

# The Sacral Chakra

## To Feel

*by Regina Ann*

According to Wikipedia, **Chakra** derives from the Sanskrit word for “wheel” or “turning.” The chakras are considered to be a number of wheel-like vortices that exist within the subtle body being the focal points for the reception and transmission of energies. It is generally accepted that there are seven main chakras in the body system which include the root, sacral, solar plexus, heart, throat, third eye, and crown.

Many traditions, therapies and disciplines have found connections between the health of each chakra and the health of specific areas of the physical, mental and emotional bodies. When life energy is allowed to flow through the energy points, chakras, with ease and in balance, the body systems respond in balance and harmony. Through life experiences and daily life we may develop blockages that become trapped in one or more chakra resulting in imbalance and disharmony. Those of us who work in the fields of healing commonly see the physical, mental and emotional results of these blockages.

In an effort to promote healing we will look in depth at each of the commonly accepted chakras over the next few months. Along with information that is widely accepted pertaining to each chakra, each article will also include some real world pertinent experiences with that chakra.

**The Sacral Chakra** ~ The Sacral Chakra center is located in the lower abdomen between the navel and pelvis. The Sacral Chakra houses emotions, feelings, creativity and sexuality.

A balanced sacral chakra results in the ability for feelings to flow freely and emotions to be expressed easily without over-expression. It also results in openness to intimacy and passion with no sexuality issues. We feel creative, vital and spontaneous when balanced.

When this chakra is imbalanced you may be very unemotional and not open to people or you may feel emotional all the time and be very sexual. Some common symptoms of imbalance may include an over-indulgence in sex or food, sexual or reproductive disorders, and feelings of jealousy and confusion.

Since the related parts of the body to the Sacral Chakra include the gonads, prostate gland, reproductive system, spleen and bladder an individual may see physical symptoms in these areas when the chakra is imbalanced. The most common physical complaints I see in my practice pertaining to the Sacral Chakra are pain and problems with the low back, low abdomen and reproductive areas.

Beneficial to healing the Sacral Chakra is group participation in areas of interest, trying something new, connecting to water, nurturing yourself, and finding creative outlets. In my experience positive affirmations have been very beneficial for healing this chakra.

Daily balancing meditation for the Sacral Chakra has been extremely helpful in the healing process as well.

Crystals for healing the Sacral Chakra include amber and carnelian. Essential oils recommended for the Sacral Chakra include Young Living Oils Peace and Calming® and Harmony™.

*Wishing You Wellness*

*Regina Ann ~\*~*

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