

The Relationship between Sacral and Throat Chakras

As is stated already in your notes, relationships between certain chakras are not exclusive and what is written here is but one view of two particular chakras. There are of course relationships between the base and throat chakras, heart and throat chakras, base and crown chakras etc.

From a very simplistic point of view - we know that the sacral chakra is about relationship. Relationship to myself and to others and within the Universe. The sacral chakra may also be an energy storage for fear which is held onto, deep irrational fears as well as joys. These energy threads often come in from another life experience - that is here we are talking about the sacral chakra being a key link within the multi-dimensional nature of the Soul.

Often beings come into this lifetime with traumas which are already existent and held in the body as fear and therefore we call it irrational fear because it may well bear no relevance to anything that person has experienced in this life at all. For example, they may have had a wonderful upbringing with loving parents and have good relationships with parents and friends but still be carrying energy which is fear based and which they find it hard to express through the throat chakra.

This sacral/throat chakra may be imbalanced as one may be dominant from the other. A person who is constantly talking but never listening - and finds it really hard to hold onto meaningful relationships - overactive throat chakra/underactive sacral. Or maybe for example a person is boundless when it comes to sexual relationships and engages freely without any sense of real love or attachment to another but at the same time, never expresses what they really want from a relationship or for themselves and perhaps constantly finds themselves in harmful or abusive situations.

OK so these are perhaps extreme examples but you get the picture.

In Practice

In crystal healing practice - we know that the lower chakras are more dense and slow moving. When you place a crystal upon the sacral chakra - wait, observe and see/feel what is happening to the other chakras especially the throat chakra, particularly if that client has issues with being responsible for themselves, speaking, expressing themselves or listening. See what then happens when you place a crystal on the throat chakra - what happens to the other chakras? Of course you will be aware by now that also we do not always need to place an orange crystal on the sacral chakra and a blue one on the throat chakra - what happens if we use a crystal of a different colour - or we use blue on the sacral and orange on the throat?

Experiment with this and be mindful of these relationships in your healing from now onwards. See the chakras as a never-ending network of energy patterns.

Seeing the Chakras as Multi-dimensional

So as I spoke earlier of the sacral chakra being a link or an anchor between ourselves in this life existence and also as a multi-dimensional link or anchor to our greater soul self. Here is some information which I channelled through recently for you about this. Please evaluate this information for yourself and make a note of your own views/feelings on this.

The sacral chakra is an important anchorage point of our Soul self through the timelines of the soul and incarnation. Through the sacral chakra we not only relate to others in the physical - create, recreate, procreate through the sexual nature of the sacral chakra we store in memory e-motions, pain, fear through that which occurs within the multi-dimensions of the Soul. We feel that pain, fear in order for such to be addressed here in this Earth lifetime. Therefore it is an ecstatic gift - through the sacral chakra we sense bliss - the Light of Cosmic Origin - Creation itself and the dance of Creation. (This is why the sacral chakra is a reflection of the creation of the Universe for us in physical form as we reproduce through the womb) We may work with this in shifting fear and pain, creating and recreating a new Soul story - a new timeline of the Soul's story and therefore by doing so and healing deeply the pain and trauma in Soul a part of us is reborn, recreated through such and we become more whole and present within the essence of our Soulself.

We may flow with the deep rivers of ecstasy by facing our fears and moving through them and entering into a cosmic interaction with the Light. In doing so we realise and begin to re-late to the bigger picture of our own consciousness through the sacral chakra with the cosmic origin, we become our own creatrix. The Light helps us to regenerate ourselves with the blissful orange glow of Soul and Unity.

From an earthly aspect the sacra chakra is symbolised by a crescent moon, indicating feminine creation, the Creatrix of life - the womb of creation and the element of water is the flow through the timelines and stories of our Soul nature. Trauma is often held here in the 3rd dimensional aspect - through coming to understand the trauma which is being mirrored or reflected back to us through the sacral in fear - we can begin to acknowledge, accept, forgive, release and begin again. The crescent moon is also symbolic of waxing moon/new moon - release and renewal and rebirth. A vessel of holding, anchoring us into the physical being through e-motions.

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