



Additional Chakra Resources Front and Back Sides of the Chakras

Anatomy of the Chakras: Excesses and Deficiencies in the Front and Back Sides of the Chakras (Transcribed from a previous lecture)

This section includes characteristics of a chakra being too closed and too open, both in the front side and backside. I will always start with the backside because that is where we are sourced. It is our unseen and sourced information that comes through, so we can be a manifested self in the world. Another way of saying it is that it is our subconscious. I will first share the characteristics of each side of the chakra (back and front), and then I will describe how it looks when each side is too open or too closed. Typically, the backside characteristics are part of our subconscious operating, while the front side is how we manifest those aspects of ourselves in the world.

First/Root Chakra

The Root Chakra relates to how you are at home in your body... your physical health, your organization and finances, your family, and your tribe. These are fueled by the spiritual aspects of the backside of this chakra.

The backside of the first chakra is about receiving the abundance of love from the highest source, from the Divine. In other words, from the love of having a body, being given the gift of life, and from accepting your mission. The

spiritual power of the root chakra is TRUST. If you trust the flow of abundance and the universe taking care of you, your body can relax into knowing all is in Divine timing and purpose.

Being able to open up to the abundance of love in life includes being grateful for what you have. Waking up and putting your feet on the floor first thing in the morning and saying: "I'm grateful for this life." Just your sheer appreciation for this life is an example of how you are connecting to the backside of the Root Chakra. When we connect through the backside of the Root Chakra in this way, we are saying: I trust. I trust I am here for a reason. I trust I have this body and this life for a reason. I trust my mission. It's another way of saying: I TRUST.

Backside Closed Down

When the backside is closed down, we panic and fear the earth won't support us. We can't trust we are going to be taken care of and provided for here. We can't trust the people around us. We can't trust things will come through for us.

Backside Too Open

When the backside is too open, the experience can be gluttony, excessive greed, and a trait it shares with the second chakra: a leakage of sexual energy. This could include being promiscuous, sexual addiction, or pornography. Energetically, this looks like energy leaking out the backside. The result is withdrawal, vacancy, a need to escape, a feeling there will never be enough, and a feeling "I have to find a way to get my needs met." Largely because they were not met at an early age or emotions were suppressed. On a soul level, the person loses power, loses ground on earth, and even loses faith. These traits get coupled with a fear of commitment and an inability to show up.

Frontside Closed Down

When the front side of the root chakra is closed down, there is fear and panic manifest in all four quadrants: home, finances, health, and family/friends. It is going to bring a sense: "I can't be at home in my body in those areas. There is not enough life force going through me for me to have stability in those areas of my life."

Frontside Too Open

And if it is too open, then you experience a loss of control or chaos, sensing the rug keeps getting pulled out from under you - that there is nowhere to ground.

Question: How does a chakra become too open?

The front side being too open comes from the backside being too closed down and vice versa. For instance, if the front side of the Root Chakra is really open, the backside will shut down. This means there is a disconnect, resulting in the feeling there is not enough abundance or not enough to live by 'in the now' The front side, in turn, leads to an experience of chaos and being out of control in life because the person struggles with trust.

Question: If the Root Chakra is established from ages zero to seven, this would come from patterns of not having enough?

If during those early years, you experience lack, you come to believe in lack and might feel: I can't get my bearings, I don't know where I belong, I don't know who or what to ground into to get the kind of love I need, etc. Later in life, this can form addictions or unconscious, and even sneaky, behaviors to fill a need. However, our younger consciousness can be healed depending on the adult's ability to ground and get support for healing. If you come across an adult who has these types of issues, it would be helpful to look at the front and backside of the chakra and get a sense of why the person is cut off from love and abundance, and then offer ways to energetically bring love in, or make suggestions on how the person can bring more love into this area of the body.

Question: Does being cut off from love and abundance in the material world lead to feeling cut off from love and abundance in the spiritual world? Yes.

