

The 7 Energy Centers in the Vital Spirit Wellness Core Alignment Program

	Aspect	Organs	Issues	Balanced	Suppressed	Overactive
Crown	Spirituality	Pituitary gland & plexus, upper skull, cerebral cortex	Neurological, nerve, dizziness, headaches, cognitive	Strong faith, universal love, intelligent, aware, wise, understanding	Depression, learning difficulties, weak faith, anger at divine, brain fog	Dogmatic, judgemental, spiritual addiction, ungrounded
Third Eye	Perception, self-awareness	Pineal gland & plexus, medulla plexus, eyes	Eyestrain, poor vision, headaches, sleep, memory	Imaginative, intuitive, clear thoughts/vision, sees beyond physical	Poor judgement, lacks focus, poor imagination, can't see beyond physical	Nightmares, delusions, hallucinations, obsessive, over-sensitive
Throat	Communication, self-expression	Thyroid gland & plexus, ears, laryngeal plexus, mouth, throat	Sore throat, thyroidism, neck, shoulders, ears, jaw	Confident, expressive, clear communicator, creative, diplomatic	Poor communicator, misunderstood, secretive, poor listener	Opinionated, loud, critical, gossipy, yell, talk over others
Heart	Love, relationships	Cardiac plexus, respiratory/cardiac system, thymus gland	Circulatory, heart, immune, upper back, breasts, lungs	Peaceful, loving, compassionate, tolerant, warm	Lack of empathy, bitter, hateful, trust issues, intolerant	Jealous, codependent, self-sacrificing, give too much
Solar Plexus	Willpower	Celiac/solar plexus, adrenal glands, digestion	Fatigue, digestion, weight, hypoglycemia, diabetes, arthritis	Confident, in control, personal power, drive, good self-image	Low self-esteem, feeling powerless, inferiority complex	Power hungry, domineering, perfectionist, critical
Sacral	Sweetness	Superior mesenteric plexus, digestive/pancreatic glands	Fatigue, digestion, weight, hypoglycemia, diabetes, elimination	Safe, secure, centred, grounded, happy to be alive	Fearful, anxious, unsure, financial instability, ungrounded	Greedy, lust for power, aggressive, materialistic, cynical
Root	Survival	Inferior mesenteric plexus, sexual glands, bowels	Infertility, impotence, hips, back, urinary, elimination	Passion, creative, healthy libido, optimistic, open, grounded	Low libido, fear of intimacy, no creativity, isolated	Over-emotional, fixated on sex, hedonistic, manipulative

