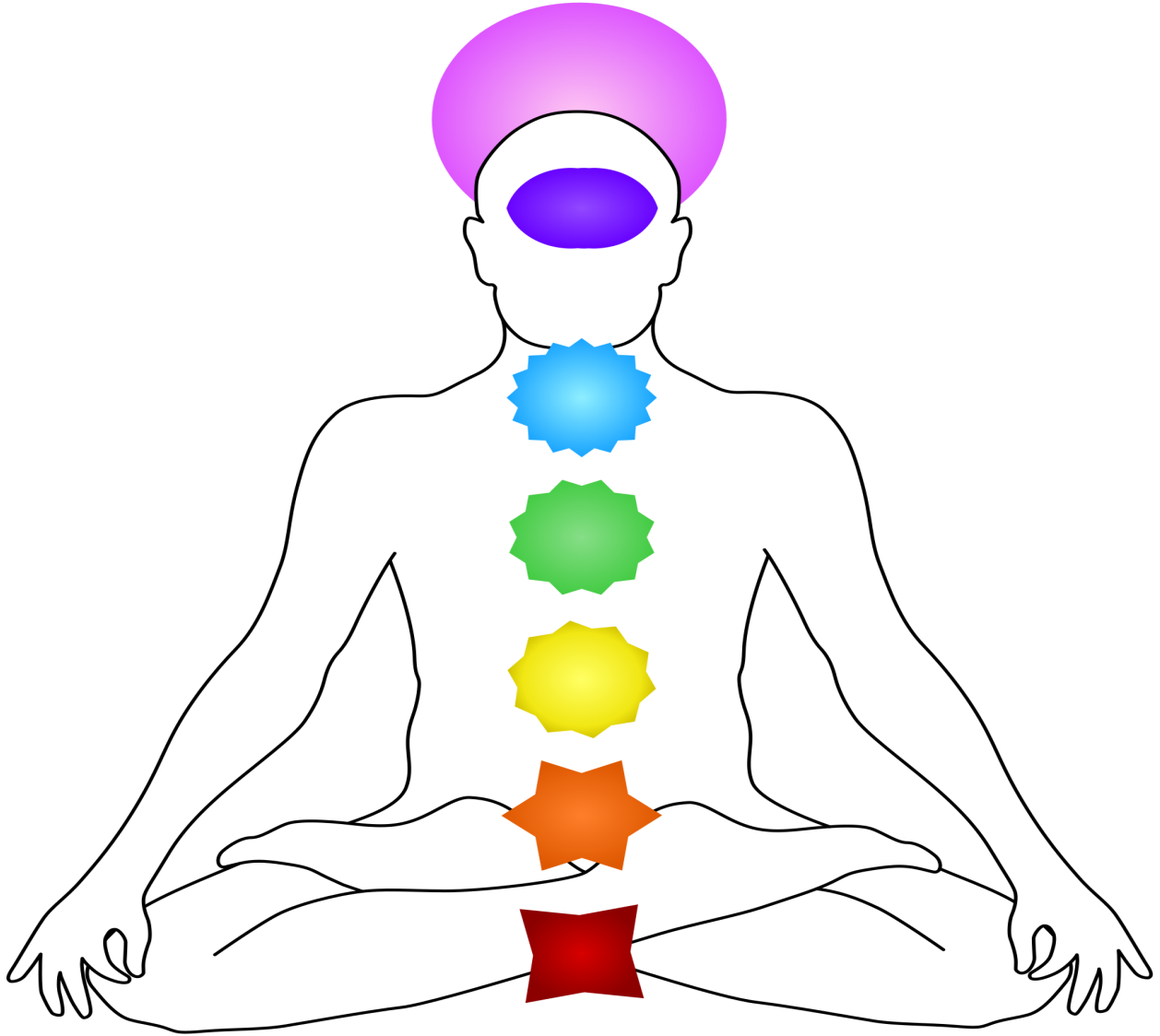


# Chakra Nourishment



## Root ~ Muladhara: Foundation



**MULADHARA**

Sanskrit: मूलाधार

ROOT CHAKRA

### Symbolism and Qualities:

Connects us to our foundation, to Mother Earth, the literal world and the sense of grounded-ness while we live in this life. Deals in lessons relating to the material world, survival and the right to exist. Ability to stand up for oneself and security issues. This is the home of tribal power - our early developmental ideas of ourselves when we are in a group. Our tribe forms our foundation of emotional and mental health, which originate in the family environment. It is the support and loyalty that give one a sense of safety and connection to the physical world. It emerges as our sense of honor, loyalty, justice, family and group bonds, groundedness, and ability to manage physical power for survival.

### Location:

Base of Spinal Column, at Pelvic Floor.

### Frequency:

396 HZ

### Element:

Earth

### Color:

Red

### Herbs:

Burdock, Cloves, Dandelion, Rosemary, Chives, Cayenne Pepper

### Crystals:

Red Jasper, Ruby, Garnet, Tigers Eye

### Essential Oil:

Cedar, Sandalwood

### **Practices to Balance:**

Chant LAM every morning and night, Meditate on your Root Chakra with the Visualization of a vibrant red orb that glows and grows brighter with each breath, EFT Tapping, Devote to a personal practice, create a personal altar, Physical Exercise, Yoga, Pranayama Breathwork, Listen to Grounding Music, Drum Journey, Acupuncture, Qi Gong, Prayer, Carry a totem or grounding piece of jewelry or stone, Explore your fears write them down and burn them, Meditation, Dance, Walking Barefoot in Nature, Restful Sleep, Forest Bathing, Nature Meditation, Gardening, Pottery, Clay Masks / Mud Masks, Hiking, Give Offering to the Earth, Ecstatic Dance, Prayer, Making and Enjoying a delicious grounding meal, Ground yourself with Breath and Mindfulness, Community / Family Connection, Forgiveness and Patience.

### **Affirmation:**

I Have, I Connect

