








What Can Create an UNhealthy/UNbalanced Chakra?

7 MAJOR CHAKRAS

7 Major Chakras	What can Create a Chakra to be Unhealthy/UNbalanced?	
<p>1st Chakra – The Root (Survival)</p> 	<p>Loss of Job Divorce Death Having a Baby Financial Losses Abuse</p>	<p>Financial Losses Loss of Home Accidents Relationship Problems Worry/Stress Unexpected Changes</p>
<p>2nd Chakra – The Sacral (Passion, Creativity)</p> 	<p>Lots of Don'ts Need to Control Avoidance of Feelings Anorexia</p>	<p>Bulimia Addictions Sexual Dysfunction Emotional Depression</p>
<p>3rd Chakra – The Solar Plexus (Personal Power)</p> 	<p>Self-image Perception of Self Self-esteem Personal Power</p>	<p>Boundaries Self-control Physical Energy</p>
<p>4th Chakra – The Heart (Love, Empathy)</p> 	<p>Difficulty in Giving and Receiving Love Feeling Unloved Lack of Compassion for Others Grief</p>	<p>Heart Disease Judging Others Lack of Harmony and Spirituality Betrayal Loss</p>

<p>5th Chakra – The Throat (Communication)</p> 	<p>Negative Speech and Tone Not trusting Others Sour or Harsh Communication Verbally Writing or Other Expression</p>	<p>Saying Yes when You Mean No Insensitivity in Speech or Expressions Not Believing in Self-truth of Own Voice</p>
<p>6th Chakra – The 3rd Eye (Higher Self, Intuition)</p> 	<p>Headaches Eyestrain Difficulty Concentrating or Focusing Poor Self-Image</p>	<p>Unable to See Past Obstacles Expecting the Worse to Happen Loss of Imagination Being Gloomy</p>
<p>7th Chakra – The Crown (Divine, Universal Consciousness)</p> 	<p>Lack/No Faith in God Dark Night of the Soul No Faith in Self or Life</p>	<p>Trauma Anxiety or Worry Settling for Less than Who You Are</p>

