LIFE MASTERY TRAINING PROGRAM
Excessive and Deficient Chakra Two

Basic Definition of Deficient Chakra - Deficient chakras do not have enough energy flowing through them because there is a vow to avoid or not deserve the experiences that this chakra should be open to. Deficient chakras will generally be small, less than one inch in diameter, can feel empty or cool. Shut down in this way, there is no way to take in or express the full experience of life. The person is often totally unaware of life passing them by at this level.

Wounds that cause a deficient 2nd chakra, numbing of feelings and passion are: lack of touch or nourishment, criticism and rejection of emotions, emotionally volatile home environment, alcoholic parents, enmeshed Oedipal relationships with opposite sex parent, rule keeper/thinker parents, exposure, sexual wounding. All of these can cause a deep vow to never feel all their feelings and needs or to deny feelings. They project a world devoid of feelings and are unfazed or dissociated from even physical pain at times.

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 met that was not met in childhood. This is with the false hope of healing the old wound and being fulfilled. Excessive chakras are packed solid with the past wounds and a lifetime of reliving the trauma in many ways. This chakra is stuck in the past, does not live in the present, has one limited focus, projects a false world, and reinforces that they must get that one need met. They cannot take in anything new since the vow is to heal the past by reliving it in the present, which is of course just compounds the issue. Excessive chakras can be large and amorphous or medium in size. They will feel dense, hot, sucking, pushing, and/or stuck, even though there seems to be a lot of energy in them. They cannot flow with life.

Wounds that cause an excessive 2nd chakra can be the same as above that caused the deficient, however there is just the opposite reaction - rather than pulling away and "never" having the need, they fixate on excessive behaviors to "always" get that need met or respond in a certain way. This creates a vow in chakra 2 to always emote, demand, or have some form of pleasure even if it is an addiction to drugs, alcohol, money, or sex.

Deficient Characteristics Chakra 2 - Rigid six-pack abdomen, not connected to others emotionally, does not hug well, hips tilt forward, non sensual or sexual, rejecting self image, emotionless or fearful eyes, thinking more than feelings, "How are you?" "Fine," no real sense of self, avoids any big emotions in themselves or others, underlying anxiety, limited emotional range and life patterns are repetitive, needs are practical or non-existent, miserly or controlling of money and wealth.

Healing Deficiency Chakra 2 - Sensitivity training, emotional practice and investigation, talk about how they feel, learn to bring up anger and energy, swim, yoga, dance, intimacy work, sex, and play.

Excessive Characteristics Chakra 2 - Soft belly, hips tilted back, excessive spending, addicted to pleasures of every kind, sensual, hot blooded all the time, distorted self image, needy or piercing eye, seduces or whines, bleeds energy, controls or vampires, over reactive, anger and aggression flip-flopping with poor me victim, cannot postpone gratification, impulsive, love is sex, romance is everything, security/control freaks, and getting needs fulfilled.

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Healing Excessive Chakra 2 - Needs to contain and focus energy, not bleed it everywhere, long range goal setting, presence work where needs are met from the current environment (not ideal one), never blame another person ever again for how they are feeling, find healthy outlets for sexuality and anger like playful relationships, sports and primary mate.

Balanced and Healthy Chakra 2 - Fluid movement, passionate, safe emotionally, comfortable with change, strong self image, present and connected, deep compassionate eyes, wide emotional expression, sexually and sensually alive!

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