



2nd Chakra **Sacral Chakra - Navel centre - Svadhishthana**

Location - Between the navel and the genitals

Colour - Orange – all shades

Element - Water

Glands - Ovaries and testicles

Related body parts - Womb and the genitals (reproductive organs), kidneys, bladder, circulatory system and the lower back.

Crystals - Carnelian, Tigers Eye, Golden Topaz, Honey Calcite, Moonstone.
(any orange, gold or moonstone crystals).

Related

Our feelings (emotional store bank), the centre of our sexuality. Desire & Pleasure.

Unbalanced

Lower back problems, hip or pelvis ailments, kidney & bladder problems, problems with our sexuality and/or actual physical disfunction (sexually), menstruation problems and reproduction difficulties. Emotional problems may show up as an inability to express your emotions, or that your emotions are heightened.

To balance

Get creative. Creativity is a source of life force. Creating mandalas or crystal grids. Writing, colouring, making things. Listening and dancing to music. Singing is also very good.