Words. Words, Words.

So many of them waiting to be turned into poems.


Tears on a page. Crying. Why am I crying? Who broke my heart? Who would do such a thing?


Kisses. Sex. The ascension of self through orgasm. Mate. for life.

Checklist for the Week

— Read through the entire chapter about this chakra.

— Determine your deficiencies and excesses in this chakra. What needs healing?

— Wear the color or keep it prominent.

— Work with your Chakra guardian.

— Meditate on your original Mandala.

— Make a new Mandala after working with the Chakra for a while.

— Work with the affirmation.

— Work with the stones, foods, herbs, spices, incense,

— Go through the correspondences and work with the items that resonate with you.

— Work with your Tarot cards or Runes.

— Record Ronald’s meditation in your own voice to listen to at least daily.

— Chant the Mantra using the Mudras,

— Tone.

— Journal your thoughts and emotions.

— Keep a dream journal.

— Perform the exercises and practices given in each Chakra section.

— Check the website. www.razena.net

— Check in on the Facebook page.
Other Suggestions and Thoughts on Working with the Chakras This Week
CHAKRA TWO SYMBOLS AND CORRESPONDENCES

Sanskrit Name: Svadhishthana
Meaning: Sweetness
Location: Lower abdomen, genitals, womb

Element: Water
Psychological Function: Pleasure, Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Sexuality, Confidence, Sociability, Freedom, Movement
Emotions: Desire, Desires
Inner State: Feelings
Rights: to feel
Identity: Emotional identity
Orientation to Self: Self-gratification
Demon: Guilt
Developmental Stage: 6–24 mos.

Outer State: Liquid
Mantra: OM GURAVE NAMAHA
Vedic Astrological Association: Taurus (Bull) and Leo (Lion)
Vedic God Association: Brahma and Parvati
Affirmation: “I am open to creativity.”

Basic Movement/Exercises: Pelvic thrusts and circular pelvis movements
Archangel: Archangel Gabriel: Creativity, Communication
Herbs/Spices: Cinnamon, Vanilla, Carob, Nutmeg, Caraway Seeds, Sesame Seeds
Flowers: Erysimum Melicentae – Himalayan Wallflower
Stones: Carnelian, Tiger Eye, Orange Calcite and Moonstone
Foods: Fats and oils, fish (especially wild-caught salmon), tropical fruits, seeds, nuts, orange-colored foods (oranges, tangerines, carrots, etc.)

Tarot Major Arcana: High Priestess, Empress (also Death)
Tarot Suit: Cups
Rune: Ingwaz
CHAKRA TWO SYMBOLS AND CORRESPONDENCES

**Glands:** Ovaries, testicles

**Associated Body Parts:** Womb, genitals, kidney, bladder, circulatory system, Urinary Tract, Skin, Spleen, Gallbladder

**Physical Dysfunction:** Impotence, Frigidity, Ovaries, Uterine Problems, bladder or kidney trouble, stiff lower back, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)

**Color:** Orange

**Sense:** Taste

**Seed Sound:** Vam

**Vowel Sound:** Oo as in “due”

**Sephira:** Yesod

**Celestial Body:** Moon

**Metal:** Tin

**Corresponding Verb:** I feel

**Yoga Path:** Tantra

**Incense:** Orris root, gardenia, damiana

**Petals:** Six

**Animals:** Makara, fish, sea creatures

**Hindu Deities:** Indra, Varuna, Vishnu, Rakini (name of Shakti at Svadisthana level)

**Other Pantheons:** Diana, Jemaya, Tiamat, Mari, Conventina, Poseidon, Lir, Ganymede, Dionysius, Pan

**Chief Operating Force:** Attraction of opposites
**BALANCING THE SECOND CHAKRA**

Excess and deficiencies in your chakras are defenses created in response to wounds you have experienced in these areas in the past, and either one can indicate an imbalance in your system. So take a moment to look at the characteristics below. Remember that it is possible to have characteristics of both excess and deficiency, and that you develop both in an attempt to cope with negative experiences and the general programming of your second chakra.

