

**BASIC ISSUES OF THE FIRST
CHAKRA**

The Body
Foundation
Survival
Roots
Grounding
Nourishment
Trust
Health
Home
Family
Prosperity

**BASIC ISSUES OF THE SECOND
CHAKRA**

Change
Movement
Flow
Sensation
Pleasure
Emotion
Need
Desire
The Shadow
Guilt
Duality
Sexuality



**BASIC ISSUES OF THE THIRD
CHAKRA**

Energy
Activity
Autonomy
Authority
Individuation
Will
Self- Esteem
Shame
Proactivity
Power

**BASIC ISSUES OF THE
FOURTH CHAKRA**

Love
Balance
Self-Reflection
Self-Acceptance
Relationship
Intimacy
Anima / Animus
Eros / Thanatos
Grief
Compassion
Devotion