



CONDITION OF THE CHAKRAS			
CHAKRA	BALANCED	OVER-CHARGED	BLOCKED
1st Chakra - Physical	Grounded, Productive	Stress	Not grounded or in body
2nd Chakra - Emotional	Creative, Passionate	Anxiety	Not in touch with feelings/ feminine
3rd Chakra - Mental	Joy of learning	Mental Chatter	Loss of identity
4th Chakra - Pure Love	Connection to Nature & all life	Heart calling out to make change	Shut down feelings - disconnection to self & others
5th Chakra - Self Expression	Embracing Individuality	Over expressing- talking, yelling, crying	No voice
6th Chakra - Clear Vision	Connected to vision & purpose	Over-abundance of possibilities	No vision - Depression
7th Chakra - Intuition	Connected to source	Over-abundance of input/ ideas	No connection to source - Depression