Second Chakra

Characteristics: The backside of the Second Chakra is about taking in the flow of life. That means experiencing serendipitous moments, going with the flow, being open to the creative energy, the creative universe, creative thoughts, creative energy, or even pregnancy. This is the universe saying: I want you to birth something —whether it's a creative project or a person — and it comes in through the backside of the sacrum. The front side of the Second Chakra is about how you express or manifest in the world this universal creative energy. This includes feminine energy, creative energy, and intuition. Can you tap into your 2nd chakra power and feel your intuition and creative flow in this area?

Backside Closed Down

When the back side of the Second Chakra is closed down, we experience creative blocks, sexual blocks, and a disconnect from the vitality and vibrancy of life. This looks like depletion, and a person may look drained as if she is not letting that soft, supple, peachy color of life into her life. She may look dark or even black energetically. Here, one is not able to vibrate as a spiritual, sensual, or sexual being. One's vitality is affected.

Backside Too Open

Similar to the Root Chakra, the backside will blow open when there is a misunderstanding about sexual energy, specifically if there is a misuse of that energy. Life force energy coming through the Second Chakra is sexual energy, which is not only about sex. It is an energy, a vibrancy, a vitality that comes into the body and raises one's overall vibration. Sexual energy ideally is a feeling of ecstasy, which also has a spiritual component to it. For many people, the only time they are able to come to that place of elation is during sex. However, this exhilaration or even ecstasy is life force energy that, when integrated into the body, can really fuel power through the entire energetic anatomy. Sometimes this energy gets confused and expresses itself as over-sexualized energy. When working with yourself or on others, know this energy can be integrated into the body, but will require grounding, resting,

and allowing it to move through the body. Integration could take a few days.

There is a term that relates to the Second Chakra being too open around sexual energy. It is called: leaky sexual energy. This is when someone's energy is literally leaking out and is giving off a sexual feeling or vibe. If this energy were integrated into the body, the person's creative life force would feel more grounded. Leaky sexual energy from an energetic perspective can be caused by a violation of that area of the body or (as mentioned in the Root Chakra) a desire to get an unmet need met.

It is necessary to talk a bit about violation because, unfortunately, it is rampant in our culture. Sexual abuse blows open the backside of the Second Chakra. It creates an opening in the backside of the Second Chakra where the person has an experience of confusion around sexual energy. With this area being left open and unhealed, there are ways a person will protect and compensate, such as numbing, distraction, disassociation, or inappropriate boundaries. We will talk more in the next module on how to work with this if needed.

The backside of the second chakra is how we open up to universal flow: vibrancy, vitality, and the beautiful feminine. In our highest creative form, we do want the backside open. But if the second chakra is too open, boundary issues form. We are not able to contain all the energy coming in and out of the back, and we learn how to operate in secret or sneaky ways to get our needs met.

Frontside Too Closed

If the front side of the Second Chakra is too closed, it results in the experience of being shut down creatively - an inability to manifest creative energy out into the world. It can also correspond to feminine issues and reproductive health issues. This shutdown can show up as suppression or depletion or being on the receiving end of excessive amounts of criticism, weakening the feminine ego. If we are criticized early in life, that critical voice turns into our own and becomes self-critical, self-judging, and victimizing— sometimes harshly.

Frontside Too Open

Frontside too open corresponds to being out of control. This includes boundaries, excessive talking, addictions, and vices. An excessively open front side of the Second Chakra corresponds to not being able to hold your energy in your body, therefore losing a sense of self and giving power away to someone or something else. As a result of losing power, we lose our emotional center as well. This means a person may not be connected to their emotions or might confuse other people's emotions with their own. This includes being overly empathic and taking on others' energy.

Due to feeling uncontrollable emotions, a person may choose substances to "numb the pain." This is a way to control the out-of-control feeling. Also, when people lose their center here, they can easily be taken advantage of and susceptible to betrayal or the expectation of betrayal. What is important here is when our energy is not in the center in the Second Chakra (or in any chakra for that matter), there is an energetic hemorrhage. This means the soul is not sitting in the body here or connecting to the power here. It is necessary to clear any and all stuck emotions and blocks in order to make space for the soul to feel situated in the center and connected to the power here.

