

SACRAL CHAKRA

Location: Right below the naval

Sanskrit name: *Svadhithana* (meaning "sacred home of the self")

Represents: Creativity + emotions

Color: Orange

Gemstone: Red Aventurine

Associated with...

- Emotions, feelings + sensations
- Relationships with ourself + others
- Sexual expression + pleasure
- Enjoyment of life
- Fantasies
- Flexibility + flow
- Formation of the self

When blocked or out of alignment, you might experience:

- Co-dependency on people, situations or substances
- Being ruled by emotions
- Feeling numb or out of touch
- Lack of desire + satisfaction
- Feeling "stuck"
- Depression
- Fear of change
- A tendency to get lost in fantasies

How to heal it: Since the Sacral Chakra is associated with the element of water, try to surround yourself with water (i.e. the ocean, a lake, rivers, and even rain or a bath!) to absorb its healing energy. Hip-opening yoga poses—practiced in a slow, relaxed manner—are especially useful, as is meditating while envisioning an orange crescent moon in the region of your pelvis. Essential oils with hints of sandalwood, patchouli, orange, rose and ylang ylang

can also be helpful.

Physical symptoms include:

- Menstrual Problems
- Urinary Problems
- Infertility
- Gynecological Problems
- Lower Back Pain
- Spleen Issues
- Kidney Issues
- Gallbladder Issues

Mental Problems include:

- Unbalanced Emotions
- Guilt
- Co-dependence
- Creative Blocks
- Apathy
- Detachment
- Overly Sensitive
- Emotional Outbursts
- Over Eating
- Manipulative

AFFIRMATIONS

- I am inspired.
- I am creative.
- I am joyful.
- I am in control.
- I am unique.
- I am special.
- You is kind.
- You is Important.
- I Feel.

FOODS

- Pumpkin
- Peaches
- Oranges (no way)
- Carrots
- Mango
- Apricots
- Sweet Potatoes
- Orange Peppers
- Cantaloupe

- Tangerines
- Honey

CRYSTALS

- Citrine
- Moonstone
- Carnelian
- Sunstone
- Tangerine Quartz
- Amber

ESSENTIAL OILS

- Ylang yang
- Sage
- patchouli
- Lemongrass