



# Sacral Chakra - Svadhisthana

I open myself to others naturally.

Creative and sexual energy have the power to create and transform.

Light radiates from me. I embrace my emotions.

The Sacral Chakra is located from the top of the pelvic bone to the naval. This chakra is considered a sacred vessel of imagination and creative juices. The sacral chakra is our emotional center. It is our ability to relate to the world and nurture healthy relationships. It is where our feelings flow.

The second chakra is associated with creativity, pleasure, body image, sexuality, and connections with others. The essence of our second chakra is being comfortable in our bodies, our sexuality, and allowing ourselves to rest, relax and be content.

Whereas the first chakra is basic to survival, the second chakra allows the soul to embrace the body. On the spiritual level the sacral chakra lets us experience liberation and free-flowing feelings which make us willing to see life as original and new. It is governed by faith and trust in the bigger picture.

The sacral chakra influences emotional identity, creativity, and desire. As humans, it is part of our nature to create. When we use our creative energy, we are opening our second chakra. A balanced sacral chakra leads to feelings of wellness, abundance, pleasure, and joy. When this chakra is out of balance, you may experience emotional instability, creative blocks, fear of change, sexual dysfunction, depression, or addiction.

**Basic Principle:** To feel and have pleasure

**Color:** Orange (Complimentary Color: Blue) / **Sense:** Taste / **Element:** Water / **Planet:** Moon / **Season:** Fall

**Astrology Signs:** Sagittarius/Pisces / **Metal:** Tin / **Sound:** Note D / **Mantra:** Vam

**Emotional Component:** Guilt / **Physical Component:** Pelvic area, reproductive organs, kidneys, bladder, fluids

**Associated Glands:** Ovaries and Gonads / **Associated Meridians:** Bladder, Kidneys, Large Intestines

**Nutrition:** Liquids; orange foods such as oranges, carrots, melon, and mangos, along with nuts and seeds.

**Crystals:** orange calcite, carnelian, sunstone, gold tiger's eye, golden healer

**Oils:** Citrus, jasmine, Ylang-Ylang, Clary Sage, Cheer, elevation

**Karmic Lesson:** Let go of guilt or shame to create space for new energy

**Yoga Poses:** Bound angle pose; Goddess pose; Pigeon pose

## Harmonious Function of the Sacral Chakra

Enthusiasm for life – Ability to nurture self and others –  
Ability to change – Being creative – Ability to experience pleasure – Ability to express one's feelings~  
Comfortable in one's body – Graceful movement – Emotional wellbeing – Sexual fulfillment –  
Receptivity to nature

### **Underactive Root Chakra Energy**

Poor social skills  
Excessive boundaries  
Frigidity  
Fear of sex  
Denial of pleasure  
Fear of change  
Lack of compassion and excitement

### **Overactive Root Chakra Energy**

Sexual acting out  
Sexual addiction  
Addiction to pleasure  
Emotionally sensitive  
Poor boundaries  
Obsessive attachments

### **Physical Root Chakra Imbalances**

Pain in lower back  
Swollen hands and feet  
Urination issues  
Puffed and bloated  
Pain in leg and groin  
Gout symptoms  
Menstruation difficulties  
Depression and mood swings

### **Emotional Root Chakra Imbalances**

Unable to get along with others  
Worrying what other people think of you  
Valuing social status  
Power seeking  
Following the crowd

### **How to maintain a healthy Sacral Chakra.**

Balancing the sacral chakra is all about self-care and getting in touch with your sexual and creative self. If you've been maintaining a healthy root chakra with a regular self-care routine than you've already got a great start! Focus on your second chakra by adding some luxurious baths to your routine, and treating yourself to some sweet or fruity desserts!

Plan a trip around a large body of water, like the beach, or your favorite lake. Get your feet wet! Soak up all those negative ions!

If you're feeling depressed or down, talk with someone. Do not hold in your emotions. Finding a counselor, you feel comfortable with can bring great balance and health to your sacral chakra.

Take pleasure in the sexual relationship you're in. Sex in a loving relationship is beautiful and healthy. Explore together and have fun! If you're not in a relationship, explore yourself and release your sexual emotions autonomously.

Create! What do you desire? Are you musical? Are you an artist? An author? An entrepreneur? Whatever creative projects you set aside a long time ago, pick them back up again! Creativity ignites the second chakra!

Meditate and envision the color orange glowing below the navel, energizing your pleasure center. Hold an orange crystal while meditating, carry one in your pocket, or sleep with it.

The element for this chakra is water; are you drinking enough of it? Increasing your fluid intake, especially water, will help maintain the balance of your sacral chakra. Are you eating your fruits and veggies? Add some color to them with a burst of orange such as oranges, melons, carrots and orange peppers. Nuts and seeds are also a great food for the second chakra!