



The Sacral Chakra, or second chakra, is located in the lower abdomen, **just below the navel.**

This chakra represents **our "center,"** is the source of creative energy and is the seat of our primal emotions.

It is the chakra that connects our body, emotions and mind, bridging our inner and outer worlds.

The Sanskrit name "Swadhistana" means translated "friendly place" and refers to that place within each of us where our true and authentic essence resides.

The energy attributed to Swadhistana is that produced by the vibration of **the color orange**, a symbol of inner harmony, artistic and sexual creativity, fertility, positive emotions, pleasure and success.

**Orange color**, invites us with its hue to free ourselves from schemes and to express our emotions spontaneously.

This chakra is also responsible for the free flow of spontaneously expressed feelings.

Orange is the color of our inner flame, which represents our true nature.

This chakra is associated **with pleasure** and guides us towards it, both on a physical and emotional level, thus helping us to make our existence enjoyable and satisfying.

He is a true teacher who shows us the way to everything that gives us joy, pleasure and satisfaction.

**It affects our interpersonal relationships**, especially with people of the opposite sex and, if the Sacral Chakra is in balance, our relationships are healthy, authentic and satisfying, and life in general is characterized by frequent positive experiences, prosperity, abundance and well-being.

This chakra is **also responsible for our success**, because the only key to it lies in our ability to choose the path our heart tells us, which is to do what we love, to follow our natural talent and ability... in other words, to be happy for the simple reason that we can be ourselves.

**Swadhistana enables us to be happy because we can express our true nature.**

A simple and effective way to find out if your second chakra is balanced is to observe your daily activities and, above all, watch the way you perform them.

The activities you do every day, for example, your work, your hobbies, etc., make you happy? Do they make you feel good?

Or maybe you hate what you're doing, can't wait to finish it, and feel the need to compensate for the frustration with physical pleasures?

If doing your usual activities **during the day feels good, you are motivated**, enthusiastic, energetic and stimulated, it means that **your sacral chakra is balanced**.

## What happens when the Sacral Chakra is blocked?

When the sacral chakra is closed or blocked, **we completely lose control over our emotions**.

Controlling our anger becomes difficult and sometimes impossible, our reactions are instinctive, uncontrolled, we act under the influence of emotions, we are not guided by logic and we lack emotional balance.

The malfunctioning of this Chakra leads to the **need to constantly feel intense emotional states** and often causes **strong oscillations of mood** that go from euphoria to depression.

A closed or blocked sacral chakra means experiencing our emotions in a distorted and non-functional way that will irrevocably lead us to depression, neurosis, self-harm and self-destruction, such as alcohol or drug abuse.

People with this chakra closed fall easily into addictions.

Any problem is felt in an extreme way, **sex loses its emotional character** and is perceived only as a means of physical lashing out.

We lose the ability to freely express our sexuality, and our relationship to pleasure is distorted because we combine it with negative elements such as guilt or shame.

Physical disturbances associated with this chakra manifest as an irritated digestive tract, fertility problems, stones in the kidneys, cancer of the ovaries in women or testicles in men.

## How to restore the balance of the Sacral Chakra

Working on rebalancing the second chakra can be really enjoyable: it involves **doing everything that makes you feel good and happy**.

Indeed, your sacral chakra will recover if you do what you love, what you are passionate about and have fun doing, while avoiding activities that make you frustrated .

Life will certainly be better if you are able to express your abilities and natural talents, the most precious gifts you have.

Take the time to find activities you enjoy doing, give expression to your creativity and spirit, thus cultivating the energy of the Sacral Chakra.

Keeping a **daily diary** can be very helpful to you, by writing down your feelings and emotions each day you will become more aware of yourself, what makes you happy and happy, and what makes you feel unhappy and in pain.

In addition to the diary, another activity that can help you a lot is **meditation**, through which you will develop and strengthen your emotional awareness.

Eat orange-colored foods, such as oranges and carrots, and wear orange clothing to enhance positive emotions. Apply this color to your home furnishings.

The mantra assigned to this chakra is VAM.

Musical Mota: RE.

Indians and Hindus also assign Totemic Animals to each chakra. These animals represent the Primordial Energies that vibrate at the frequency of a given chakra.

One of the totemic animals of the second chakra is the dolphin.

