

The Sacral Chakra



Swadhisthana

The Sacral Chakra



Swadhisthana

Other Names:	Swadhisthana
Rank:	Second Chakra
Color:	Orange
Location:	One inch below the navel
Main Theme:	Sensuality

"I have the right to FEEL"



The Sacral Chakra – on a physical level



Swadhisthana

Body

Hips, Lower back, Kidneys, Urinary Tracts, Sacrum, Genitals, Ovaries, Uterus, Prostate, Lymphatic circulation, Knees.

Health

Pelvic and lower back pain, Sexual diseases, Bladder and Urinary infections, Mood swings, Bipolarity.

Female: Menstrual difficulties, Vaginal infections, Ovarian cysts, Endometriosis, Uterine cancer.

Male: Impotency, Prostate difficulties.

Gland

Ovaries and Testes

Food

Liquids, mangos, chocolate, oysters, caviar.

The Sacral Chakra – on a psychological level



Swadhisthana

Key Themes

Sensuality, Sexuality, Intimacy,
Emotions, Movement, Change,
Fluidity,
Pleasure, Desire, Polarity

Subthemes

Emotion, Intimate Relationships,
Passion, Sexuality

Key Emotion

Guilt, Desire, Craving

Unbalanced Thoughts

"I need this", "I can't be complete without it",
"I can't feel anything", "I feel empty", "I'm too
much", "I'm obsessed", "I'm too sensitive"

Balanced Thoughts

"I feel", "I enjoy my life", "I'm alive", "Yum!",
"I'm satiated"

The Sacral Chakra – on an archetypal level



Swadhisthana

Astrology

Planets: Jupiter

Signs: Sagittarius, Pisces, Cancer,
Scorpio.

Element

Water

Animals

Fish, Crocodile, Dolphin, Stag.

Archetypes

Prostitute – Lover

Dancer, Bon Vivant

The Sacral Chakra – on a vibrational level



Swadhisthana

Sounds

Fluid, Watery,
Ocean, Melodious, ...

Tones

D, 288Hz

Colors

Orange

Crystals

Citrine, Carnelian, Golden Topaz, Orange
and Coral Calcite, Bronzite, Amber, ...

Essential Oils

Jasmine, Rose, Ylang ylang, Clary sage,
Sandalwood, ...

Yoga Poses

Child Pose, Triangle Pose, Dancer's Pose,
...

The Sacral Chakra – In Sum



Swadhisthana



**“I have the right to
feel”**

“I desire”

“I enjoy fully”

“I live intensely”

“I am alive”

**Listen to the Imprint
Meditation.**