



CHAKRA 2 – SACRAL

Pelvic, Center of Procreation

COLOR: **ORANGE**, 6 lotus petals. Feelings, passion, sexuality, intimate relationships.

SANSKRIT NAME: Svadhishthana, abode of the self, commonly called the sex chakra. It is the seat of the subconscious mind, emotions and procreation.

LOCATION: Base of the spine (tailbone).

MANTRA: VAM

ELEMENT: Water

GEMSTONE, or CRYSTAL: Carnelian, Amber, Coral, other orange stones

HERBS: Coriander, fennel

INCENSE: Gardenia

As with each chakra the desire is to reach a balance. Chakras are great indicators of how your internal barometer is functioning at any given moment. Each chakra can be in balance or out of balance, too much one way or the other.

The Sacral chakra is about feeling emotions without being a slave to those emotions. Allowing yourself to recognize that your feelings are something you experience, not something you are is a key to emotional balance and a healthy second chakra.

Emotions, positive and negative such as pleasure/pain, beautiful/disturbing, sexual attraction, inspiration or revulsion and jealousy are some emotions that come from this chakra.

Creativity! Everything you create in your mind comes from this chakra, such as; singing, dancing, writing, painting, drawing, designing and so on. When this chakra is blocked it can result in writers block as an example but healthy you may be passionately absorbed in your creative endeavors.

Awakening the passionate chakra wear more orange, drink liquids and eat foods of orange in color, walk more gracefully, take warm baths, take deep breaths and repeat the mantra, VANG (the A sound is like "ah") and imagine your body filled up in a beautiful orange light.

Drink lots of pure clean water, dance, yoga, counseling, pursue a creative hobby and/or schedule a healing session with your favorite chakra practitioner for in-person or distant healing. As always, please check with your physician before attempting an exercise, yoga poses or breathing activities and new diet additions.

A yoga position that can be considered if you are capable to do:



Mudra that can be used during your Sacral Chakra clearing.

