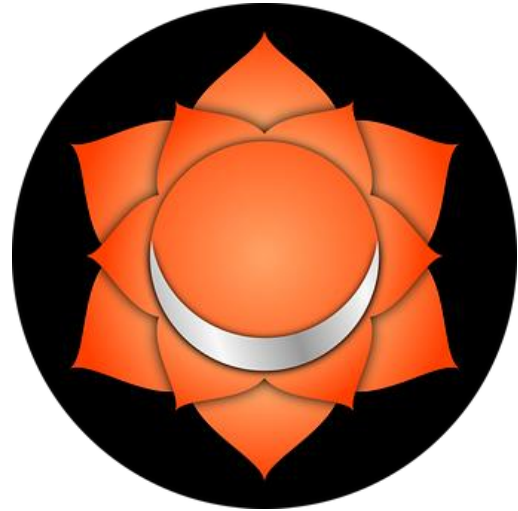


The^{2nd} chakra: Svadhistana

The second chakra is the sacrum chakra, also called Svadhisthana or the sacred chakra. The place of the second chakra is in the lower abdomen, between the navel and the genitals. The back of this chakra is at the height of the sacrum.

The second chakra has as symbol the lotus with six orange-red leaves, which depicts the joy of creation. Inside this lotus is often depicted a circle or a second lotus with a crescent moon, the symbol for water. The moon stands for growth and regeneration, and it has a major influence not only on the tides, but also on our emotions.



Svadhisthana is translated from Sanskrit to 'your own place of residence' (from 'sva') and 'svad' translates to 'sweet flavours' or 'tasting with pleasure'.

Sexual energy, emotions and creative ability are central to the 2nd^e chakra. This chakra is also called 'the seat of life'. In women, the uterus is undeniably the physical place of the second chakra. In men, such a place is less easy to pinpoint.

This chakra includes the experiences of movements, lust, sexuality, reproduction, inspiration, connectedness and emotions. The central focus is on your connection with yourself and your surroundings. That's why the energy of this chakra makes us move, to come closer to the other. We experience "emotion", we come out, because we can always go back to our safe 'own place' (see the translation above of Svadhistana).

The element of this chakra is water and therefore this chakra corresponds to bodily functions related to fluid: circulation, urinary secretion, sexuality and reproduction. Water is receptive, has no form of its own but takes the form from the environment, water follows the path of least resistance and can develop a huge force. Water is mobile....

The energy form of the second chakra is liquid. Whereas the first chakra forms the solid foundation, the foundation for existence, the second chakra complements this with dexterity and fluidity. Everything that is liquid creates movement, the flow of energy and movement brings change. This capacity of

moving is necessary for the development of awareness and growth, in every human being.

The genitals belong physically to this chakra, just like the spleen. From the hormonal or endocrine system, the adrenal glands (bijnieren) and gonads (geslachtsklieren) belong to the^{2nd} chakra.

The second chakra is related to the moon. Just as the moon is responsible for the tides in oceans and seas, so our desires and passions are able to move oceans of energy.

Exercise 2^e chakra: meditating on a few concepts

Sit or lie down comfortably and close your eyes. Put your feet well on the ground so you can feel the earth. Meditate on every word for a short time. What do they mean to you, do emotions come with it, what comes to you about images or words? Try to stay away from thinking and judgments. After each word, you can take notes briefly if you want to.

The words are: Change, Movement, Desire, Emotions, Lust, Sensuality, Intimacy, Sexuality, Conviviality, Water

Second part:

The second chakra relates to your sacrum, genitals, hips and lower back. How do you feel about these parts of your body? (How do these parts function with you, did they ever affected you in your life?)

Fundamental right 2nd chakra: The right to feel

You know what you want and you dare to express your emotions, the verb that goes with it is "I feel". In addition, your intuition is important. We all know the 'gut feeling' that something is/is not right.

'I feel' is not only expressed during physical touch, but is also about daring to feel and admit emotions.

The psychic function of the^{2nd} chakra: center of sexual energy, center of feelings, of emotions and creative forces.

Development of the 2nd chakra: from six months to two years and beyond

The development of the second chakra takes place in the life phase in which 'the other' is discovered and experienced. It is the phase of growing awareness and emotions. The young child will start to explore the world, crawl and

discover the world with its senses (taste, feel, hear, see). At the age of two we are still in the Root Chakra cycle of development, especially focused on the earthly elements, but we begin to develop feelings. We have a strong attachment to our loved ones at this age and we are beginning to develop preferences: "likes " and "does not like".

