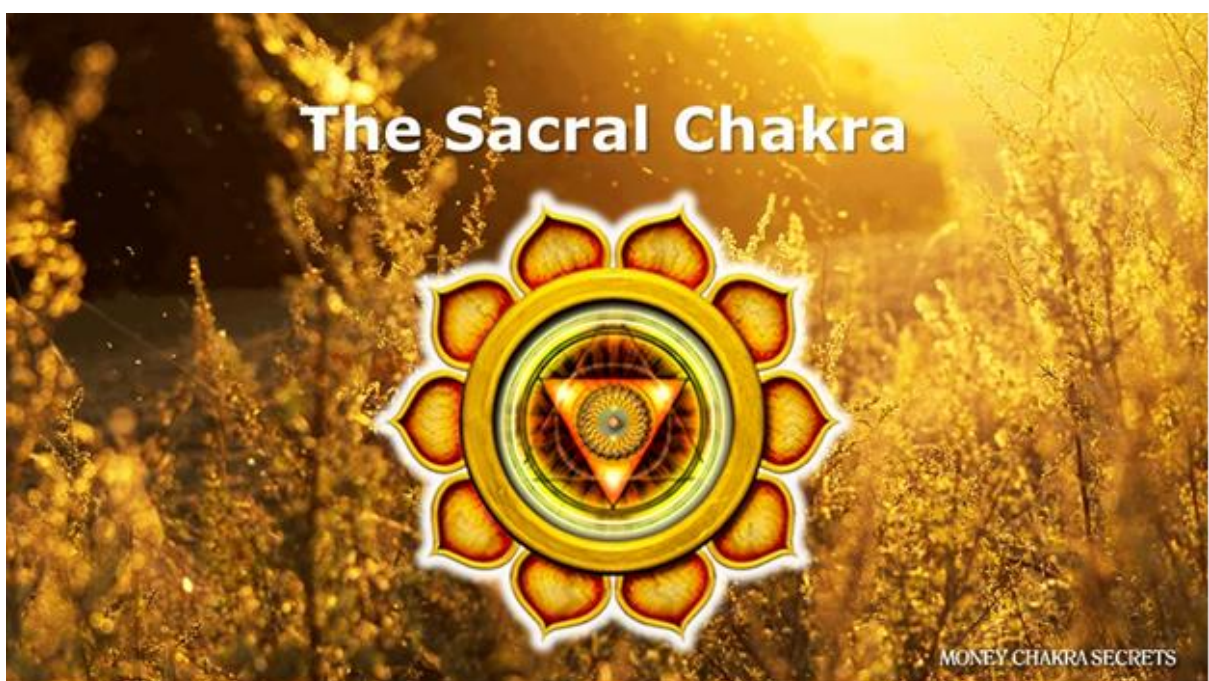


3-0 Sacral Chakra



S1: Hello there and welcome back to Money Chakra Secrets. In the last chapter we examined the Root Chakra. Today, we are going to look into the Sacral Chakra.