### **Yoga:**

Standing Poses - Warrior Poses and Balance Poses, Yoga Squat (Malasana), Reclined Butterfly (Supta Baddhs Konasana), Corpse Pose (Savasana), Seated Forward Folds, Goddess Pose (Deviasana), Mountain Pose (Tadasana), Tree Pose (Vrikshasana), Downward Dog (Adho Mukha Svanasana).

### **Seed Syllable:**

LAM

### **Foods:**

Red foods, root vegetables, heavy and heartier foods that allow one to feel grounded and connected to the earth (beets, turnips, radishes) Foods with high protein for survival (seeds, nuts, eggs, tofu).

### **Imbalance Might Manifest As:**

Defensiveness, insecure, unstable, or afraid for our own survival. Anemia, fatigue, lower back pain, sciatica, depression, Frequent colds or cold hands and cold feet. Intestinal disorders. Issues with solid parts of body. Eating disorders. We can have abandonment issues, violence based on insecurity, anger, greed or even delusions. Feeling unstable, not sure of place in the world, lack of tribal support.

Disconnection from body, underweight or Attempting to ground yourself by gaining a lot of excess weight, (food connection). anxiety, unsettled, poor boundaries (which are usually defined through tribe), Hoarding of possessions or money, sluggishness, laziness, fear of change (holding on), rigid boundaries.

## Sacral ~ Svadhishthana: Dwelling Place of the Self



### **Symbolism and Qualities:**

Fluid movement, connection, grace, sensuality, sexuality, the energy of creation. inspiration and spirituality, center of procreation, directly related to the moon, interrelation with family and friends. Lessons relating to sexuality, work and physical desire. Represents our connection with other individuals, our need for relationships and our senses as associated with our relationships. Connected to our sensing abilities and issues related to feelings, our ability to be social, intimacy issues, our connection and ability to accept others and new experiences. Our sense of abundance, well-being, pleasure, sexuality, and our physically creative force. Also related to our ability to choose & make choices wisely - choice is the process of creation. All the attachments by which we maintain control over our external environment.