Clarification: While the Second Chakra foundation occurs at ages seven to twelve, these issues can develop at any time in a person's life. Second Chakra being too open or too closed can be caused by sexual abuse or addictions, which may have an emotional component that may have been formed in the Root Chakra. Any kind of addiction — sexual addiction, substance abuse, eating disorders and misuse of food, overspending, etc., is going to blow open the Second Chakra.

On a deeper level, it is going to be a loss of being able to sit in one's center if the feminine energy is left of center or right of center but isn't sitting in the center of that chakra.

Another aspect of the Second Chakra being too open is excessive care-taking of others' emotions. This comes from caretaking too much because you're taking in too many people's emotions... you're feeling too deeply. This is shared with the solar plexus. When these areas become open, especially for women who tend to be in their emotions, we tune into the emotions of others, especially when they're not tuning in themselves. The Second Chakra too open results in our tuning into the displaced emotions of others. People

with an open Second Chakra feel the displaced feelings of others.

Third Chakra / Solar Plexus

The natural state of the backside of the Third Chakra is to be open to encouragement. We're encouraged by our parents, our teachers in life, our guides - the people in our lives who have given us positive affirmation. This includes the hand of the Divine, so we know we are being guided and encouraged and that we have a big mission or purpose of manifesting into the world. This is where our healthy ego is nourished.

Through the front side of the Third Chakra is how we achieve in the world – using the encouragement, power, and confidence we have built to manifest ourselves externally. What is important here is we are coming from our center, using confidence to serve our purpose. We can do this because we are able to integrate the healthy encouragement we have received to build a strong sense of self. This is the opposite of just blowing ourselves out into the world from an unhealthy ego place.

Backside Too Closed

The third Chakra backside too closed is a cutoff from encouragement. A person may not have been encouraged enough or did not have enough information coming through the back of the mind, to help her build a healthy ego, which means the chakra closes down due to a lack of empowerment.

Backside Too Open

Whether or not a person has personal confidence, if the backside is too open, she or he is not able to hold personal energy in the body, so there is an escape or a withdrawal – a leaking of power or mismanaging of it. If a person doesn't have a strong sense of self held in the Third Chakra, the feeling is: "I'm losing myself."

If the back of the solar plexus opens up like that, there tends to be a rip or tear of the self. I say rip or tear because that is what it looks like... that something has been torn away from the person. This comes when someone is bullied or

where a person has the experience of being pushed out of his or her center. When the person has an ego blow, when something in life socks a person in the gut (metaphorically), it leads to a blowout in the backside. This can come from physical abuse and from, verbal abuse and Ego blows. The spirit deflates and goes out the back because that is where it is going to stay safe. This can be rebuilt easily through encouragement, and sometimes the person is going to go through experiences and be given opportunities to step into power. When the spirit goes out the back, it is preserved until a later time when the spirit can say: "All right, I am ready to take a big step forward into myself and to challenge myself to grow."

The word encouragement means "to take to heart." So when you are encouraged, you are going to take it to your heart, and this will build you up! When criticized, you will take it to heart as well, and that will knock you down.

Frontside Closed Down

Third Chakra frontside closed down creates self-esteem issues... low self-esteem, decreased willpower, insufficient willpower or ambition, and an inability to put yourself out there in the world.

Digestive issues resulting from this chakra manifest differently if it is open or closed. When it is shut down, there is sluggish digestion and a cold belly. When it is too open, there is too much fire in the belly.

Frontside Too Open

The third Chakra, too open in the frontside, shows up as narcissism and extreme projection of self. This can exhibit in an overly controlling way so the person feels safe. This can also be explosive anger and/or out-of-control fluctuation of emotion, such as inconsistency or inability to hold boundaries around emotions. Generally speaking, it is an inability to maintain consistent, appropriate boundaries.

Question: Can it be the case a chakra is too open AND too closed at the same time?

Yes, during different periods in life, you may experience too open or too closed in one chakra. It is also important here to see what is going on in the other chakras in the way of them being too open or too closed. Because we are always seeking balance, the chakras are going to compensate. If the backside is closed down, the frontside is going to overcompensate, and so it becomes too open. This dynamic is also at work between the chakras. So the Second Chakra can be too open, and the Third Chakra can close down to control the energy.

