

# HOW YOUR EMOTIONS AND THOUGHTS CAN AFFECT YOUR WELL BEING WITH A SUMMARY OF THE BASE CHAKRA STATES © Sue Bishop 2011

## Over extended chakra

- Fear of lack (not having enough)
- Overeating – taking in more than the body requires
- Materialistic - over-accumulation of assets to feel secure
- Money issues
- Focusing too much on the physical body (health or appearance) i.e. gym junkies
- Overweight – from a fear of not having enough.

## Under extended chakra

- Ungrounded
- Anorexia – rejection of physical life, inability to relate to physical world
- Under-accumulation of assets
- Poverty consciousness
- Social isolation
- Feeling inadequate
- Fear of leadership / independence
- Poor body image

## Organs / Physical Attributes affected:

Organ	Emotion	Underlying cause
Bones	Feeling threatened	Is my foundation secure? Do I feel supported? Why am I Inflexible? Why do I resistance going with the flow?
Spine	Feeling lost	Is there structure in my life? Am I misaligned with my life? Do I willingly accept support?
Lower Back	Feel unsupported	Holding on to worry about not getting financial support of family and friends. Can extend to work situations too.
Feet	Uncertainty	Am I connected to the earth?

Am I putting my best foot forward?  
Can I advance?  
Can I let go of childhood grief & pain?

Ankles      Don't like Change

Am I being inflexible?  
Why do I find change difficult?  
Am I allowing myself to be mobile?  
What direction do I take?

Knees      Wounded Pride

Am I feeling uncertain or vulnerable about moving forward?  
Why am I unable to bend and be flexible?

Hips      Indecision

What do I do next?  
Why is it hard making a decision to move forward?  
Why am I feeling stuck?

Obesity      Insecurity

Why am I putting up physical barriers?  
Why can't I face what is going on?  
Am I feeling impoverished?  
Why am I storing emotions of loneliness?

Anorexia      shame

Why do I have low self worth?  
Why do I feel guilt and shame?  
Why do I want to escape from reality?  
Why can't I love who I am?

Skin      Feeling unsafe

Why can't I keep personal boundaries?  
What can I let in? What do I keep out?  
Why do I feel a lack of balance between the inner and outer me

Kidney/ Adrenal (though base chakra, they are also associated to the solar plexus.  
Please look under solar plexus

**Illness & Disease includes:**

- Eczema

- Osteoporosis and other bone diseases
- Reproduction problems such as infertility, miscarriages
- Fibromyalgia
- Bulimia
- Anorexia
- Arthritis
- Cramps

### **Healing Focus:**

- Reconnecting To Earth And To The Physical Self
- Exercise, Nutrition, Sleep
- Body Work Such As Massage
- Affirmations

### **SUMMARY OF SACRAL CHAKRA STATES**

- Ability to be intimate and vulnerable in all relationships
- Storage for childhood trauma
- When in balance, desire to deeper, more honest relationships
- Control seeking – need to control situations so that pain can be avoided

### **Over-extended**

- Overly lustful – excessive need for sexual contact without intimacy
- Need to control others
  - Obsessive attachments (eg. fatal attractions)
- Emotional dependency
- Hysteria
- Abuse
- Trust
- Fatal Attractions

### **Under-extended**

- Repressed emotions
- Fear of sexual contact
- Unable to change or take risks
- Fear of intimacy
- Inability to change or take risks

- Denial of needs
- Frigidity
- Inability to communicate feelings and desires to other people

**Organs / Physical Attributes affected:**

<b>Organ</b>	<b>Emotion</b>	<b>Underlying cause</b>
Lower back (near spleen)	alone	Why do I feel emotionally unsupported?
Lower abdomen	don't want this	What can't I assimilate? Why can't I let go of toxic thoughts and feelings?
Sexual Organs	intimacy	Do I feel exposed? Can I be myself? Can I accept my feminine and masculine aspects? Can I accept the duality of my nature?
Bladder	I can't let go	What emotions can't I let go off? Why don't I let go of what I no longer need?
Uterus	self hatred	Why am I angry at my feminine side? Am I being too critical? Is being a female hard to deal with?
Prostrate	fear	Do I fear my ability to project into the world? Am I willing to share with the world? Do I fear sexuality? Do I have a fear of getting caught?

**Illness & Diseases include:**

- Prostrate cancer
- Cystitis
- Fibroids
- Endometriosis
- Sciatica
- Sexual problems due to repressed emotional or deep subconscious issues
- Back pain

**Healing Focus:**

- Inner Child therapy
- Hypnotherapy
- Develop trust and intimacy

**SUMMARY OF THE SOLAR PLEXUS CHAKRA**

- Self-empowerment and how we project ourselves to the world around us
- Self-esteem and self-image
- Personal will
- When disempowered, leads to a victim mentality

**Over-extended**

- Egocentric
- Arrogant
- Competitive
- Need to be right in all occasions
- Controlling
- Manipulative
- Dictatorial
- Hyper-active

**Under-extended**

- Weak willed
- Low energy through poor metabolism
- Victim mentality
- Unable to confront issues
- Poor self discipline
- Low self esteem
- Lack of personal power

- Lack of responsibility
- Immaturity
- Needing others to constantly reinforce beliefs about them.

