

CHART OF COMMON PHYSICAL AILMENTS AND THEIR POSSIBLE CHAKRA ORIENTATION

One of the most common questions asked from workshops and lectures is, "I have this or that ailment, what chakra is that?"

The following chart is an attempt to answer these questions in a systematic way. This is only a general guide, it is NOT ABSOLUTE, and DOES NOT constitute a diagnosis. In fact, I have refrained from putting it out for years, because I didn't want it to become gospel, knowing how seriously people can take this kind of information.

Use it to help you think through the problem you have, asking especially, "What is the job of this organ or body part? What chakra is that job related to? Is the afflicted organ or part overdoing its job or under-doing? Is it stagnant or overcharged (excessive) or is it empty, repressed or undercharged (deficient)?"

In the following pages I have given related chakras and their excess or deficiency. In some cases it is a little of both, (conflicted) which is given a C. In other cases, it needs to be determined by the symptoms going on in the area. Use your own judgment. Nothing is absolute. All ailments should be examined within the totality of the person. This just gives you a likely place to start, in looking for related issues.

Once you find out the chakra, then you can look at the exercises related to that chakra, whether it is yoga postures, journal exercises, real world tasks, or exploring the psychological material. For more information on exercises, see *The Sevenfold Journey*. For more info on the psychological issues, see *Eastern Body, Western Mind*.

Remember, excess chakras need to let go, detach, and discharge the energy, or send it to another area. Deficient chakras need to take in, nourish, focus, and open.

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Number equals chakra, with base as 1, crown as 7.

E = Excess D = Deficient C = Conflicted (properties of both);

No letter, could be either

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PROBLEM	CHAKRA STATE	COMMENTS
Abdominal cramps	D1, D2	Contraction of sacral center Fear of letting sexual feelings flow Poor ground
Aches	D4, E2	Longing, yearning, unsatisfied in love, excessive need, unable to supply one's own needs
Alcoholism	E3, D or E2	Excessive inhibition (E3) using alcohol to lessen inhibition; Excessive emotions, or need to free emotions, compulsive behavior
Adrenal problems	E1, E3	Excessive fear, too much demanded of energy
Allergies (food)	D1	Difficulty assimilating physical world Difficulty with mother energy
Anorexia	D1	Avoidance of material world, E3 excessive will and power struggle, D2 Need to desexualize body
Anus	1	Excess or deficient depending on whether problem is due to holding on or letting go
Anxiety	D1, C3	Fear, lack of ground, too much energy, not directed by will

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Apathy	D2, D3	Restricted feeling, too little energy
Arthritis	D1, D3	Not holding together physically, stuck energy
Asthma	D or E 4	disorder of the heart: empty or smothered; blocked grief
Athlete's foot	D1	Need to pay attention to ground
Bedwetting	E2	Inability to contain water element
Bladder problems		
Blood Pressure, High	E3	Excessive anxiety, undirected
Low	D3	Lethargy, too little energy
Bone problems	D1	Bones are first chakra structure, indicates difficulty with structure, lack of support
Bowels	1	holding on: E1 letting go, D1
Breasts	4	issues of love and nourishment lumps, E4 smothered, unable to discharge
Breath, shortness	D4	Can't take in love, out of balance, lack of self-love, inner peace
Bronchitis	D4	Depleted heart chakra, unresolved grief
Burns	E3	Anger, too much fire element
Cancer	depends on area	Usually excessive energy that cannot be released, held resentments
Candida	D3, E1	Depressed energy and vitality often due to excessive pushing. Excess eating used for grounding
Cataracts	D6	Restriction of vision, fear of seeing

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Chills	D3	Too little fire element
Chronic Fatigue	E3 to D3	Chronic pushing(E) results in exhaustion(D)
Colds	D4	Unresolved grief, sadness, an extended cry
Colitis	E1	Invasion of ground, lack of stability, anger
Coma	D7	Disconnection from consciousness
Conjunctivitis	E6	Anger over what you are seeing
Constipation	E1	Holding on, withholding, lack of trust
Deafness	D5	Inability to receive verbal communication
Diabetes	E3	Inability to use energy of sugar, overreaction
Diarrhea	D1	Inability to hold on, to appropriately ground
Dizziness	E6, E7	Excess energy in the upper chakras, losing contact with ground
Ears	5	Communication, listening
Eczema	E3	Irritation, too much energy inside that can't get out
Edema	E2	Hanging on to water element, to emotions Can't let go and move on
Emphysema	D4	Fear of taking in love
Eyes	6	
Fatigue	D3	Exhaustion of energy
Feet	1	Connection with ground, support

