LIFE MASTERY TRAINING PROGRAM
Excessive and Deficient Chakra One

Basic Definition of Deficient Chakra - Deficient chakras do not have enough energy flowing through them because there is a vow to avoid the experiences that these chakras create. A deficient chakra will generally be small, less than one inch, so there is no way to take in the full experience of life. It doesn't spin well or flop to one side, etc.

Wounds that cause deficient 1st chakra are: adoption, traumatic birth, being an unwanted pregnancy, one of too many siblings, violent or neglectful parents, past life issues - all can cause a deep vow not wanting to be present.

Basic Definition of Excessive Chakra - Excessive chakras have too much energy running through them all the time because there is a vow to fixate on getting a certain need of that chakra fulfilled. They are packed solid with one limited focus and cannot take in anything new. They can be large or medium in size and will feel dense and stuck even though there seems to be a lot of movement in them.

Wounds that cause an excessive 1st chakra are: strict rules about always putting family first, filling day with family activities, no space of their own, feeling unsafe so constantly building protective walls, not having enough money and fixating on amassing wealth and stuff way beyond their actual needs.

Deficient Characteristics Chakra 1 - Tall and thin or overweight and unformed, pulling in away from life, tension and fear in core and eyes, small movements, uncoordinated, no awareness of the real needs of the body, small or thin legs and feet, bad hygiene and dress, fidgeting, dissociated, disorganized house and/or desk or car, etc., general lack of presence and life force energy. Diet is often not even thought about.

Healing Deficiency Chakra 1 - Needs martial arts or any form of challenge to build self-esteem, needs communication that establishes your place in a tribe and in relationships, establish your deep desire to belong and make a difference. Participate in any exercise like walking or yoga, running weight lifting, primal scream, team sports, hugging and eat well. Anything that builds body awareness, touch and some kind of relationship is probably most important. Getting a pet, or start with a plant, garden, learning to care in a loving way for their body and friends.

Excessive Characteristics Chakra 1 - The two most basic looks: 1) Big, solid, unmovable, sluggish, over eating, overweight, stuck in a tribal way of dressing, complains of being stuck, can be a hoarder of junk or a crazy hobby, will not move much from where they feel comfortable or 2) hard and rigid, resistant to change, active but repetitive, disciplined diet and muscular, eating disorders of all kinds, doesn't like change just controlled progress, well dressed and groomed or what is appropriate or expected. Likes routine, security, possessions, driven towards finance, boundaries like a brick wall, emotionless, or life passing them by, will hoard material stuff, cars houses, money.

Healing Excessive Chakra 1 - Needs to move and flow. Swim, dance, flow yoga - stretching to move energy through the body. Learn energy work to open up their feelings and flow in life. Also lighten up the diet. Clear clutter in the house or make their house livable, not a museum. Be spontaneous. Trust and let others guide them and support them.

Balanced and Healthy Chakra 1 - Primal trust that you are in the right place and with the right people to live your life purpose. Your body is a temple that you love and honor. You manifest easily what you need and are able to let go of what you don't need or what is cluttering your life. You honor your commitments to family but build your own spiritual tribe that supports you fully in being you.

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