I'm going through excessive deficiencies and excessive openings in this section, so if you are wanting to recall what the chakra feels like in balance, refer to my book: *Energy Healing Through the Chakras: A Guide to Self-Healing*.

Fourth Chakra/Heart Chakra

The backside of the fourth chakra is about opening up to a higher source, divine support, and self-love. The front side is about expressing love, kindness, generosity, and compassion.

If a person is Divinely plugged in and receiving Divine love through the backside of the heart, she or he is getting sourced through the channel of self-love, in this way, leading to offering love, kindness, generosity, and compassion from a healthy and fueled heart.

Backside Closed Down

When the backside of the heart chakra is closed, a person can be cut off from Source love and from connection to self-love. What this looks like is love becomes conditional. A person will need to receive love only from the front side and from people, but if the person does not get it, resentment and rejection build, which becomes conditional love. This can ultimately also lead to depression in some cases.

Backside Too Open

When the backside of the heart is too open, a person can exhibit what appears to be extreme selfishness. What is actually going on is a dysfunctional level of comfort in being separate from self and others. The person is so comfortable in the back because this is where it feels safe. This looks like withdrawal and contributes to difficulty being intimate. Remember, if the back is too open, the front will close down — and the front is how we engage with humanity. In essence, the person is so comfortable being apart from him/herself and other people, the person does not seek out the connection in the first place.

What makes this happen is a wound. There has been some kind of hurt that happened in the front of the heart and has pushed the energy backward. So anytime there is an experience of these excessive openings or closings, it is because something happened, causing that chakra to compensate in this way. So, consider a person's wounds to see why an imbalance arises in the first place. For example, if you read a woman intuitively and you sense the backside of her heart is really, really open, you can mention it is nice to have that connection back there, but it seems like she's afraid to be in the front of her heart... something must have happened to have her close down and protect herself in the front. What happened? Ask her to tell you the story. Once you feel into these imbalances and describe them, she might say, "Yes, that feels right, here is what happened..."

Frontside Too Closed

Fourth Chakra frontside shutdown is exactly what one would think it would be – It is being closed off to love or an inability to express heart. It can also be grief, although grief can exist in a "healthy" heart. The heart does not have to be shut down for grief to be present, but it can be a protection. The heart closes because there is hurt or grief there. Further consequences of the front of the heart being closed off is an inability to feel the heart – to not be in the heart but to be in the head or the ego. In other words, to be north or south, but not in the heart. Other consequences coming from the front of the heart being closed off are: feeling hopeless, helpless, or lost, feeling like there is no

use, not having access to your intuition (not being able to tune into your intuitive heart), and finally, resentment.

Frontside Too Open

The Heart Chakra being too open leads to excessive giving or an experience of spilling emotionally from the heart. Excessive giving can come with a backlash of resentment: sometimes we give excessively and feel like we are not receiving back, and therefore, we grow resentful. A further symptom of the heart being too open is extreme loftiness, or lofty ideas, which shows up often as following your bliss or heart without necessarily having enough underneath to sustain the journey required to do so. There is not enough integration or experience of being in the heart to have what it takes to carry out the so-called heart's desire. When the heart is too open, one might be excessively dramatic, overly emotional, and anxious and experience a sense of being lost or directionless, as if being led by emotions, so it is difficult to make clear directional decisions. This can look like manic behavior.

Question: What causes the front of the heart to be too open?

The Spirit driving the Heart Chakra is always going to lead us in the direction of our spiritual growth. So it might be the heart is trying to seek out the spiritual connection or the divine love it could get if the backside of the heart were open. But instead, it is seeking from the front, seeking out divine love. Sometimes this seems like looking for love in all the wrong places. It could also be learned behavior or upbringing.

Fifth Chakra/Throat Chakra

The backside of the Fifth Chakra opens up to spiritual guidance, whether from a person's higher self or from their spirit guides. Everyone has the potential to receive divine communication through the backside of the throat. Through the frontside, we express truth, Divine communication, and our Heart.

Backside Closed Down

The backside closed down results in a cut-off from your higher source communication and ability to listen with higher consciousness.

