

## Chakra 2 : Svadhithana – The sacral/sexual Chakra

The second chakra is located 3 finger widths above the genitals and 2-3 cm out the front of the physical body. The Sanskrit name is svadhithana or swadhithana and is typically referred to as the sexual chakra or the sacral chakra due to its location at the same level as the sacrum. The main attributes controlled by svadhithana are the instincts (hunger, thirst, sleep and reproduction), sensitivity, social conformism and imagination/fantasy. It is the element of water, highly influenced by the moon and magnetic forces. Refers to the sense of taste, the genitals on the positive charge and the tongue on the negative polarity. It governs the kidneys, testes, prostate and ovaries as well as some control over the lymphatic glands.

Svadhithana chakra defines how we connect with others, how we choose relationships and what they mean to us. This is the realm of life that hovers around issues regarding blame, guilt, money, sex, power, control, creativity, and morality.

If this chakra is balanced, there will be enormous capacity for creativity and partnerships with others, sexual satisfaction, physical pleasure, general enjoyment of life, comfort with intimacy and the ability to accept change gracefully. There is clarity and steadiness in emotional states and a balanced ability to nurture oneself and others while maintaining healthy boundaries. If this chakra is out of balance, there will be addiction to feelings of guilt and inability to receive physical pleasure. The ability to be nurturing and giving to others will be hampered by self-denial and giving will be more out of duty, not from the heart. The individual will be inclined to degradation and abuse through unselective or chaotic sexual experiences with partners inferior to them. The individual will be prone to exhaustion, premature aging, over indulgence and weakness. People who attract others to them, knowingly or unknowingly, in a sensual way exhibit a strong 2<sup>nd</sup> chakra, such as sex icons like Marilyn Monroe and other actors known for their sex appeal.

Looking at the psychology, svadhithana chakra is about passion, sensation, pleasure, need, desire, guilt and sexuality. The centre of sensation and feeling, emotion and pleasure, intimacy and connection, neediness and vulnerability, our connection to both inner and outer reality. It is our right to feel and right to healthy sexuality. Cultural conditioning has led us to repress our emotions and after time our ability to feel is shut down almost completely and we lose vital connection to life's experiences.

When we are out of balance and become polarized, we are like a magnet drawing towards us the opposite poles. We invariably attract those who embody our rejected traits as mates, bosses, children or neighbors. If we have rejected our personal power our boss will be a controlling tyrant, If we are an ever-giving, loving partner, our partner will be cold and withholding. If we suppress our emotions it will be very difficult to be around someone who freely expresses them. If your rejected self is a slacker, you will be unable to relax and will be critical of those who take a moment for themselves while you work on. Learning to balance these aspects is one key in healing svadhithana.

It would take a whole book to describe all the intricacies of healing second chakra issues. First and foremost remembering that the body has its own natural ability to heal. When these natural instincts get interrupted by trauma or ongoing stress, then our whole foundation is upset and with it the flow of energy. Restoring the flow of energy is the body's way of restoring balance. Water is the element of the second chakra and like water energy needs to be contained so it doesn't dry up but not too tight that it goes stagnant. Our chakras need to flow, filling and emptying with energy to be healthy and balanced. Our lives need to find balance in all areas ensuring there is enough energy, nutrition, sleep, pleasure coming in to balance out the stresses that we cannot avoid. As guilt is the biggest weight on the second chakra, put your guilt into context. What was the motivating factors that led to the thing you feel guilty about? Was there other was to fulfill the underlying needs? Most importantly, why is there guilt? Why do believe it was bad? Finally, make amends and don't carry it with you.. See [www.emofree.com](http://www.emofree.com) for a free guide and videos to a simple acupressure technique to release blocks.

<b>ELEMENT</b>	<b>DEVELOPMENTAL TASKS</b>	<b>PHYSICAL MALFUNCTIONS</b>
Water	Sensate exploration of the world	Disorders of reproductive organs, spleen, urinary system
<b>NAME</b>	Locomotion	Menstrual difficulties
<i>Svadhithana</i> (sweetness)		
<b>PURPOSE</b>	<b>BASIC RIGHTS</b>	Sexual dysfunction: impotence, premature ejaculation, frigidity, nonorgasmic
Movement and connection	To feel and have pleasure	Sexual dysfunction: impotence, premature ejaculation, frigidity, nonorgasmic
<b>ISSUES</b>	<b>BALANCED CHARACTERISTICS</b>	Low back pain, knee trouble, lack of flexibility
Movement	Graceful movement	Deadened senses, loss of appetite for food, sex, life
Sensation	Emotional intelligence	
Emotions	Ability to experience pleasure	
Sexuality	Nurturance of self and others	
Desire	Ability to change	
Need	Healthy boundaries	
Pleasure		
<b>COLOR</b>	<b>TRAUMAS AND ABUSES</b>	<b>HEALING PRACTICES</b>
Orange	Sexual abuse (covert or overt)	Movement therapy
<b>LOCATION</b>	Emotional abuse	Emotional release or containment as appropriate
Lower abdomen	Volatile situations	Inner child work
Sacral plexus	Neglect, coldness, rejection	Boundary work
<b>IDENTITY</b>	Denial of child's feeling states, lack of mirroring	12-step programs for addictions
Emotional	Enmeshment	Assign healthy pleasures
<b>ORIENTATION</b>	Emotional manipulation	Develop sensate intelligence
Self-gratification	Overuse of playpen or restricting normal movement	
<b>DEMON</b>	Religious or moral severity (antipleasure)	<b>AFFIRMATIONS</b>
Guilt	Physical abuse	I deserve pleasure in my life.
<b>DEVELOPMENTAL STAGE</b>	Alcoholic families	I absorb information from my feelings.
6 months to 2 years		I embrace and celebrate my sexuality.
		My sexuality is sacred.
		I move easily and effortlessly. Life is pleasurable.

