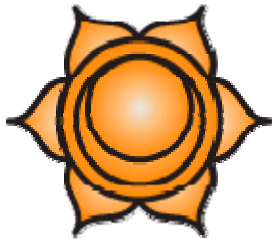




Sacred Sacral – Lower Abdomen Chakra (Svadhithana)



As we continue to explore the chakra energy system, I am in awe of the deep connection and growth that is available to each of us. I have just returned from an extended stay in Costa Rica – a magical, Divine Feminine Country. This

month you'll be receiving two newsletters as I am traveling in February. I trust it will be perfect for you! (An interesting awareness...did you notice that March is a do-over month? The date and day are exactly the same as they were in February...for example – Feb. 1st was Thursday and so is March 1st !

As a reminder, chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness, our energy system, is composed. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system. The functioning of the chakras reflects decisions we make concerning how we choose to respond to conditions in our life. We open and close these valves when we decide what to think, and what to feel, and through which perceptual filter we choose to experience the world around us.

This second chakra is a powerful center of identity and pleasure. Often in our American society we are told to diminish or control our sexual experience and emotion. This center is one that is directly connected to your sexual energy and the creativity and self-empowerment that can be expressed by connecting with the inner lover and beloved.

The Lower Abdomen Chakra – Chakra Two: *Sexuality, Desire, Moon, Emotions*

In the Indian Tantric tradition, this chakra, called the Svadhithana or "Self or Own Abode". This chakra corresponds to the element Water and is traditionally associated with the sexual impulses and sexual energy. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.

So if you are in the midst of change or the exploration of who you are...connect with the following elements to give you strength, insight, and support as you listen to your inner voice. Know that you are a powerful creator and you have the choice to be and express as you wish. The old program needs to be deleted, so keep reading and allow the mediation to bring awareness.

Lower Abdomen Chakra Elements:

Essential Oils: Sandlewood, Petitgrain, Ylang Ylang

Crystals: Moonstone, Carnelian, Tourmaline

Color: Orange

Zodiac: Cancer, Libra, Scorpio, Moon, Venus, Mars and Mercury

Sound: Mantra – VAM; Tone – D

Location: Slightly above Genital Area



ॐ **Svadhithana Mediation/Exercise:**

Here's a simple and fast way to connect to your sacred 2nd chakra. ❶ Simply start out by taking a deep breath in as if you were breathing into that chakra. Allow yourself to let go of the ego mind and follow your breath inside to the deep part of you that is connected to Mother Earth. ❷ Now that you are present to your Sacred Self chakra; see the color Orange radiate out of your sexual organs and see your blood flow in the color of orange. ❸ As you experience this color moving through you ask yourself how you hold back and deny yourself the pleasure of being a human being with sexual desires of giving and receiving. Now, listen to that inner voice! Trust what ever comes. ❹ Now see an action or a practice you can do TODAY or THIS week that will allow you to release the old program and increase your connection to your sacred inner self. ❺ Commit to doing this. You are in the process of freeing yourself so you can be a fully integrated and aware individual! You are awesome!!

If you live in the Portland area, please feel free to contact me to schedule a Chakra Balance/Cleansing Service. It's only \$25! It's a gentle, loving service that will leave you empowered and balanced as the energy easily flows through you.

With a Joyful Heart,
Dani

Life Coach, Reiki Master, and Energy Healer