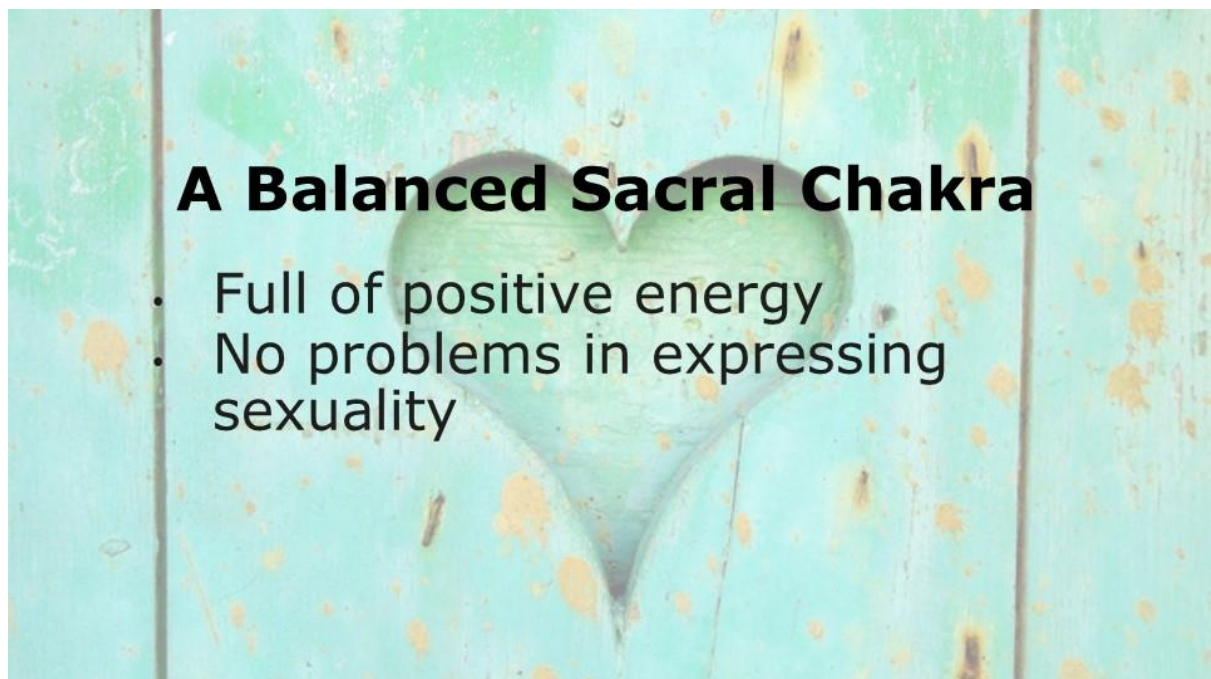


S2: The Sacral Chakra is located slightly below the navel, exactly four fingers

down from our belly button. Its color is orange. This chakra corresponds to our emotional and sexual desires as well as our ego and creativity.

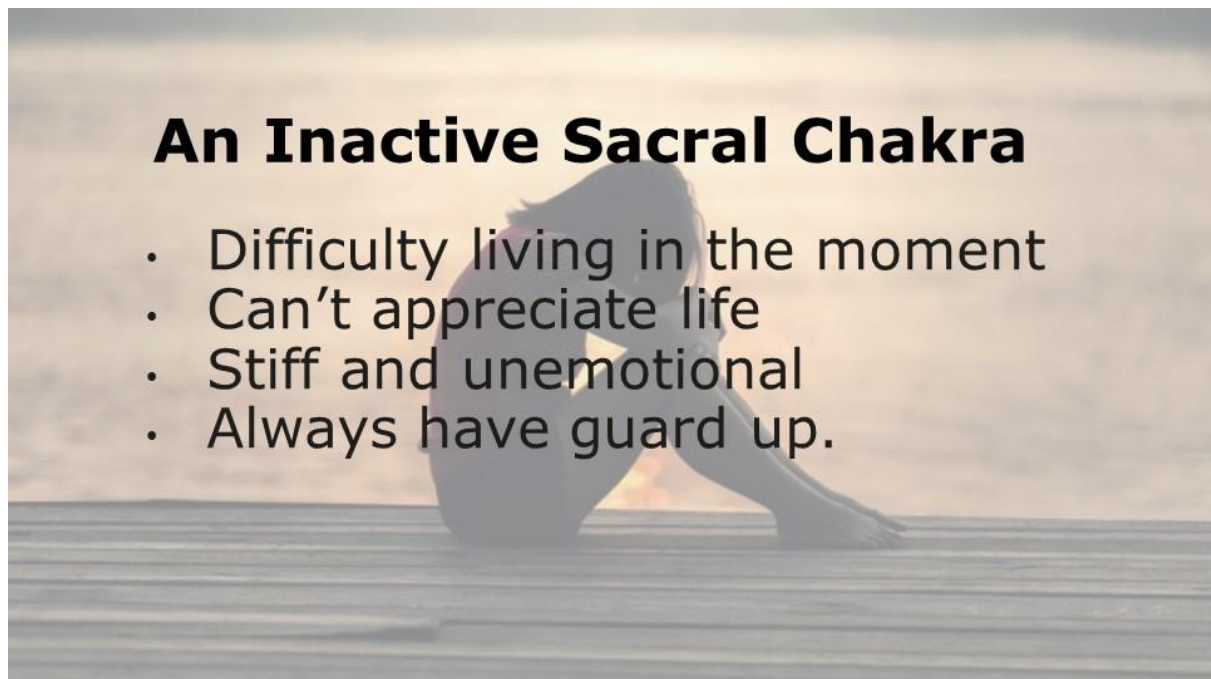


S3: When the Sacral Chakra is balanced, your feelings flow freely and you are not over-emotional in expressing them. You are open to intimacy and you are passionate.



