

Sacral Chakra - Svadhisthana

- Crystal: Carnelian, Orange Calcite, Moonstone
- Sound: VAM, (pronounced “vahm”)
- Emotions: Creative, Passionate, Sensual
- Language: “I embrace my creativity and passions.”
- Movement: Hip circles, Pelvic thrust, Dancing.
- Foods: Orange foods (e.g., oranges, mangos, carrots), nuts, seeds, and sweet fruits.
- Day: Tuesday
- Color: Orange
- Herbs: Damiana, Hibiscus, Calendula
- Blockers: Creative blockages, Repressed emotions, Lack of self-expression.



@VEROBEACHAURA