### **Location:**

Region of the genitals: corresponds with the prosthetic and hypogastric plexus, reproductive organs, kidney, bladder, hips, low back.

### **Frequency:**

417 HZ

### **Element:**

Water

### **Color:**

Orange

### **Herbs:**

Coriander, calendula, Rose, fennel, damiana, maca, gardenia, licorice, cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds, milk thistle.

### **Crystals:**

Coral, Carnelian, Amber

### **Essential Oils:**

Gardenia, Orange

### **Practices to Balance:**

Chant VAM every morning and night, Meditate on your Sacral Chakra with the Visualization of a vibrant Orange Orb that glows and grows brighter with each breath, EFT Tapping, Pranayama Breathwork (Chandra Breathing is Great), Devote to a personal spiritual practice, create a personal altar, Acupuncture, Qi Gong, Prayer, Create a self love/self care practice, Rub Oil all over your body and meditate, Hot Aromatic Baths, Swimming, Ocean or River Meditations, Water Aerobics, Make time for Personal Pleasure Practice, Tantra Practice with self or a partner, Massage, Practice Emotional Catharsis (Jumping, screaming, laughing, crying, shaking), Explore the Root of Addictions, Embracing Sensation Fully when eating, smelling, listening and feeling, Allow yourself time to sit and feel your emotions fully, Do something creative, repeat a mantra you create daily, Dancing, Creating a Delicious Meal and Fully enjoying in.

### **Affirmation:**

I Feel / I Sense

### **Yoga:**

Seated Forward Fold (Paschimottanasana), Cat/Cow Slow and Intuitively, All Hip Openers, Frog (Mandukasana), Locust (Salabhasana), Twists, Goddess (Deviyasana), Hip Circles, Childs Pose (Balasana), Happy Baby (Ananda Balasana).

### **Seed Syllable:**

VAM

### **Foods:**

Orange foods and foods with high water content, soups (carrot & ginger). Sweet and tropical fruits (mandarins, mangoes, tangerines, passion fruit, honey). Liquids (fats and oils esp. fish oil & wild salmon benefit reproductive system).

### **Imbalance Might Manifest As:**

Illnesses activated by a fear of losing control or creative energy not birthed. Reactive attachment disorder. Eating disorders. Alcohol and drug abuse. Depression. Low back pain. Asthma or allergies. Candida & yeast infections. Urinary problems. Sensuality issues as well as impotency, frigidity or obsession. Fluctuating emotions, restlessness, and fear. Cutting off this emotional center can result in looking for creative outlets in disconnected and disjointed ways that don't serve our higher selves. We may feel emotional fluctuation, sexual dysfunction or addiction. Problems with the reproductive system, restless, confused, possessive of others, poor relationships, fear and boundary issues. Deficient: Our fluidity feels truncated by our own insecurity and people can feel pushed away by our own issues with personal space and boundaries. We can also feel a disconnect with our essential sensual selves, our primal sexual instincts. We might experience resistance to change, fear of pleasure, or be out of touch with feelings, Overly emotional behavior, sexual addiction, or poor boundaries.

## Solar Plexus ~ Manipura: City Of Gems



### **Symbolism and Qualities:**

Relates to personal power - the balance of intellect, self-confidence and ego power. Our ability to have self-control and humor, to be confident and in-control of our lives. The magnetic core of personality and ego. Transformation, change. power, initiation, self will, self esteem, manifesting our effectiveness in the larger world. Connects to the energy center of one's body and helps digest food, emotion and knowledge and transform it into personal power. Power of choice.

### **Location:**

Region of the naval, corresponds with the solar plexus, digestive system, liver and gallbladder.