The development of the second chakra takes us from being alone to becoming aware of contact with the other, so that besides "I" also a "YOU" comes into view, in short there is *duality and polarity*. There's attraction and rejection. This discovery evokes desires and feelings, and the discovery of these feelings brings movement to human beings. Discover what you want, reach out to what you want, allow yourself to want and use that energy in motion and movement. That's what the second chakra is about: movement.

When a human being has the experience that this process is enjoyable, it encourages development. Just remember the first kiss with someone you really like, butterflies in your belly, a higher temperature. If that kiss is answered, is welcomed, then you will automatically continue to investigate. The energy keeps flowing, our consciousness increases. However, if your approach is rejected, it sometimes hurts and immediately stops all pleasant feelings. We're moving back inward. This is a learning process in which reaching out and retreating in are set in motion.

You can imagine that in a loving nurturing environment the child's need to discover and to want, will be welcomed. The child is confirmed that it is okay to convey the need to relate and be loved and to set desire in motion. The child will continue to develop. The child will of course also discover limits, but the relationship with feeling and wanting is healthy because there is freedom and encouragement to try.

However, if for some reason there is less of such a welcoming environment, confusion may arise in the developing child. In repeated unpleasant negative experiences, the child makes a connection between one's own movement, his own desires, his own impulse and that negative experience. The movement stops, the exploration will stop, the development of this part will stop.

The development into an independent individual who knows the right to feel, might stagnate. The relationship with feeling and wanting can become cramped which can lead to, for example, addiction sensitivity or the complete denial of pleasure.

An example: someone can develop from that last situation into a 'caretaker', someone who takes care of the other person so that it is safe for himself or herself, of course without contact with one's own desires because they are unknown or you should not feel them (because there was repeatedly a nasty consequence attached).

Off balance / in balance

When the 2nd^e chakra is in balance you are able to express your emotions, you are not afraid of intimacy, you are creative, confident, vital and passionate. You have a developed social intelligence, you move smoothly and you have a sense of freedom of movement. You can enjoy yourself and you can enjoy the other.

When the energy is too weak, you feel closed and suppressed. You don't show what you feel, who you are, and you don't really get to enjoy it.

If the energy is too strong, this can lead to emotional excesses, the feeling that you are ruled by emotions. Also known are obsessive thoughts, sexual addiction, hypersensitivity and compulsive behavior. What you see here is that you quickly spread and burn up the excess energy, so that it can't flow up to the other chakras. You have an energy leak at the 2nd chakra.

Working on the 2nd chakra

Working on your second chakra means exercise. The element is water, always moving, adjusting to the shape around it, flowing. That movement, that fluid, that's what you want to look for.

Exercise: Goddess posture: The purpose is to open your groin and make you feel vulnerable and receptive.

Lie down on your back, your feet on the ground near your buttocks, knees up, your arms next to your body on the ground. Put your feet together and let your knees slowly move apart and fall outwards. Don't force anything, let the weight of your legs do the work. Stay in this position for 1-2 minutes.

Then move your knees back together, very gradually and slowly. Your breathing is relaxed and deep. You can repeat this movement once.

Affirmations for the 2 chakra

- I have the right to have fun in life.
- It's okay to enjoy, to express my needs.
- I move easily.

- I have fun in life, life is fun.

Home tips

The color of the second chakra is orange, if you want to work on this chakra, then surround yourself with orange, think orange, eat orange (tangerines, carrots, etc). And when you eat something orange, do it consciously, tell yourself that you feed yourself with orange!

The element of the second chakra is water, take a bath, go swimming, also a day of wellness with ample attention to bathing is delicious and nourishing for your second chakra.

The theme is connecting, relationships. Tell a good friend how much you appreciate him or her. If you get a compliment yourself, really take it in and try to enjoy a compliment.

Go dancing!

Creativity is the subject of this chakra so make time to draw or paint, sketch, make something. Let it flow, don't think in advance how it should look, see if you can make it happen. Drawing a mandala by intuitively doing it is a good example of something you can easily do at home. A sheet of A4 paper and pencils or grease chalk is all you need.

Have fun, enjoy, it's your right!