

THE SACRAL CHAKRA OVERVIEW

Create Your Best Life!



The color is orange. The sound is Ooo as in you. Located in your pelvic bowl and lower back. It reflects your creativity, emotions, money and connections to others. The right side represents creating with and for the outer world and others. The left side represents creating within and for yourself.

Your right is to feel and your shadow is guilt. The emotions vibrating here are overwhelm and pessimism. The element is water. It is a human energy center.

The shadow is guilt which often comes out of fear and is responded to with control. The right side of your pelvic bowl is fear and control of the outer world — others. The left side of the pelvic bowl is fear and control of your inner world — your emotions and intuition.



When working in the space of the pelvic bowl, emotions will arise. Allow and encourage the emotional release. Your emotions guide you.

Your work is to own your gifts/talents, feel your way into connecting with yourself, others and this beautiful world, and allow all your connections to bring you prosperity.