### **Frequency:**

528 HZ

### **Element:**

Fire

### **Color:**

Yellow

### **Herbs:**

Anise, cinnamon, mints, ginger, mints (peppermint, spearmint, etc.), turmeric, cumin, fennel, wasabi.

### **Crystals:**

Agate, Citrine

### **Essential Oils:**

Saffron, Lemon

## **Practices to Balance:**

Chant RAM every morning and night, Meditate on your Solar Plexus Chakra with the Visualization of a vibrant Yellow Orb that glows and grows brighter with each breath, EFT Tapping, Set Goals, Create a 30 Day Vision / Goal Structure and take small steps every day, Devote to a personal spiritual practice, create a personal altar, Acupuncture, Qi Gong, Prayer, Restructure your Routine and do something new, Release Toxic Relationships, Sun Meditation, Create empowering affirmations to repeat daily, Breathwork Pranayama (Specifically Kapalabhati and Bhastrika), Explore your Resistances, Agne Sara Kriya, Release Anger through screaming in pillow, jumping, shaking, tapping), Taking Classes, Learning Something New, Listening to Your Intuition, Doing what makes you feel alive, free and playful, Sun Bathing, Fire Ceremonies, Candle Gazing, Exercise, Running, Hiking, Hot Yoga, Keep Moving until the Fire Sparks, Follow and Refine your YES and NO, Follow what lights you up, Reading Informative Books, Risk Taking, Empowerment Practices

## **Affirmation:**

I Can, I Do

## **Yoga:**

Seated Twists, Boat (Navasana), Bow Pose, Surya Namaskar Sun Salutations, Chair Pose (Utkatasana), Wind Relieving Pose (Apanasana), Kapalabhati Breathwork, High Lunge Twist (Parvrtta Anjaneyasana), Revolved Triangle (Parvrtta Trikonasana), Cobra Pose (Bhujangasana), Warrior Poses, Kundalini yoga and Hot Yoga

## **Seed Syllable:**

RAM

## **Foods:**

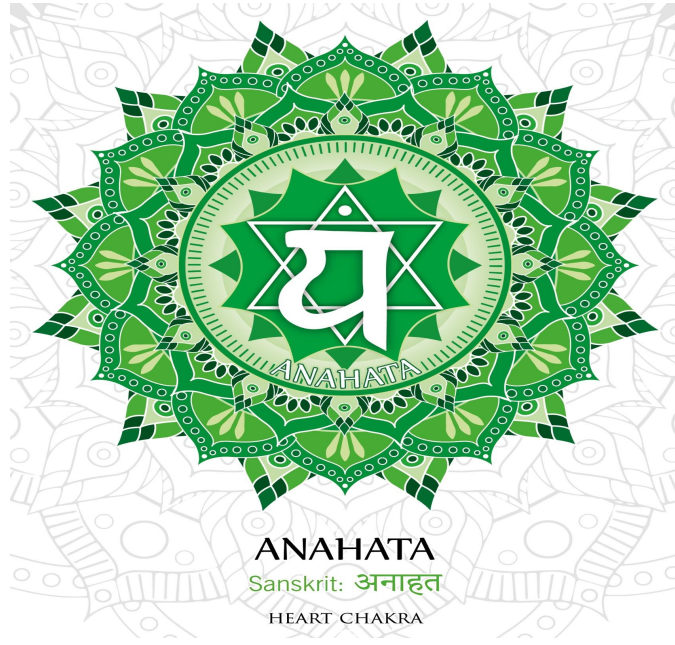
Yellow golden foods, spicier and fiery (pitta) foods that speed up/aid digestion. Foods full of fiber. complex carbohydrates (whole grains, granola, flax or hemp seed, millet). Foods that maintain mucus membrane for digestion (organic dairy. yogurt, cheese).

## **Imbalance Might Manifest As:**

Digestive problems, eating disorders, ulcers, diabetes, hypoglycemia, constipation.