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Fevers	E3	Too much heat, inability to dissipate energy
Fibroids	Conflict in area	Inability to let go and flow
Flu	no particular chakra	Need for time out. Excess vulnerability
Frigidity	D2	Fear of sexual feelings
Gallstones	E3	Over controlled, hard, rigid
Gas pains	D3	Poor digestion, low fire, excess air
Gastritis	E3	Inflammation of digestive organs
Genitals	2	Sexual expression
Glands		
Adrenals	1,3	fight or flight survival response
Gonads	2	Sexuality
Pancreas	3	Metabolism
Thymus	4	Immune System
Thyroid, parathyroid	5	near throat, also metabolism
Pineal	6	Light sensitive organ
Pituitary	7	Master gland, chemical communicator
Goiter	C5	Being silenced, can't get communication out
Gout	E3	Need to dominate (L.H.)
Gum Problems	D1, D3	Inability to bite through, lack of aggression
Hands	3, 4, 5,	Doing, loving, creating
Hay fever	E2, D4	Emotional congestion, lack of self-love
Headaches	E6, C7	Excess pressure to see or understand, confusion

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Heartburn	E3,4	Fire in the heart, using power instead of love pushing too hard
Heart, general	4	Issues of love and acceptance, support of will
Hemorrhoids	E1	Need attention to ground, trust and accept Holding on
Hepatitis	C3	Energy toxicity, need to shut down and clean out
Hernia	E3	Misjudgment of one's power, inability to contain
Herpes	2	Need for better sexual boundaries, often created to be a "no," when "no" is hard to say
Hip problems	2	Locomotion, being able to move through life
Hives	D4, E3	Intolerance, anger, excess energy that can't get out, invasion
Hypoglycemia	D3	Too little fire, will, focus
Hyperglycemia	E3	See diabetes
Hyperthyroidism	E5	Intense need to communicate
Hyperventilation	E4, D1	Cannot assimilate air, too little ground
Impotence	D2, D3	Fear of sexuality, low self-esteem
Incontinence	E2	Inability to contain water, as substitute for expressing intense emotions
Incurable diseases	D2	Stuck, fear of change, afraid of flow, afraid of emotional release, surrender
Indigestion	D or E3	Poor metabolism, fire imbalance
Infection	D1	Leaky boundaries, invasion, anger

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Inflammation	E3	Anger in chakra close to related area
Insomnia	D1, E3, E6,7	Can't settle into ground, excess energy rises to top, over thinking, intellectualizing
Itching	E2	Blocked sexual or emotional release
Jaundice	D3	Poor liver function, weak will
Jaw problems	E3, D5	Anger, blocked communication
Joints	1, 2	Connective principle, look to ground, dissociation of mind from body
Kidney problems	2	Can't sort through emotions, toxic environ.
Knee problems	1, 2	Issues of ground and flexibility
Laryngitis	D or E5	Fear of speaking one's truth, need to listen
Legs	1, 2	Issues of ground and movement
Liver	3	Considered by Chinese to be the "Sergeant general" of the body, issues of control, will
Lump in throat	D5	Fear of speaking
Lungs	4	Ability to take in love, breath, trust
Lupus	E,D3	Conflicted will, blocked anger turned against self, deep trauma
Lymph problems	D3	System overload, poor boundaries, too much stress, toxic environment
Menopause problems	varies	Unresolved issues coming ripe

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Menstrual problems	E,D2	Issues with sexuality, femininity, flow
Migraines	E 6,7	Too much energy in upper chakras, need to ground and discharge
Nausea	E3	Anger, need to reject something
Neck Problems	5	Related to communication, held resentments Blocking things from consciousness
Obesity	E1, D3	Need to use weight to ground, blocked fire
Paralysis	D1	Fear, terror, conflicting impulses, mind and body dissociation
Pneumonia	D4, D3, D1	Extreme general deficiency and depletion, depression, poor will to live, feeling unloved
Sciatica	D or E1	Related to grounding, too much or too little Need to clear up grounding connection, issues from the past
Scoliosis	varies	Difficulty letting chakras line up, fear of Kundalini energy, need to dissociate
Sinuses	6	Pressure from unconscious to see something
Skin	1 and 2	Boundaries, enclosure of the body, sensate organ
Slipped disk	any	Chakra out of alignment, check for nearest
Spleen	2	Used to be second chakra organ, immune system, white blood cells
Sterility	D2	Fear in reproductive system

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Stomach problems	1 and 3	Digestion and metabolism — fire element Survival issue
Stroke	E7	Overwhelm to consciousness, nervous system, can't respond effectively
Stuttering	E2, D5	Often related to sexual abuse — someone else's energy in one's chakras
Throat	5	Communication chakra
Thymus	4	Related to heart and immune system
Thyroid	5	Ability to process what we take in
Toes	big toe 1, littlest 5	Grounding the energy of the related chakra
Tonsillitis	D5	Exhaustion of 5th chakra, poor self-care
Tumors	any	related to chakra near tumor, blocked energy that needs release and is holding on, fear
Ulcers	E3	Excess stomach fire
Urinary infections	E2	look to sexual boundaries
Uterus	2	Reproductive system, feminine symbol
Vaginitis	E2	Overwhelmed and need to shut out sexuality Look to boundaries
Varicose veins	E1	Holding on to ground too tightly, not letting energy flow down easily, lack of trust
Venereal disease	E2	Carelessness, sexual guilt