

Too little	Too little	Too little	Too little	Too much	Too much	Too much	Too much	
Spiritual/Awareness	Emotional	Thoughts	Physical	ENERGY CENTER	Physical	Thoughts	Emotional	
Lack spiritual connection	Limited in emotional range	Lack inspiration; Mental fog	Material overfocus; Pineal Gland	7 Unity; Spiritual Connection (ETHER)	Disconnected from body; Super connected to Spirit realm; Pineal Gland	Superiority; Knowing more than others	Apathetic; Disconnected from Emotions	Egoic Spiritual Connection / Disconnected from Phys Reality
Lack intuition	Fear the unknown	Can't concentrate	Can't see past/future; Hormone regulation	6 Intuition, Vision, Creativity (ETHER)	Day dream; disconnected from reality; Hormone regulation	Mentally overwhelmed; fog	Anxiety	Lack clarity of vision (too much vision)
"Less than" others	Fear of speaking up	Insecure about own Truth and how to express	Introverted; Thyroid issues	5 Communication, Truth, Integrity (ETHER)	Rude, gossip; Thyroid issues	Overly critical; Unaware of how words affect others	Detached, Aloof	"Better than" others
Withdrawn from self	Lack empathy	Unforgiving; Grudge	Isolation; Heart or Lung issues	4 Love, Compassion, Connection (AIR)	Oversensitive, codependent; Heart or Lung issues	Overfocus on others or past	Fawn; Mke others priority	Little sense of sacred self
Lack Purpose	Fear of disempower	Indecisive, lack confidence	Weak; Low digestion; autoimmune	3 Willpower, Confidence, Action (FIRE)	Arrogant, controlling, perfectionist, judging; Stomach, small intestine, autoimmune	Judging self or other; overfocus on results	Blame, Anger, frustration	Overfocus on Doing over big picture
Lack Creativity and Passion	Dry, unemotional	Detached from others, Separation	Fatigued; Low pleasure; Weak Reproductive system	2 Emotions, Pleasure, Intimate Connection (WATER)	Addicted to pleasure: sex, food, people; Excessive mucous or congestion; Overweight	Overattached to stuff or people; Codependent	Aggressive, Shame, Dramatic	Attached to Phys realm for happiness
Spiritually Disconnected; Under Energetic attack	Anxiety	Overwhelmed; Scattered	Ungrounded; Financially insecure; Physically weak	1 Safety, Foundation (EARTH)	Lethargic; Impulsive; Congestion; Overweight	Dull, Greedy; powerless (victimized)	Depressed, emotionally dependent on others	Stuck; Impulsive