



SACRAL CHAKRA

When we develop in the womb our sacral chakra begins to form from our mother. Her voice, her movement, her feelings and emotions imprint on our growing fetus. We learn the wisdoms of fluidity through the womb. As we are born we begin to develop our own feelings. We begin to define our own versions of what hunger, frustration, happiness, excitement, contentment, passion, joy, love are for us. We begin to understand the basics of movement in our bodies. Over time we forget these simplistic arts of feeling, emotion and connection. However we can always have a second chance to reconnect to our physical body, our emotional connection, to our energetic fields.

Our sacral chakra is so powerful yet gentle and serene, it holds the power of the water element. We have the choice to choose how we live within this life. Do we choose to live like the free moving water or do we choose to live rigid and frozen like ice. We hold the connection to both constitutions as we develop our yin selves. We are born into the world with Yang energy and begin to connect to the life that is offered.

Our Sacral chakra governs our sacred sexuality and allows us to explore our creative nature through this power. As we grow into our beautiful sacred connection to our sexuality we begin to understand what healthy and clear boundaries truly are for ourselves. Expanding our acknowledgment that our Prana and our sexual energy originates from the same source, bringing awareness to moderate the energy that we share with others. Choosing a sacred relationship with ourselves first and foremost and then inviting a partner to share life with. We learn to grow and expand our creative force through the interactions with others and outer perspectives and returning home to our selves with the greatest sense of gratitude and love. Our passions in life aspire through our creative nature, offering us the desired wisdoms of life. Experiencing our senses and turning the sensuality we intuitively feel, taste, see, hear, smell into the greatest gifts of life. Offer your self passions and pleasure through life and expand your human experience.

POSITIVE AFFIRMATIONS



I feel

I am a creative person

I have a healthy mindset

I love my emotions

My emotions are balanced

I live fully in my pleasure

I love and enjoy my body

My sexuality is sacred

I feel clear and free

I am alive, connected and aware

I allow myself to play and carry playfulness into all areas of my life

The relationships in my life are healthy, nourishing and safe

I am a beautiful creation and I share my beauty wherever I go

I embrace pleasure and abundance

Feelings are an important part of the human experience and I allow myself to experience feelings

My desires are important and I allow them to guide me

My body freely experiences pleasure

I am open to beautiful possibilities

Life feels so good, and I deserve for it to feel that way

Who I am and what I do is enough

My sexual relationships are sacred and respected

I am peace.

SACRAL CHAKRA

SVADHISTHANA

Translates to: Svadhisthana - the sweetness of life; it is connected to what brings you pleasure, the sweetness in your life, your desires, senses, and sensual body as well as your sacred sexuality, and your dharma

Bij Mantra: Vam- Key note of D

417 hz: Helps bolster one's creativity, and positive change in life. This is good for relieving stress and tension. It helps to loosen tight muscles, and alleviates joint problems for increased physical mobility. Helps with emotional, mental, and physical energy blocks.

Element: Water sounds, oceans, rivers, waterfalls- Like water our body responds to movement- if we are too stagnant, muscle start to atrophy, fascia grows fuff, bodily systems begin to dysfunction, possibly parasites and cancer

Colors: as a frequency it creates a bright orange; in the Vedas, luminescent like the moon or soft grey is the connective color

Medicine Wheel: nectar, fluids, saliva, tears, sweat, digestive juices

Orientation: ability to self preserve

Directional: West connection to water and Earth, sea creatures, jaguar, fearless animals, large cats, anything that moves with silence, things that do not make many sounds that are not pack animals, silent animals

Identification: Emotional body

Orientation: self-gratification

Shadow: guilt and shame

Light aspect: Step up, stand in your power; Own it; take responsibility to make the change; Desire, manifesting what you want to feel!

ANATOMY AND FUNCTIONS OF THE SACRAL CHAKRA

Location: Located: Under your belly button directly behind the bladder in your pubic bone

Sense: taste- Foods to support: Watery foods, fruits, watermelon, gel containing foods, superfoods, vegetable, celery, kale, orange foods, healthy oils

Connected to Moon and Mercury- follicular and luteal phases of our moon cycles are directly related to the waxing and waning of the moon

Sacred Sexuality- how we CONNECT with others and ourselves, first and foremost OURSELVES, honoring the connection with yourself

Direct overactive sexual energy into creative energy through mindful movement, and connecting BODY to BREATH and BREATH to MIND

Spirit animal medicine: sea creatures- water animal totem, aquatic life crocodiles

Sacral Chakra- Spleen- Ovaries- cervix, uterus- Female reproductive-sexual chakra- bladder- kidneys- adrenal health- large intestine-immune system

Physical organs related to the sacral chakra are the reproductive system, hips, bladder, colon, lower abdomen, large intestine, muscular and lymphatic system, lumbar spine, spleen, body fluids and appendix—so if you're having trouble or health issues relating to these areas, your sacral chakra is likely imbalanced.

An imbalanced sacral chakra can cause a low sex drive, reproductive problems, genital and sexual health issues, joint problems, back pain, urinary tract problems, being tired all the time, constipation, IBS, muscle spasms, ovarian cysts, endometriosis, testicular or prostate disease, and dehydration.

Emotional signs your sacral chakra is imbalanced: trouble connecting with others, feeling emotionally unstable, feelings of shame and guilt, lack of control over physical desires, feeling creatively blocked, feeling disconnected, fear of being seen as vulnerable.

