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Our Second Chakra, Svadhithana

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Our Sacral Chakra, which is our 2nd chakra, is named Svadhithana. In Sanskrit, Svadhithana means sweetness. This name is very apropos considering that our 2nd chakra deals with the "sweetness" of our desires, sexuality and pleasure. The passions that we have, take birth in our 2nd chakra. And I specifically chose the words "give birth" because this is the chakra where birth of any kind takes place - whether the physical conception of a baby (as all of our sexual organs sit at our 2nd chakra), the birth of a new idea/project, the birth of new music for a song, or the birth of a plot for your new book. Svadhithana is such a life giving chakra, that some even refer to it as the seat of life.

All of our emotions also form at our 2nd chakra. These could be either pleasant emotions or painful emotions; which brings us to the topic of duality. Being number 2 on our "Journey through the Chakras," our Sacral Chakra deals with duality. For example, it is our second chakra that relates to the yin and yang, the male and female, the left and right, the positive and negative, the darkness and light, the giving and receiving, the speaking and listening.

Located in our lower abdomen, between our navel and genitals, the Sacral Chakra is represented by the color orange and resonates to the sound of VAM. For you music lovers out there, our 2nd chakra corresponds to the musical note of D. The sense that corresponds to Svadhithana is taste - *"Can you taste the Sweetness of Life?"* The verb most related to Svadhithana is "I Feel" or "I Want." It is the chakra that helps us to let go of control, as it guides us to seeing a different, a 2nd, perspective. We have now left our first, primary grounding chakra, and are moving forward into a world of freedom, passion and growth. Movement creates action and action creates growth. As we grow, we develop an appetite, or a hunger, for certain things in our life (and appetite is one of Svadhithana's attributes).

It is very important for us to focus on moving our bodies in the region of our 2nd chakra, as this is the chakra that is responsible for our stream of "chi" (life energy). Just like the effects of stagnant water, if our chi stops moving, we too will hit a brick wall of sorts and become stagnant in life. (By the way, the element of Svadhithana is water, thus the "flow" of life.) And although we all hit brick walls in life, we must become creative enough (give birth to an idea) to change directions (thus, the duality of left and right or up and down). Some physical ways to keep our chi flowing at our Sacral Chakra are: brisk walking, belly dancing, or tai chi.

Some gemstones that work well with our sacral chakra are moonstone (which is a very powerful stone for women during their menstrual cycles), carnelian, citrine and tourmaline. Essential oils that correspond to our second chakra are ylang ylang, sandalwood, rose and jasmine.

Characteristics of a 2nd chakra being too open are being emotionally unbalanced, manipulative or addicted to sex. On the other hand, if a 2nd chakra is blocked, one becomes over-sensitive, has feelings of guilt (for no apparent reason), becomes extremely hard on themselves and ultimately becomes sexually frigid or impotent. However, when one's 2nd chakra is in great health and well-balanced, they are very in tune with their own feelings, are expressive, trusting and very creative. If you are challenged by lower back pain, sciatica, urinary problems, ob/gyn problems, sexual problems, prostate problems, feelings of isolation, feelings of guilt or having a lack of creativity, I strongly encourage you to take steps towards healing your 2nd chakra, as these all relate to 2nd chakra imbalances. © Copyright Protected