

Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

The Sacral Chakra

The Sacral Chakra is located in the groin, and is related to emotion, sexuality, passion, and creativity. This chakra is most directly related to energy flow, as expressed in the flow of blood and especially with the energies of sexuality and creativity. It is also deeply connected to the five physical senses.

When balanced, people feel fully alive, energetic, spontaneous, guilt-free, and in full appreciation of their bodies. They are creative, nurturing, have a healthy self-image, and have the ability to feel and receive pleasure, to enjoy the experience, and be satisfied and fulfilled with the experience.

When unbalanced, reproductive organ diseases, joint stiffness, and various blood disorders may result. They may have poor social skills, addictions, a fear of change, a perception that they won't measure up to others, and envy and jealousy.

Stones Associated with the second chakra: citrine, amber, fire opal, moonstone.

Essential Oils to support the second chakra: Cedar wood, clary sage, coriander, fennel, frankincense, orange sweet, oregano, patchouli, sandalwood, tea tree, ylang-ylang

Color: Orange

Musical Style, Note & Vowel Sound: Reggae, D, O (home)

Function: Emotionality, Pleasure, Passion, and Sexuality

Challenge: Guilt

Healing Strategies: Movement therapy, emotional release, long warm showers, swinging in the playground, leg-pulls, creative projects, bike ride along the river, swimming, dancing, courting your partner

Sample Affirmations: "I feel my creativity streaming through my body, soul, and mind." "I open myself to others naturally." "I value and respect my body." "I am passionate."

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