Function: sensuality, sacred sexuality, creativity, manifestation, feeling, movement, fluidity in life

Guna- Tamasic: can be used as a filtration system

Vayu: Apana- Vyana Vayu

THE PSYCHOLOGY OF THE SACRAL CHAKRA

Underactive

SIGNS YOUR SACRAL CHAKRA IS *UNDERACTIVE*

Underactive: When the chakra is experiencing a block or disruption to the energy flow.

- Lack of Desire
- Uninspired
- Fear of Pleasure
- Detachment
- Insecurity
- Issues with Sensuality
- Non-authentic Self –
- feeling unemotional
- feeling guarded
- not feeling excited about anything
- feeling unable to focus
- feeling out of touch with creative side
- experiencing self-deprivation
- feeling detached
- feeling insecure
- experiencing low self-esteem
- experiencing sexual repression
- feeling jealous often
- comparing yourself to others
- displaying poor social skills
- feeling fearful
- feeling aloof often
- feeling shy or timid
- denying yourself of pleasure
- feeling overwhelmingly exhausted
- feeling a lack of desire
- feeling a lack of passion
 - HEAL IT WITH CRYSTALS: Ruby, Carnelian
 - HEAL IT WITH ESSENTIAL OILS: Cinnamon

THE PSYCHOLOGY OF THE SACRAL CHAKRA

Overactive

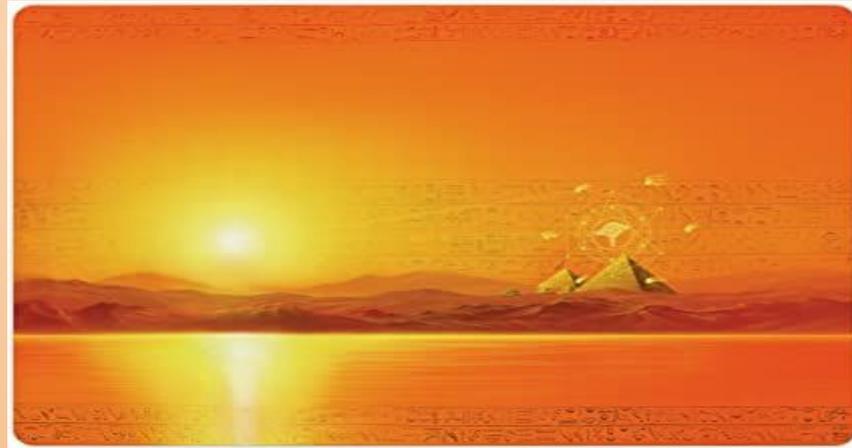
SIGNS YOUR SACRAL CHAKRA IS OVERACTIVE

Overactive: When your chakra is distributing too much energy causing the chakra to be imbalanced.

- **Emotional** – A overactive sacral chakra can cause the experience of emotions to be felt more deeply and be prone to mood swings.
 - **Aggressive** – Your emotions are in overdrive causing aggressive tendencies and conflict.
 - **Excess Emotional Attachment** – become very emotionally attached to people and situations, outcomes, material, feelings
 - **Addictive Behavior** – A overactive sacral chakra can create addictive behaviors caused by emotional attachment and sensitivities.
 - **Codependency** – prone to unhealthy relationships and can become codependent very easily.
 - having an excessive sex drive
 - experiencing sexual addiction
 - overindulging
 - having trouble setting boundaries with others
- acting dramatic often
 - experiencing abnormal menstruation
 - feeling overly ambitious
 - feeling like you need to run or exercise everyday
 - experiencing compulsive behaviors
 - experiencing tension
 - experiencing mood swings
 - feeling frustrated
 - feeling overly emotional
 - feeling hypersensitive
 - experiencing constipation
 - experiencing kidney pain
 - experiencing lower back pain
 - experiencing emotional dependency
 - HEAL IT WITH CRYSTALS: Chrysocola, Jade, Clear Quartz
 - HEAL IT WITH ESSENTIAL OILS: Citronella, Fir, Lemon, Lime, Pine, Tea Tree

THE MYSTICS

When you think about emotions as energy in motion (E-MOTION): Emotions are the way our body and soul communicate. Feelings are the way we tune into our overall well-being. To tune into what is real, what is passed down as truth, PUSHING THROUGH THE VEIL OF ILLUSION is the key to see the highest truth. This means releasing (whenever they come up): the fear, the lack, the scarcity, the conscious PROGRAMS and PRESETS our mind body and life experiences have created, in order to unite and align with Source. THERE IS NOTHING ELSE.



THE MYSTICS

Venus

Shukra in Sanskrit

Venus relates to the sacral chakra. The key message is: 'I feel'. Venus is the planet of worldly pleasures. When other factors are balanced and Venus is good, we are free to enjoy all the pleasures of the world spontaneously without being attached to them. We are comfortable in our own skin. On November 13th until December 14th, 2019 the planet Venus will be stretching her limits and entering into territory that astrologers refer to as "out of bounds".

When a planet is out of bounds, it travels outside of its normal range and we feel its energy enhanced and amplified. The qualities of the planet are also more easily expressed and therefore, become easier for us to tune into. Venus emits vibrations of love and femininity. She is the planet associated with beauty, opulence, luxury, self-care, and relationships. She also rules over money, profits, and what we need in order to open our hearts and feel loved as we move through the world.