



*Sacral Chakra  
Svadhīsthana  
One's Own Place*

**Location:** below the Belly Button at the lower abdomen, pelvis, hips, genitals Other

**Color:** Orange

**Center Of:** emotional wellbeing/identity, creative expression, passion, and sexuality

*Ground Yourself*

Element: Water

Physical Existence: fun, feelings, healthy sexuality, intimacy, fluidity, desire, Creativity, and Pleasure

Healing Stones:

Carnelian Orange Calcite Tigers Eye



Essential Oils: Jasmine, Ylang Ylang, Orange, Rose

*Balance Sacral Chakra*

Creativity

Patience

Joy

Emotional maturity

Healthy sexuality

Flexible

Receptive

Happy

self-worth

Pleasure

*I have the Right to Feel*

Bij Sound: VAM

Sound Frequency: 417 Hz

Activity: Feeling

Wound: Guilt

Developed: 2 years old

Experience: 8-14 Years Old

Words: Happy, Fluidity, Flexible, Intimate, Playful, Passionate, Graceful, Connective, Change, Movement, Receptive, Emotions, Creativity, Flowing, Pleasure

*Imbalanced Sacral Chakra*

Unhealthy Emotional

Fearful of Pleasure

Unable to express creativity

Lack of drive/ uninspired

Fear of change

Negative self- image

Depression

Anxiety

Addiction

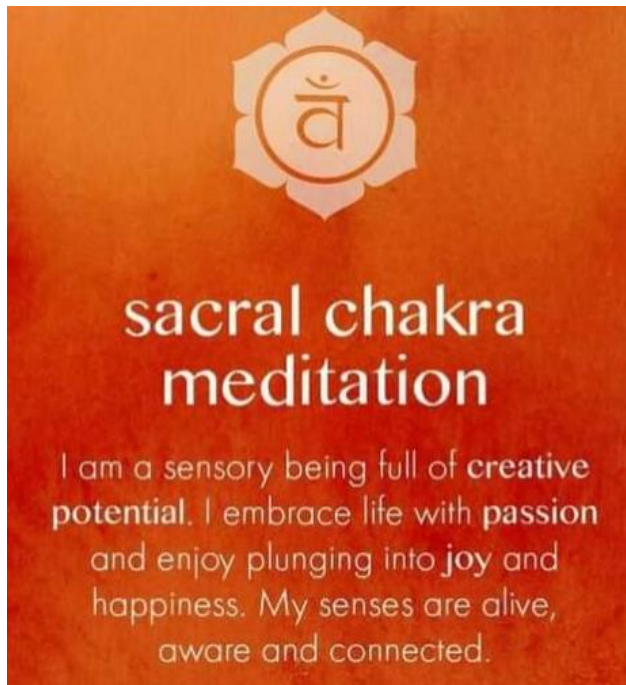
Co-dependent

*This chakra is associated with emotional body, sensuality, and creativity. It is the relationship chakra. From a young age, we build relationships inside and outside our homes. We look at our relationships and see if they satisfy personal and physical needs*

*Feel*

*Flow*

*Play*



### *5 Healing Techniques to balance the Sacral Chakra*

**Express Your Emotions Health:** Write down everything you are feeling. Cry, laugh, and Release. Pay attention to emotions that arise at specific moments. How we react to people and situations can tell us a lot about ourselves. It can teach us if we are not setting a boundary for our selves or others.

**Connect with your creativity:** It is part of our nature to create. Be playful to tap into that inner child and creative center. Do what feels fun; draw, paint, bake, gardening, etc.

**Connect with Water:** spend time near/in water, drink lots of water, and take warm soothing showers or baths

**Let go of people that no longer serve you:** Choose to surround yourself with those you lift you up and support you

**Wear the Color Orange or Eat Sacral Balancing Foods:** carrots, mangos, nuts, seeds, sweet potatoes, salmon, peaches

### *10 Healing Affirmations*

I am a creative being  
I believe in my needs  
I am adaptable  
I find joy in the expression of my creativity  
I allow myself to give and receive pleasure  
I am not alone  
I choose to show others how I want to be treated  
I live passionately  
I honor my desires  
I know my self-worth

### *6 Yoga Poses to connect with the Sacral Chakra*

Goddess Pose  
Triangle Pose  
Bound Angle Pose  
Wide Legged Fold  
Frog Pose  
Bow Pose

### *Reflections for the Sacral Chakra*

Place your hands on your sacral chakra; what is it telling you?

What are some creative activities I love to do but don't make space for in my life as much as I'd like to? How can I create more space for these activities?

What do I feel passionate about in my life?

What do I love about my body? What makes me beautiful?

What healing practices do I want to implement into my life for the sacral chakra? Healing Stones, Movement, Foods, Oils Etc.

What can you release that I feel shame or guilty about?