Nervousness, toxicity, parasites, colitis. poor memory. The need to be recognized or right. Feeling like a victim, experiencing low self-esteem, lack of drive, procrastination, lack of motivation, lack of confidence, fear of rejection, lack of self-belief or conviction, indecisiveness. Perfectionism, anger, hatred, and too much emphasis on power, status, and recognition. Greed, taking in more of anything than you can assimilate, and making choices that promote our own well being at the cost of others. Judgment, manipulation, over-controlling, unhealthy attachment.

## **Heart ~ Anahata: Unstruck**



### **Symbolism and Qualities:**

The position as the center of all the chakras represents the transition between the literal world (lower chakras) and the spiritual world (upper chakras). Connects to heart, love, beauty, joy, balance, compassion, openness, understanding, kindness, generous, forgiveness, light, purity, inner peace and ease. Represents capacity to let go and let God. Acceptance. Release of emotional pain. Let go of need to know why and embrace the energy of forgiveness. The right to love. Ability to have self-control. Acceptance of oneself. Our ability to fully love self, others and the earth. Transcendence of worldly pleasures. Resonates to emotional perceptions. Loving and Pure relationships.

### **Location:**

Region of the heart; corresponds with the cardiac plexus, lungs.  
thymus gland, thoracic spine and rib cage.

### **Frequency:**

639 HZ

### **Element:**

Air

### **Color:**

Green

### **Herbs:**

Cayenne, Cacao, Rose, Lavender, hawthorn berries, jasmine, lavender, rose, basil, sage, thyme, cilantro, parsley

### **Crystals:**

Rose Quartz, Malachite



### **Essential Oils:**

Jasmine, Rose, Lavender, Eucalyptus, Pine

### **Practices to Balance:**

Chant YAM every morning and night, Meditate on your Heart Chakra with the Visualization of a vibrant Green Orb that glows and grows brighter with each breath into the Heart, EFT Heart Tapping, Deep and Slow Yoga, Devote to a personal spiritual practice, create a personal altar, Breath of Joy, Loving Kindness Meditation, Acupuncture, Qi Gong, Prayer, Deep Conscious Breaths into the heart throughout the day, Singing, Eye Gazing, Drinking Cacao or Rose Tea with Intention, All Breathwork pranayama opens the heart, Place your hand on your heart frequently each day, Music, Self Massage and Self Touch, Laugh!, Establish clear boundaries, Make time to be alone with yourself, Hug more, Give yourself permission to feel fully, allow yourself to receive love, Aromatic Baths, Nature Meditation, Forest Bathing, Connecting with loved ones, Cuddles, Taking yourself on a date, dancing, Nature Walks, Forgiveness and Compassion, Ho'oponopono meditation, Lead with the Heart, Gratitude Practice, Affirmations of Love, Slowing down to discover the nourishment we can give ourselves, Spa Day, Massage

### **Affirmation:**

I LOVE

### **Yoga:**

Puppy Pose (Anahatasana), Back Bends (Urdhva Danurasana, Setu Bhandasana, Matsyasana), Cat/Cow, Upper Torso Twists, Camel Pose (Ustrasana), Reclined Bound Angle (Supta Bada Konasana), Waterfall Pose (Vipariti Karani Cobra (Bhujangasana), Breath of Joy, All Pranayama Breathwork opens the heart!!

### **Seed Syllable:**

YAM

### **Foods:**

Greens, vegetables (spinach, kale, dandelion greens, chard). Airy vegetables (broccoli, cauliflower, cabbage, celery, squash). Avocado, Cacao, Ashwagandha. Raw foods rich in chlorophyll. Foods which benefit the heart and circulation.

### **Imbalance Might Manifest As:**

Heart and breathing disorders. Heart and breast cancer. Shallow Breathing, Asthma, Lung Infections or Diseases. Chest pain. High blood pressure. Immune system problems. Muscular tension. Disconnects us from the opportunities presented by sharing love with another, love for ourselves, and sharing our passions and dreams. We may feel closed off, dependent, easily hurt, or even heartless. We may avoid connection due to fear of rejection, or feel easily hurt by criticism. We may experience feelings of shyness and loneliness. An inability to forgive. passivity, or a lack of empathy. Codependency, possessiveness. jealousy, insensitivity, Fear of Loneliness, Fear of Loss and Abandonment, Fear of Intimacy.

