SACRAL
Svadhisthana
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.
  o Pamper yourself!
    o Take a long bath
    o Skincare routine
  o Get in touch with your sensual energy
    o Savor a dessert
  o Get creative
    o 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**
- Golden Topaz
- Citrine
- Carnelian
- Tiger’s Eye

**Aromatherapy**
- Orange
- Myrrh
- 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.