


# IGNITE your Chakras

## The Sacral Chakra: Ignite

<b>Central theme</b>	sexuality, sensuality, creativity	
<b>Sanskrit</b>	Svadhishthana	
<b>Mantra</b>	VAM	
<b>Planet</b>	Venus	
<b>Essential oil</b>	Geranium, Sweet orange	
<b>Crystal</b>	Agate, Carnelian	
<b>Sensory function</b>	taste	
<b>Flower</b>	Kumquat	
<b>Representation</b>	six petaled lotus flower	

- center of: emotional desire, creativity, spirituality, intention
- colour- orange, blue, violet
- element- water
- endocrine glands- genital urinary tract
- in balance- procreation, family, creativity, sensuality, emotions, memory
- location- spleen, navel, prostatic plexus

- ☉ out of balance- emptiness, fantasy, envy, jealousy, anxiety, lies, destructiveness
- ☉ physical problems- gall stones, kidney stones, reproductive organs
- ☉ plane- emotional
- ☉ shape- circle
- ☉ water element- blood, lymph, semen, any liquid bodily substances

## Basic Description:

The sacral chakra is our emotional connection to ourselves and to others. When we use creativity, we invite sensuality and emotional stability into our life.

## Physical ailments of the sacral chakra:

- ☉ apathy- restricted feeling, too little energy
- ☉ bedwetting- anger, bladder problems
- ☉ fibroids- rigidity, stagnation of water element, emotions
- ☉ frigidity- fear of sexual feelings
- ☉ genitals- sexual expression
- ☉ gonads- sexuality
- ☉ hay fever- emotional congestion, lack of self love
- ☉ herpes- need stronger sexual boundaries, can't say no
- ☉ hip problems- being able to move through life
- ☉ impotence- fear of sexuality, low self esteem
- ☉ incontinence- inability to contain water, strong emotional feelings

- itching- blocked emotions
- joints- too rigid
- kidney problems- can't sort emotions, toxic environment
- knee problems- inflexibility
- legs- movement
- menopause- unresolved emotional issues arising
- menstrual problems- issues with femininity
- obesity- blocked fire, passion
- oedema- hanging on to feelings
- paralysis- fear, terror, conflicting impulses
- scoliosis- unhealed childhood
- skin- boundaries, emotionally unbalanced
- slipped disk- chakra out of alignment
- spleen- immune system, white blood cells
- stuttering- sexual abuse, someone else's energy in your chakra
- urinary infections- sexual boundaries
- uterus- problems in the reproductive system

## Characteristics of the sacral chakra:

- Finding balance- life is filled with dramas
- change- resisting change creates stuck-ness
- creativity- not creating or co-creating with life
- desire- indecisive about your needs and wants
- duality- feeling separate from body, feelings, and other people

- emotion- always stuck in an emotional drama
- emotional deprivation- being detached
- finance- not feeling secure with oneself to manifest one's needs
- flow- can't flow with life
- guilt- feeling guilty for desiring something or someone
- judgment- judging others and self
- movement- too rigid with life and body
- pleasure- inability to experience or want pleasure
- sensation- inability to feel the body
- sexual abuse- not being able to have a healthy sexual relationship
- sexuality- intense like or dislike to sex, addiction

## The main power patterns of the sacral chakra can be seen as:

- emotion
- pleasure
- sexuality
- guilt
- duality
- creativity

## EMOTION:

- ☉ not wanting to feel an emotion or creating emotional dramas
- ☉ this leads to inflexibility and no movement in life

## PLEASURE:

- ☉ not wanting to feel the emotion leads to not wanting to feel pleasure
- ☉ we stop desiring and forget about our needs

## SEXUALITY:

- ☉ we become cold to our own sensual needs
- ☉ we cut ourselves free from our needs and our relationship
- ☉ sexuality imbalances our male/female energies

## GUILT:

- ☉ we feel guilty for not giving and guilty for not receiving
- ☉ our body becomes rigid and cold

## DUALITY:

- ☉ the denial of our needs leads to emotional depravation and this leads to duality
- ☉ me and him, not us

## CREATIVITY:



we stop co-creating and try and do everything ourselves

## Why would we choose these things for ourselves?

We sometimes choose this pattern when we are falling out of love with someone, or the image of someone. We think we are punishing our partner but we are punishing ourselves for something we did. We feel guilty about something we did or didn't do. Instead of going through this destructive pattern it would be more beneficial to take a break from this relationship. You will be able to do this only if you feel secure enough in yourself. If you find any excuse not to take a break, then you have some attachment to the relationship and not to the person. It is usually fear of not having. Not having someone, something or not having money. We are sometimes our own cruellest judge and in our own eyes we are always guilty. In a relationship, it takes two to tango. The other person is also playing the same game, stop blaming yourself.

## Spiritual symbolism of the sacral chakra:



The sacral chakra represents our ability to co-create. We need some other energy outside of ourselves to create what we desire. A woman can't fall pregnant by herself unless it is through an immaculate conception, she needs a man. A man can't create a child without a woman. The sacral chakra is about you and another person, your god or goddess. It teaches us that if you see and treat your partner like a god / goddess you will have a healthy, happy, content, satisfied relationship where you get treated like that as well. The sacral is about co-creating with God.

## The 6 petals of the lotus:

### Unawakened

- delusion- not being able to see clearly through your emotions
- destructiveness- self-sabotaging your relationships
- disdain- handle things with a lack of passion and understanding
- indulgence- indulging rather than finding balance in life
- pitilessness- playing the victim role
- suspicion- not trusting your emotional partner

# Awakened

- ☉ Creativity
- ☉ Joy
- ☉ Enthusiasm
- ☉ Happiness
- ☉ Flow
- ☉ Passion

## Colour symbolism:

- Orange : the colour of a balanced creative individual  
brings creative ideas, the colour of sensuality and sexuality
- Violet : the colour of clearing and healing the emotions

If the sacral chakra is not functioning properly we will feel uninspired with life. We will see sex as a chore and not a pleasure. We will be cold in our emotional approach to other people and will often judge others and ourselves. We will feel separate from others and create strong emotional boundaries to keep others out. Inside we feel scared and victimised. We sabotage our relationships and battle with clear emotional communication.



## Healing the sacral chakra:

- aromatherapy massage
- belly dancing
- creative work
- orange clothing
- singing
- swimming
- taking long baths
- tantric yoga
- water ceremony
- writing down emotions

