



Sacral (Svadhithana)

Sexuality, Creativity, Pleasure,
Emotions, Relationships

CHAKRA NUMBER: 2

ROLE: Flow

FOCUS: Pleasure (I Feel)

LOCATION: Lower Abdomen

GLAND: Gonads

COLOR: Orange

SEED SOUND: VAM

HEALING FREQUENCY: 417 Hz

SOUND: Flowing Water

ELEMENT: Water

PLANET: Venus



Affirmations

- 🔥 I am creative and playful
- 🔥 I deserve to enjoy life
- 🔥 I am emotionally balanced
- 🔥 I celebrate my sexuality
- 🔥 I embrace change as a part of life

Healing Practices

GET CREATIVE

Ignite your creativity by doing more creative activities that interest you

MEDITATION

Focus your attention on your sacral chakra

SENSUALITY

Embrace your sensuality, try new and creative intimate ideas

SELF-NURTURING

Make time to do the things you really enjoy

AROMATHERAPY

Use the suggested scents either as incense or essential oils

COLOR THERAPY

Surround yourself with the color orange

GROUNDING MUSIC

Listen to music tuned to 417 Hz healing frequency, or 417 Hz healing bowls, bells, or tuning forks

AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "VAM"

Foods To Heal

Oranges, Carrots, Mangos, Apricots, Sweet Potatoes, Orange Peppers, Peaches, Turmeric

Essential Oils

Patchouli Orange, Rose, Orange, Clary Sage, Helichrysum, Ylang Ylang, Tangerine

Crystals & Gemstones

Tiger's Eye, Citrine, Orange Calcite, Amber, Carnelian, Bronzite

Health State

BALANCED

Creative
Balanced Emotions
Joyful
Passionate
Fertility

IMBALANCED

Lack of Creativity
Low Libido
Overly Emotional
Withheld Intimacy

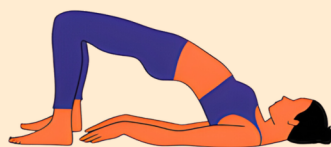
Yoga Poses



Goddess Pose



Crescent Pose



Bridge Pose



Seated Forward Bend



Bound Angle Pose



Triangle Pose