**Chakra Two Overview**

**Location**: Abdomen, just below navel

**Life Skill:**    The Principle of Perception

**Color:**  Orange      **Crystal**:  Carnelian

**Element**:  Fire

**Body**:  Sexual and reproductive organs, ovaries and prostate glands, kidneys, large intestines, appendix, bladder

**Oils:**  Patchouli, Sandalwood (on the heel of both feet, layered) Harmony or Acceptance (just below the navel)

**Age Developed** 6 months to 2 1/2

**Activated**:  15-16

**Re-activated** 28-35, 70-77, 77-85

**Key words and phrases to use with  meditation and journaling:**

**Front:** Awareness of feelings/right to express them - Gender roles

Relationship – to trust or not ourselves and others

Center of feelings and creativity

Appetite for sensation, sound, touch, smell, sight or taste - Governs whole pelvic area

Shifts from obedience to tribal/family authority to other relationships to satisfy personal and physical needs

Separation from mother – how did she respond, and father support separation?

relationship skills – jealousy? Betrayal? Fear of intimacy?

Sexual energy out of control? self-control?

Feminine life force;

activate feeling bodies?  or numb and disconnect?  Choice is made here

growth motor skills ~ owning of our own body

ability to motivate our own body

development of sexuality

root of right to be creative and expressive

Can I earn a living?

Find a partner,

create joy?

Fear of rape, abandonment, poverty, isolation, betrayal, inability to take care of ourselves.

Link of emotional/mental processes

**Under-functioning** = lack of creativity, repetition of dysfunctional relationships, unmotivated, lack of sex drive, impotency, cutoff or numbed feelings

**Over-functioning** = workaholic, domineering energy (run people off), nymphonamia, greedy pursuit of pleasure, addiction as substitute for love, many projects begun, few accomplished

**Back**: Feelings about self in relation to wholistic universe

Emotionalism, stress, compulsiveness, relationship ills, creative blocks, small back pains

Transform feelings into energy

Holds higher purpose for our life’s journey; soul’s belief about life’s meaning/meaninglessness, hope/ less, good/bad, emptiness/existence, self/all, other dualities experienced in physical

**2nd Auric Level**:  Feeling body.  Feelings express our truths and cleanse our auric field.