

CHAKRA NUMBER TWO: THE SACRAL CHAKRA

FUNCTION ASSOCIATED WITH THIS CHAKRA:

CHANGE

EMOTIONS

SEXUALITY

CLAIRSENTIENCE

DESIRE

Meaning	Sweetness
Location	Lower abdomen
Inner State	Tears
Glands Associated	Ovaries and testicles
Malfunction	Impotence, frigidity, uterine, bladder or kidney trouble, lower back tightness

CHANGE

When we enter the second chakra, we encounter change. Without change, our minds become dull and unaware.

Consciousness thrives on change. Our intelligence is nourished through new information.

POLARITIES

Consciousness in the second chakra is based on the dualism of the universe. Within the concept of dualism we have opposites which create polarities. Black gives rise to white, day is opposite to night; make has a counterpart in the female.

One of the challenges of the second chakra is to exalt in the dance of dualities, without getting caught in extremes and losing our center.

DESIRE

Desire in latin means "of the Father". Anything that you desire, you can accomplish. As you think so you manifest, so you create. Whatever you focus consistently, you will manifest in your life.

Know "why" you desire something. "Reasons" comes 1st, answers comes 2nd. If you get enough reasons why you want something, this will drive you.

7 QUESTIONS TO ANSWER

1. What are the 5 things that you value the most in life? The most important element of your life. Pay the most for, fight for, sacrifice for.

2. In 30 seconds or less the 3 most important goals in your life right now?

3. What would you do if you won a million dollars in the lottery tomorrow and you had no mental or physical limitations?

4. What would you do and how would you spend your time if you had 6 months to live?

5. What have you always wanted to do but have been afraid to attempt?

6. In looking back, what type of activity, doing what type of things gives you your greatest feeling of importance, mental well being, good self esteem?

7. Imagine that you received one wish. Can achieve any goal. What one great thing you would dare to dream if you knew you could not fail?

EMOTIONS

Webster's Dictionary defines an emotion as a strong surge of feeling.

Feelings are of two kinds: pleasurable feelings and painful feelings.

Painful feelings have to do with the mourning process. With Loss.

The difference between a happy person and an unhappy person has to do with the way they mourn. Has to do with how people overcome losses.

The happy person deals with the pain as he or she feels them and gets it done. Gets the work of mourning over.

Deal with your pain so it won't intrude in your happy moments.

The past pain that now manifest itself as: bad attitudes, grudges, envy, jealousy, and insecurity persists into the good times and make it impossible for you to enjoy life that the good times of life presents to you.

Follow this simple rule:

Express your pain when it happens to the person that caused the pain. What are these painful feelings?

1. Pain in the future is the expectation that you're going to be injured. And what is that? Anxiety, fear

2. Pain in the present is the experience of loss, sadness, something has been taken away.

3. The pain that is not settled in the moment goes into the past as resentment over being hurt which is anger. Get the hurt out. Communicate the hurt.

4. The condition of holding anger in is called guilt. The negative feelings you hold in eventually hurt you. When your anger hurts you is called guilt. When you perceive all this anger you say to yourself "I must be a bad person to feel this way so much of the time. No not true. You're just a good person who feels badly because you're holding in your hurt.

5. If you have negative feelings and adding more negative feelings the interest that you pay is the loss of energy that you need to become invested in the world. The energy needed to hold these feelings drains you. You're using your energy to hold in your anger: Depression: The state of chronic drainage that occurs when feeling are held in.

DEFENSES TO DEAL WITH PAINFUL FEELINGS

1. Denial. The "no" we here in the face of terrible pain. You need time to allow it to filter in.

2. Excuses. "The reason is because" . Make reasons to their feelings. This avoids responsibility.

3. Pretend not to hurt. Your self image is so weak you don't want to risk it.

WHAT ARE THE LOSSES THAT CAUSE PAIN

1. Loss of love (self, lovability, sense of goodness)
2. Loss of control (power, money, position, influence, access to influence)
3. Loss of self image (self worth, value in the marketplace, performance)

How Do You Communicate Feelings?

Express your feelings using I statements shows ownership. Allows you to be responsibly confrontive.

Use I feel emotional statements
Ex: I feel sad
I feel hurt
I feel afraid

This is how I feel and react to your behavior.

The DESC Script

D: **Describe** to the person what they're doing that's causing the problem.
E: **Express** your opinion and feeling about it.
S: **Specify** what you want them to do instead.
C: **Communicate** the positive consequences

Ex: 1

D: When you tell our secretary to put my work aside to do yours.
E: I get very angry because I consider that uncooperative and unfair.
S: If you agree to come see me first when you have something urgent to do so we can negotiate who's work gets done first,
C: we will not only eliminate unnecessary competition but we will work together and make it easier for our secretary.

Ex: 2

D: You may not be aware of this and I know you don't mean anything by it but when you call me "hay you",
E: I feel hurt because I consider that disrespectful
S: I would appreciate it if you call me by my name instead.
C:

When you feel a surge of negative feelings or feel to upset, this is the time when talking doesn't work.

The Love Letter Technique

Writing a letter allows you to listen to your own feelings without hurting your partner. Helps you become more centered and loving. Allows you to decrease the intensity of your emotions and makes room for positive feelings.

3 Parts to the Love Letter Technique

1. Write a letter expressing feelings of anger, sadness, fear, regret and love.
2. Write a response letter expressing what you want to hear from your partner.
3. Share your letter and response letter with your partner.

