

Sacral Chakra - Svadhisthana



Your sacral chakra is located just beneath your belly button and is orange in colour. It's represented by the element water and is about being fluid, in flow and our flexibility in connection with our life. It governs our emotions and desires; where we establish connections in relationships and have a sense of self in relation to others. How we express ourselves through pleasure, sensuality, sexuality and creatively. How we experience pleasure through our senses of sight, taste and touch. As it's located in the womb area for women, it's linked to birth and therefore, our creative centre where we birth new ideas.

Our sacral chakra is dominant between 8 and 14 years old. If during these years whilst growing up you were free to express yourself creatively, explore new ideas and were encouraged to be open with your emotions and didn't experience any traumas relating to your sacral chakra -- then the chances are, you would've grown up with a healthy sacral chakra.

If your sacral chakra is healthy, you'll have creative flow. Feeling you can express, take part and engage in creative activities as an outlet for your imagination and creativity. You'll have healthy boundaries, emotionally balanced, generous, can express yourself easily and confidently, feeling confident in expressing your sexuality and feeling fulfilled in your life.

Your sacral chakra could be affected if you suffered any trauma or abuse emotionally, physically or sexually or being abandoned, manipulated and/ or rejected. You may have been made to feel guilt or shame at some point from your past, from how you were brought up, a partner, society/ culture in connection with having pleasure or expressing your creativity. Instead of being encouraged; being discouraged.

A blocked sacral chakra could manifest by feeling guilt and shame around any form of pleasure; for example, enjoying certain foods/ drinks, relaxing by going out with family/ friends or finding pleasure through creativity and doing a hobby. Taking some time for yourself doing what you love, to experience joy and being fulfilled.

If your sacral chakra is unaligned, blocked or overactive, then you may not be able to express your feelings and emotions with others and you won't be honest with yourself about how you're feeling. Suppressing your feelings because you're overwhelmed by emotions, causing you to become detached from how you feel and unable to handle going with the flow. Not being able to form connections with others and sustain relationships. Finding intimacy difficult and scary. If you have an overactive sacral chakra, then addiction could be a problem with sex or substances or behaviours in general.



Here are some ways of healing your sacral chakra

Guided meditations for your sacral chakra to realign, balance and heal. If you're doing an unguided meditation, whilst meditating, visualise a bright vibrant orange coloured disk or orb spinning and glowing. Emanating its orange hue outwards. Imagine, at the same time, that this chakra is being healed and healthy, clearing any blockages. Seeing your sacral chakra aligning with your whole energy system.

As with the other chakras, if your sacral chakra is overactive visualise it becoming smaller and coming back to a healthy size and getting back in flow with the others.

Doing Inner and Shadow work can be extremely beneficial in healing your Chakras. Spending time in or around water, exercising, eating orange foods and wearing orange clothes can help.

Mantras & Affirmations

- I love, honour and respect my body.
- My sexuality is sacred.
- I have healthy boundaries.
- I am free to feel joy and pleasure.
- I embrace my creativity .
- I create.
- I go with the flow of my life.

Crystals to use

Wearing or working with crystals during meditations and throughout your day can be very beneficial.

- Working with or wearing crystals orange in colour.
- Amber.
- Orange Calcite.
- Carnelian.
- Orange Selenite or as the sacral chakra is governed by water and water is associated with the moon; Rainbow Moonstone or Moonstone crystals.



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Essential Oils and incense

- Sweet Orange.
- Jasmine.
- Sandalwood.
- Patchouli.
- Rose.
- Neroli.

Physical signs your sacral chakra could be unaligned

- Urinary tract infections.
- Reproductive issues.
- Impotence.
- Bladder and kidney problems.

As with any physical symptoms always seek advice from a medical professional for any of the above ailments.

Your chakras energy system plays an important role in your overall wellbeing and spiritual growth. By recognising this and which ones needs attention, means you can work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual journey and growth.



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