S4: You are full of life and people love being around you as you bring very

positive energy. Most importantly, you do not have any problems in expressing your sexuality.



An Inactive Sacral Chakra

- Difficulty living in the moment
- Can't appreciate life
- Stiff and unemotional
- Always have guard up.

S5: However, if your Sacral Chakra is inactive, it is hard for you to enjoy, live in the moment and appreciate life. You tend to be stiff and unemotional and you always have your guard up.

For example, when someone throws you a surprise birthday party, you'd feel indifferent or not know how to react. Ideally, you should be happy and thankful for the thoughts of others of you. Instead, it's hard for you to receive and open up.



A Hyperactive Sacral Chakra

- Over-emotional
- Over-react to things
- Unpredictable, easily explode

S6: If your chakra is hyperactive, you tend to be overly emotional and over-react to even the most trivial things. People do not usually like to be around you as you are very unpredictable, and can explode at any given time.



Hyperactive Root and Sacral Chakra

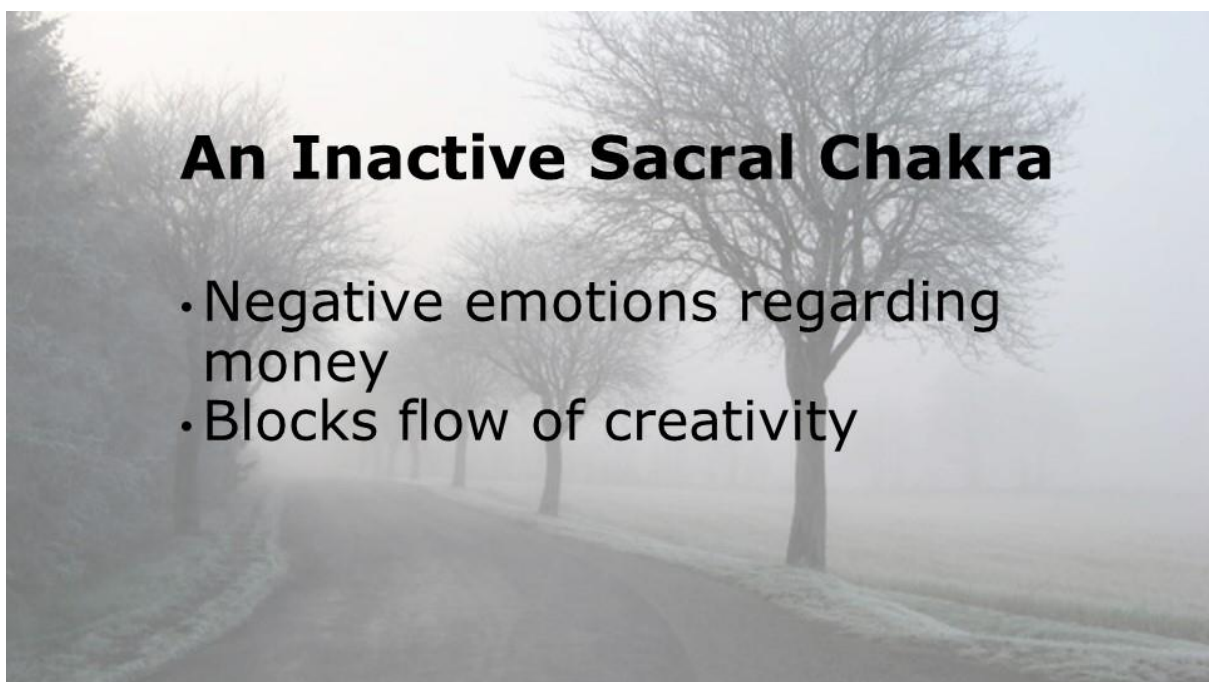
- Difficulty accepting rejection
- Overly-attached to people
- Think irrationally/ impulsive with decisions

S7: If you have overly-active Root Chakra and Sacral Chakra, you will find it extremely hard to accept rejection. You become too overly attached to other people, especially when it comes to romantic relationships.

For instance when your boyfriend or girlfriend chooses to break up with you, there is a high chance of you trying to injure yourself or do something that will cause you harm. You think irrationally or you may not think at all when proceeding with a certain decision.

