



SVADHISTHANA

The Sacral Chakra is located at the lower abdomen, between the pubic bone and the navel. It governs all the watery things about us: circulation, urination, menstruation, orgasm, tears and saliva – all are related to second chakra. And, we're 90% water, so 2nd is a big one. The focus is on desire, and the meaning of the word is "one's own abode." While the root chakra is masculine, and focused on self-preservation, Svadhisthana is feminine, and concerned with life's pleasures. It's about opening to pleasure, and going with the flow. It governs our love/hate relationships, attraction versus repulsion.

A balanced second chakra helps to keep you in touch with your emotions and connecting to others in a healthy, trusting way. It allows you to rise above likes and dislikes and see the bigger picture – all things as part of the whole. Working on this energy is said to help you overcome the 6 passions: lust, anger, greed, delusion, pride, and envy.

BIG IDEA: The first 3 aims of life in Hindu theology are worldly aims, worldly pleasure, and living out one's true nature. It means it is ok to do your own thing if it is profitable, enjoyable, and honorable. This ideal state helps to move us beyond our desire for worldly pursuits and into spiritual ones.

Notice the half moon shape in the chakra image; it represents the water element, and controls the ebb and flow of the oceans, seasons, and our emotional fluctuations. Working here helps you to become fluid

and graceful, able to accept change. Too much energy here leads to obsession with sensual pleasures, overly emotional behavior, and aggression and manipulation. Too little makes you hyper-sensitive, resentful, distrusting and guilty. This chakra comes into play during puberty, and again at menopause, when women channel their lower creative energies up to the throat chakra and turn more toward spiritual interests.

Characteristics of Svadhisthana:

Color: Orange Element: Water Seed sound: Yam/Yoga

Path: Tantra / Vinyasa Rights: To feel Foods: Liquid

Traits: emotions, intimacy, desire

Physical functions: reproductive organs, taste, hydration.

Gemstones: Carnelian (Connects us to our emotional self, enriching intimate feelings and relationships. Helps to remove inhibitions and strengthens our appetite for life.) or try coral, jasper, garnet.

Also: Saffron, jasmine, sandalwood, rose, clary sage

Assignment: EXPLORE ORANGE

- Pay attention to taste; drink lots of liquids and watery foods, plus orange foods. Eat with your hands.
- Spend time in rivers, lakes, oceans, bathtubs, or pools to help optimize the function of Sacral Chakra. Anything fluid is good here – dancing, flowing skirts, free form writing, whatever allows you to feel liquidity in your life. Bring the color orange into your daily meditation or breathing practice. Carry a gemstone or add a fragrance to your home to draw positive energy to the lower abdomen, and practice yoga poses focused on the hips – both strengthening, and opening.
- Focus on the hips in your self-care also – get a massage, sit in a hot tub, practice gentle forward folds. Notice any emotional resonance in your daily life, and try to be okay allowing anything upsetting to just flow through you if you can.
- Wear orange, or colors/clothes that make you feel free, uninhibited and sexy. Explore your desires with enthusiasm, but also with the eye of the discerning observer.
- What are your true wants, vs what's convenient or based on something outside of yourself? What's enough, what can you let go?
- Be creative in any way that pleases you, or try something fun you've never done before.

- Write the story of your perfect day. Grab a stack of magazines and tear out images and words that catch your eye. Try not to be judging or limited – just whatever sticks – you can always toss it later.

2nd chakra Pranayama (breath)

Breathe in through the nose and out through the mouth.

Mudra for 2nd Chakra



While sitting in meditation, cup the hands in front of the sacral chakra, place the left hand under the right, the right fingers in the left palm, and the thumbs gently touching.



Interlace the fingers. Women should place the right thumb between the left thumb and index finger, pressing on it with the left thumb, men do the opposite. Do this every day for 5 to 15 minutes. This mudra concentrates the sexual energy of our second chakra and directs it into the energy centers above. It gives us mental alertness, pleasure, and new impulses. In addition, it harmonizes our hormonal system. The Ushas Mudra helps you wake up in the morning. When you first wake up, place your clasped hands at the back of your head. Now inhale vigorously and deeply several times; open your eyes and mouth widely; press your elbows back into the pillow. While exhaling, let go of every tension. Repeat 6 times and then give yourself a good stretch; you should feel alert and refreshed.