

SECOND CHAKRA AT A GLANCE



<p>ELEMENT Water</p> <p>NAME <i>Svadhithana</i> (sweetness)</p> <p>PURPOSE Movement and connection</p> <p>ISSUES Movement Sensation Emotions Sexuality Desire Need Pleasure</p> <p>COLOR Orange</p> <p>LOCATION Lower abdomen Sacral plexus</p> <p>IDENTITY Emotional</p> <p>ORIENTATION Self-gratification</p> <p>DEMON Guilt</p> <p>DEVELOPMENTAL STAGE 6 months to 2 years</p>	<p>DEVELOPMENTAL TASKS Sensate exploration of the world Locomotion</p> <p>BASIC RIGHTS To feel and have pleasure</p> <p>BALANCED CHARACTERISTICS Graceful movement Emotional intelligence Ability to experience pleasure Nurturance of self and others Ability to change Healthy boundaries</p> <p>TRAUMAS AND ABUSES Sexual abuse (covert or overt) Emotional abuse Volatile situations Neglect, coldness, rejection Denial of child's feeling states, lack of mirroring Enmeshment Emotional manipulation Overuse of playpen or restricting normal movement Religious or moral severity (antipleasure) Physical abuse Alcoholic families</p>	<p>TRAUMAS AND ABUSES (CONT'D) Inherited issues—parents who have not worked out their own issues around sexuality; untreated incest cases</p> <p>DEFICIENCY Rigidity in body and attitudes Frigidity, fear of sex Poor social skills Denial of pleasure Excessive boundaries Fear of change Lack of desire, passion, excitement</p> <p>EXCESS Sexual acting out, sexual addiction Pleasure addiction Excessively strong emotions, ruled by emotions (hysteria, bipolar mood swings, crisis junkies) Oversensitive Poor boundaries, invasion of others Seductive manipulation Emotional dependency Obsessive attachment</p>	<p>PHYSICAL MALFUNCTIONS Disorders of reproductive organs, spleen, urinary system Menstrual difficulties Sexual dysfunction: impotence, premature ejaculation, frigidity, nonorgasmic Low back pain, knee trouble, lack of flexibility Deadened senses, loss of appetite for food, sex, life</p> <p>HEALING PRACTICES Movement therapy Emotional release or containment as appropriate Inner child work Boundary work 12-step programs for addictions Assign healthy pleasures Develop sensate intelligence</p> <p>AFFIRMATIONS I deserve pleasure in my life. I absorb information from my feelings. I embrace and celebrate my sexuality. My sexuality is sacred. I move easily and effortlessly. Life is pleasurable.</p>
---	--	--	--