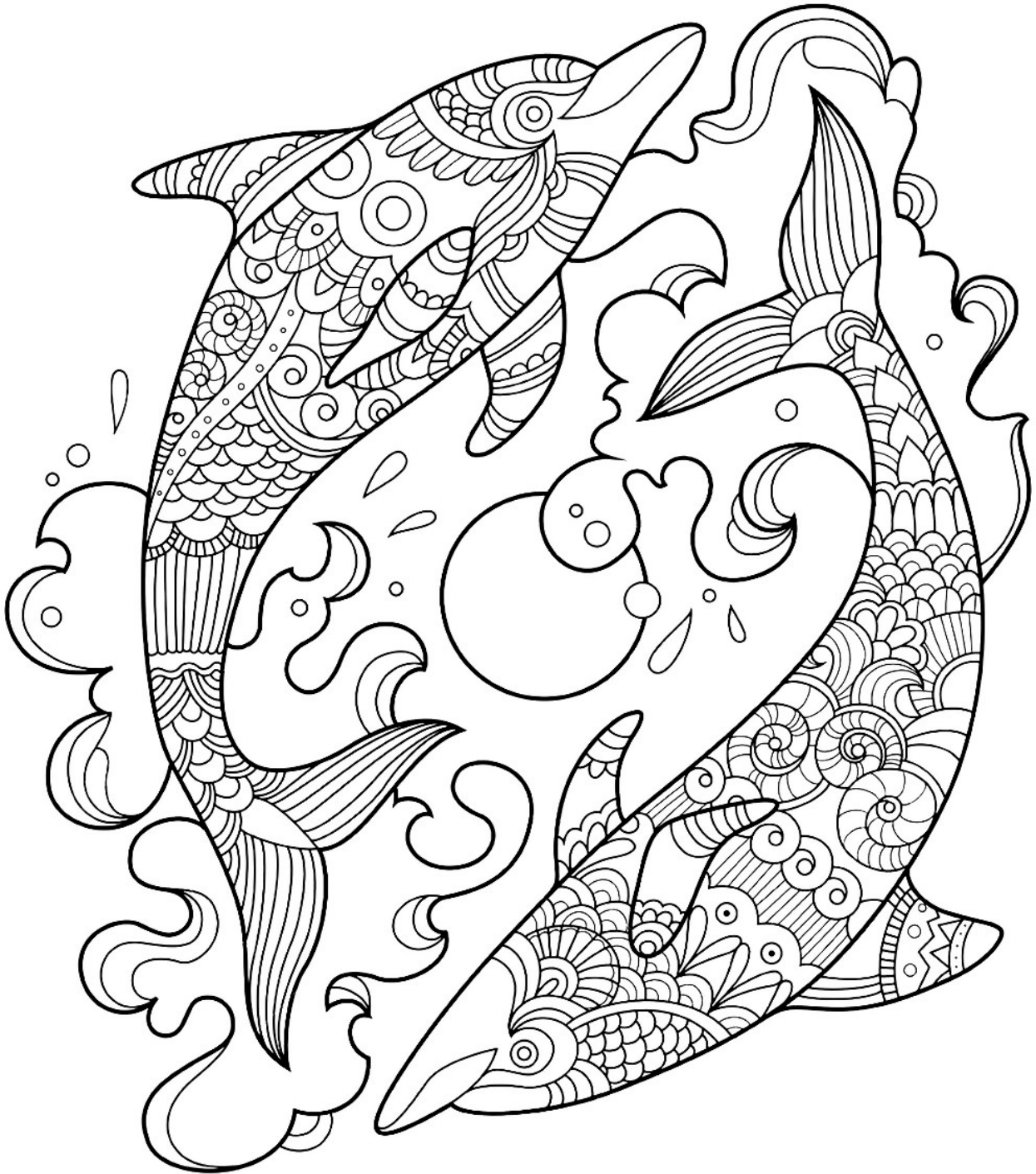
The dolphin is one of the most important symbolic animals, and this is due to its kindness and goodness. In mythology and legends around the world, it is considered a friend of man, a tool of good forces in the fight against evil. The dolphin reflects purity, innocence and natural generosity, and is a symbol of spiritual evolution, because all forms of meditation (which teach us how to slowly cross the barrier of matter) always begin with control of the breath: this enables us to move into dimensions that are inaccessible to us when we're busy in our daily lives, consumed by the thousands of thoughts that run through our minds every day. The dolphin symbolizes breath, or the connection between matter and spirit, a life cycle that includes birth and death. By practicing changing our way of breathing, we slowly change the quality of our lives, improving our mood and emotions, which so often prevent us from experiencing various situations in the correct way.

The dolphin's lesson is to teach us to breathe, because it is the breath that represents the unity of the spirit with the physical body, the life that enters and exits every living being, that is, the life-death process. By changing the rhythm of breathing, we can visit worlds other than our physical one, where mysterious creatures reside, so superior to modern man.

Dolphin wants to teach us to overcome life situations happily and in full harmony, without immersing ourselves in heavy thoughts or obstacles in life, he wants us to walk our path guided by the voice of the heart and an almost childlike instinct.

Journey to the Dolphin's Spirit:





*Just Color*