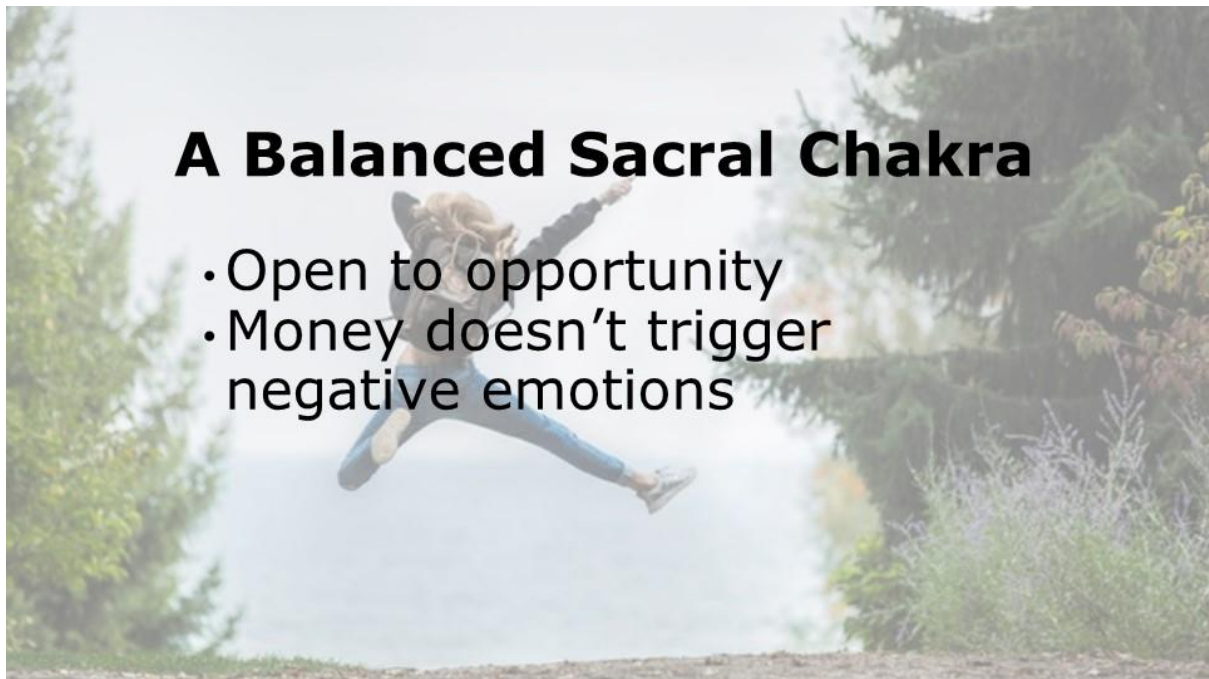


S8: Do you get sad or angry at the notion of money? Or are creative ideas hard to come by?



S9: Here is where we process our emotions around money, so an inactive

Sacral Chakra will result in negative emotions regarding money. A blockage right here also blocks the flow of creativity. Since creativity plays a major role in the manifestation of money, this becomes a hindrance.



A Balanced Sacral Chakra

- Open to opportunity
- Money doesn't trigger negative emotions

S10: When the Sacral Chakra is balanced, you will naturally be able to seek out the opportunities available in the world around you - since your flow of creativity is unrestrained. This will mean more money. Not only that, money will no longer trigger negative emotions in you.



The Solution

- Shake those hips
- Water-related activities
- Consume certain foods
- Make your life more orange
- Meditation

S11: So, how do we overcome this imbalance? Here are the ways you can.



Shake those hips

S12: Go shake those hips! Latin or African dances or any other movement that involve shaking your hips are great ways to activate this chakra.



Water-related activities

S13: Try out more water related activities. Relaxing near or wading in open water sources such as rivers or the ocean is a good activity. Taking warm relaxing baths, or even listening to sounds of flowing water can help.



Consume certain foods

S14: Also, try drinking a lot of water and eating more orange-colored food such as oranges, cinnamon and papaya.

Make your life more orange

S15: Make your life more orange. It can be your clothing, or the items you own.

Meditation

S10: Like all other chakras, meditation is a practice that helps greatly - which is why you should incorporate it in your daily life routine!

1. Visualize an orange lotus or crescent moon at the area of the Sacral Chakra (slightly below the navel)
2. Breathe deeply while keeping the image in your mind for a few minutes.