



## Chakra Associations

List the associated chakra/s for the following characteristics and then check them with the answers link on the following page. (The first one is completed for you)

*Note: Try this activity without looking at your notes so you can track your progress.*

Aggressive - **Base Chakra**

Anti social

Anaemia

Alone

Alzheimer's disease

Amnesia

Breast cancer

Constipation

Cystitis

Childhood pain (adult client)

Conditional love

Diarrhoea

Difficulty studying

Disconnected from physical body

Eye problems

Dishonesty

Enlarged spleen

Anxiety

Egotistical

Afraid of change

Feeling physically weak

Emotionally drained

Fibroids

Fluid retention

Fear of dying

Feelings of hopelessness

Gall stones

Grief

Hyperactive

Haemorrhoids

Hearing difficulties

Headaches

Indecisive

Indigestion

Judgemental

Jealousy