<table>
<thead>
<tr>
<th>Excessive Characteristics</th>
<th>Deficient Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sexual addictions</td>
<td>- Rrigidity in your body, beliefs, or behavior</td>
</tr>
<tr>
<td>- Obsessive attachments</td>
<td>- Emotional numbness or insensitivity</td>
</tr>
<tr>
<td>- Addiction to stimulation</td>
<td>- Fear of change</td>
</tr>
<tr>
<td>- Excessively sensitive</td>
<td>- Lack of desire, passion, or excitement</td>
</tr>
<tr>
<td>- Poor boundaries, invasion of others</td>
<td>- Avoidance of pleasure, fear of sexuality</td>
</tr>
<tr>
<td>- Emotional dependency</td>
<td>- Poor social skills</td>
</tr>
<tr>
<td>- Instability</td>
<td>- Excessive boundaries</td>
</tr>
<tr>
<td></td>
<td>- Boredom</td>
</tr>
</tbody>
</table>

**Balanced Characteristics:**

- Graceful movements
- Ability to embrace change
- Emotional intelligence
- Nurturance of self and others
- Healthy boundaries
- Ability to enjoy pleasure
- Sexual satisfaction
- Passion
Open the Sacral Chakra

Put your hands in your lap, palms up, on top of each other. Position the left hand underneath, its palm touching the back of the fingers of the right hand. The tips of the thumbs touch gently.

Generally, when there is a chakra system imbalance, the sacral chakra is the first to be affected. These hand positions will help rebalance one’s sense of responsibility and fulfilling duties. Concentration will be sharpened and distraction eradicated.

Concentrate on the Sacral chakra at the sacral bone (on the lower back).

Chant the sound VAM.
Mantra Chanting

Mantra: OM GURAVE NAMAHA

Second Chakra Jupiter – Times to do chants for week of Jan 22 - 29, 2013

Chant the Mantra 108 times each day, preferably at one of the times listed below for the most powerful Chakra activation. These are the times of the day when Jupiter, ruler of the second chakra, is also ruler of that hour.

THURSDAY
- Guru (Jupiter) horai (hour) starts at 2:11 p.m.
- Guru (Jupiter) horai (hour) starts at 9:11 p.m.

FRIDAY
- Guru (Jupiter) horai (hour) starts at 11:11 a.m.
- Guru (Jupiter) horai (hour) starts at 6:11 p.m.

SATURDAY
- Guru (Jupiter) horai (hour) starts at 8:11 a.m.
- Guru (Jupiter) horai (hour) starts at 3:11 p.m.
- Guru (Jupiter) horai (hour) starts at 10:11 p.m.

SUNDAY
- Guru (Jupiter) horai (hour) starts at 12:11 p.m.
- Guru (Jupiter) horai (hour) starts at 7:11 p.m.

MONDAY
- Guru (Jupiter) horai (hour) starts at 9:11 a.m.
- Guru (Jupiter) horai (hour) starts at 4:11 p.m.
- Guru (Jupiter) horai (hour) starts at 11:11 p.m.

TUESDAY
- Guru (Jupiter) horai (hour) starts at 1:11 p.m.
- Guru (Jupiter) horai (hour) starts at 8:11 p.m.

WEDNESDAY
- Guru (Jupiter) horai (hour) starts at 10:11 a.m.
- Guru (Jupiter) horai (hour) starts at 5:11 p.m.
Sacral Chakra Self Recorded Meditation
By Ronald Williams

This meditation should be recorded in your own voice and listened to on a daily basis for the week we are working on this Chakra. In the future, whenever you feel a need to work with the second Chakra, spend time listening to it to help balance this Chakra.

Get comfortable. Breathe in and out slowly and deeply, letting go of all the tensions from the outside world.

Think about the chakra that is being worked on today. Summon the guardian for that chakra. Know that they will keep this journey totally safe for you and guide you, helping you learn what lessons the chakra has for you.

