

Chakra	Excessive characteristics	Deficient characteristics	Balanced characteristics
Root	Heaviness, sluggish, resistance to change, overeating, obesity, hoarding, martial fixation, greed, workaholic, excessive spending'	fear, anxiety, resistance to structure, anorexia, underweight, spaciness, flightiness, disconnect from body, restlessness, difficulty manifesting	Grounded, physical health, a sense of safety and security, stability, right livelihood, prosperity, ability to be still, presence in the here and now
Sacral	Sexual addictions, obsessive attachments, addictions, excessive mood swings, excessively sensitive, poor boundaries, invasion of others, emotional dependency, instability	Rigidity in body and beliefs or behaviors, emotional numbness or insensitivity, fear of change, lack of desire, passion or excitement, poor social skills, excessive boundaries, boredom	Graceful movements, ability to embrace change, emotional intelligence, nurturance of self and others, healthy boundaries, ability to enjoy pleasure, sexual satisfaction, passion
Solarplexis	Dominating, controlling, competitive, arrogant, ambitious, hyperactive, stubborn, drive (compulsively focused on goals), attracted to sedatives	Passivity, lack of energy, poor digestion, tendency to be cold, tendency toward submission, blaming, low self-esteem, weak will, poor self-discipline, use of stimulants	responsible, reliable, good self-discipline, positive sense of self, confident, warm, energetic, spontaneous, playful, humorous, able to take risks
Heart	Co-dependency (focusing too much on others), poor boundaries, jealousy, being a martyr, being a people pleaser	Antisocial, withdrawn, critical, intolerant, lonely, isolated, lack of empathy, fear of intimacy	caring, compassionate, empathetic, accepting, self-loving, peaceful, centered, content
Throat	Talking too much or inappropriately, gossiping, stuttering, difficulty being silent, excessive loudness, inability to contain (keep confidences, etc.)	Difficulty putting things into words, fear of speaking, speaking with small, weak voice, secretiveness, excessive shyness, tone deafness	Resonant, full voice, clear communication with others, good communication with self, good listener, good sense of timing and rhythm, lives life creatively
Third eye	Hallucinations, delusions, obsessions, nightmares, intrusive memories, difficulty concentrating, excessive fantasizing	Lack of imagination, difficulty visualizing, insensitivity, excessive skepticism, denial (cannot see what is going on), inability to see alternatives	Strong intuition, penetrating insight, creative imagination, good memory, good dream recall, ability to visualize, has guiding vision for life

Crown	Dissociation from the body, spiritual addiction, confusion, over-intellectualization, living "in your head", disconnection from spirit, excessive attachments	Spiritual cynicism, a closed mind, learning difficulties, rigid belief system, apathy	Spiritual connection, wisdom and mastery, intelligence, presence, open-mindedness, ability to question, ability to assimilate and analyze information
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