



SACRAL

Svadhishthana

Sexuality, Relationships, Joy, Pleasure, Emotions, Creativity



वं

VAM

CHAKRA NUMBER: 2

SANSKRIT: Svadhishthana

MEANING: Sweetness

ELEMENT: Water

COLOR: Orange

SEED SOUND: VAM

AFFIRMATION: I Feel

LOCATION: Sacrum

PLANET: Venus

GLAND: Gonads

Affirmations

- 1 I am creative and joyful
- 2 I embrace my sexuality
- 3 I honor my desires
- 4 I am playful & spontaneous
- 5 I deserve to enjoy life

Healing Practices

- **Self-Nurturance** - do the things you really enjoy and love
- **Playful Activities** - get creative and try something new daily
- **Meditation** - focus your attention on sacral chakra point
- **Journaling** - start writing down your feelings and thoughts
- **Nutrition** - create pleasurable experience with variety of foods
- **Aromatherapy** - rose, sweet orange, tangerine, ylang ylang
- **Tantra** - enjoy sexual journey
- **Affirmations & Mantras**

Health State

Balanced: Creative, Passionate, Sensual, Playful, Balanced Emotions, Energetic, Joyful.

Unbalanced: Guilt., Addictive Behaviours, Explosiveness, Drama, Seeking Attention, Lack of Desire, Insecurity, Anxiety

Yoga Poses



Goddess Pose
Utkata Konasana



Bound Angle Pose
Baddha Konasana



Triangle Pose
Utthita Trikonasana



Forward Bend
Paschimottasana



Crescent Pose
Anjaneyasana



Wide-Angle Seated Forward Bend
Upavistha Konasana



Reclined Thunderbolt Pose
Supta Vajrasana

Crystals & Gemstones



CARNELIAN



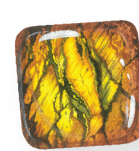
ORANGE CALCITE



CITRINE



AMBER



TIGER'S EYE



BRONZITE