My seat of vital force awaits my attentions.
In order to explore and address my second chakra I sit as in a thrown.
Comfortable in my vast powers. My control over all I am.
I breath very deeply all the way to my gut. And exhale.
Setting aside all else for now.
Letting go of the small stress my body caries.
Letting my legs go warm and limp.
Letting my arms go warm and limp.
Allowing this warm relaxation to engulf all of my body.
Leaving me free to explore.
My focus I direct to my lower belly.
I am comforted by my chakra spirit guide.
We explore together, looking for the center of my emotions.
Allowing my body to do its own work.
Safe in knowing it can.
In my seat of power I close my eyes and drift.
Relaxing into me.
My sexuality, my emotions have sometimes held me.
Now I hold them.
I find a warm orange flower with six soft yet strong pedals.
Vee. Ahh. ehM. V. A. M. Vahm Vahm
Like a soft chant fills the air as I look more closely at this part of my being.
I set aside my struggles for now and delve fully into my being.
Accepting the gift of knowledge that my chakra offers to me.
Taking time for now.
Feeling very comforted and supported in my posture.
I become aware of how this part of me has guided my life.
The sexual urge can be so very strong.
Yet here it is in my control.
I want and need social contact.
Yet here I see why.
Inside me, at my gut level, I have no one to hide from.
Only lessons to learn.
I implore my guide share with me all my secrets.
All that I am.
Together we find that I have never been alone.
That with love and trust of myself I can be and am a social being.
I know how much to give.
How much to care.
That I know how sex can be so gloriously wonderful, and how I am in control of it as well.
I can have good relationships that are beneficial to all parties.
My orange flower slowly spins as if it has been gently blown on.
As my second chakra becomes more alive from my interest in it.
I breathe softly not wanting to disturb its loveliness
Its wisdom, its strength, its vitality.
I softly return to my chair.
Saying thank you to my guide.
It is even more comfortable.
I am even more comfortable.
My throne.
My temple.
My being.
And I smoothly open my eyes.
Healing and Balancing Your Sacral Chakra
From Anodea Judith’s Chakra Activation Series from Sounds True

Working the Element
The second-chakra element is water. How important is this element in your life? Here are some ways you can increase or decrease your relationship to this element.

Drink More Water
Water is essential for the health of our bodies. At the cellular level, most chemical reactions take place in water, which delivers nutrients and carries away waste. It is also necessary for lubricating your joints and mucous membranes.

It is commonly recommended to drink six to eight glasses of water per day. If you drink caffeine, which has a diuretic effect, you need an additional glass of water for every cup you drink. Too little water can contribute to fatigue, constipation, arthritis, back and neck pain, hunger, depression, and allergies. It is said that a dry mouth is the very last symptom of thirst, occurring only well after dehydration has begun.

Because thirst tends to decrease as we age, even though our need for water remains the same, elderly persons need to increase their intake of water even though they do not consciously feel thirsty.

It is also important to pay attention to the quality of the water you drink. In many urban areas the water, though filtered at the processing plant, runs through old pipes and may contain traces of pollutants. The fluoride that is added to public water supplies is also a matter of controversy. Good taste is usually the best indicator of clean, healthy water. If you live in a place where the water does not taste good, buy a water purifier or buy bottled water. For long-term storage, glass containers are recommended over plastic containers, which can contaminate water.

Fluidity
Water is the ultimate mover. It creates soil as it transports mountaintops hundreds of miles to the sea. In order to heal the places where we get “stuck,” we need to be able to move and change. This is the ultimate purpose of the second chakra: to get things moving. Without movement, there is no journey, no change, and no evolution.

When we are open to the internal rivers of feeling, we are naturally moved. Our language reflects this when we say that something was “really moving.” We like to be moved because it puts us in touch; we feel alive and connected with something important, a force or process greater than ourselves. Passion arises from this movement and stimulates the will in our third chakra.

• What moves you?
• What are you passionate about?
• How much do you physically move during the day? How can that be increased?
• Where do you feel inhibited about movement? Are you afraid to dance, or do you feel resistance to doing stretching exercises?
• Where do you resist movement and change in your life, such as moving toward new experiences, locations, jobs, or relationships?