## Throat ~ Vishuddha: Purity



### Symbolism and Qualities:

Connects to our creativity, communication and ability to express ourselves. Language Discernment. Power of the spoken word, truth. Resonates to power of choice and associated struggles. The release of our personal will and choice into the hands of the divine (our communication is our way of expressing our will in the world). Learning to express oneself and one's beliefs (truthful expression). Ability to trust, Loyalty. Organization and planning. Our ability to communicate. Symbolic challenge is to progress through the maturation of will - from the tribal perception that everyone and everything has authority over you, through the perception that you alone have authority over you, to the final perception, that true authority comes from aligning yourself with the divine. Power of Listening and Receiving. Will Power that comes from the Divine. Purification and balancing of opposites

### Location:

Region of the throat. Corresponds with the laryngeal plexus, jaw, tongue, neck and cervical spine.

### Frequency:

741 HZ

### Element:

Ether (space that penetrates everything, inside us, in the universe, Sound & Silence, Vibration & Stillness.

### Color:

Blue

### Herbs:

Chamomile, coltsfoot, peppermint, red clover blossoms, sage, salt, lemon grass

### Crystals:

Lapis Lazuli, Aquamarine

### **Essential Oils:**

Frankincense, Geranium

### **Practices to Balance:**

Chant HAM every morning and night for 5 minutes, Meditate on your Throat Chakra with the Visualization of a vibrant Blue Orb that glows and grows brighter with each breath, EFT Tapping, Devote to a personal spiritual practice, create a personal altar, Acupuncture, Qi Gong, Prayer, All Pranayama Breathwork, Breath of Joy, Lions Breath and Brahmari really opens the Throat. Affirmation and Mantra Practice. Drink Pure Water. Spend Time in Silence. Scream in a Pillow or underwater. Reiki Healing. Sound Therapy. Binaural Beats Meditation. Color Therapy. Chanting and Meditation Practice. Prayer. All things Purification, cleansing and decluttering space, altar, yoga mat, room & house, spa day, breathwork, food cleanse, juice cleanse, fasting, releasing toxic relationships and habits), Singing out loud or in the shower. Poetry, stamp or art collecting. Journaling. Include the color Blue in your life. Practice Mindful Eating. Get a Neck Massage. Meaningful conversations. Practice deep listening and conscious communication. Neck Stretches. Purifying the being through attention to diet, yoga, meditation, and exercise opens us to experience the aspects of the upper chakras.

### **Affirmation:**

I Express, I Discern

### **Yoga:**

Shoulderstand (Sarvangasana), Plow (Halasana), Fish (Matsyasana), Camel (Ustrasana), Cat/Cow with Lions Breath, Bow Pose (Dhanurasana), Downward Dog (Adho Mukha Svanasana), Cobra Pose (Bhujangasana), Shoulder Stand (Sarvangasana), Child's pose with Brahmari (Balasana), Reverse Table With Lions Breath, Brahmari, Chanting, Singing, Pranayama, Lions Breath, Meditation, Breath of Joy

### **Seed Syllable:**

HAM

### **Foods:**

Blue/darker foods: sea plants. Liquids in general (water, fruit juices, herbal teas) Foods with high water content, soups and sauces. Any foods that benefit the lungs and throat. Tart or tangy fruits/tree growing fruits (lemons, limes, grapefruit. kiwi, apples, pears, plums, peaches, apricots, etc.).

