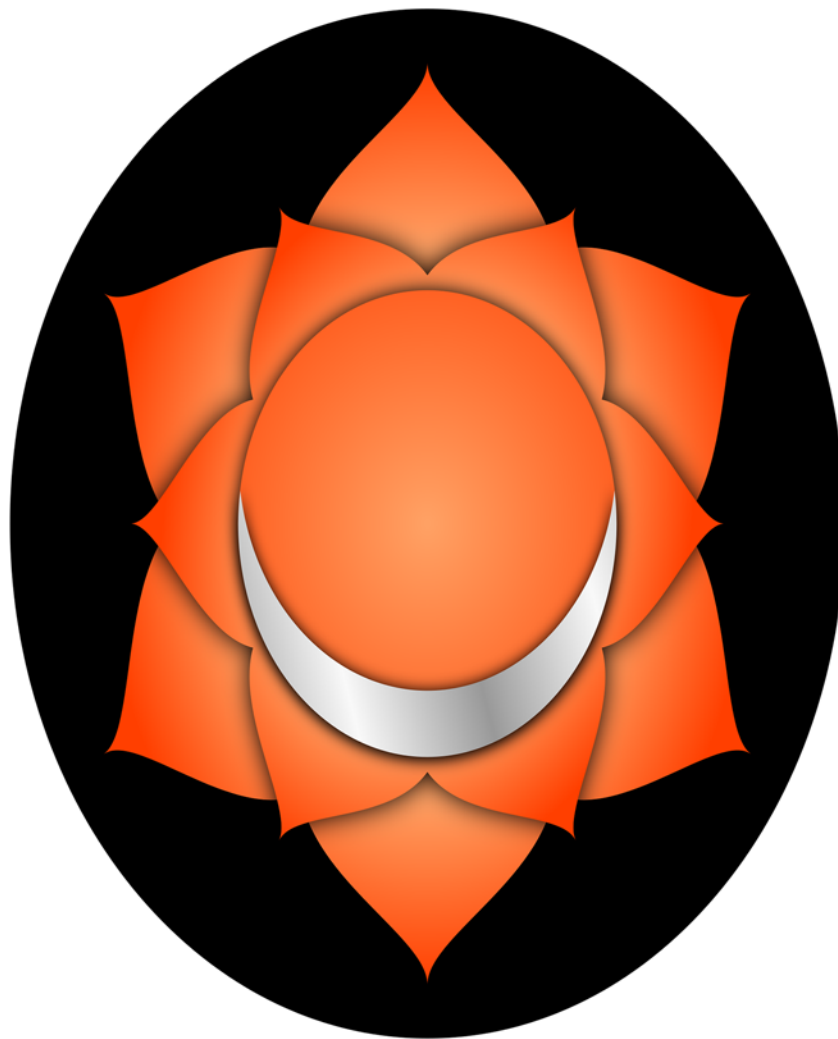


The Sacral Chakra



Elementally, this is known as the water chakra.

This place, physically in the reproductive area, is the spring of pleasure and creativity. If you are overwhelmed with guilt, blaming yourself for something that happened, accept your reality without it clouding and poisoning your energy. Forgive yourself.