It is important in working with your second chakra that you find time for movement every day. Play music in your living room and dance freely when no one is watching. Create your own practice incorporating your favorite movements and postures from the exercises in this program. Take walks, run, bicycle, or make love. If you work at a desk, take time to stretch every twenty minutes or so just to keep your internal fluids moving.
**Sexuality**

Sexuality is the culmination of the second-chakra aspects of pleasure, desire, passion, movement, and emotion. Sexuality is the first transcendence of our individual boundaries as we connect deeply with another.

Take time to make your sexuality into a sacred experience. Plan a weekend away with your lover. Bring flowers with you, and light candles and incense. Honor the sacred in each other by recognizing the divine god or goddess within your partner. Take time to communicate any feelings, fears, or desires.

Allow yourself to feel deeply with your partner and let your passions open to each other. Consider taking a course in Tantra as a way of safely expanding your normal habits and assumptions.

**Feng Shui and Vastu**

In Feng Shui the water element represents release and renewal, depending on whether it is still or moving. Flowing water gets things moving in your life. It helps you release old patterns and embrace change, and supports the flow of prosperity. Because still water is calming and promotes depth, it is good for periods of hibernation, gestation, retreat, and inner exploration. Still water is recommended when you need to slow down, and flowing water for when you need to get moving.

Still water counteracts excessive socializing and strengthens inner contemplation. Still water is reflected in womb-like shapes, contained circles, ovals, vases, bowls, aquariums, birdbaths, pools, or ponds. It is important that the water does not stagnate, so it should be changed regularly.

Moving water in Feng Shui is represented by the color blue and by wavy lines, while in Vastu water is represented by the color white. Glass, because it is transparent like water, is a good material for representing the water element.

Water generally directs energy sideways or downward. It promotes socializing and career movement, and counteracts social stagnation. Moving water can come from a fountain, a pipe, or flowing objects such as drapes or downward-sloping furniture.

**Chakra Two Exercises**

Exercises for opening the second chakra involve working with movement in the hips and lower abdomen. Some are aimed merely at opening, while others are aimed at stimulating and moving energy in and through this area.

For the whole body, exercises involve touching and nurturance which include massage and sexual activity. Simple self-nurturing activities such as long, hot baths, showers, or swimming (all having to do with water) should not be overlooked. Nurturing ourselves is the first step in receiving or giving nurturance to others.

**Water Meditation**

**Step One**

Water is cleansing, both internally and externally. Begin with a large glass of water, and sit quietly while you drink it. Feel it pouring down inside you. Feel the coolness of it, the wetness, and feel it as it hits your stomach. Imagine it passing all through your body—your veins, muscles, and digestive system. Take a wet finger and rub it on your face, feeling the cool, refreshing quality.
**Step Two**

The next step is to clean your self. This is a ritual water cleansing and should be both thorough and enjoyable. You can use a shower, a bath, a lake, stream, or even a hot tub. Make sure the area around you is clean; it is hard to feel clean in a dirty environment.

If it is a bath or shower you are choosing, pick your favorite towels, soaps, and lotions and have them nearby. If it is a stream, have a smooth, flat area where you can lie out to dry. If a hot tub, arrange for some privacy for yourself afterward.

As you soak yourself in water, go through each part of your body, saying: “Now my hands shall be clean; now my feet shall be clean; now my face shall be clean,” etc. Become one with the water. When you are through, visualize the water taking away any negativity you don’t want in your life. If you are in a natural environment, you could throw something (non-polluting) in the water to signify that negativity; if you are in an urban environment, some symbolic liquid can be thrown in the toilet, or down the drain. As you lounge in your bath with the water around you, think of the ebb and flow of cycles in your life. Look at yourself as an instrument of movement. If you were to stand back and look at yourself from another dimension, what patterns would you notice in your movements through life?

Think of the things you would like to get rid of in your life at this time—habits, tendencies, hurts, or fears. See them flowing out of you, through your grounding cord, like a river flowing out to the sea. Imagine the rain coming down and refilling the river with fresh water, replenishing it.

Then think of the things you would like to have come into your life—new patterns, people, or events. Imagine a waterfall over your head, pouring these blessings upon you. Feel yourself taking them in and letting them flow through your whole body.

