

Sacral Chakra

Happiness Confidence Resourcefulness

145

SACRAL CHAKRA

*I open myself to others naturally.
Creative and sexual energy have the power
to create and transform.*

HONOR ONE ANOTHER

The second chakra extends from the top of the pelvic bone to the navel. As the navel is the cord of life in the embryonic stage of life, this cord seems to continue in an energetic manner connecting us to our pure creative energies that truly nourish our beings.

The Sacral Chakra is considered a sacred vessel of imagination and creative juices.

The Sacral Chakra is our emotional center. It is associated with relationships, creativity, pleasure, body image and sexuality. The essence of the second chakra is being comfortable in our bodies, with our sexuality and allowing us the opportunity to rest and relax and be comfortable.

The Sacral Chakra is associated with the water element and controls the body fluids. It controls all the urinary fluids and the function of the kidneys and bladder and also the fluids regulated by the sexual organs.

The Sacral Chakra is the energy associated with sexuality and the expression of sensual emotion. 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 larger picture.

Characteristics of someone with a strong Sacral Chakra are the ability to respond kindly to nature. To be solely connected to nature, animals, humans, self and the spiritual world. They exude sensuality and peacefulness and are nurturing, focused, capable, spiritually aware and emotionally responsive.



COLOUR

Orange

COMPLIMENTARY COLOUR

Blue

SOUND

Note D and $\text{C}\sharp$

SENSE

Taste

LOCATION

Lower abdomen

BASIC PRINCIPLE

To feel and have pleasure

ASSOCIATED GLANDS

Ovaries and gonads

ASSOCIATED MERIDIANS

Bladder, kidney, large intestine

EMOTIONAL COMPONENT

Guilt

PHYSICAL COMPONENT

Pelvic area, reproductive organs, kidneys and bladder. All liquids such as: blood, lymph, gastric juices, cerebral spinal fluid, mucus, and sperm

“The Essence of Sound”
“Full Spectrum Vibrational Healing for the Meridians, Chakras and Figure Eight Energies”
by Evelyn Mulders

INSUFFICIENT SACRAL CHAKRA ENERGY:

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

EXCESS SACRAL CHAKRA ENERGY:

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

HARMONIOUS FUNCTION OF THE SACRAL CHAKRA:

Graceful movement
Ability to experience pleasure
Ability to change
Ability to nurture self and others
Being creative
Enthusiasm for life

PHYSICAL IMBALANCES:

Frequent and painful urination
Pain in the lower back
Swollen hands and feet
Burning urine
False sense of needing to urinate
Puffed and bloated
Pain in the leg and groin
Cough or sneeze and lose water
Gout symptoms
Menstruation difficulties
Depressed
Mood swings

EMOTIONAL IMBALANCES:

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