<b>TRAUMAS AND ABUSES (CONT'D)</b>	<b>PHYSICAL MALFUNCTIONS</b>
Inherited issues—parents who have not worked out their own issues around sexuality; untreated incest cases	Disorders of reproductive organs, spleen, urinary system
<b>DEFICIENCY</b>	Menstrual difficulties
Rigidity in body and attitudes	Sexual dysfunction: impotence, premature ejaculation, frigidity, nonorgasmic
Frigidity, fear of sex	Low back pain, knee trouble, lack of flexibility
Poor social skills	Deadened senses, loss of appetite for food, sex, life
Denial of pleasure	
Excessive boundaries	
Fear of change	
Lack of desire, passion, excitement	
<b>EXCESS</b>	<b>HEALING PRACTICES</b>
Sexual acting out, sexual addiction	Movement therapy
Pleasure addiction	Emotional release or containment as appropriate
Excessively strong emotions, ruled by emotions (hysteria, bipolar mood swings, crisis junkies)	Inner child work
Oversensitive	Boundary work
Poor boundaries, invasion of others	12-step programs for addictions
Seductive manipulation	Assign healthy pleasures
Emotional dependency	Develop sensate intelligence
Obsessive attachment	

## **Shalabasana – Locust/grasshopper**

Lie face down on the floor. Reach the hands with palms down, fists clenched under the pelvic bones. Resting the chin on the floor, put pressure into the hands to support the pelvis and aid in the raising of the legs. Keep the feet relaxed. Modification is to hold first the left leg then the right. Concentrate on the flow of cosmic energy entering into the feet charging svadhastana chakra. Afterward note the energizing of the 2<sup>nd</sup> chakra and lower limbs, a pleasant mood, arousing of imagination and fantasy.

### **Benefits:**

Cures rheumatism of hands and legs. Cures diseases of the bladder and reproductive glands. Particularly useful in relieving menstrual pain. Improved kidney function, aids digestion and heals ailments of stomach and bowels. Spine is elasticized and lumbar muscles strengthened relieving sciatica and other pain in sacral/lumbar region. Also tones the nerves of the lungs, broadens the chest and shoulders and relieves fat from the hips and buttocks. Also of benefit to varicose veins and sexual dysfunction. Arousal of svadhastana allows for better remembrance and depth of dream states and allows the arousing of certain forms of telepathic receptivity and kundalini energies.

## **Pavana muktasana – liberation/release of wind/gases**

Perform by lying on your back and hugging the knees as tightly to the abdomen as possible trying to grasp each elbow. Lift the head and tuck the chin into the knees. This asana is activation of the 3<sup>rd</sup>- manipura chakra and concentration should be focused to the navel. Note the improvement of digestion, relief of gases and an overall feeling of well-being and relaxation.

### **Benefits:**

Having excess gases in the body can produce pain in the head, stomach, heart, muscles, bones and joints. These excess gases are a main cause of disease and premature aging. This asana helps to quickly restore general health to the body by the release of these gases. Cures bloating of the belly, indigestion, acidity, flatulence, constipation, belching, gastritis or ulcers and feelings of nausea. Improved blood circulation in the lower limbs aiding in arthritic or other conditions of the knees and lower extremities. Lumbar back pain is relieved. Improves function of liver, spleen, sexual glands and pancreas, aiding in the treatment of diabetes.

## **Kriya yoga- Beginners purification practices**

As all disease comes from imbalance or toxic overload of the system, cleansing practices are a large part of the yoga practice. As each chakra also has manifestations in the physical body, cleaning the corresponding physical part can have positive effects on the energy flow of that chakra. The kriyas are recommended to be done daily upon first waking.

### **1. jihvamula dhauti – purification of the tongue**

Using the hollow side of a teaspoon, fingernails or other scraping device thoroughly scrape the tongue until the saliva on the device is clean. Try not to swallow any of it as the tongue is a site of toxin release. Tongue relates to svadhastana chakra and aids in relieving excess phlegm from the head (in Arurvedic medicine – the Kapha dosha).

### **2. dantamula dhauti- purification of the mouth**

Use sea or other natural non-iodized salt on the tip of the index finger to thoroughly rub gums, inner surfaces of mouth, under the tongue, palate and cheeks. Rinse the mouth well. This practice will clear residual liquid off the pores granting oral health, a clear mind and relieve sleepiness.

### **3. Jala neti – neti with water**

Referring to an item known as a neti pot, a small spouted pot often resembling a mini tea pot. It is the washing of the sinus cavities with warm salt water (1 tsp to ¼ water, recommended).

A neti pot makes this practice easy. Simply tip the head back to pour the water in one nostril and let it come out the other. Without a pot using the palm of the hand or a cup, place one nostril into the water, close the other with a finger and inhale the water and then spit it out the mouth.

Cleansing of the nose is cleansing of muladhara 1<sup>st</sup> chakra.

### **4. caksu dhauti- purification of the eyes**

A gentle rinsing of the surface of the eyes with fresh water. The magnetic energies of water act on manipura 3<sup>rd</sup> chakra.