

# INTRODUCTION TO THE CHAKRAS

by the learning yogi  
your free guide | @thelearning.yogi

**MULADHARA**



**SVADHISHTHANA**



**MANIPURA**



**ANAHATA**



**VISHUDDHA**



**AJNA**



**SAHASRARA**



# balanced, under/over active chakras



**Balanced:** confident in oneself and life, good physical form, rooted and stable, patient, purposeful, capable of fulfilling one's dreams and desires

**Under-active:** physically weak, insecure, poor self-confidence, unstable, depression, anxiety, poor vitality, passive, drain other's energy, not feeling in one's body, no or low sense of identity

**Over-active:** Possessive, obsessed with material possessions, insatiable need for financial security, unable to let go, authoritarian, can be overweight or heavy to feel one is grounded.

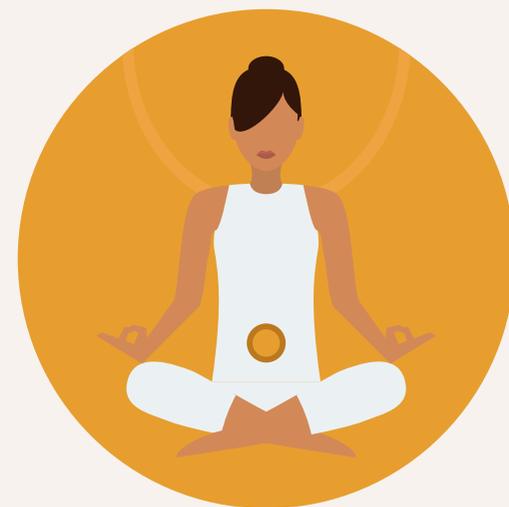
**Ideas to balance it out:** repeat daily 'I am grounded, I am stable', have regular physical exercise, practice grounding yoga poses, walk barefoot in nature, be in contact with earth and Mother Nature, take responsibilities in one's life, meditating in seated position.

**Balanced:** being true to one's emotions, trust in oneself and others, easily adapt to life changes including emotions, open-minded, able to show spontaneity, creative

**Under-active:** hypersensitivity, shy, timid, resentment, fear and difficulty to trust others and feelings, poor creativity, poor self-confidence, scared of living and strong emotions

**Over-active:** tendency to get into toxic relationships and showing patterns of dysfunctional relationships, obsessive, narcissism, addictions, very emotionally unstable, manipulative, aggressive, overly ambitious.

**Ideas to balance it out:** repeat daily 'I allow myself to feel., my desires are..', walk into the water, walking around a pond, the sea, a river and listen to the sound of the water, let go of negative family and/or social influences, accepting to make mistakes without punishing oneself, looking into past issues relating to the Mother, painting, starting creative activities.





**Balanced:** shows respect for oneself and others, spontaneous, warm, active, dynamic, flexible, in peace and harmony with one's life and environment, accepting of oneself, secure in body, mind and spirit

**Under-active:** depressed, no vitality or desires, insecure, always finding excuses for not fulfilling dreams, projects or for not taking action, unable to start new things, fear of failure, weak, passive, fearful.

**Over-active:** workaholic, perfectionist, judgmental, feeling like one is boiling inside and carry a lot of anger/frustration, unable to delegate, or let go, emotional blockages, manipulative, control-freak like attitude, always on the go, cannot stay still.

**Ideas to balance it out:** repeat daily 'I am capable, I can', stop and slow down, reflect on one's life, being introspective and looking for what can be changed within oneself, forgive oneself or others, sharing things with others, look at a bonfire, wake up at sunrise, watch the sunrise and set, practice yoga or martial arts (Kung fu, karate, chi-gong or tai chi)

**Balanced:** show empathy for others, compassionate, warm, will to look after others, open-minded, loving, loyal, friendly and look for the best in others.

**Under-active:** vulnerable, fearful of rejection, sad, depressed, melancholic, lonely, paranoid, indecisive, constant need for reassurance, poor self-love, bitter, overly critical.

**Over-active:** demanding, always awaiting for something back from others when giving, jealous, possessive, excessive emotional reactions, mood-swings, changes, high and lows, passive-aggressive attitude.

**Ideas to balance it out:** repeat daily 'I am love and capable of love', physical closeness with others, hugging loved ones, learn how to love oneself and others, be honest with oneself, love, dance, practicing yoga poses opening the chest.





**Balanced:** centred, sincere, good public speaker and great communication skills, good listener, attraction to spirituality and wisdom, true to oneself, able to teach, inspire and lead others

**Under-active:** fearful, shy, quiet, introvert, difficulties to communicate, suffers from speech difficulties, excessive fear of other's opinions on oneself, manipulative, poor intuitive skills

**Over-active:** arrogant, dogmatic, authoritarian, often shows excessive words when talking, stuck into rationality and leaves no space for spirituality or intuition, refuse to show any emotions or sentiments, abusive and manipulative through words, incapable of listening to others.

**Ideas to balance it out:** repeat daily 'I can speak the truth freely and openly', learn how to express true and sincere feelings,, calmly without accusations, appreciate silence, practice meditation, sing, write, journalling, creative activities.

