



# 2nd Chakra Chart

## Sacral | Svādhiṣṭhāna

<b>Color</b>	Orange. In between the red of the tribe (Root Chakra energy) and the yellow of the individual (Solar Plexus energy).
<b>Element</b>	Water. An ebb and flow, an awesome power to both create and destroy.
<b>Seed sound (bija mantra)</b>	Vam.
<b>Body associations</b>	Lower back, adrenals, reproductive organs, bladder and ureters.
<b>Verb</b>	I feel.
<b>Sense</b>	Emotions. Mercurial, passionate, changeable, capricious, flowy feelings (hence the water association).
<b>Endocrine gland</b>	The gonads. Testes, ovaries.
<b>Focus</b>	Partnership, creativity, power, control.
<b>Hindu Symbolism</b>	Orange lotus with six petals.
<b>Christian Sacrament</b>	Communion. Symbolically receiving grace (the “host”), representing holy union with Christ.
<b>Jewish Sefirot in the Kabbalah</b>	Yesod, the procreative force of God, merging energy into physical form.
<b>Healing thought</b>	Honor one another.



ROOT TO RISE  
YOGA TEACHING METHOD