

**HOW TO KNOW
IF YOUR
CHAKRAS ARE
BLOCKED,
BALANCED OR
OVERACTIVE**



ROOT CHAKRA

BLOCKED

fearful

anxious

unsure

financial
instability

ungrounded

BALANCED

safe

secure

centered

grounded

happy to be
alive

OVERACTIVE

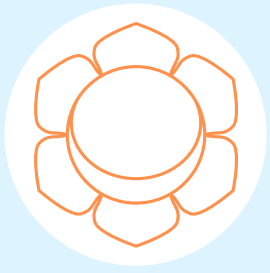
greedy

lust for
power

aggressive

materialistic

cynical



SACRAL CHAKRA

BLOCKED

low libido

fear of
intimacy

no creativity

isolated

BALANCED

passionate

creative

healthy

libido

optimistic

open

OVERACTIVE

over
emotional

fixated on
sex

hedonistic

manipulative



SOLAR PLEXUS CHAKRA

BLOCKED

**low self-
esteem**

**feeling
powerless**

**inferiority
complex**

BALANCED

confident

feel in control

personal power

drive

good self-image

OVERACTIVE

**power
hungry**

domineering

**perfectionist
critical**



HEART CHAKRA

BLOCKED

lack of
empathy

bitter

hateful

trust issues

intolerant

BALANCED

peaceful

loving

compassionate

tolerant

warm

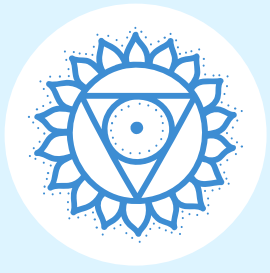
OVERACTIVE

jealous

co-dependent

self sacrificing

give too much



THROAT CHAKRA

BLOCKED

lack of
expression

can't speak out

misunderstood

sensitive

not a good
listener

BALANCED

confident
expression

clear

communicator

creative

diplomatic

OVERACTIVE

opinionated

loud

gossipy

yells or talks
over others

harsh words



THIRD EYE CHAKRA

BLOCKED

poor judgement

lack of focus

poor
imagination

can't see
beyond the
physical

BALANCED

imaginative

intuitive

clear thoughts
and vision

sees beyond
the physical

OVERACTIVE

nightmares

delusions

hallucinations

obsessive

sees too many
spirits



CROWN CHAKRA

BLOCKED

depression

learning
difficulties

weak faith

anger at divine

brain lag

BALANCED

strong faith

universal love

intelligent

aware

wise

understanding

OVERACTIVE

dogmatic

judgemental

spiritual
addiction

ungrounded