

helpful tips to *Balance Your*

Sacral Chakra



by Susan Heidi Filardo



Hi There!

I'm Susan, founder of Verbena Healing Arts, where I provide busy, creative women with practical Mind-Body-Spirit & Natural Wellness solutions to inspire creativity.

I'm excited that you found me and look forward to supporting your search for natural alternative therapies. I hope this guide to Balance Your Sacral Chakra helps set you on your way to living your healthiest and most creative life.

Personally, I've been utilizing Mind-Body-Spirit and Natural Wellness techniques since 1990 and have had my own client centered practice since 2015. As an artist, inventor, energy worker, mother, wife and business woman, I understand how easy it is to get overwhelmed and feel tired, disorganized, and uninspired. I consider it such a blessing to be able to share what I've learned and help you along your journey to living your most fulfilled life.

If you signed up with your email to get this guide, I'll be sending you weekly updates including my latest blog post, upcoming events and more helpful tips to enhance your life.

So, let's get started!

Much Love,

Susan 

Sacral Chakra – an Overview

The sacral (or second) chakra is associated with the color orange. It's linked to a woman's reproductive system. It is also the center of creativity, emotions, sexuality, relationships, pleasure, and fun. A woman with an imbalanced sacral chakra will often experience feeling "weighed down" by her emotions, along with health issues such as chronic yeast infections, infertility, kidney stones, or endometriosis.¹

Below are some questions to help you evaluate if a sacral chakra imbalance may be an issue for you:

1. Do you find it difficult to express your emotions? Are you an emotional eater?
2. Do you suffer from health issues such as chronic yeast infections, infertility, ovarian cysts, kidney stones, or endometriosis?
3. Are you suffering from an inability to take action on your creative potential?
4. Do you feel you are overly creative, to the point of exhaustion?
5. Have you given up on being successful?
6. Do you find it difficult to relate to other people?

If you answered "Yes" to one more of these questions, you will likely benefit from balancing your sacral chakra.

Using this Guide

There are many methods used to balance chakras. In my energy practice, I use a completely different method from those presented here. I recommend you read through the different chakra balancing methods/tools presented in this guide and choose one or two that speak to you intuitively. For example, if affirmations have never resonated with you, there are other options which may. Also, if you find that the method/tool you choose is either making no noticeable change or seems to make your issues worse, I suggest trying something else from the list.

Keep in mind that chakras are just one piece of the energy picture. They are; however, a very important piece of the puzzle and I rarely work with a client without first checking that their chakras are balanced. Also, chakras tend to go in and out of balance as we encounter stressors throughout the day. This means that chakra balancing is not a one-time thing, but a daily practice that over time will train your energy body to maintain proper balance.

You can read more about chakras in my Chakra 101 blog post [HERE](#).



Sacral Chakra Balancing

GEMSTONES ⁱⁱ	ESSENTIAL OILS	FOODS
<p>Carnelian Orange Tourmaline Tangerine Quartz Fire Opal Citrine Moonstone Orange Zincite</p> <p>Choose one or two and wear them daily or place a few in a crystal bowl in your workspace to support your sacral chakra balance.</p>	<p>All Citrus Oils, such as Neroli, Melissa, and Orange Also: Rose Hibiscus Jasmine Indian Paintbrush Lady's Slipper</p> <p>Choose one or two – add a few drops to a diffuser or lotion that you use to massage your abdomen.</p>	<p>Sweet and Tropical Fruits: Melons, Mangos, Strawberries, Passion Fruit, Oranges, Coconut, Also, Honey Nuts and Seeds: Almonds, Walnuts, Peanuts, Sunflower Seeds Spices, such as Cinnamon, Vanilla, Carob, Sweet Paprika, Sesame Seeds, Caraway Seeds Foods High in Essential Fatty Acids: Salmon, Mackerel, Tuna, Flaxseed, Leafy Green Vegetables</p> <p>Eat some of these foods at each meal and drink lots of Water!!!</p>
AFFIRMATIONS		ACTIVITIES
<p>Water helps my creative expression flow.</p> <p>My cells are bathed in bliss.</p> <p>Ideas flow easily from my mind's eye to creation.</p> <p>I connect with people easily and form lasting relationships.</p> <p>Create some of your own and repeat them or re-write them in your journal daily.</p>		<p>Schedule a 2-hour artist's date with yourself. Journal about it afterward.</p> <p>Invite someone over for dinner and create a healthy meal together.</p> <p>Journal about an emotion that plagues your daily life. How can you better express it? Do you emotionally eat when you feel this emotion?</p> <p>Wear something orange.</p>

It's Working If...

- You are able to “go with the flow” of life.
- You answer to your creative calling without judgment.
- You begin to manifest your dreams, desires, and passions.
- You feel more in tune with your emotions.



Let's Stay in Touch...Connect with Me on Social Media!



Disclaimer

Hopefully you enjoyed learning some ways that you can correct a sacral chakra imbalance. I'm proud of you for taking this step to take control of your health and well-being. With consistent, daily practice you should begin to feel the physical benefits within 30 days or so. If you are able to seek the care of an alternative or holistic practitioner the results should be even better!

Of course, the information presented here is not intended to diagnose, treat, cure, or prevent any disease. Please seek medical attention from a physician or other health care provider if you feel you may require those services.

References

ⁱ Chakra Foods for Optimum Health, A Guide to the Foods that can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit; Deanna M. Minich, Ph.D., C.N. copyright 2009, ©Conari Press, San Francisco, CA 94107 Amazon affiliate link: <http://amzn.to/2yNR2il>

ⁱⁱ The Chakras, Including an updated list of Chakra Balancing Colors, Gemstones, Fragrances and Foods; by C.W. Leadbeater and Dr. Jane Ma'ati Smith, ©2008 Amazon affiliate link: <http://amzn.to/2zNVyLI>