

# 2<sup>nd</sup> Chakra

## "I FEEL"

### Blocked Chakra

Frigidity, Fear of Sex

Self-Criticism

Feels Guilty (but not sure why)

Denial of Pleasure

Lack of Social Skills

Fearful Change

### Too Open

Emotionally not Balanced

Controlling & Manipulative

Pleasure Addiction (sex)

Emotionally needy

### Balanced

Emotionally Intelligent

Allows Healthy Pleasures

Able to Change

Creative

### Physical Problems In

Kidneys & Bladder

Reproductive Organs

(ovaries, testes, menstrual problems, sexual dysfunction)

Loss of senses (esp. taste)

Lack of flexibility

Low Back & Knee Pain

Gonads

Spinal column

### Issues

Pleasure

Sexuality

Emotions

### Traumas

Sexual or Emotional Abuse

Denial of Feelings (eg. don't cry)

Neglect

Drug Addicted Families

Mistreatment by a Sexual Partner

Invasive medical procedures on a young child

## SACRAL (WATER)

### Balanced Healing

#### Strategies

Practice making small changes

Inner child work to release old patterns and heal past wounds

Look at friendships (are you good at maintaining long term bonds, sexual & non-sexual)

Take dance lessons to loosen body & become reconnected to how your body should flow

If addicted to drugs practice 12 step program

Assign healthy boundaries & pleasures

Develops 6-24 months  
new cycle 58 years old

### Aromatherapy Oils

Cinnamon

Lemon

Neroli

### Flower Essences

Water Violet

Impatiens

Heather

### Affirmations

I have a right to feel any emotion

I celebrate my sexuality

I flow through life effortlessly

### Crystals

Clear Quartz

Moonstone

Citrine

### Angelic Assistance

Gabriel & Hope