

The Sacral Chakra and Orange



Orange: The color of the Sacral chakra, also known as Svadhishthana. This chakra is located beneath the naval. The Sacral Chakra is linked to the reproductive system.

Opening this chakra will free inherent creativity.

Gemstones that will aid the Sacral chakra include carnelian, coral, orange jasper, orange jade.

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This chakra is situated in the lower abdomen and controls a good many organs and glands; the uterus, ovaries, testes, large bowel, prostate gland and the initial stages of embryo development. Orange energy is the essence of self-respect, and it affects our relationship with other people. You can only respect others and their boundaries if you respect yourself and define your own boundaries. Menstrual problems, endometriosis and lower back pain are all indicators of a problem in the sacral chakra. People who do not have sufficient orange energy tend to be unsociable, withdrawn, destructive and despondent. A healthy balance of orange promotes independence, creativity, sociability and joy.



Orange chakra color meanings:

The second, sacral chakra. We've got a nice glow on here. From the "pow!" of our red roots we move into a more sophisticated stage of creativity. This is our moment to sculpt our rawness, and refine ourselves into illumed orbs of creative beauties. In silky waves of orange we become aware of our physicalness and begin to make prime connections about the magnificence of our bodies. Orange speaks to us about exploration - **new additives are mixed with raw matter**. Here we embrace polarities, consume them, and learn the choreography in the dance of unity.

Sacral Chakra



The sacral chakra houses the dynamic, creative force that circulates creativity, sensuality, and emotions through all layers of the self. A healthy sacral chakra will assist in wielding and manifesting raw creativity into an external form, including through relationships with another. A healthy sacral chakra allows us to "go with the flow" of life.

Chakra Color: **Orange**

Health Associations: Responsible for the liquid functions of the body: kidneys, bladder, large intestine. Oversees the "creativity" of the body through the uterus, fallopian tubes, and ovaries, as well as cell division and growth.

Sacral Chakra Healing Foods: Fats and oils, tropical fruits, seeds, nuts, orange-colored foods (oranges, tangerines, carrots, etc.)

2 - Sacral chakra

The Sacral chakra is about feeling. When it is open, your feelings flow freely, and are expressed without you being over-emotional.

If you tend to be stiff and unemotional or have a "poker face," the Sacral chakra is under-active. You're not very open to people.

If this chakra is over-active, you tend to be emotional all the time. You'll feel emotionally attached to people.

Open the Sacral Chakra

Put your hands in your lap, palms up, on top of each other. Left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.

Concentrate on the Sacral chakra at the sacral bone (on the lower back).

Chant the sound VAM.



Meditation Commentary: Now, orange-rays of Purity form my Supreme Preceptor, the Spiritual Guide illuminate my orange-field of Purity...I experience the strength of purity in me ...these rays now overflow into the corporeal world, illuminate the orange-fields of purity in millions...these souls experience the strength of purity...These orange-rays now create strong waves of purity in the universe, erasing the impurities of the souls...



मैं पवित्रता के सागर का सन्तान पवित्र स्वरुप हूँ ।
सारे विश्व में पवित्रता का नारंगी वायुमण्डल फैला रहा हूँ ।

I am the child of the Ocean of Purity....I am an embodiment of purity....
I spread the Orange atmosphere of purity in the whole world....

