



HEALING JOURNEY THROUGH THE CHAKRAS

with Tina Walsh



SACRAL CHAKRA

Color: Orange

Element: Water

Location: Below the navel/pelvic bowl

Physical Body: Reproductive Organs, Kidneys and Lymphatic System

Developmental Formation: 6-24 months

Essential Oils: Geranium, Sandalwood, Jasmine, Patchouli, Pine

The Second Chakra pertains to our relationships with others; partnerships, our sexuality, sensuality, creativity and our sweetness. Our Second Chakra is a feminine

energy, soft and sweet. This very delicate chakra can easily be hurt by strong words. This is also your place of your “gut instinct” – intuition and emotions. The Sanskrit name for this chakra is Svadhisthana which means, “dwelling place of the self.”

This chakra pertains to relationship with others. Our initial imprinting of these relationships was with our parents or caretakers. Those early relationships create patterns of how we learn to relate to others. Many of us did not receive good relational modeling of healthy emotional connection and/or boundaries, which leads to blocks and dysfunctions of this chakra.

This chakra is also the place of our sexuality. It holds the energy of our past sexual partners. It is important to clear old relational energy from this chakra. This is also the center of addictions and care-taking.

Our Second Chakra holds our emotional energy such as anger, rage, guilt, shame, judgment (self and other). When we do not have healthy boundaries, we tend to merge our energy with other, or take on other’s emotions. This chakra is loaded with strong emotions that must be cleared and released to restore fluidity of our energy, and will connect us back to our creativity. Anger is a powerful energy that requires movement of the physical body.....punching/hitting a pillow, a punching bag, exercising, screaming, or using a tennis racket to hit something. I am not suggesting uncontained expression; rather a contained, safe movement of the blocked energy via the physical body which leads to release and flow of the energy.

Guilt is the feeling we have done something wrong. It is usually an imbalance of responsibility. Sometimes guilt is an emotional bondage between two people; i.e. the feeling we need to take care of someone because we feel bad for them or responsible for them. We are taking responsibility for someone who can not take emotional responsibility for themselves. This is where setting healthy boundaries comes into play. It is not our job to fix, change or caretake anyone. By taking responsibility for our emotions and feelings, we can transform and overcome our traumas.

Forgiveness becomes the medicine of the Second Chakra. However, we can not fully move into forgiveness until we have cleared, processed and moved the energy of our emotions in the second chakra. When we clear the blocks to this chakra, we come back into the fluidity of the energy here and our power.

Remember, the quality is water. The water of life/birth/creativity. When we speak of creativity here, we are not just talking artist, musician, etc. We are also speaking of creative solutions. We all have creative energy that wants to be expressed. Our creative energy moves us out of feeling stuck. It moves us forward in the direction of living more fully, having healed from our emotional hurts. When our Second Chakra has been healed and cleared of old, stored emotions, we can be restored to feeling life is beautiful and has a flow. We can better go with the flow when we heal our Second Chakra. The front side represents the connection to the manifest world; the here and now. The backside of the chakra correlates to the unmanifest world; the divine, possibility and potentiality.



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SACRAL CHAKRA AFFIRMATIONS

- ❖ I allow pleasure, sweetness and sensuality into my life.
- ❖ I allow myself to soften into my femininity, a more receptive energy.
- ❖ It is safe for me to exercise healthy boundaries in my life.
- ❖ I am open to my own forms and expressions of creativity.
- ❖ I see and own my inner beauty and sensuality and allow it to radiate outward..
- ❖ I am learning to forgive with ease.
- ❖ I have a right to express my desires and needs to others.



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SACRAL CHAKRA JOURNAL PROMPTS

- ❖ Do you allow yourself time to listen and connect to your needs for peace, harmony, rest and relaxation?
- ❖ Do you feel that you always have to struggle and sacrifice for the things you want?
- ❖ Do you avoid difficult feelings? Which ones? Why?
- ❖ Do you feel you are entitled to pleasure and happiness?
- ❖ What do you do to express your creativity?
- ❖ Are you able to say, "NO," in order to maintain a healthy boundary for yourself?
- ❖ Do you put others' needs before your own?



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SACRAL CHAKRA HEALING SUGGESTIONS

- ❖ Rub your hands vigorously for about a minute; lovingly place them on your belly, breathing in the nurturing energy. Tap and massage the entire belly area. It will help unblock any stagnant energy.
- ❖ Work with your senses; that is our sensuality. Beautiful scents, colors, fabrics, textiles, food, music.....see, touch, feel, taste and hear.
- ❖ Make time and plans to connect with your partner/lover/friends as the second chakra pertains to our relationships with others.
- ❖ Notice when someone offers to give you something – a compliment, a gift, etc. Can you receive it graciously. Learning to receive, and balancing it with your giving, is essential to healing the second chakra.
- ❖ Try wearing different shades of orange in clothing, scarves or jewelry.

- ❖ Eat orange foods – oranges, apricots, carrots, butternut squash, pumpkin seeds, sweet potatoes, etc.
- ❖ Practice saying, “NO” when something doesn’t feel right. Better to say “NO” than feel resentment.