LIFE MASTERY TRAINING PROGRAM
Excessive and Deficient Chakra Seven

Basic Definition of Deficient Chakra - Deficient chakras don't 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. A deficient chakra 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 7th chakra and shutting down your connection to spirit and infinite possibility are: all vows block the 7th chakra since by their nature they divide the inner world into what can and cannot be, being told that there is only one right and true way as in religion, science, media, spirituality, human behavior, spiritual gifts of clairvoyance/clairaudience/clairsentience, laughed at and rejected or put down for their uniqueness and creative ideas, limited thinking in family and society that leave no options for the child to be unique and not be rejected. These result in seeing the world as limited and not trusting deep inner knowing that anything is possible within your presence.

Deficient 7th chakra is epidemic in the world when6th chakra thinking is looked at as intelligence and self-criticism is stronger than self-love and acceptance of what is truly in the present moment.

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 specific to that chakra that was not met in childhood. There is a false hope that through healing of the old wound they will be fulfilled. Excessive cannot take in anything new in the present moment since the chakra is fixated on only one limited solution in every situation to that chakra's complex needs. 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, the chakra is packed solid with the past, reliving the past in every situation rather than life flow.

Wounds that cause an excessive 7th chakra can be the same as above that caused the deficient, but there is just the opposite reaction - rather than getting pragmatic and limited, you lose touch with reality and escape through your spiritual practice and belief, you are having ecstatic experiences in the ashram or church but are unable to carry on any meaningful conversation at work or with your spouse or children. Children that are abused through the parents' limited view of their spiritual practice, such as having them pray on hard benches, or teaching the child Reiki and have them doing healings on adults, aggrandize their natural psychic ability to spiritual guide status instead of just letting the child know that everyone can see. Excessive 7th will be more in the spirit world. As Wayne Dyer stated, "A spiritual solution to all your problems" and have a hard time being truly present with the present moment and the state of the world and environment or the actual state of humanity. Spiritual and scientific or artistic idealism takes hold.

Deficient Characteristics Chakra 7 - Lives and worships the vows and limited beliefs of the 6th chakra. What is possible and impossible is defined already. Will appear to be pragmatic, but is truly lost in the world where the form of things never really conveys their real meaning. Can't see possibilities outside

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the box of thinking or make meaning of life in any new way. Permanently stuck in negative cycles that repeat endlessly in their lives. Will have depression since they are cut off from real spirit, can be very religious but not spiritual. Dogma has replaced consciousness, angels and spirits are what the bible or spiritual texts say. Prays for others but has no awareness of the message they are sending. Hardheaded or intellectual processor of life, doesn't feel it and isn't one with it, feels no guidance or creative force.

Healing Deficiency Chakra 7- Intellectual stimulation, feeling and presence work, learn to question and be skeptical of your beliefs. Find a spiritual practice based in mind opening, challenging any "that is the way the world or people are" kinds of statements, and teaching you to feel the world as it is right now, i.e. crystal bowls, chanting, healing work, meditation, etc. Challenge your parents' voice in your head that may say, "play it safe, don't take chances, these are the kind of people we are..." and replace it with "I am a mystery that I am discovering every day".

Excessive Characteristics Chakra 7 - Spinning and lost in infinite possibility and voices in your head. Can't see a direct path to any situation, always entertaining 20 ideas on any subject. Spiritual addiction to seeking not finding, spirit world is more real than your life, projects what they read in spiritual texts as what is happening to them i.e. delusion of the 6th chakra pretending Arch Angel, Michael, Mary, Jesus, or Diana is your personal savior and tour guide through life making you "super special." (The truth is guides and master teachers humble you, not aggrandize you). Seeking is a way to escape from life, spending more time being a Buddhist or yogi hoping that will fix all your life's problems rather than seeing that your family and work are your path to enlightenment. Worshipping the false gods of your vows and ego ideals, or spiritual idealism, TV evangelists, devout Catholics who picket abortion centers and deny contraception to people worldwide who truly need it, terrorists, crazy Green Peace activists, all religious wars in the world and in families and communities. Being overly attached to anything: money, possessions, being right, purity, success, relationships, etc. can all become your religion.

Healing Excessive Chakra 7 - If you talk to God more than people, you are not talking to God. People and the flat tire and pot hole you fell into are the aspect of God who were sent to inform your life not be risen above. Get back in your body, pick one of your crazy ideas and try it, and see its true impact on your life before you go on to the next thing, rinse and repeat. Question everything you think is real spiritually, you are making most of it up. Work on building your spiritual life and career through Chakras 1-3, that is where you live, on Earth.

Balanced and Healthy Chakra 7 - Open, flowing, always enthusiastic and alive, never depressed, hear and love all12 levels of your guidance and life, can laugh at your ridiculous spiritual beliefs that have hurt your relationships with people and humanity, no more fear of death, like the Christ and the Buddha you can't stand repressive religions and create your own based on the limitless compassion and integrity of your soul not the dogma laid down by others. You see the face of the god and goddess in every person, every tree and every moment.

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