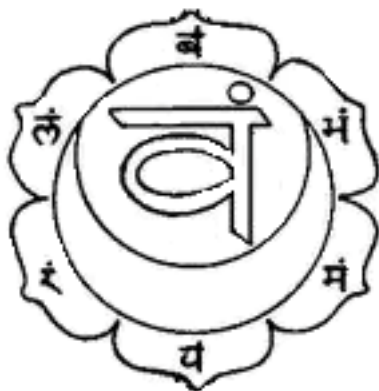


The Sacral Chakra



Western Colour: Orange

Traditional Colour: White

Bija Mantra: Bam or Vam
(pronounced with a short 'a' and a nasal 'ng' sound, rhyming with 'nun')

The sacral chakra is the second centre located in the area below the navel and above the pubic bone, the front of the pelvis. Physically this chakra is involved with the organs of the lower abdomen – the large intestine and the bladder. Traditional texts never linked endocrine glands to the chakras, but the reproductive glands or gonads are often associated here.

Detoxification is one of the key functions of the sacral chakra at every level from the physical through to the spiritual. Traditionally this chakra is connected to the element of water and it has those characteristics of flow, cleansing and movement. Any strain or tension here can create a whole range of symptoms from lower back pain, irregular or painful menstruation, constipation and sciatica to problems with fertility, impotence and fluid balance in the body.

Water absorption is a function of the large intestine, control of the mineral/water balance in the blood is regulated by the kidneys. If the functions of these areas are impaired not only does the balance of chemicals in the body get upset, but it also becomes more difficult to get rid of toxins and waste products, effectively poisoning the body.

Once these needs of survival have been met the priority is to explore the potential of the body through play, and to explore the surroundings using all the senses. The sacral chakra maintains this flow of communication through feelings and emotions between body and mind. Vague intuitions and 'gut' feelings are dismissed by the conscious mind because they are not precise enough. Flowing in harmony requires flexibility and the ability to change focus – to let go, when necessary, things that are no longer useful or helpful to us. Imbalance in this chakra often arises when for one reason or another we become fixated on something inappropriate or unrealistic.

Stress is any stimulus, good or bad, enjoyable or painful, that throws the body out of balance to such a degree that it is unable to fully return to its previous equilibrium. Stress initiates survival drives – first chakra functions. The trouble with stress, though, is that if it is not able to be dissipated quickly by 'fight or flight' responses, the creative, flexible energy provided by the second chakra is needed to stop the stresses being locked into the body.

Creativity is the natural state of life-energy and it restores life to natural balance. Successful art, beautiful design, skilful craftsmanship are exhilarating and life-supporting because they embody this flow of life-energy.

The sacral chakra is the focus of our experience of pleasure and it is the first place that experiences pain. Wherever trauma and pain may be in the body it is registered and held in the second chakra. Each event distorts or locks away energy that should be available for us to use in our everyday lives.

Indications that the sacral chakra is out of balance: emotional over-sensitivity, unhealthy emotional dependency on someone else, a failure to respect normal boundaries with intrusive behaviour, rigidity with a lack of physical or emotional flexibility, repressed feelings, a fear of sensuality, sex, pleasure or enjoyment, guilt over one's feelings and desires, frustration and bitterness, upset of the physical functioning of digestive system, particularly constipation, inability to become emotionally involved with life, a lack of enjoyment of life, emotionally volatile, becoming aggressive or tearful at the slightest provocation, inability to let go of a stressful event so that it preys on the mind, suffering from an increasing number of infections and illnesses