

## **Part Two - The Sacral Chakra Seeds of Creation**

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Second of a seven-part series

Moving from the earthly realm of the root chakra into the sacral chakra helps us to experience the flow of the energy within us. The root center grounds and stabilizes our energy, giving a physical container to hold the water-based sacral chakra. The fluid movement of physical, emotional and spiritual energy through our body is the source of change in our lives. Everything seeks its own natural balance in life, and it does this through the process of ebbing and flowing from one into another. One of our lessons is to trust this natural flow of yielding, cleansing and clearing.

The essence of the sacral chakra can be described in the following words: movement, flow, sensuality, creativity, sexuality, pleasure, emotion, partnership, change, and balance of masculine and feminine. Following the rainbow spectrum, the color vibration of this chakra is orange and the physical location is the pelvis area and the lower back. It is linked to the ovaries and testes, which produce the seeds of creation for new human life. This is where the balance of our own masculine and feminine energy comes together in partnership to create. This is also where the energy is nurtured in the womb until it is ready to be birthed into the physical world.

The Chinese call this center the tan tien, or sea of energy. It is the balancing point of the yin and yang. As humans we are the product of this union of the masculine and feminine energy. The Chinese description of this center is appropriate, considering we lived in a sea of energy for nine months, receiving fluid, nourishment and sustenance from our mother's womb. In my qigong classes, we always start by centering: placing our hands over the belly, connecting to this energy center, feeling the flow of the energy and breathing in the life-sustaining energy. For me, it is a beautiful moment to honor the beauty of this center and all the wisdom it has provided me throughout my life.

### **Personal Reflection**

The sacral chakra has been the area of the most lessons and healing opportunities for me. The most recent healing experience changed my life, my spirituality, and it provided me with a template for healing on all levels that I am now able to share with others.

Growing up, I did not always feel safe as a woman in this world: physically, emotionally and sexually. As a young girl I remember clearly stating that I did not want to be a mother. I wanted to have a career, and I did not want to get married. I had strong intentions that I would not pursue society's definition of being a woman. I rejected the notions of being female, because I did not understand that there was a balance needed. I looked at things in duality, not realizing that there could be a unity or integration as part of the process.

It is not a surprise that a healing crisis arose, resulting in ovarian surgery. During that time, I consciously entered into a partnership with myself, my doctors and my holistic practitioners to heal on all levels of my being. Besides regular medical care, I sought out several holistic modalities: chiropractic, nutrition, acupuncture, herbal medicine, counseling, Reiki, meditation, t'ai chi and water exercise. I wanted to get at the root of the issues and not just remove the visible symptoms. The surgery would assist me in letting go of the old energy that had manifested, and I knew it would not return if I did my part in the healing process. It was essential for me to learn the spiritual lessons of creation and balance that were held in this area of my body.

I was able to let go of the old thought patterns that I held about being a woman through counseling, meditation and Reiki. I was able to heal the wounds of the past and embrace the joy and love of the moment that I was living. As I changed and softened, I began to see the balance of my masculine and feminine sides. My feminine side longed to be expressed through passion and through the nurturing of myself and others. My masculine side was ready to let go of being in control most of my life and to learn to take action when appropriate. The energy began to gently flow through this center and the merging began to take place to create a more balanced and healthy woman.

Through this process, I welcomed my creative, sexual and feminine energy in a new way that has allowed healing and abundance to flow through my life. I discovered my own ability to create through loving intentions, and to experience the joy of birthing these creations into the physical world. I created a new understanding of my spiritual journey and relationship with my higher self. I embraced newfound freedom, and the ability to express my passions and free spirit in ways that I had never dreamed possible. I have learned to trust the energy to ebb and flow through my life and to give way to the seeds of creation.

### **Meditation for the Sacral Chakra**

Begin by placing your hands on your tan tien point (below your belly button) and take in several deep, cleansing breaths. Picture yourself standing in a warm pool of water with a waterfall in the background. Move through the water, letting it gently caress your body. Let go of any tension or worries and let the water wash them away. Feel yourself relax into the warm water letting the sunshine warm your face. Connect to the flow of the waterfall, feeling as it rushes into the pool of water. Feel the ebb and flow of the current of energy running through your body. Connect to this rhythm and allow yourself to move into it. Feel yourself slowly moving your hands through the water, skimming it with your fingertips. Move your hands from side to side through the water, giving intention to balance your feminine energy when you move to the left and balance your masculine energy when you move to the right. Breathe in this flowing energy; let your body become balanced. Feel the creative flow of energy moving through your being on all levels. Become aware of the seeds of creation that you are nurturing within you. Place your hands again on your tan tien point, and allow the energy to ebb and flow while taking several deep breaths. Slowly bring your awareness back into your daily activities.

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