

2ND CHAKRA – SACRAL

ORANGE - 8-14 years

Svadhithana - "where your being is established." "Swa" means self and "adhishtana" means one's own dwelling place.)

Sacral: Located just beneath the navel, and the sacrum area in the back

Element - Water

Subtle Body - Emotional Body

Associated Sense - Taste

Associated Animal - Crocodile



Life lesson - Cultivating healthy relationships with others and enjoy life

The endocrine gland is the sexual organs - male -testes, gonads and female - vagina, uterus, fallopian tubes and ovaries. In males, the testes or testicles secrete hormones like testosterone. In females, the ovaries produce estrogen and progesterone as well as eggs.

Description - Related to our pleasure, the sweetness of life as well as creation energy. The place where our desires are born. The emotional areas of our lives embodied by the sacral chakra include our sensuality and sexual energy, intimacy, self-acceptance, personal relationships and our emotions. The process of making changes in our life stream through our personal choices is a product of second chakra energy. Governs the feminine side of our nature. When you awaken the sacral chakra, you will

be able to affirm your sexuality and sensual nature and feel at home in your own body.

Psychological functions - Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement.

Associated body parts - Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder.

Physical dysfunctions - Impotence, Frigidity, Ovaries, irregular menstrual cycles, ovarian cysts, PMS, testicular or prostate disease, Uterine Problems, Candida, Eating Disorders, Addiction, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)

An unhealthy or underdeveloped sacral chakra will result in being unmotivated to set something new into motion. They can't see how their efforts will be rewarded. Depression and creative blocks ensue. A lack of sensuality leads one to addictions because they are trying to heighten their experiences. One must love and accept their body and pay attention to their sensory experiences.

Having a well-balanced sacral chakra is key to manifestation, abundance and creating a true-love relationship.

Depleted (chakra spins too fast) emotionally unbalanced, a fantasist, manipulative, sexually addictive.

Blocked (chakra spins too slowly or not at all) oversensitive, hard on him/herself, feels guilty for no reason, frigid or impotent. Blockage manifests as emotional problems or sexual guilt. Tends to avoid sex and if engages with sex, will experience disappointment.

Balanced (chakra maintains equilibrium and spins at correct vibrational speed) trusting, expressive, attuned to his/her own feelings, creative. A

well-balanced Sacral Chakra brings positive self-awareness and self-esteem. Enjoys sexual activity and is able to experience orgasms. A person's sexuality is connected to his life force. An orgasm cleanses the energy body with a bath, it is important for a person's well-being