LIFE MASTERY TRAINING PROGRAM
Excessive and Deficient Chakra Three

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 these chakras should be open to. A deficient chakra will generally be small, less than 1 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 3rd chakra and hiding the true self or playing small are: being shamed for being who you are, physical abuse or being dominated, fear of punishment, too much responsibility too soon in life, held responsible for something they didn't do, or forced compliance - all can cause a deep vow to never be seen, never stand out or be different than others, feel like you have no right to take action on your behalf. A deficient 3rd chakra lives in a lost world of anonymity and powerlessness, having no strong sense of self or purpose.

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 in the false hope of healing the old wound and being fulfilled. Excessive cannot take in anything new since they are packed solid with the past wounds stuck in the past, not living in the present and trying to solve every problem with the same solution or action and one limited focus. Reliving the past just compounds the issue. Excessive chakras can be large and amorphous or medium in size and 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 3rd chakra can be the same above that caused the deficient, there is just the opposite reaction - rather than pulling away and the vow to "never" have the right to take action on your own behalf, they fixate on the vow to "always" use excessive behaviors to stand up for the self, fight, attack first and never be dominated or belittled and be special and better than others. Addiction to control, power, self-discipline and aggression is often the circular patterns in life.

Deficient Characteristics Chakra 3 - Collapsed solar plexus, bad posture, not vibrant, held back, low self esteem, poor digestion, passive aggressive, "I have to…", not living spontaneously, hidden, no eye contact, attracted to stimulants, depressed, broke their word to themselves too many times.

Healing Deficiency Chakra 3 - Goal setting of any kind, taking reasonable risks, discovering and sharing your "big why" story of ordinary to extraordinary, Change "I have to..." to, "I want to...!", fitness training, eating superfoods, building up endurance, public speaking, personal makeover.

Excessive Characteristics Chakra 3 - Hard bowling ball bully belly, adrenal overload/thyroid condition, hyperactive, never relax, hard stare, aggressive and/or pushy, demanding, controlling, takes charge, has to be right, doing, doing, doing!, overly disciplined, ego-based sense of self that has to win all the time. All actions are planned and rational.

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Healing Excessive Chakra 3 - Needs to broaden view of what power and success actually are to an internal awareness (not just external achievement), discharge energy through hitting and screaming so it is not used against people, learn to meditate, let others guide you and learn from them, do not hide your imperfections, find what chakra you overcompensate for and work on that.

Balanced and Healthy Chakra 3 - Maturity, warmth, friendliness, self-esteem, confidence, self-disciplined, playful and relaxed, inner peace, follow inner signals and guidance, courage, intimate, vulnerable, healthy and strong.

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