**Organs / Physical Attributes affected:**

<b>Organ</b>	<b>Emotion</b>	<b>Underlying cause</b>
Stomach	uncertainty Sadness	What information can't I digest? Why do I lack joy? Why can't I assert my will / power? Why do I lack confidence? Why can't I take on new ideas or do things differently?
Liver	Anger	Why can't accept change Why do I feel frustrated and resentful? Why do I feel bitter? Why don't I feel in control?
Pancreas life?	no joy	Why is there no sweetness in my  Can I digest new ideas? Can I control my physical world?
Adrenals	stress Anxiety	What am I resisting? Am I on the wrong path?
Kidneys	guilt	Why am I feeling guilty? Why can't I let go of past family issues, fear?
Depression	lack of joy	Why am I withdrawing from life?
Gallbladder	fear	Do I lack courage? Do I fear making an expression.?

**Illness & Diseases include:**

- Stomach and digestive disorders
- Hypoglycemia
- Diabetes
- Ulcers
- Jaundice
- Hepatitis,
- Cirrhosis
- Fatty Liver
- Celiac, Crohn's disease
- Renal disease

**Healing Focus:**

- Remind self about what you have already achieved
- Goal setting
- Planning
- Meditation on sense of self and where one wants to go in life
- Affirmations to honour and empower self
- Confront work situations and personal situations
- Identify what you want out of life
- Make decisions to make changes in life.

**SUMMARY OF THE HEART CHAKRA STATES**

- Developing our emotional depth and breadth
- Developing compassion
- Self-love
- Unconditional love

**Over-extended**

- Smothering/ over-protective
- Denial of the harsher aspects of life (only seeing the good to the exclusion of the bad)
- Self-sacrificing.
- Inability to let go of things
- Attachment and too empathetic
- Hyper-sensitivity
- No respect for others emotional boundaries

- Needy or clingy
- Jealousy
- Blocked, to protect oneself from hurt

### **Under-extended**

- Unable to love/feel
- Antisocial
- Critical
- Insensitive
- Sarcastic
- Lack of empathy
- Unable to forgive
- Selfish / Self centred
- Inability to forgive others
- Demanding

### **Organs / Physical Attributes affected:**

<b>Organ</b>	<b>Emotion</b>	<b>Underlying cause</b>
Heart	feeling unloved	Are you giving but not receiving? Why can't I nurture my self Why can't I accept love?
Lungs	grief	Why can't I let go of grief? What can't I breathe life in? Am I suppressing anger?
Diaphragm	conflict	Why am I holding on to unresolved conflicts?
Thymus	fearful	Why do I lack courage or conviction to stand up for what I believe in? Why am I defending my convictions?
		Can I protect myself with self love/
Immune system	grief	Why can't I protect myself? Why do I reject myself?

Breasts	unloved	Why can't I mother myself? Why can't I nurture myself?
Lymph glands	fear	Why can't I eliminate toxic thoughts and feelings? What are my priorities?
Arms	disempowered	Why can't I embrace life? Why can't I reach out for what I want?
Hands	fear	Why can't I hold onto what I want? Why can't I grasp at the things I want? Why don't I feel successful? Am I open to taking on new things?
Circulation	no joy	Why can't I circulate new ideas?

**Illness & Diseases include:**

- Heart problems such as:
  - angina,
  - hypertension,
  - inflammation,
  - cardiomyopathy,
  - cardiovascular problems
- Lung disease
- Asthma
- Pleurisy, Pneumonia
- Breast cancer
- Upper back problems

*Healing focus:*

- Breathing exercises
- Accepting love

- Giving love
- Self-discovery
- Appropriate forgiveness
- Compassion for self and others
- Releasing hatred
- Affirmations accepting and feeling worthy of love
- Reconnecting with the love of the universe.

