

SACRAL

Svadhishthana

CHAKRA



What is a Chakra?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



Svadhishthana – 2nd Chakra

- Located in the pelvic area, near the genitals, 3 inches below the navel
- Related water, emotions, sexuality, self-gratification, emotional identity, nature
- Symbol: A lotus flower with six petals



Opening and balancing

- Balancing the sacral chakra is associated with relationships, creativity, desires, sensuality and sexuality.
 - Pamper yourself!
 - Take a long bath
 - Skincare routine
 - Get in touch with your sensual energy
 - Savor a dessert
 - Get creative
 - Painting, singing, dancing, coloring



Effect of imbalances

- Deficiency or blockage can result in:
 - Fear of pleasure
 - Resistance to change
 - Block in creativity
 - Low back pain
 - Urinary Problems
 - Reproductive Issues



Crystals & Aromatherapy

Crystals

- o Golden Topaz
- o Citrine
- o Carnelian
- o Tiger's Eye

Aromatherapy

- o Orange
- o Myrrh
- o Coriander



Healing foods

- Anything ORANGE!



Journaling + Painting

- What do I value in my relationships?
- What emotion do I primarily feel?
- What is my favorite way of expressing myself creatively? How can I bring more of that into my life?
- How can I honor my sexuality?
- I feel beautiful when...
- I feel inspired when...



Mantra - “VAM”

Envision the color orange glowing at your pelvis.

“I feel inspired and joyful. I am flowing with creative ideas. I nurture myself and others.”

Repeat “VAM” seven times.

