



SVADISTHANA CHAKRA

Meaning: “Sweetness”

Color: Orange

Physical: Reproductive Organs, womb, hips, sacrum, lower abdominals

Governs: Emotions, Intimacy, creativity, movement, pleasure, connection

Bija Mantra: VAM

When this Chakra is UN balanced:

Physical/Anatomical: kidney problems and urinary tract infections, chronic lower back pain, sexual disorders, infertility, gynecological problems, dysfunctional menstrual cycles, and problems with the intestines, spleen, and gallbladder.

Energetic/Experiential: Restlessness and lack of creative inspiration. Those overactive in the Chakra are prone to indulgence of the senses, overeating, attachment to physical pleasure and perhaps addiction. Those under-active in this Chakra may feel powerless and not in control. There is a risk of a lack of boundaries or self respect when it comes to love relationships, or an attachment to the wrong people for the wrong reasons. Desires seem far away and unattainable, and real happiness is elusive. Imbalance of either type produces drama with others in both friendships, love relationships, and at work.

When this Chakra is IN Balance:

A balanced Svadisthana Chakra presents as joyful, centred, and at peace. They experience their emotions fully and process them fully as well without that process hurting others. There is contentment with exactly what you have, and yet the freedom to desire something new without attachment to results. People who are more balanced here are enthusiastic about life and excited for whatever comes next. They forgive easily, are willing to share, and want to gift what they have and or what they know to the people they love. They are social, magnetic, and compassionate and when you are with them you feel like they are present in the moment – listening, empathizing, and truly hearing you. There is no judgment, and an overall clarity of intention that makes others feel motivated, strong, and emotionally stable.