





Example of a personality assessment

 Excess,  balance, and  deficiency in each chakra's qualities		
 SAHASRARA <i>Inspiration, transcendence</i>	E: Overly intellectual, addicted to mental and spiritual pursuits B: Inspired, conscious, joyful D: Lacking meaning and inspiration, limited beliefs, apathetic	
 AJNA <i>Knowledge, meaning</i>	E: Unable to concentrate, delusional B: Able to see clearly, has strong values and robust imagination D: Deluded, misguided in values and priorities, unimaginative	
 VISHUDDHI <i>Communication, self-expression</i>	E: Excessively talkative, unable to listen, oversharing B: Expressive, able to communicate effectively and clearly D: Unable to communicate appropriately or express oneself	
 ANAHATA <i>Love, belonging</i>	E: Possessive, jealous, codependent B: Loving, compassionate, balanced, maintains good relationships D: Resentful, judging, jealous, lonely, isolated, bitter	
 MANIPURA <i>Self-esteem, achievement</i>	E: Dominating, controlling, aggressive, scattered, overly active B: Confident, able to handle challenges, has sense of purpose D: Lacking self-confidence, unable to adapt, passive, weak-willed	
 SVADHISTHANA <i>Creativity, procreation</i>	E: Overly emotional, lack of boundaries, addictive, obsessive B: Enthusiastic, interested, vital D: Repressed, inhibited, dull, emotionally numb	
 MULADHARA <i>Survival, safety</i>	E: Sluggish, procrastinating, excessively materialistic, monotonous B: Trusting, stable, secure D: Fearful, insecure, unstable, undisciplined, restless, spacey	
<p>Symptoms of imbalance <i>S. is prone to emotional outbursts, tends to get obsessive about her colleagues at work, has difficulty maintaining professional boundaries, consistently overshares</i></p>		
<p>Observations <i>S. The sacral chakra excess seems to manifest as strong, fluctuating emotions, many superficial relationships, and extreme emotional sensitivity. The throat chakra excess seems to manifest as an inability to listen and express herself and oversharing.</i></p>		
<p>Practice recommendations <i>Include poses that bring attention to the pelvic region and the image of the pelvis as a container for liquids/emotions, cultivate pauses and quiet reflections throughout the practice, use loud-to-quiet humming to regulate vocal output, use the image of a still lake reflecting moonlight in meditation.</i></p>		