

## The Chakras

### The Sacral Chakra

The sacral chakra lies two inches below the navel. This chakra resonates with the colour orange and also the element of water. It relates to our abilities to interact with each other, to be motivated - it represents our deepest emotions such as joy and ecstasy. It is associated with our ability to flow with abundance, our creativity and procreation. In women it is our sexual drive, deep love and connection to another being.

When we place a crystal on the sacral chakra we will place it just above the pubic bone. When there is imbalance within the sacral chakra, we might experience an imbalance in sexual drive (women), we may feel deep fear, irrational fear, an inability or want to connect with others or form relationships of any kind. We may feel unable to create and co-create an abundant happy existence. We may feel aloof. Detached from others. Unable to express our deep emotions. It is associated with the emotional layer of the aura.

In childhood, the sacral chakra is associated with the time when we recognise and begin to understand that there are other people with whom we form a relationship, our mother, father, siblings. We are not alone. Issues arising from a lack of nurturing relationship might lie within the sub-conscious and create blockages.

**Remember that the chakras do not work alone, when there is imbalance in one chakra, the chakras either side will be effected also.**

### The Solar Plexus

The solar plexus lies two inches above the navel. The solar plexus resonates with the colour yellow. It is our Inner Sun - our inner fire. It relates to our levels of confidence, our will and desire and our self-esteem. It is a bridge between the heart and the sacral chakra and sometimes emotions will get energetically stuck in the solar plexus - feelings that cannot be processed - if our emotions are not processed - not understood, they become like a ball of energy which may cause physical pain. Over years, emotional pain will manifest as an over-inflated or under-inflated ego.

During healing, the solar plexus is a very busy area usually. It is where we feel 'butterflies' when we're nervous - it is attached energetically to the mental layer of the aura. So, when a Client finds it hard to relax - their solar plexus might be quite active, they might be thinking a lot or worrying even. Whatever, we often find blockages in the solar plexus or an under or over activity that can arise at any time during the healing. Since it can be a place of stored, stuck feelings and thoughts, it's an important centre for balance.

**When we reach the age of 2 years, we discover self-will. The solar plexus relationship with the inner child might be being told No constantly. In this case the child develops an underactive or overactive sense of self-will and self esteem.**