

Chakra Balancing Guide

Chakra #	Symptoms	Underactive	Over Active	When Balanced
1 - Root	Intestinal disorders	Disconnected from body	Over eating	grounded
	Eating disorders	fear/anxiety	sluggish	comfortable in body
	Lower Back pain	poor focus	fear of change	feeling safe
	issues with legs, feet, spine	financial difficulties	rigid boundaries	able to relax
2 - Sacral	reproductive issues	fear of sex	pleasure addiction	emotional intelligence
	low back/hip pain	poor social skills	excessive emotions	healthy boundaries
	menstrual issues	lack of passion/desire	poor boundaries	able to nurture self and others
		denial of pleasure	emotional dependence	able to change
3- Solar Plexus	poor digestion	low energy	aggressive	responsible
	eating disorders	low self esteem	dominating	reliable
	chronic fatigue	attracted to stimulants	need to be right	self disciplined
		poor follow through	manipulative	confident and able to meet challenges
4 - Heart	heart/lung issues	anti social	co-dependent	compassionate
	circulation issues	withdrawn	poor boundaries	loving
	chest pain	critical	demanding	empathetic
	breast issues	fear of intimacy	clingy	peaceful
5- Throat	throat issues	fear of speaking	dominant voice	strong voice
	tight neck and jaw	unable to express feelings	may talk too much	good listener
	voice issues	weak voice	not a good listener	clear communicator
	ear issues	afraid to be authentic	interrupts others	creative
6 - Pineal	migraines	poor memory	difficulty concentrating	intuitive
	amnesia	lack of imagination	mental fogginess	perceptive
	cognitive delusions	difficulty visualizing	delusions	good memory
		closed minded	hallucinations	able to visualize
7 - Crown	migraines	rigid belief systems	spiritual addiction	spiritually connected
	amnesia	controlling others	dissociated from body	open minded
	cognitive delusions	materialism	confusion	intelligent and aware
		spiritual cynicism	over intellectualizing	able to perceive and assimilate