

BALANCED CHAKRAS

Your mind, body, and spirit are all connected by the seven main chakras.

It is vital for your overall well-being that your chakras are kept balanced because if they are left to become neglected you may experience problems such as those highlighted below.

However by keeping them balanced you will be better able to detect subtle changes in energy, thus sharpening your intuition, and making the process of opening up contact between you and Spirit easier.

	UNDERACTIVE (BLOCKED)	BALANCED	OVERACTIVE
CROWN 	Depression and alienation Learning difficulties Confusion or brain fog Lack of faith or anger at the universe Spiritually disconnected	Connection to a higher power Faith in the universe Feeling universal love Easily understand and assimilate information Intelligence and high level of awareness	Dogmatic Judgemental Spiritual addition Feeling ungrounded or spaced out Attribute everything to fate and karma vs your own actions
THIRD EYE 	Lack of concentration & focus Poor judgement Lack of direction or purpose Inability to see beyond the physical Poor imagination & memory	Active imagination Highly intuitive Clear thoughts and sharp mind Clear vision and sense of direction Ability to see beyond the physical	Nightmares Delusions Hallucinations Obsessive thoughts Seeing too many spirits
THROAT 	Unable to express yourself Unable to speak your truth Constantly misunderstood Overly secretive Not an active listener	Clear communication Confidence in expressing yourself Kind and diplomatic speech Creative Provide good advice	Speak harshly Overly opinionated Critical of others Gossipy Yell a lot or talk over others
HEART 	Bitterness or hate Lack of empathy Trust issues Intolerance Lack of connection to others	Peaceful and balanced Loving and feeling well-loved Compassion towards others Tolerance of differences Connection to all life	Co-dependency Jealousy Self-sacrificing Give too much Needy or clingy
SOLAR PLEXUS 	Low self-esteem Sense of powerlessness Oversensitive to criticism Lack of direction Inferiority complex	Confidence Feeling of control over life Adequate personal power Drive Strong sense of self	Power hungry Domineering Perfectionist Judgemental Egotistical
SACRAL 	Fear of intimacy Low libido Lack of creativity Dysfunctional relationships Feelings of isolation	Passion Creativity Openness Healthy libido Optimism	Overly fixated on sex Over-emotional Hedonistic Manipulative Drama
ROOT 	Fear Anxiety Uncertain Financially unstable Disconnected from the physical	Safe Secure Centred Happy to be alive Grounded in the physical	Greed Lust for power Aggressiveness Materialism Cynicism