

Svadhishthana

Sacral Chakra



Svadhishthana, the dwelling place of the true Self or one's base, are the waters where we experience Self. It is from this energetic center that we live our creativity, embody our passion + remember that we are a "blessed part of the Divine (*Opening to Spirit*, Caroline Shola Arewa). It is from here that we channel magick from the thousands of umbilical cords that our belly buttons are connected to, and those that they are connected to. *Svadhishthana* or *mimọ* [Yoruban for the sacred or holy] is the site where our *ik, prana, qi*, or life force becomes visible in all that we create. As people living at the intersections of racial, gender + sexuality oppression, this has been + is the site of so much violence. Violence found us in the spaces we were suppose to be safe (i.e family, community, intimate partnerships). From the contours of domestic violence to church + state control of our bodies, the home of our true Self has become a site where shame, repression, and guilt live, displacing the sacred from its rightful seat. It is from laying our

hands on these tender narratives + the narratives of our siblings, witnessing + releasing them that we begin the recovery of our creative self, our passionate self, the creatrxss, the divine, the sacred being we always have been. Our sacral is calling you back into your sacred. *Svadhishthana* calls us to heal the wounds of having our purpose + true expression shut down, perverted by society, calls us to live once again unapologetically like the *sinverguenzas* [without shame] in our sacredness, our divining ways, our magick ancestorfestation in our all healing selves.

Chronology

1-7 years

Rites of Passage: Developing a sense of self. Blessed by water.

Developmental Stage: Developing independence; strong physical presence + body awareness

Psychological Correspondences

"I feel/desire"

Self-knowledge

Optimistic with self + realities

Peace within self

Love + trust in Self

Spiritual Correspondences

Color: Orange

Element: Water

Symbol: Crescent moon

Seed Sound: Vam

Planets: Moon ☾

Inner State: Centering

Deities

Africa: Yemoja/Temoja [Yoruba], Osun [Ifa + Yoruba], Nun + Hathor [Egyptian]

Akkadia/Sumeria: Tiamat/Istar

India: Rakini, Saraswati, Chandra Devi

Mexica: Chalchiuhtlicue, Tlaloc

Europe: Mary, Demeter, Aphrodite

Mythology: Creation myths where life is born from water

Blockages, Wounds + Imbalances

Fear + challenges with intimacy

Feeling unimportant + unloved

Constant need for reassurance

Lacking self-confidence

Other's opinions triumph your own

Insecure + jealous of others

From our ancestors + experiences:



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Positive Self-image
Confidence
Security
Creative
Intuitive
Independence
Balanced ego
Sexuality as sacred
Creativity
Pleasure in the senses
Welcome in pleasure

Possessive
Over-sensitive
Emotionally reactive
Indecisive
Constant need for entertainment
Overindulging sexual pleasure,
food
Difficulty being alone

Physical Correspondences

Gland: Genitals

Nerve Plexus: Hypogastric plexus

Body Parts: located in the region between the pubic bone and navel and encompasses the genitals, kidneys, bladder, muscles held in the lower abdomen

Water Energy Triad: Breasts, genitals, feet

Expression: Love and trust in Self. Responsibility to self

Physical Manifestations

Genitourinary imbalances, including susceptibility to UTIs
Irregular + painful menstrual cycle
Pain during sex
PTSD

From our ancestors + experiences:

Healing Therapies

- Deepening self-intimacy
- Flirt, play, be cute
- Creating space for intimacy based on boundaries with others
- Spiritual baths
- Water time (sit in fresh + salt waters)
- Sit under the moonlight
- Meditate with rain/water running tracks
- Lay with minerals on your sacral region
- Get sweaty! Dance, dance + move your body, especially hip opening movement + postures!

Foods: foods with water + tons of Omega 3s, such as leafy vegetables, salad leaves, cucumber, melons, mushrooms, nuts + seeds, tons of water!

Oils: black pepper, cardamon, clary sage, jasmine, bergamont, rose, orange, ylang ylang, patchouli, sandalwood, neroli

Minerals: bloodstone, carnelian, amber, orange calcite, citrine, bronzite, sunstone, coral, gold, to call on the water element: amethyst, azurite, moon stone, lepidolite

From our ancestors + experiences:



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- Creative expression (create, create, create)
- Gently increase alone time
- Observe your emotions
- Emotional catharsis (cry/scream/laugh it out)
- Daily emotional check-in
- Visualizations of peace, harmony + wholeness in all that brings you pleasure
- Pelvic massage
- Rebozo/Wrapping (protective, realign)

Plant Comrades

Balance excess [Water balancing, Genitourinary tonics]

Orange peel
Calendula
Marigold
Raspberry leaf
Red clover
Shatavari
Mints
Vanilla
Nettles
Milk thistle

Balance deficiency [Water bringing, Stimulating]

Damiana
Cacao
Hibiscus
Ginger
Cinnamon
Clove
Cardamom
Maca
Blue lotus
Rose
Cannabis

From our ancestors + experiences:

Aphrodisiacs + Sensory Herbs!

Prayers + Affirmations

- The sweetness of life flows through me + I radiate it's joy
- I am alive, connected + aware
- I am one with my waters
- I embrace my pleasure
- I express my creative powers
- I live my passions, I live from my passions, I am my passions
- I am important
- I am loved
- My pleasure + sensuality are sacred
- My opinion matters
- I feel my emotions, reflect with them + release them when needed.
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2020