## **SUMMARY OF THE THROAT CHAKRA**

- Communication and expression (both speaking and listening)
- Speaking our personal Truth allows us to hear and respect other people's truth
- When we speak our truth, we bring into our physical body the vibration of our soul, and thus create an inner healing by allowing the soul's resonance (or vibration) to move through us

### **Over-extended**

- Compulsive talker (non-stop)
- Dominating voice/continuous interruptions
- Gossipy
- Misconstrue the truth to gain popularity/acceptance, etc.
- Discloses too much information, even at cost of own well-being.
- Says harmful things to manipulate situation or people into liking them
- Talking as a defense mechanism
- Inability to listen.
- Lies

### **Under-extended**

- Cannot express own opinions
- Shyness/introversion
- Deafness
- Not hearing self or others
- Fear of public speaking
- Allows others to put down verbally
- Doesn't listen to guidance or divinity to flow through them

### **Organs / Physical Attributes affected:**

**Organ**

**Emotion**

**Underlying cause**

Throat me?	frustration	Why don't people listen to  Why can't I say what I want to say? What is my truth? Why isn't my head and heart communicating to each other?
Larynx / Vocal cords	fear	Why can't I speak up? Will people judge me if I say the wrong thing?
Thyroid	frustration	Why can't I speak up for myself? Miscommunication between head and heart
Jaw Teeth, mouth/ and gums	stress uncertainty	Why does my truth stress me? Why am I being indecisive? Why can't I break down ideas?
Shoulders	overburden	Am I shouldering too much responsibility? Why can't I let go on the weight upon my shoulders? Do I fear responsibility?
Upper back	conflict	Can I move forward or is the past still holding me back? Why do I feel unsupported?
Ears	denial	What don't I want to listen to?

### **Illness & Diseases**

- Peritonitis, Gingivitis
- Mouth ulcers
- Overactive / Underactive thyroid (creating weight problems, etc)
- Tonsillitis

- Dysphasia
- Adenoids
- Pharyngitis
- Cancer of the esophagus, etc

### **Healing Focus:**

- Loosening neck and shoulders
- Public speaking
- Elocution lessons
- Meditation on silence
- Creative story telling
- Singing and chanting
- Taping into our emotions, thinking from the head and then expressing it through the chakra in between these two- the heart chakra.
- Affirmations on hearing and speaking truth

### **SUMMARY OF THE 3<sup>RD</sup> EYE (BROW) CHAKRA**

- Perceptions – to see within
- Ability to evaluate our beliefs and attitudes to reason and temper ourselves (ie. Self evaluate)
- Opening our mind to new points of view and discern which is appropriate for ourselves, without harsh judgement

### **Over-extended**

- Paranoid / delusional
- Suffers from nightmares
- Poor perception of things
- Lack of clarity
- Difficulty staying focused in this reality

### **Under-extended**

- Narrow minded
- Superficial – unable to see beneath the surface
- Lack of imagination or visualization skills
- Superficial and sees only what is presented, cannot see beyond
- Cannot see truth because they won't look deeply enough
- Negative perceptions

- Can't remember dreams

**Organs / Physical Attributes affected:  
Organ**

**Emotion**

**Underlying cause**

Eyes	anger	Why can't I see clearly with joy? What part of me can't I see? Why can't I touch base with my vision?
Headaches (temporal region)	stress	Am I being too self critical? Why can't I accept what is going on? Do I fear taking on the world?
Neck	stuck	Why don't I know which way to turn? Why am I being inflexible? Is everything futile?
Nose /Sinus	Irritated	Am I frightened of the future? Why do people irritate me? Why can't I break old patterns? Why do I feel blocked? Do I feel unworthy?
Spinal cord	stress	Why can't I express anger in what I see?
Learning difficulties	confused	What is it that I can't perceive?

**Illness & Disease include:**

- Eye problems such as short-sightedness, long-sightedness
- Glaucoma
- Keratitis
- Cataracts
- Nose problems such as sinusitis
- Headaches

**Healing Focus:**

- Visual art
- Developing memory skills
- Guided visualization
- Higher Education
- Dream Therapy
- Meditations
- Connecting to spirit / universe

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**Organs / Physical attributes affected:**

- Eyes
- Headaches in the temple regions
- Nose
- Sinus

- Spinal cord
- Learning difficulties

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- Eye problems such as short-sightedness, long-sightedness
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**CROWN CHAKRA**

- Spiritual search in life – our purpose for being
- Connection to the God-source
- Interconnection to all life
- Oneness

Over-extended

- Schizophrenia
- Unable to individuate – merging into the Whole
- Spiritual superiority complex

Under-extended

- Spiritual isolation
- No sense of a divine essence
- Feels that one must suffer for spiritual attainment (martyr)

**Organs / Physical Attributes affected:**

<b>Organ</b>	<b>Emotion</b>	<b>Underlying cause</b>
Headaches	anxiety	Why do I feel separate or

(non temporal)

disconnected to things?

Why do I invalidate myself?

Vertex

loneliness

Why do I feel disconnection to my Higher self / to the cosmos?

Occipital

scared

Why do I fear looking at my inner self?

Do I deny my spirituality

Pituitary gland

overwhelmed

Can I co-ordinate the different parts of me, or my life?

Pineal gland

confused

Can I tell the difference between Reality and illusion?

Healing Focus:

- Meditation
- Being able to see the whole, made up of many interconnected parts