



www.CenterForTheWellBeing.org

The Sacral Chakra

WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

When you do things from your soul, you feel a river
moving in you...a joy. - Rumi



www.CenterForTheWellBeing.org

The Sacral Chakra



Svādhiṣṭhāna

SANSKRIT: Svādhiṣṭhāna - svā = *self*; adhishthāna = *seat*

- literally means *one's own abode*
- another meaning - svād = *take pleasure in*

LOCATION: Below the navel and extends to the pelvic region

COLOR: Orange - vitality, enthusiasm, fascination, happiness, creativity, determination, attraction, success, encouragement, stimulation

ELEMENT: Water

REPRESENTATION: A six-petalled vermilion or orange-red lotus - on each petal there is a mantra seed syllable: BAM, BHAM, MAM, YAM, RAM, and LAM

MANTRA SEED SYLLABLE: VAM

SENSORY: Taste

PHYSICAL ASSOCIATION: Sexual organs, kidneys, urinary system, flow of fluids, adrenals (tied to the Root Chakra)

PSYCHOLOGICAL FUNCTION: Joy, creativity, sexuality, emotional balance, relationships, fluidity, freedom - sexual, emotional, creative

CHALLENGE: Moral shame, emotional balance, (dis)association, healthy flow

Physical Signs

- Sexual suppression and dysfunction
- Infertility
- Menstrual problems
- Chronic lower back pain
- Urinary tract infections
- Circulatory problems
- Intestinal complaints
- Migraines



Psychological Signs

- Detachment
- Inability to emotionally open up to others
- Difficulty dealing with emotions
- Coldness and indifference to others
- Codependency and clinginess in relationships
- Emotional repression
- Lack of creativity
- Feelings of guilt
- Lethargy



Understanding Imbalances



An imbalanced Sacral Chakra is very common



Imbalance is likely to occur with anyone who has ever experienced:

- body shame
- a strict authoritarian upbringing
- sexual abuse or dysfunction
- toxic relationships
- religious indoctrination
- critical forms of social pressure

BLOCKED

- Oversensitivity, fear of happiness or pleasure, self-sabotage, lack of creativity and authenticity, low libido, pessimism, detachment, emotional coldness, sexual frigidity, resentment, mistrust, guilt
- Manifests as: depression, menstrual cycle issues, abdominal cramps, bladder infections

OVERACTIVE

- Emotional overreactions, excessive emotional attachment to people or objects, manipulation, overindulgence, aggression, excessive neediness in relationship, codependency, sexual addiction
- Manifests as: muscle tension, lower back, kidney or stomach disorders

BALANCED

- Feelings of creativity, playfulness, sensual and sexual pleasure
- Radiate warmth, good humor, feel desirable and free to express oneself
- Emotional and physical health, spiritual connection

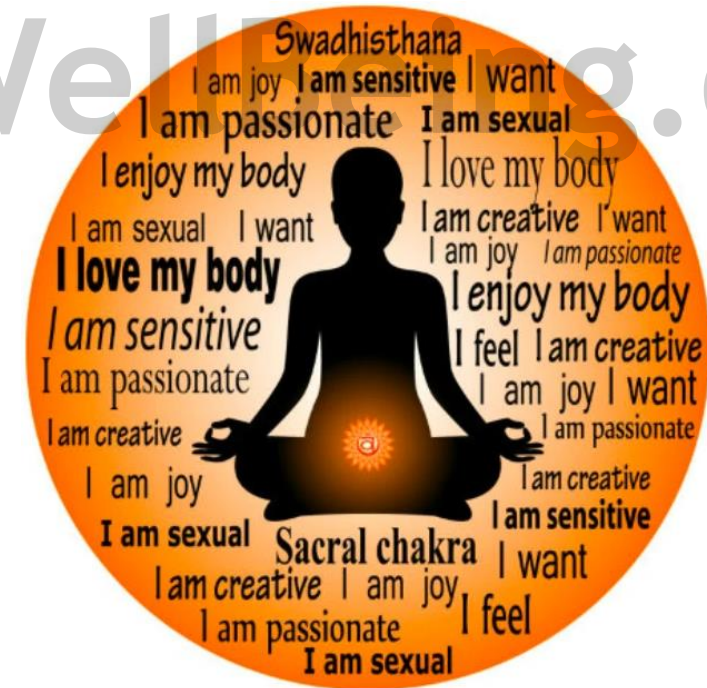
I am creative. I embrace my body. I feel joy.

Affirmations

AFFIRMATIONS FOR THE UNCONSCIOUS MIND - Creativity, Sensuality and Joy

Repeat positive statements to yourself multiple times a day to reprogram thought patterns.