Backside Too Open

The backside too open results in confusion in channeling words through your mouth, or through your throat. This confusion could be because the backside is so open, a person is just taking in too much information and so is not able to discern. There is a lack of discernment when the backside is too open. This might show up in ways such as, *I am just going to say what is on the top of my head*. It is an inability to judge and discern what is appropriate and what is not appropriate to say.

Frontside Too Closed

Fifth Chakra frontside shutdown results in suppression, inability to speak, feeling blocked, can't communicate, can't express, miscommunication, and sometimes blocked by fear. The Fifth Chakra being closed can also result from one being willfully silenced, including silenced by an external source. This could be ideas or beliefs such as: children should be seen but not heard.

Frontside Too Open

Too open in the front of the throat leads to excessive talking, inability to listen, or difficulty quieting down and not talking. A rawness in the front can lead to cursing, swearing, being foul-mouthed, a sore throat, throat issues, or jaw issues. Chronic ear issues could come from this, but they may be the third eye, as well. Ultimately, ear issues are about an inability to hear from a place of higher consciousness.

Sixth Chakra/Third Eye

The backside of the Sixth Chakra is where we connect to our higher wisdom. It is where we have a reservoir for understanding our highest potential and tapping into our highest spiritual access. Whatever our spiritual beliefs, visions, or understanding of what is possible for us, this information is stored in the back of the third eye. In other words, the backside of the third eye is the realm of possibility – what we are capable of and what is possible for us on a spiritual level. It is also the ability to formulate positive mental images for the purpose of attaining goals. This is about being able to visualize and conceptualize life from a higher plane place. Happy thoughts also come from the backside of the third eye when the state of being is in a healthy, happy state.

The Sixth Chakra frontside characteristics relate to our perception – how we perceive, how we see life, and how we make sense of the things we see visually, in relation to the information in the backside of the third eye.

For instance, let's say in projecting from the backside of your third eye, you are a positive person, you have happy thoughts, and you think positively. So, if you are in the car with your friend, who tends toward the negative, and then you get suddenly cut off in traffic, here is what might happen. You, coming from the positive, say: "Wow! That person must be in a hurry." The negative friend says: "What a jackass! I can't believe he cut you off. Why don't you flip him off!" This is perception. And how you see and what you perceive in front of you is going to be based on how you think and believe, drawn from this deep aspect in the back of your brain.

Backside Closed Down

The backside closed down means a person is shut down from higher wisdom. The experience may include the inability to formulate thoughts from a higher place. As a result, thoughts are not fueled by higher spiritual law or higher universal law. Rather, thoughts are formulated as justification or from reason. In other words, a closed-down backside is closed off from the connection to the meaning or a higher purpose. It is basically a cutoff from spirituality, and so thinking relates only to the material side of things.

Backside Too Open

The backside of the third eye too open can result in neurological and/or psychological disorders. Above and beyond what science knows about the brain, falls into the realm of the spiritual — this is how neurologists I've spoken to have explained this. The positive side of the backside being too open IS a higher spiritual awareness.

Frontside Too Closed

The sixth Chakra frontside, too closed, shows up as visual blocks, the inability to perceive or see, eye disorders, inability to set goals or see yourself clearly, as well as a shutdown to higher consciousness and perception.

Frontside Too Open

The third eye frontside too open brings memory issues, mental chaos/fog, and very high psychic ability. Which isn't a problem unless it is excessively open, resulting in severe mental illness, like psychosis or schizophrenia. It is when the person is not connected to this world.

Seventh Chakra/Crown Chakra

There is no front or backside here, just the funnel. When it is blocked, we are shut down from spirituality – there is no faith in God or in a higher power. When it is too open, there could be a level of ungrounding lifting the spirit up out of the body. We do need an open Seventh Chakra for spiritual connection and faith, but if the chakras in the lower body are closed down or wounded, yet the Seventh Chakra is excessively open, this could result in major ungrounding, disassociation, or severe mental illness.

Conclusion:

Having this information can help with understanding how the chakras affect our bodies and our life. Knowing about the front and back sides can also help you have an understanding of what you may be intuitively tuned into and where to go in the body.