

## HOME SERIES: 2ND (SACRAL) SVADHISTHANA CHAKRA (1)

**About the Sacral Chakra:** In this chakra, we transform the base survival energies of Muladhara and awaken our emotive responses.



The menstrual cycle, reproduction and sexual organs (female and male) are connected here. It is here we can learn to express our sexuality and experience sensual pleasures.

Svadhishthana is intrinsically linked with emotions and our emotional state. It is this Chakra that dominates the way we build and form our emotional relationships and our connections to others.

Svādhishthāna Chakra is about the subconscious: the sphere of consciousness that lies between sleeping and waking: where we deny, suppress, hide our truth: even to ourselves. Even when our consciousness is centered, other levels of consciousness influence our perceptions and actions. The function of the subconscious is like a video camera recording each impression that has an influence upon us, externally or internally, irrespective of whether we were conscious of it or not. In this way the subconscious records precisely everything that we experience, think, feel and do and might have a different reaction to our conscious or logical brain.

Daily we hear, see and read what terrible things have been caused throughout the world by feelings of bitter resentment, anger, jealousy and acts of violence. If something or someone stands in our way and we allow our desires and passions free rein, the ego can show up as rage building inside of us, which eventually becomes hate (further fired up by envy and resentment). Joining these as allies are greed and vindictiveness, which finally ignite the explosive charges of violence and cruelty. On the other hand, we are taught from very young to react to these emotions by blocking out or suppressing our feelings and pushing them down into the subconscious. Often we even learn to say "I'm sorry" when we find ourselves crying or expressing feelings and feeling guilty for even having these thoughts... what if it was better out than in? There has been lots of research done on the effect of suppressed emotions on the body... so I say better out than in! (This journey is still a daily challenge though!)

Our inner world is divided: we have a "light" side and a "dark" side. It is only when we take this dual reality into consideration and also accept and learn to love our perceived 'weaknesses' or 'good and 'bad' sides, that we are able to work on it. What for example, if there was no such thing as good and bad or right and wrong? (Or at least if we learnt to let go of the authoritarian voice of our childhood) What if we rethought those perceptions and truly make choices

without judgement from our 'adult' selves?

A closed Sacral Chakra shuts us off from emotive opportunities and will stifle creativity. We may feel emotionally isolated and disconnectedness from emotions of others. Those who have closed Sacral Chakras may compensate for this and become overly controlling and even abusive, and unable to respect boundaries. On the other extreme, deficiencies may mean we are unable to hold proper boundaries or say no: we prioritise others needs and don't stand up to others or perhaps even know what we want. Boundary issues include lack of or rigid boundaries, for example, tending to stand too close to people, or feeling uncomfortable when touched. Another symptom is either sharing too much or keeping our feelings to ourselves. If our Sacral Chakra is overactive we may feel emotionally needy or be unable to feel a healthy connection to others, leading to our seeking constant reassurance from those around us. This often leads to us pushing others away (them feeling suffocated), while feeling that we are being deserted.



With denial of emotions comes the denial of pleasure. Opening to pleasure in the second chakra, not only makes us feel happier and more expansive, but it gets the subtle energy moving through the body, soothing and releasing blockages.

It is here in the second chakra that we have a valuable opportunity to develop our human consciousness and step into and celebrate our divine self. Through work on the Svādhishtāna Chakra we are able to bring our baser instincts under control and transform and transcend them.

An open, balanced and aligned Sacral Chakra is absolutely necessary if we are to live a balanced, healthy and prosperous life and so working on our emotional health and wellbeing, allowing pleasure and letting go of the concepts of right and wrong can be beautiful ways to connect and balance this chakra. The health of our Sacral Chakra will determine the health of the dreams, wishes and fantasies we hold. Here lies our intuition. ☺