



The Sacral Chakra

Sacral Chakra: The *Sacral Chakra* is located in the lower abdomen, four finger-breadths below the belly button.

The *Sacral Chakra* governs the water element inside of you, all that is fluid.

This cosmic energy center is the seat of where our emotional freedom comes to life!



Hz Frequency: 417 Hz*

Frequency of removing negative energy, facilitating change, clearing destructive influences, physical well-being

*based on Solfeggio system for Hz Frequency Identification)



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Svadhithana Chakra - Sanskrit: 'the dwelling place of the self' or 'where the self is established'



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Symbol: a lotus flower with six petals surrounding a crescent moon within two circles.

- *Six petals:* The qualities needed to overcome in order to achieve a balanced *Sacral Chakra* and cultivate creativity and emotional stability ~ anger; hatred; jealousy; cruelty; desire; pride.
- *Crescent Moon:* The water element and fluidity, representing emotions, creativity, and the ebb and flow of life's experiences.
- *The Circles:* The cyclic nature of birth, physical transition, and rebirth.



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The Sacral Chakra

The Color: Orange, symbolizing

- passion for life;
- freedom;
- creativity;
- optimistic spirit;
- joy!





The Sacral Chakra

FUNCTIONALITY

- Affects your stomach and upper intestines, liver, gallbladder, spleen, kidney, pancreas, sexual organs, reproductive parts, adrenal glands, prostate, middle spine, and the autoimmune system of the body.
- Influences how we experience and express emotions, including joy, empathy, desire, and emotional resilience.
- Closely linked to relationships, including ability to form intimate bonds, intimacy, and the capacity for sensual pleasure.
- Creative expression, generating new ideas, vitality, and energy.
- Linked to emotional resilience and overall well-being.



A balanced Sacral Chakra will give you the personal power to flush any emotional triggers out of your YOUiverse!



The Sacral Chakra



Is Your Sacral Chakra Out of Balance?

- Are you unable to fully express your emotions?
- Do you find it difficult to recover from the end of important relationships or find yourself in meaningless encounters with fear of commitment to anyone?
- Do you feel that you have a fear of success or an inability to execute your creative potentials?
- Are you unable to move forward in your life because of a traumatic event that happened to you in the past?
- Do you feel that you have too many creative ideas and an endless to-do-list but always feel a sense of incompleteness?
- Do you suffer from colon, kidneys, ovaries, and/or uterus health issues?



= a potential imbalance in your Sacral Chakra



The Sacral Chakra

The Sacral Chakra is blocked by:

- Guilt & Fear
- Unresolved traumatic experiences (emotional abuse, neglect);
- Unrealistic beliefs about yourself (feeling unworthy), your creativity, or relationships;
- Chronic stress, anxiety, unhealthy lifestyle habits, or physical ailments





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When it's blocked, you may experience:

- A sense that you feel emotionally unbalanced or off-kilter;
- Difficulty in forming or maintaining healthy relationships (lots of drama!);
- Need for attention;
- Aggressiveness and explosive behavior;
- Lack of focus, too many ideas with no results;
- Pain in lower back, reproductive issues, urinary tract or kidney problems, reduced libido, & digestive problems;
- Addictive behaviors;
- Lack of (and/or failure to honor) boundaries;
- Hesitating to experience joy.
- Underactive: Lack of desire, creativity, energy



The Sacral Chakra

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When Balanced ~ You'll experience:

- Emotional stability, enhanced confidence;
- Creativity and a healthy sense of self-expression;
- Strengthened intuition;
- Overall well-being;
- You may experience warmth/tingling sensation in your lower abdomen.





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You'll be able to:

- Express empathy & understanding, build stronger relationships; & experience heightened intimacy;
- Express yourself freely through various mediums (art, music, self-expression);
- Pursue your goals with clarity, enthusiasm, and determination;
- Experience joy and appreciate the simple things in life;
- Connect with your intuitive wisdom and make wise decisions.





The Sacral Chakra

How?

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- Meditation and Visualization, focusing on the orange light of your Sacral Chakra area;
- Water Meditation (Add a mindful water element to mediation);
- Self/self-care;
- Add fluid movement to your exercise practice, such as dancing, swimming, Tai Chi, or Qigong;
- Crystals & Stones: tiger's eye, citrine, moonstone, golden topaz;
- Tap into your inner artist!
- Hydrate! Drink lots of water;
- Eat orange-colored foods (oranges, carrots, sweet potatoes);
- Aromatherapy (essential oils: sandalwood, jasmine, orange blossom, ginger).