### **Imbalance Might Manifest As:**

Hearing difficulties, stuttering, neck stiffness, shoulder tension, teeth grinding. Jaw disorders, throat ailments, thyroid imbalances, swollen glands. Fevers and flu. Infections. Mouth, jaw, tongue, neck and shoulders problems. Hyperactivity. Hormonal disorders such as PMS, mood swings, bloating and menopause. We can feel unable to express ourselves or share our ideas. Ideas may be expressed without clarity or only partially, leading to miscommunication, a lack of empathy, and difficulties in implementing processes. Shyness, dishonesty, timid, and general weakness in expression, or excessive chatter gossip, inability to listen, tendency to interrupt. Dogmatic, arrogant or self righteous.

## Third Eye ~ Ajna: To Know, To Command



### Symbolism and Qualities:

Connects to intuitive wisdom, recognition of patterns and vision beyond knowledge we learn in school and society. Imparts knowledge of unconditional truth and awareness of non-duality. Trusting one's intuition and insights. Developing one's psychic abilities. Self-realization. Releasing hidden and repressed negative thoughts. Our ability to focus on and see the big picture. Activates the lessons that lead us to wisdom. Achieve through life experiences and by acquiring discriminating perceptual ability of detachment. Dreams, Visions, Clairaudience, Clairsentience, clairvoyance, psychic ability, intuition, deeper clarity, see clearly, ready for what is ready to emerge. No longer seeking, but wisdom is flowing out of us. Clear vision Clear path. We Trust, we Know, and are always still learning. a clear understanding of our purpose in the universe. The creative process requires a balance of lunar thinking (divergent, absurd, playful, without judgment) with solar thinking (convergent, critical, analytical, structured) and this balance is found in the ajna chakra. With this balance, we may experience heightened Insight, clairvoyance, visions, powerful perception, good concentration and focus, and an understanding of purpose and existence.

### Location:

Region between the eyebrows; corresponds with the cavernous plexus and pituitary gland.

### Frequency:

852 HZ

### Element:

Light

### Color:

Violet / Índigo

### **Herbs:**

Eyebright, juniper, mugwort, poppy, rosemary, lavender, poppy seed, blue lotus.

### **Crystals:**

Amethyst, Clear Quartz, Blue Kyanite, Labradorite

### **Essential Oils:**

Mugwort, Blue Lotus

### **Practices to Balance:**

Chant OM every morning and night, Meditate on your Third Eye Chakra with the Visualization of a vibrant indigo Orb that glows and grows brighter with each breath, EFT Tapping, All Pranayama Breathwork, Breathwork Journey, Chanting, Prayer, Devote to a personal spiritual practice, create a personal altar, Acupuncture, Qi Gong, Gratitude Practice, Personal Ceremony for yourself with Tea or Cacao, Write a list of What you'd like to manifest or let go of, Shamanic Journey, Create a Vision Board, Take a break from Social Media/Phone Usage/TV, Longer Meditations, Star gazing, Sun Gazing (Sunset / Sunrise) Candle Gazing, Sacred Plant Medicine Ceremony, Supplements to defluoridate the body. Positive images and visualizations. Practicing yoga with blindfolds. Sun Bathing. Moon Gazing.

### **Affirmation:**

I See, I Know

### **Yoga:**

Child's Pose OM with third eye on earth (Balasana), Headstand (Sirsasana), ThunderBolt Pose with Brahmari (Vajrasana), Crocodile Pose (Makarasana), Downward Dog (Adho Mukha Svanasana), Lotus Pose (Padmasana), Dolphin Pose (Makarasana), Waterfall Pose (Viparita Karani), Meditation (Dhyana), Corpse Pose (Savasana), Concentration (Dharana), All Pranayama, Chanting, Kirtan.

### **Seed Syllable:**

OM

### **Foods:**

Purple foods with many vitamins, minerals, and antioxidants that benefit eyesight (eggplant, purple kale, grapes, blueberries, goji berries, other berries).

### **Imbalance Might Manifest As:**

Learning disabilities, coordination problems, sleep disorders. Depression, headaches, hallucinations, nightmares, and difficulty concentrating. Poor memory, eye problems.