Yemaya is the African Goddess of the sea, the great Mother. “She is envisioned as a large and beautiful woman, radiant and dark; nurturing and devouring; crystal clear and mysteriously deep.”30 She is the nurturer, the consoler, the healer, the maternal one whose belly is as big as all life. As you sit in your bath, imagine yourself being rocked and nurtured by this great sea mother.

Feel yourself in the womb of the Goddess, about to be born. Ask Her what purposes She has for you in this birth. Ask Her for help in making your birth smooth and easy. Accept Her nurturing. Take it into yourself, and imagine sharing it with others. Thank Her for your birth.

Dress yourself in clean clothes. Pour yourself another glass of water, and drink it silently, thinking about the cyclic nature of water, and how you fit into those cycles. If possible, visit a large body of water soon.
The Goddess Pose

Lie flat on your back and relax, especially in the legs, pelvis, and lower back. Bend your knees, bringing your feet in close to your buttocks.

Slowly allow your knees to part, allowing the weight of the legs to stretch the inner thighs. Try to relax. Do not push your legs farther than is comfortable. Hold this position for two minutes or more. Bring your knees together again. This should be done very slowly and smoothly, at all times breathe deeply and remember to relax. This puts you in touch with your sexual vulnerability, which paradoxically must be understood before you can fully open yourself up on this level.

From this pose you can then slowly open and close the legs, breathing in as you open and exhaling as you close. This may produce a kind of quivering vibration in the legs and pelvis.

Pelvic Rock I

Starting on your back with legs bent, slowly begin to rock your pelvis upward and downward with each breath. Inhale fully into your chest and belly, and then exhale fully. At the end of each exhale, push slightly with your feet so that your pelvis comes off the ground, pushing the small of your back into the floor beneath you.

Pelvic Rock II

On a soft surface such as a mattress, do the Pelvic Rock I sequence, but this time moving the pelvis up and down more quickly and with as much force as possible. Let yourself make any sounds that are natural. This helps to release blocked energy.

Hip Circles

From a standing position, bend your knees slightly, and drop your pelvis forward, so that it is directly in your central line of gravity.

Keeping the knees bent and flexible, rotate the pelvis in smaller, then larger, circles. The head and feet should remain in the same place while the pelvis alone does the moving. Try to make the movement as smooth as possible.

Scissors Kicks

This exercise helps to move energy through the pelvis, often into the upper chakras. It is a classic, strong Kundalini-raiser with powerful results. It is important not to strain and to avoid sore muscles.
Stay in tune with the body.

Lie on your back and relax. Lift your legs six to twelve inches off the floor and spread them apart.

Bring the legs together again and then kick apart again. After about five of these, I’m sure you will want to rest.

After resting, bring your legs (knees straight) perpendicular to the floor and spread apart. Bring them together and down. Repeat until tired. Raising the legs should be accompanied by an inhale, while lowering the legs should be accompanied by an exhale.

**Walking from the Pelvis**

Have you ever seen jazz dancers? This walk is like the movement of a jazz dance. While bending the knees and keeping the pelvis very flexible, walk with your weight low and swing your hips in an exaggerated motion. What does it feel like to move from this level? What does the motion feel like in your body? Allow your whole body to swing freely as you walk.

**Emotional Release**

There are many exercises using breathing, massage, and various postures that facilitate the expression and release of emotions. These are quite powerful and should be undertaken only with an experienced therapist. Reichian bodywork, bioenergetics, and rebirthing are three such disciplines. If you are interested, find books or therapists who can tell you more.

It is important to remember, however, that any emotions that arise during these exercises should be processed—that is, moved out. Crying, yelling, kicking, or merely asking someone to hold you are all acceptable and encouraged ways of working through the blocks that may reside in this (or any) chakra. It is good to find friends who can work with you and provide the nurturance that is needed.

**Physical Exercises**

**Standing Pelvic Tilt**

Just as you brought earth energy up your legs into your first chakra, you can now build on this foundation by moving that energy from the first to the second chakra.