- I feel joy.
- I flow with creative ideas.
- I am whole and complete.
- My sexuality is sacred.
- I nurture myself and others.
- My body is vibrant.
- I deserve pleasure in my life.
- I honor my unique and special creative abilities.
- I embrace change and make the best of my future.
- I attract relationships with loving, good people who support me.



Mind Work

EXPLORE ROOT CAUSES

- Excessive indulging
- Addictive behavior
- Insatiable desires
- Lack of fulfillment
- Living in fantasies
- Codependent behavior
- Destructive emotions



Healing Flow: Letting Go vs. Processing

PROCESS EMOTIONAL WOUNDEDNESS

- Unhealthy learned behaviors
- Trauma
- Family of origin issues
- Connection to Self



A Spiritual Connection

OPENING TO YOUR OWN SPIRITUAL NATURE

The healing of the Sacral Chakra is similar to opening up to one's deepest spiritual nature.

Allow yourself to feel and connect to the power of the creative force.

SELF-LOVE PROMOTES HEALTHY, LOVING RELATIONSHIPS

As you heal, you allow more room for your soul to express itself freely...allowing more peace.

Fear-based shame and guilt are shifted with self-love and trust in the spiritual connection.



Creativity is the expression of my soul.

Activities

WATER

Connect with water by visiting lakes, rivers, streams, ocean

YOGA

Focus on slow and relaxed hip opening poses:

Squat Pose (Malasana) • Bound Angle Pose (Baddha Konasana)

Break of Day Mudra (Ushas Mudra) • Camel Pose (Ustrasana)

Twisting Triangle (Parivrtta Trikonasana) • Corpse Pose (Shavasana)

MEDITATION

Focus on the Sacral Chakra and the orange glow emanating from the area

RELAXING BELLY BREATHING

Focus on the belly as it rises and falls with the breath (5-10 minutes)

SPECIAL FOCUS

Set aside time to honor your Self and your body - anoint the belly with essential oils; enjoy a creative project; relax in warm bath with scented bath salts



Nutrition

HERBS

Ginger, Burdock, Dong Quai, Black Cohosh, Damiana Leaf, Licorice, Fennel, Peppermint, Spearmint, Cinnamon, Hibiscus, Calendula

FOODS

SWEET FRUITS - oranges, mangos, papaya, cantaloupe

VEGETABLES - carrots, sweet potato, turmeric, peppers

HYDRATE

Drink lots of water and herbal tea



Essential Oils

CONNECTING - CALMING - CLEANSING SCENTS

- Sandalwood
- Patchouli
- Ylang Ylang
- Orange
- Clary Sage
- Rose
- Chamomile
- Vanilla
- Cardamom
- Eucalyptus
- Spearmint



Stones

HEALING STONES AND CRYSTALS

- Citrine
- Goldstone
- Orange Calcite
- Carnelian
- Tangerine Quartz
- Amber
- Moonstone
- Shiva Lingam



Healing the Sacral Chakra

BUILDING ON A STRONG BASE

Begin to heal the Sacral Chakra energy to clear the path for the healing of the next one in the chakra system.



Kundalini is the great power that creates and sustains the universe



The movement of Kundalini brings a state of bliss that is momentarily experienced and a prolonged, life-changing spiritual experience

Kundalini

Kundalini is depicted as a snake or as the Hindu goddess Shakti, who lies dormant in a state of slumber at the Root Chakra

Shakti ascends ecstatically through the chakras to couple with the Hindu god Shiva and eventually, upon reaching the Crown Chakra, bringing enlightenment

HOW TO ACTIVATE KUNDALINI YOGA

Shakti, Kundalini, Tantric

KEY

right intention, correct breathing, yoga asanas, meditation



HOW KUNDALINI WORKS IN EACH CHAKRA

Root - connects us to Nature

Sacral - increases our understanding of other people

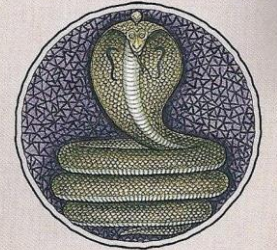
Solar Plexus - aids the assimilation of nourishment

Heart - helps us to feel intense love

Throat - boosts the way we express ourselves

Third Eye - enhances inner perceptions

Crown - takes us into altered states of consciousness



नाग

Naga, the cobra, is a symbol of *kundalini* power, cosmic energy coiled and slumbering within man. It inspires seekers to overcome misdeeds and suffering by lifting the serpent power up the spine into God Realization. Aum.



JOIN US NEXT MONTH

THANK YOU FOR COMING

The Solar Plexus Chakra



WE APPRECIATE YOUR DONATIONS
They help us continue to deliver these workshops to the community