

Sacral Chakra-Swadhisthana Happiness, Confidence and Resourcefulness

Associations:

Sound: Notes "D" & "C#"

Color: Orange

Meridian: Bladder, Kidney and Large Intestine

Location: Lower Abdomen

Physical Components: Pelvic area, Sex organs, Fluid functions, Kidney and Bladder

Glands: Testicles and Ovaries

Emotional Component: Guilt

Purpose: Movement and connection

Basic Rights: To fear and to have pleasure

Harmonious Function:

Graceful movements

Ability to experience pleasure

Ability to change

Being creative

Enthusiasm for life

Nurturing self and others

Insufficient:

Poor social skills

Denial of pleasure

Lack of passion and excitement

Excessive boundaries

Fear of change

Frigidity and fear of sex

Excess:

Addiction to pleasure
Emotionally sensitive
Obsessive attachment
Sexual addiction
Poor boundaries

Physical Imbalances:

Frequent and painful urination
Lower back pain
Swollen hands and feet
Puffed and bloated
Menstruation difficulties
Depressed
Mood swings
Pain in legs or groin

Affirmations:

I open myself to others naturally
Creative and sexual energy has the ability to create and transform
I love myself exactly as I am right now
I love my life
I love who I am exactly as I am
My body responds to thoughts of pure love and goodness
I am a creature of light, open to my highest joy
I trust my feelings and given the ample room for expression
I lighten my body each time I feel well in myself
There is nothing to change about the way I am. As I love and respect myself, healing happens naturally

Nature:

Moonlight

To Achieve Balance use Sound Essence Chakra Note "" Atomizer

Sound therapy: Notes "D & "C#"

Color therapy: Orange

Aromatherapy: Cedarwood, Tangerine, Pettigrain and Geranium

Gemstone Therapy: Goldstone and Carnelian