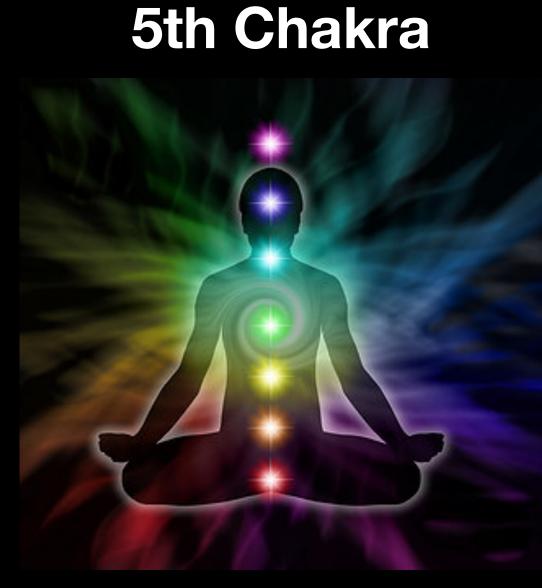


Deficient characteristics
Antisocial, withdrawn
Critical, intolerant
Lonely, isolated
Lack of empathy
Fear of intimacy

Balanced characteristics

Being
Compassionate
Empathetic
Accepting
Self-loving
Peaceful
Centered
Content

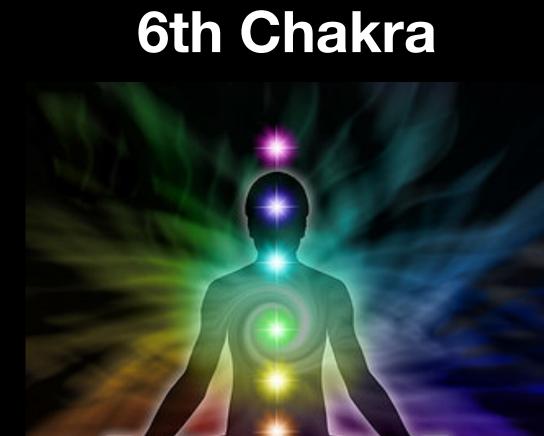
Excessive characteristics
Talking too much or inappropriately
Gossiping
Stuttering
Difficulty being silent
Excessive loudness
Inability to contain (keep confidences)



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

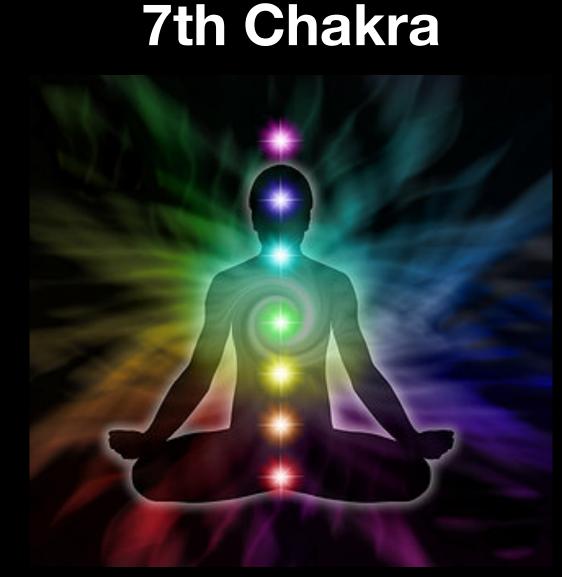
Excessive characteristics
Hallucinations
Delusions
Obsessions
Nightmares
Intrusive memories
Difficulty Concentrating
Excessive fantasizing



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



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