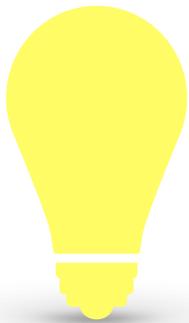


Orange Energy: Svadhithana, the Sacral Chakra

The Sacral Chakra is in the lower abdomen, between the pubic bone and the navel. It governs all the watery things about us: circulation, urination, menstruation, orgasm, tears and saliva – all are related to second chakra. And, we're 90% water, so 2nd is a big one. The focus is on desire, and the meaning of the word is "one's own abode." While the root chakra is masculine, and focused on self-preservation, Svadhithana is feminine, and concerned with life's pleasures. It governs our emotional fluctuations, love/hate relationships, attraction versus repulsion.



The Big Idea

The first 3 aims of life in Hindu theology are worldly aim, worldly pleasure, and living out one's true nature. That means it's ok to do your own thing if it is profitable, enjoyable, and honorable. This ideal state helps us to move beyond our desire for world pleasures and into spiritual ones.

Its creative energy allows us to go with the flow and open to life's pleasure

**A healthy sacral chakra provides:
emotional wellbeing
easy, trusting connections with others
the power to rise about petty things and
see the big picture, it's all part of the whole.**

**Too much sacral chakra energy leads to:
obsession with sensual pleasures, overly
emotional behavior, aggression and
manipulation**

The work in this area is about feeling fluid and graceful, able to accept change. It comes into play at puberty, and again at menopause, when women channel their lower creative energies up toward the throat chakra and more spiritual interests.

**Too little sacral chakra energy leads to:
hyper-sensitivity, resentment, distrusting
and guilty feelings.**

**Working on this energy is said to help you overcome the 6 passions:
lust, anger, greed, delusion, pride, and envy.**

Characteristics of Svadhisthana:

- Color: Orange
- Element: Water
- Seed sound: Yam
- Yoga Path: Vinyasa (flow) / Tantra (ritual)
- Rights: To feel
- Foods: Liquid foods and orange foods
- Traits: emotions / intimacy / desire
- Breath: In through the nose, out through the mouth.
- Physical functions: reproductive organs, taste, hydration
- Gemstones: Choose orange colored stones. These are good ones: carnelian, coral, jasper, garnet, topaz
- Incense, essential oils, and plants: Saffron, sandalwood, rose, clary sage, jasmine

Assignment:

EXPLORE ORANGE

- Pay attention to taste; drink lots of liquids and watery foods, plus orange foods.
- Get carnal: eat with your hands.
- Spend time in rivers, lakes, oceans, bathtubs, or pools to help optimize the function of Sacral Chakra. Anything fluid is good here – dancing, flowing skirts, free form writing, whatever allows you to feel liquidity in your life.
- Bring the color orange into your daily meditation or breathing practice. Carry a gemstone or add a fragrance to your home to draw positive energy to the lower abdomen, and practice yoga poses focused on the hips – both strengthening, and opening.
- Focus on the hips in your self-care also – get a massage, sit in a hot tub, practice gentle forward folds. Notice any emotional resonance in your daily life, and try to be okay allowing anything upsetting to just flow through you if you can.
- Wear orange, or colors/clothes that make you feel free, uninhibited and sexy.
- Explore your desires with enthusiasm, but also with the eye of the discerning observer.
- What are your true wants, vs what's convenient or based on something outside of yourself? What's enough, what can you let go?
- Be creative in any way that pleases you.
- Try something fun you've never done before.
- Write the story of your perfect day. Grab a stack of magazines and tear out images and words that catch your eye. Try not to be judging or limited – just whatever sticks – you can always toss it later.

Mudra for 2nd Chakra



While sitting in meditation, cup the hands in front of the sacral chakra, place the left hand under the right, the right fingers in the left palm, and the thumbs gently touching.



Interlace the fingers. Women should place the right thumb between the left thumb and index finger, pressing on it with the left thumb, men do the opposite. Do this every day for 5 to 15 minutes. This mudra concentrates the sexual energy of our second chakra and directs it into the energy centers above. It gives us mental alertness, pleasure, and new impulses. In addition, it harmonizes our hormonal system. The Ushas Mudra helps you wake up in the morning. When you first wake up, place your clasped hands at the back of your head. Now

inhale vigorously and deeply several times; open your eyes and mouth widely; press your elbows back into the pillow. While exhaling, let go of every tension. Repeat 6 times and then give yourself a good stretch; you should feel alert and refreshed.

