








Ego Observation Chart

Use the chart below to identify where you or others may be in consciousness.

| Chakra | Name | Awareness Description | Examples |
|---|-----------|----------------------------------|--|
|  | Mystic | The Ultimate Love Connection | Unconditional love, peace, oneness, openness, knowledge, selflessness, forgiveness |
|  | Intuitive | Ignorance | Stubbornness |
|  | Throat | Pride/Miserliness | Resentment, regret |
|  | Heart | Arrogance, Narcissism, Affection | Sorrow, happiness, shame, guilt, love |
|  | Power | Manipulation/Control | Jealousy, fear, selfishness |
|  | Sacral | Desire/Lust | Pleasure, excitement |
|  | Root | Survival instinct/Intimidation | Anger, hatred, animosity, greed, pain |