

## E. The 12 Energy Centers

0 = Crown  
(Pituitary)

1 = Third Eye  
(Pineal)

2 = Right Brain

3 = Left Brain

4 = Throat  
(Thyroid)

5 = Heart

6 = Thymus

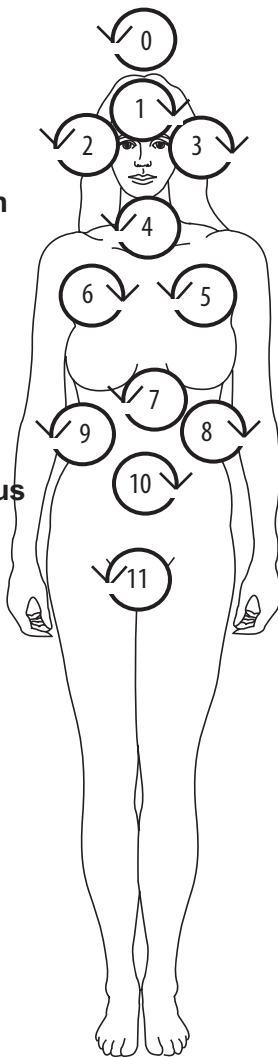
7 = Solar Plexus

8 = Pancreas

9 = Liver

10 = Navel

11 = Root



Notes:

### 0. Crown

**Basic Nature:** Connection to the infinite, being present and embodied. Balanced at 11) Root

**Weak** = disconnected, “beside” one’s self, spacey, not grounded, head “in the clouds,” disassociated, lack of faith.

### 1. Third Eye

**Basic Nature:** Perception, pure intelligence. Balanced at 10) Navel

**Weak** = not wanting to “see” reality, blocking of one’s insights or spiritual gifts, “closed,” unperceptive, “blinded.”

### 2. Right Brain

**Basic Nature:** Creative, spiritual mind. Balanced at 9) Liver and 3) Left Brain

**Weak** = blocked creativity, inability to see perceive new ideas or relationships, problems with artistic and concrete thinking.

### 3. Left Brain

**Basic Nature:** Logical, physical mind. Balanced at 8) Pancreas and 2) Right Brain

**Weak** = unable to reject irrational thinking, blocked scientific or mathematical abilities, problems with logical and symbolic thinking.

### 4. Throat

**Basic Nature:** Communication, orientation. Balanced at 7) Solar Plexus

**Weak** = blocked self expression, unable to connect logic and feelings, disoriented.

### 5. Heart

**Basic Nature:** Mercy, compassion, “openness” to others. Balanced at 6) Thymus

**Weak** = hardened heart, suppressed grief and emotional pain, feeling unloved by others, inability to trust and connect with others emotionally.

### 6. Thymus

**Basic Nature:** Judgement, order, self-esteem. Balanced at 5) Heart.

**Weak** = low self esteem, poor self image, inability to recognize and respect appropriate social boundaries, poor judgment, lack of order and self-discipline.

### 7. Solar Plexus

**Basic Nature:** Centeredness, inner peace, balance, beauty. Balanced at 4) Throat

**Weak** = scattered, fearful, chronically worried, lack of inner peace, lack of the ability to cope with stress or stay “centered,” reacts instead of acts.

### 8. Pancreas

**Basic Nature:** Ability to receive pleasure, experience joy and laughter. Balanced at 3) Left Brain and 9) Liver

**Weak** = overly serious and intellectual, poor sense of humor, work-a-holic, craving for sweets, lack of joy or happiness in one’s life.

### 9. Liver

**Basic Nature:** Will to live, desire to survive, ability to push away pain and struggle against opposition. Balanced at 2) Right Brain and 8) Pancreas

**Weak** = depression, discouragement, suppressed anger, “doormat” personality, inability to get angry or defend one’s self, suicidal thoughts.

### 10. Navel

**Basic Nature:** Connection to mother, ability to receive nurturing to sustain life.

Balanced at 1) Third Eye

**Weak** = inner belief in unworthiness to be loved or nurtured, hyper-achiever, inability to attract prosperity, weak digestion, inability to maintain normal weight, difficulty developing emotional bonds with others.

### 11. Root

**Basic Nature:** Connection to father, feeling safe and protected, find a “home” on earth. Balanced at 0) Crown

**Weak** = disconnected from the earth, feeling insecure or unsafe, unable to put down “roots,” difficulty enjoying sexuality, often signals abuse or neglect as a child.