

2nd Chakra

Self Gratification



Location: Lower abdomen, between naval and genitals.

Influence: Sex organs, large intestine, lower vertebrae, pelvis, appendix, bladder, hips.

Associative Color: Orange

Central focus: Creativity, movement, money, emotional identity, and expression, vulnerability, intimacy, interpersonal relationships, power struggles, betrayal, our shadow, vengeance, greed, addictions, sexuality, sexual boundaries.

The sacral chakra is the literal birthplace – where new life is generated. It is linked to our creative impulse, the birth of ideas, attitudes and our ability to create money. Creation is the driving force, literal and metaphoric.

Our initial experience with vulnerability is met through our right to feel. Emotional identity and self-expression in early childhood teaches us how to release or repress our emotions. Without an understanding of what we feel and how to express ourselves, the struggle to evolve becomes more difficult. The greater the repression, the more our shadow resorts to extreme behaviors.

Through outward movement and physical exploration, we can release emotions as well as stimulate perception and consciousness.

The second chakra is the level where we meet ourselves through projection. Unrealized aspects of self, both shadow, and light are mirrored in our personal and impersonal relationships. Power plays, betrayal, vengeance, addictions are ways in which we will experience the struggle to reclaim our personal power. When we face our shadow in the second chakra we will be able to own our power, within the third.

Sexuality is a connecting force that unites and yet is not limited to the act of sex itself. Through the intimate union, we are invited to release and surrender, transcending the physical experience to a higher spiritual level of connectivity. As quoted by Thomas Moore, "Sex is not only earthy, it is also sublime."

To be sexual is to open our senses to various types of penetration: love, intimacy, inspiration, creativity, vulnerability. Paradoxically we are not only deepened but expanded by our sexuality.

Mantras For The Second Chakra:

- I suspend my beliefs in opposites by seeing myself in all.
- I express myself with ease and confidence.
- I lovingly release the past, moving forward with forgiveness.
- I allow life to flow through me.
- It is safe for me to enjoy my body.
- I allow the full power of my sexuality to operate with joy.
- I experience the beauty of life.
- I am an open channel of creativity.

Teresa