Love Letter

1. Dear_____ I feel angry because_____ or
   Dear _____ you hurt me when_____

2. What didn't happen that I wanted to happen?
3. I feel sad about_____
4. I feel afraid about _____
5. I wish _____ and I'm sorry_____
6. What is it that I want?
   How would I like to make amends with it?

Response Letter

Dear _____,

1. Thank you for _____
2. I understand _____
3. I'm sorry _____
4. You deserve _____
5. I want _____
6. I love_____

Listening and Responding When Feelings Are Communicated

1. Mirroring or Paraphrasing
   - It sounds like _____
   - What I hear you saying is _____
   - Let me see if I have this right_____
   - I really want to understand, I sense your concerns are _____

After mirroring, a good question to ask is: Is there more about that?

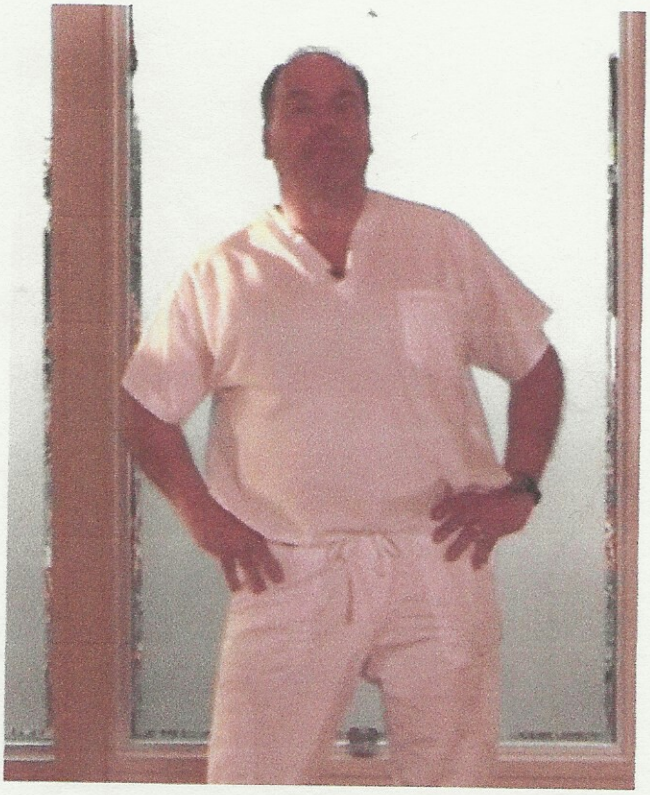
2. Validation
   - You make sense because I can see why_____

3. Empathy
   - I can (____imagine, understand…) that you must feel_____
   - I know that if (name the situation), I would feel the same way

Chakra 2

Hip Circles

From a standing position, bend your knees slightly and drop your pelvis forward so that it is directly in your central line of gravity. Keeping the knees bent and flexible, rotate the pelvis in smaller than larger circles, inhaling as the pelvis moves forward, exhaling as it moves back. The head and feet should remain in the same place while the pelvis alone does the moving. Try to make the movement as smooth as possible. Perform 10 circular movements clockwise then 10 counter-clockwise.

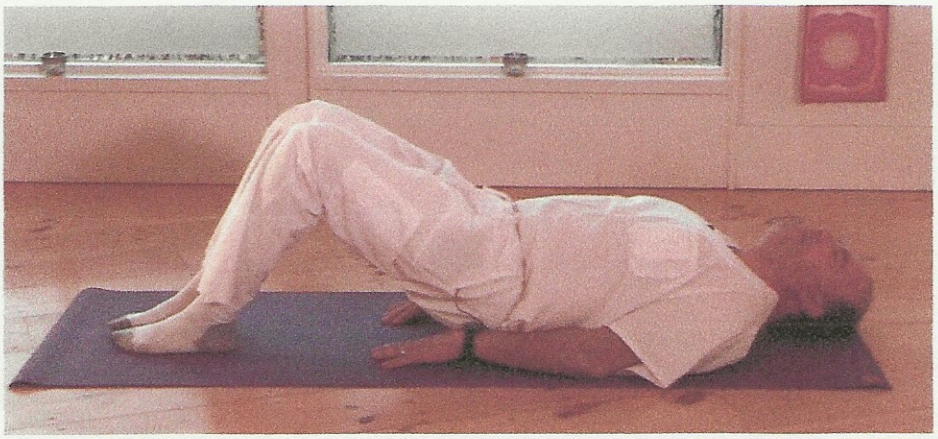




Chakra 2

Pelvic Rock

Starting on your back with legs bent, slowly begin to lift your pelvis upward and downward with each breath. Inhale fully into your belly and chest, then exhale fully. Repeat 20x





Chakra 2

Alternate Nostril Breathing

Breathing through the right nostril gives up vitality, activity, mental alertness. It also heats the body. It controls our energy.

Breathing through the left nostril can calm us down when we are upset and emotional, angry, frightened, or just generally disturbed.

Alternate nostril breathing soothes and calms and at the same time energizes your whole nervous system.

Exercise:

Sit comfortably with spine straight. Take a few deep breaths and relax. Using your right hand, close off your right nostril and inhale deeply. When the lungs are full, close off the left nostril and exhale through the right. Keeping the left nostril closed, inhale through the right, then close the right and exhale. This is one complete round. **The pattern is to switch nostrils after the inhale** – inhale right, switch, exhale left, inhale left, switch exhale right.

It takes about 10 rounds to feel the beneficial effect of this exercise. 25-50 rounds will produce profound effects.

