

BASE CHAKRA

MERIDIANS	Heart and Small Intestine
IDENTITY	To be here, to have, self preservation
NEGATIVE EMOTION	Fear
CORE ISSUES	Physical Survival
	Abandonment by group
	Loss of physical order
	Able to stand up for oneself
	Group safety and security
	Stubbornness
	Trust
	Appropriate boundaries
	Frequent fear
	Restless
	Lack of discipline
	Stability
	Grounding
	Overprotective
	Timid
	Sense of being a failure
	Anger

SACRAL CHAKRA

MERIDIANS	Kidney and Bladder
IDENTITY	To feel, to want
NEGATIVE EMOTION	Guilt
CORE ISSUES	Blame
	Control
	Overly emotional
	Impulse control
	Managing excessive energy
	Defend and protect oneself
	Takes risks
	Poor physical boundaries
	Obsessive attachments
	Clingy
	Fears intimacy
	Controls the fun of others

SOLAR PLEXUS

MERIDIANS	Lung and large intestine
IDENTITY	I can
NEGATIVE EMOTIONS	Shame
CORE ISSUES	Power
	Poor self esteem
	Discipline
	Ability to handle a crisis
	Energy
	Trust
	Dominating
	Fear of not meeting expectations
	Aggressive
	Scattered
	Constantly active
	Weak willed
	Fearful
	Manipulates others
	Worrying you are not good enough
	Feeling confident
	Jealous

HEART CHAKRA

MERIDIANS	Liver and gall bladder
IDENTITY	To love and be loved
NEGATIVE EMOTIONS	Grief
CORE ISSUES	Forming relationships
	Balance
	Dislikes being touched
	Devotion
	Inability to protect oneself emotionally
	Co-dependency
	Poor boundaries
	Possessive
	Aggressive
	Separation anxiety
	Shy
	Feels rejected easily
	Tries to control relationships
	Overly sensitive
	Can feel cold and indifferent to people
	Jealousy

THROAT CHAKRA

MERIDIANS	Spleen and stomach
IDENTITY	To speak and be heard
NEGATIVE EMOTIONS	Lies
CORE ISSUES	Sound sensitivity
	Courage
	Strength of will
	Making good choices
	Fear
	Overly vocal
	Poor rhythm (horses mainly)
	Excessively shy
	Won't listen to commands
	Restless, excessive activity
	Scheming
	Unreliable commands
	Frustrated
	Disheartened

BROW CHAKRA

MERIDIANS	Pericardium and triple heater
IDENTITY	To see
NEGATIVE EMOTIONS	Can sometimes be kidding ourselves
CORE ISSUES	Retaining knowledge
	Emotional intelligence
	Learning from experience
	Self evaluation
	Ability to perceive patterns in training
	Difficulty concentrating
	Poor memory
	Hyper-vigilant
	Difficulty seeing alternatives
	May have split personalities
	Stuck in old patterns
	Over focusing
	Can be detached
	Unforgiving temper
	Analyses too much

CROWN CHAKRA

MERIDIANS	Central Vessel and governing vessel
IDENTITY	Self knowledge
NEGATIVE EMOTIONS	Attachment issues
CORE ISSUES	Being aware and able to process information
	Worrying about the future
	Inability to trust life
	Inability to see the larger pattern
	Confusion
	Disassociation
	Learning difficulties
	Highly intellectual
	Energy held too high in the body
	Can't find peace of mind
	Domineering attitude
	Impatience and irritability
	Unwillingness to adapt to change
	Anger
	Obstinace
	Controlling