Begin by repeating the standing bioenergetic grounding exercise for chakra one: place your feet shoulder-width apart, slightly pigeon-toed, bending your knees over the foot as if you were pushing the floorboards apart. Breathe in as you bend, and breathe out as you push against the floor, energizing your legs.

Then arch the small of your back when your knees are bent, and move your pelvis forward as you push against the Earth, imagining that the energy you are building in your legs is flowing like water into your sacral area.

Go forward and back with your pelvis a few times. You can also experiment with moving quickly or slowly to get different results. If you are deficient in the second chakra, you can concentrate on the backward motion, which
stimulates the flow of energy into this area. If you are excessive in this chakra, you should concentrate on moving your pelvis forward, which discharges the energy in this area.

**Note:** This is an excellent exercise to do prior to sexual activity to increase fluidity and sensitivity.

**Pelvic Pulse**

Lie comfortably on your back and place your hands over your hips. Take a moment to tune into your second chakra and make any affirmations or prayers that you feel are appropriate.

Next slowly bend your knees, placing your feet hip-width apart. In rapid pulses, push your feet into the floor and then release, gently rocking your pelvis back and forth. This helps to relieve congestion and chronic muscle tension in the pelvic area.

**Pelvic Side-to-Side**

Lie down on the floor. Bring your knees together and hold your arms straight out to either side, forming a T. Keeping both shoulders on the floor as firmly as possible, allow both knees to roll over to the right side. Turn your head to the left. Remember to breathe as you feel the diagonal stretch across the hips. If this does not give you enough stretch, you may straighten your lower leg to stretch a little deeper. Now repeat the exercise with your legs rolled to the left side and head turned to the right.

**Goddess Pose**

Now lift your bent left knee and move through the Goddess Pose until the knee touches the floor on the left side. Follow with the right knee, allowing it to cross over to the left side as well. Turn your head to the right. Repeat on the other side.

**Butterfly Pose**

With your knees bent and your feet hip-width apart and pulled back toward your buttocks, place your feet in contact with each other, and then open your legs like a butterfly until the soles of your feet are brought together (see illustration). Note any tightness in your pelvis or inner thighs, and breathe into it. If there is a great deal of discomfort, use pillows on each side as props for your knees.

After a few moments in this open position, bring your knees together as you exhale. When your knees touch, inhale, and then open them again. Go back and forth several times, experimenting with different speeds. Moving quickly will bring energy into the second chakra, whereas slower movements promote relaxation and release.

When you are ready to stop, allow your legs to open again and see if you sense any difference in your second-chakra area. Then let your legs return to their full length and relax.
Final Assessment and Plan for Balancing Your Second Chakra

Bringing about healing, balance, and transformation in your chakras takes time. Doing an exercise once may bring about an experience, but doing it repeatedly over time can bring about a permanent shift.

Before leaving this section, take some time to make a plan for how you want to work on your second chakra.

My strengths in this chakra are:

My weaknesses are:

My goals are:

The best tools or exercises for this are:

I make a commitment to:
Mandalas are symbols of life and wholeness. Mandalas have appeared throughout history in many cultures and religions and Jung often painted mandalas as an expression of his psyche. As an art form, they work as symbolic expressions of our inner being, and hold a psychic energy and healing power.

This is not about creating a beautiful artwork. Many people immediately say “but I can’t draw!”

It really isn’t about what it looks like, it’s what your mandala represents that is important. Just as your dance or meditation unfolds organically and without force, so too, your mandala art is a spontaneous expression of your symbolic representation of the energy of your chakras. The images may be literal or you may find a color or a shape to represent the feelings you while working with each Chakra. This is playful ritual. Just let it unfold.
Mandala Artwork for Chakra Two.

Title: __________________________
Reflections on Your Mandala Artwork

After you have finished doing the mandala, please review the following questions:

Title – Give your mandala a title. Let this title come through spontaneously. It is best to go with the first name that comes to you.

Feelings – What are the dominant feelings or emotional energy surfacing from your mandala?

Question – What question is your mandala asking of you? Of what is it trying to help you become more conscious.

Throughout this week, take time to meditate on your mandala, reviewing your question and responses. Evaluate how it might help to give meaning and direction to your life.