**Balanced:** capable of visualising things, sharp mind, able to stay focused and not letting oneself being distracted, sharp intuition, open-minded onto the spiritual and mystic world, non-materialistic, clairvoyance, mediumship, spiritual skills,

**Under-active:** confused and confusing thoughts, poor emotional control and easily let oneself get overwhelmed by them, controlled by repressed feelings or memories, materialistic, needs and desires controlled by the body, hypersensitive

**Over-active:** proud and full of oneself, religious dogmatism and indoctrination, selfish, manipulative, narrow-minded, refusal to interest oneself in spiritual practices/approches as overly rational or against one's beliefs, influencing other for self-interest, prone to nightmares, hallucinations, difficulties to focus and concentrate

**Ideas to balance it out:** repeat daily 'I am wise and I trust my inner guidance and intuition', reflective practice, journalling, writing, watch a starry sky and the moon, practice yoga and meditation, find calmness in one's thoughts, trust the universe or other beliefs





**Balanced:** sharp mind, open to the energy of the universe, spirituality, mysticism, mediumship, able to access one's sub-conscious, connected with the divine energies and the eternal energy, able to see or read auras, healthy curiosity and knowledge about spirituality.

**Under-active:** confused, indecisive, unable to have fun or enjoy the moment, learning difficulties, scepticism, limited beliefs, apathy, depressed

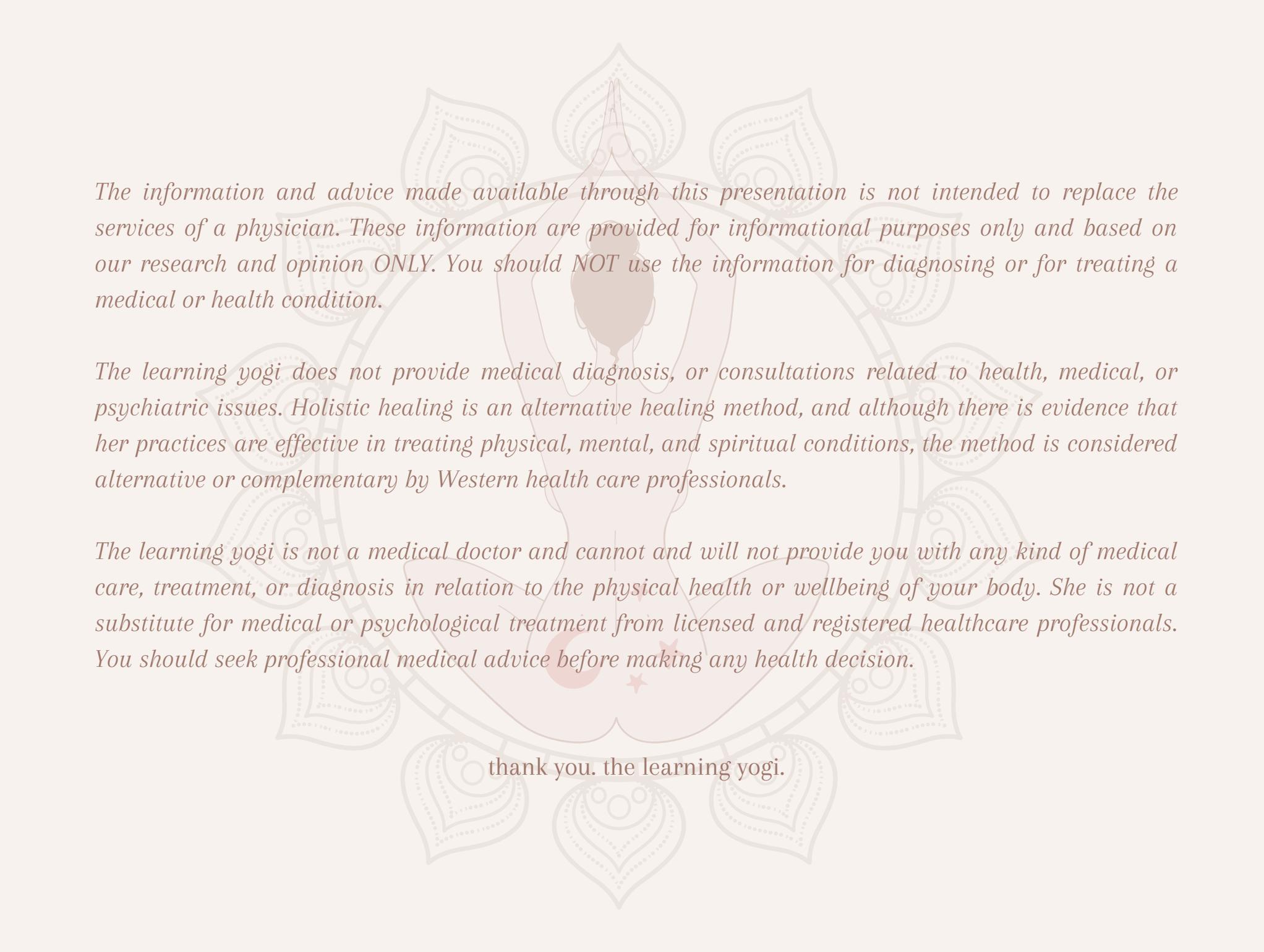
**Over-active:** dissociative, very intellectual and poorly spiritual, based on facts only, materialistic, disconnected from reality, life, oneself or others, loss of sense of purpose or identity, frustrated, very critical, depressed, destructive, negative thoughts

**Ideas to balance it out:** repeat daily 'I surrender myself with the divine, I am a spiritual being in a physical body', slow down, appreciate each moment, mindfulness, yoga and meditation practice, journalling, practice spiritual activities, sit in silence, reading

*I hope you have enjoyed this short introduction to the chakras. If you want to know more, you can contact me on instagram*

*@thelearning.yogi*

*More exciting things coming soon!*



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*thank you. the learning yogi.*