

The Sacral Chakra is your Second chakra and is in the pelvic area. “I can.” The Ego forms.

A balanced *Sacral Chakra* leads to a pleasurable emotionally balanced life experience. A greater appreciation for self and positive surroundings. Color commonly associated with this chakra: Orange. Crystals commonly associated with this chakra: Carnelian, Citrine, Tigers Eye

How do I know if this chakra is out of balance? Ask yourself...

Are you seeking some type of pleasure or satisfaction (whether it be family, love, work, or life) and not finding it?

Do you feel like you are waiting for something better? Do you find yourself having feelings of anger or jealousy?

Are you feeling anxiety concerning your appearance or attractiveness?

As you balance this chakra, you will feel a sense of confidence, creative activity, appreciation for beauty, and desire to bring more of it into your life.