Underutilization can lead to confusion, depression, over-intellectualizing and missed opportunities to connect, learn, and create! We may notice a lack of vision, confusion, depression, or even rejection of spirituality. Fear of truth when one's reason is clouded, discipline, fear of shadow. Has difficulty recognizing patterns, and can't visualize well. Or if excessive one may experience hallucinations, over-seeking of meaning in every-day events, overactive imagination.

## Crown ~ Sahasrara: Thousand Petaled



### Symbolism and Qualities:

The highest Chakra represents our ability to be fully connected spiritually. Connects to the upper world, the divine. Samadhi enlightenment is experienced when kundalini energy prakriti (female) meets the Shiva energy (male). Purity, understanding, formlessness, connection to the Source and Universal Consciousness itself. Dedication to the divine consciousness and trusting the universe. Learning about one's spirituality. Our connection to the concept of God or a higher intelligence. Integrating one's consciousness and subconsciousness into the superconsciousness. Entry point for human life force - pours endlessly into the energy system. Contains the purest form of energy of grace or prana, which can be generated by prayer, intention, attention and meditation. Sudden flashes of balance and connection in the crown chakra. It is through this awareness and understanding of ourselves that we achieve a balanced connection between Shakti/Shiva. With this, we experience Union with the Divine, the intelligence of all life, transcendence, full awareness and awakening.

### Location:

Region of the crown of the head: corresponds with the pineal and pituitary gland.

### Frequency:

963 HZ

### Element:

Pure Universal Energy, Spirit

### Color:

Violet, Rainbow, Diamond White Light

### Herbs:

Gotu kola, lavender, lotus, mugwort

### **Crystals:**

Selenite, Clear Quartz, Opal, Moonstone, Labradorite

### **Essential Oils:**

Sage, Copal, Myrrh, Frankincense, and Juniper

### **Practices to Balance:**

Meditate, Meditate, Meditate!! Chant AUM every morning and night, Meditate on your Crown Chakra with the Visualization of a vibrant rainbow or diamond white light Orb that glows and grows brighter with each breath, EFT Tapping, All Pranayama Breathwork, Devote to a personal spiritual practice, create a personal altar, Breathwork Journey, Ritual and Ceremony, Affirmations and Mantra, Chanting, Observe your thoughts without identifying with them, Acupuncture, Qi Gong, Prayer, Yoga, Powerful Mantra to Connect to your spirit and Great Spirit, Sound Therapy, Binaural Beats, Frequency Healing, Read Books, Journal your Thoughts, Simplify your surrounding by cleaning and decluttering, Plant Medicine Ceremony,

### **Affirmation:**

I AM

### **Yoga:**

Corpse Pose (Savasana), Deep Meditation, Pranayama, Tree Pose (Vrikshasana), Headstand (Sirsasana), Rabbit Pose (Sasangasana), Crocodile Pose (Makarasana), Lotus Pose (Padmasana), Chanting, Silent Meditation

### **Seed Syllable:**

AUM or Silence - Cosmic Sound representing Awakened State, Dream State and Dreamless State (Transcendental Absolute)

### **Foods:**

High electrolytes for higher frequency (fruits and veggies, bananas). Other: garlic, ginger, onion, lychee, coconut.

Detoxing, fasting (focus on prana, love, air) WATER!

### **Imbalance Might Manifest As:**

Headaches. Photosensitivity. Mental illness. Neuralgia. Senility. Right/left brain disorders and coordination problems. Epilepsy. Varicose veins and blood vessel problems. Skin Rashes.

It can be hard to reconcile our own ideas and manifestations with the concepts of divine will and destiny.

We may feel disconnected, with lack of purpose, and feel separate from Spirit.

Difficulty thinking for yourself, apathy, spiritual skepticism, and materialism.

Overly intellectual, Creating Drama, Distance from Spiritual Self.