**Qualities of the 7 Chakras (Disclaimer – This is for information only and not intended for diagnostic purposes)**

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| **Chakra** | **Qualities/Function** | **Underactive** | **Overactive** | **Life Lesson** |
| **Root Chakra** | Sense of safety & security with others + ourselves. Stability. Connection to the material world. Survival needs of food, water & shelter.  Physical vitality & energy. Being grounded, financially secure. Source of the fight/flight/freeze response. | Lethargic, fatigue, may experience low mood, may not feel connected to the earth. | Tendency to focus on material things and hoard. Over-indulgent, may feel frustration and annoyance. | Standing up for yourself. |
| **Sacral Chakra** | Seat of creativity and the need to create e.g children, art. Rules the emotions and desires. Governs our relationships with others, intimacy and sensuality. Enthusiasm and Joy, flexibility, pleasure, connection. | Subdued emotionally, may find it hard to connect with creativity, desire and passion. May feel sluggish. | May feel ruled by emotions, may form attachments, mood swings, overindulgence. | Emotional mastery |
| **Solar Plexus** | The energy centre, central sun. Radiates life force energy (prana) throughout the body. Governs willpower, ability to achieve, self- regulation, self-control, self-esteem and self-confidence. Personal power, opinion, expansiveness. Where we feel fear and anger. The centre of the ego and the balance of intellect and control. Ambition and clarity of judgement. Introversion/extroversion. | Worry, run on autopilot, feel inadequate, low self-confidence, passive, tendency to feel overwhelmed. | Need control, anxiety, sensitive to criticism, tendency to be workaholic or perfectionist, self- critical. | Self-esteem, the courage to be yourself |
| **Heart Chakra** | Governs complex emotions such as love, compassion, tenderness, passion, rejection, betrayal. Ability to hold unconditional love for self and others, to forgive, accept oneself, reach harmony, peace & equilibrium. Devotion and well-being. Is the bridge between matter and spirit/ lower & upper chakras. The house of the soul. | Experiences difficulties with love, may feel unappreciated. Feel withdrawn from others and may have difficulty trusting. | Giving too much, people pleasing, may be attached to things, strong emotional reactions. | Unconditional love, compassion, forgiveness for self and others |
| **Throat Chakra** | Communication and growth through self-expression. Maturation, independence, fluent thought. Our ability to communicate our thoughts and feelings to others and speak our truth. The ability to trust, organise and plan. Faith, understanding, purification and transformation in relation to the self. | Difficulty speaking out & expressing self, may feel frustrated, hard to find a direction in life, feel misunderstood. | May feel frustration or short tempered, may have strong opinions, difficulty listening to others. | The power of choice in personal expression |
| **Third Eye** | Trusting our intuition, inner guidance, imagination and wisdom. Governs visual consciousness and the ability to see the big picture with clarity and make decisions. Awareness of hidden/repressed aspects of the self. Questions perceptions. Uses tools of imagination and visualisation. Governs sleep and dreaming. | Unsure how to use intuition. Difficulty seeing things clearly, seeing alternatives. Difficulty in using imagination or visualisation. | Stress headaches. Over thinking. Difficulty concentrating and resistant to new ideas. Thinking outweighs intuition. | Awareness |
| **Crown Chakra** | The ability to be connected to our higher self, our spirituality and the divine. Connects physical and non-physical realms of existence. Gives access to that which is beyond personal preoccupations. Act with universal consciousness and unity. Being. Deep understanding, acceptance and bliss. Inner and outer beauty. | Finding it difficult to identify a life purpose. Struggles with self-reflection. May feel apathy or lack inspiration. | Prone to escapism. Living in the head. Head in the clouds, daydreaming. | Selflessness |