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Wellness

What is the Chakra Energy System?

The chakra system is based on your energetic channels, these run primarily along the spine. The word chakra comes from the Sanskrit language and means “Wheel” or vortex. These wheels penetrate the body at a physical level, but more importantly on a spiritual and auric level. There are 7 major chakras and these begin at the base of the spine (rectum) and flow all the way up to the top of the cranium.

Each has its own colour, stone, energy resonance, set of physical manifestations of symptoms and sensations, and own element. The actual chakra cannot be seen with the eyes, but is experienced on the more subtle energetic levels of the body.

When a particular chakra is compromised there are direct effects and consequences. This article aims to cover the symptoms that result from sacral energy blocks.

The Sacral Chakra

The sacral chakra is located in the midline of the body just below the navel. It's the pelvic area in anatomical terms. It includes the bones of the whole pelvis primarily the sacrum, and also the sacroiliac joint. There are also the reproductive organs here. Its main function is related to reproduction, creativity, and the giving and receiving of sexual pleasure. Sexual intimacy is dependant on this chakra. How you view your own sexuality, how secure you are in that, and how you use your sexuality in relationships will all determine the health and wellbeing of this particular area.

RELATIONSHIPS:

It is the chakra of relationships. How you interact with the other. Not just sexually but all interactions with your “tribe”. Who is your tribe? Your immediate family, close friends, and business partners can also make up your tribe. How you interact, relate and conduct yourself with your tribe will reflect in the health of your sacral chakra.

How do you cultivate and nourish your relationships? Do you remain integral, committed and respectful of others in your circle? The sacral chakra teaches us that we truly need physical affection and touch, and together with this we also must acknowledge that we are DESERVING of love, and respect from others. We also are responsible for GIVING love, care, and compassion to all those that cross our path. This is the chakra of giving and receiving, and the more you can balance the two, the healthier you develop this energetic area.

CREATIVITY:

Are you ready to get those creative juices flowing? Pardon the pun but a healthy sexual life often will transfer to other areas in life. The key here is balance! Not respecting this area, and over use of the sexual organs brings fatigue, vital fluid loss, depletion of the hormones, and adrenal dysfunction as well. Many male yogi masters often conserve their sexual energy in an effort to not deplete the body.

Some claim remaining celibate encourages more concentration of energies into the rest of the energetic body. This is extreme and often the imbalanced opposite of too much sexual energy. Like I said BALANCE is the key. More importantly the INTENTION behind every choice, word you utter, action you take, thought you choose to cultivate (or not) will determine the health of this chakra .

SACRAL CHAKRA DYSFUNCTION:

Men:

- Poor Libido or Over sex drive both symptoms reflect an issue:
- Pre mature ejaculation
- Impotency
- Infertility, lower sperm count
- Low back pain, injury prone area, chronic disc degeneration
- Sacroiliac joint pain, tightness, and inflammation
- Prostate disease
- Testicular disease, Ie. cancer

Women:

- Lower libido, or over sex drive
- Menstrual irregularities, painful menses, hemorrhaging, large clots, too dark flow
- Infertility, miscarriages
- Fibroids, ovarian cysts, ovarian and cervical cancer
- Pelvic inflammatory disease, cystitis, bladder infections
- Inability to orgasm, vaginal dryness, and vaginosis, pain during sex
- Low back pain, sacroiliac joint pain or inflammation

How to Heal the Sacral Chakra:

The Sacral Chakra is all about feeling secure with your sexuality, secure in relationships, giving and receiving, and your ability to allow your creative power to unfold by your own will and according to your own truth!

Feeling love and appreciated for WHO YOU ARE not what others want you to be is CRITICAL to this chakra. Being able to express your needs, wants, and desires in a sexual and non sexual way is also very important. Feeling that your own TRUTH is valued, respected and honoured by your partner regardless of what they feel is really your truth. Truly embracing your authentic self and not allowing others to impose their judgments on you leads to a healthy sacral chakra.

YOGA POSES FOR UNBLOCKING SACRAL CHAKRA

There are numerous asanas or yoga poses that will increase blood flow to the

pelvic region, strengthen an over flexible lower back, or help to open a very tight lower back.

To increase blood flow to the pelvic region you can do the following Yoga asanas :

- Hip rotations standing upright, circling the pelvis in one direction, then reversing
- Bhadrasana- seated pose with legs bent and feet touching
- Pigeon Pose- a fantastic hip opener
- Ananda Balasana- Happy baby pose
- Bhaddha Konasana- Bound angle Pose
- Bdharadvajasana – Seated twist
- Prasarita Padottanasana- Wide Legged Forward Bend
- Trikonasana- Triangle Pose

To strengthen the lower back:

- **Sphinx and Cobra Pose-** Sphinx is a milder version of the full Cobra pose- be careful with both these poses. Less is more here. Only extend as far as your body permits, do not go beyond the point of even mild pain here. You should not be feeling any pain while in this pose, or after completing it.



- **Salambhasana- Locust Pose- Only do this pose if you are NOT already in pain. This is a very intense pose as it uses the whole upper and lower body to engage the lower back.**



- **Urdhva Dhanurasana- Full wheel backbend pose- Again only perform this when you are not experiencing pain! This is a full back bend requiring a lot of strength, core stability, hip flexibility and shoulder strength.**



- **Urdhva Mukha Svanasana – Upward Facing dog-** If you experience any discomfort, keep your thighs on the ground, and the feet fully grounded on the mat. This one too can be contra-indicated if you have intense low back.



**MY FAVOURITE POSE
For Healing the Lower Back!**



Legs extended up against a wall is like a shoulder stand only, you have the wall helping you elevate the legs above the heart. This pose is one of the BEST to get blood flowing downwards (inversion), thereby lessening the load on the heart and truly restoring the whole nervous system. Best time to do this pose is just before bed! Will relieve bloat, headaches, assist the lymph system and enhance sleep, by calming the mind and body for a more deep rest. Enjoy!

I'd love to hear how you BE healing that sacral chakra dear one :) Tweet me about your chakra fun here [@MsPieraB](https://twitter.com/MsPieraB) or come visit me here :[PieraB](https://www.pierab.com)
Namaste ;)

