

Sacral Chakra

Located about 3 finger widths below the naval at the top of the sacrum, the 2nd chakra is a centre for pure primal energy driving the base carnal emotions; sex drive, lust, fear, anger, hate, love etc.

Having no guiding principle or direction it can be the cause of huge destruction to oneself & all around when allowed to get out of control and unfortunately most people have limited or no idea of control. Without control the useful campfire can become the devastating bushfire, the only thing which is different is the size, intensity & direction of the flames. Energy has no intent, it is not divided into good or bad positive or negative, these are only perceptions which can & do change.

The 2nd chakra also facilitates change – e.g. – the primitive flight/fight response is about change from normal relaxed activity to instant action. Also creativity which is nothing more than changing a reality – the block of stone becomes the beautiful carving while still remaining stone.

At a reduced vibration level change becomes more difficult, for instance locked into depression or anxiety. Becoming “frozen with fear” when it is impossible to move or react whatever harm or danger is occurring is another effect of low or blocked energy at this chakra. At excessively high levels change becomes unpredictable & extreme, mood swings from high to low in an instant, excess sex drive, greed, mindless rage, petty vengeance etc.

Physical symptoms can include digestive disorders, lower back problems, urinary tract problems, sexual & fertility disorders.

However when properly harnessed by the higher levels amazing feats are possible. As with all of the chakras, there is no limit to the energy available because it is part of all that exists

Reading the chakras can be done many ways. Shamans use whatever method is effective at that point of time & can be different methods at different times. Perhaps one time it may be the feel or absence of heat &/or pulse, it may be a “seeing” of colours, sometimes an intuitive awareness.

Colour... Being a little higher up the spectrum from base the colour is orange, the brightness & shade varying with circumstances – time of day/season, activity etc.

Symbol... The symbol is a spiral within a pair of hands. The spiral has 7 arms meaning all chakras are linked.

Meditating on an image of a spiral can give the impression of a sharp point rising forever from the image or an endless hole going to infinity.

Being contained by the hands symbolises directing the energy to increase and intensify in a controlled manner. Stability, control of high energy & boosting of low energy, whichever is necessary at the time.

Mantra... The mantra is an abstract sound of 4 syllables – **Kee Oh Shee Ah** – meaning “Come to me”. Once again this has several purposes

1/ Come to me – Calling in energy from all around to intensify

2/ Come to me – Calling in energy from all around to restore normality

3/ Come to me – Calling the chakras own energy back in when too high & causing disruption.

Exercise... The calling – standing balanced with feet shoulder width, hands clasped low at the front, go to primal existence without self or ego & visualise the energy from all around coming in as the hands are raised overhead while breathing in & in a continual flowing movement the hands release going out in a wide circle to end with an outward breath clapping together down low sometimes with a stamp, bringing the drawn energy into the Hara or 2nd chakra

Element... Water is the element which symbolises the potential power available as well as the constant movement & change. Reduce the energy in water & it

will become ice – hard & unyielding – increase the energy enough & you have steam.

In the form of liquid it can range from the dank stagnant pool to the raging cataract wearing the mountains down to sand & even the devastation of the tsunami sweeping away all in its path.

The ideal is mostly the gently flowing crystal clear pool, nourishing & refreshing the surrounding environment, but still ready to be directed for whatever purpose may be desired.

Power animal... The crocodile, this animal can be of great size but explodes into great violence when required for its survival. The crocodile eats when hungry, procreates when necessary & either fights or retreats depending on the size & ferocity of the adversary of the moment. Most water beasts of mythology such as the Kraken have an element of malice or intent to harm, the 2nd chakra is just raw energy & therefore no intent neither good nor bad.

Endocrine gland... Adrenals -- adrenalin, cortisol & aldosterone

1/The adrenals when triggered flood the body with adrenalin to enable the fight/flight response. When all is in balance this only occurs as needed & the adrenalin is burned up by the resulting action. If triggered then not used adrenalin can cause an unpleasant hangover effect to the body.

2/Cortisol reacts against inflammation but can also weaken the immune system, aids the metabolism of fats, carbohydrates & protein.

3/Aldosterone regulates blood pressure

Drumbeat... 122bpm

Vibration... 600Hz – obviously this varies greatly according to the circumstances

Crystal...

1/Fire opal – not technically a crystal but having a high water content, sparkles with flashes of red.

2/Carnelian – ranging in colour from pink to deep orange, traditionally a protective crystal.

Musical key... D**Tarot...**

1/ The Chariot.. signifying the emotions & control thereof, without the discipline of the driver the horses will run amok – emotions kept in balance. Even in the thick of battle the disciplined driver will keep control.

2/ Death.. signifying change or transformation. Like death change is a necessary part of life. Creativity requires change.

Rune... 1/ Fehu – wealth.. signifying the emotions, wealth (not confined to money, the power available to the Hara has no limit), creation/destruction, fertility.

2/ Kanas – beacon... signifying the fire of life, passion, creativity, transformation.

Mindset is key in all of the above

For Myself

Based upon my own experiences and observations I have come to believe that the sacral chakra can be the point of unimaginable energy

Extremely simplified it can be a focal point to everything – a little like a magnifying glass gathering light to one point

When all of the chakras are balanced and aligned and the person is centred within themselves they are also centred with the “Void” or “Cosmos” or whatever label you wish

Some authors describe this advanced state of centre as entering the Void, to me it is more accurately called becoming the Void – filtering out all trivial nonsense to the sense of being everything – energy of any type regardless of the form is still energy and as such can be adapted to any purpose whether that may be the form of a physical object or the spiritual strength of total oneness

After many years of disciplined training the martial artist may experience the pure connection of being “centre of all” during Kata, sparring or combat which could be described as total awareness / switching off ego and conscious thought / immediate availability of pure energy and while in this state of being it is not possible to be defeated or damaged

This is not to be mistaken for total immersion in the task – whereby the person performing whatever the task may be,

Kata, reading, cabinetmaking, cooking or anything at all becomes so engrossed in what they are doing that they are oblivious to all else and lose awareness of time

When in a true state of centre you become aware of everything – oblivious to ego, emotion, trivial mindless chatter and “conscious thought”

This means the ability to act physically and/or at an ethereal level without having to “consciously think” about it thereby using no wasted effort, the time this takes is always exactly the same which is “However long is required” no more no less

Martial artists spend a lifetime of disciplined training with the goal of achieving this state believing it to be the pinnacle of perfection

In reality it is only a small step into the realm beyond physicality, something understood by some known as mystics, shamans, monks and so on, all of which are merely labels to describe someone who seeks that which cannot really be described in as much as it is everything at the same time as being nothing

Put simply it is understanding and learning to control energy

Everything is a form of energy with the frequency of vibration determining how it is perceived – water, rock, metal, plant, creature, heat, light, radiation are all energy

That a healer can direct energy to the desired result is mostly accepted but “civilised” people have a problem with thinking about the exact same ability used to cause damage which is one

of the reasons society have a fear of exploring this area of development

With a very few extremely rare cases everyone who is learning something new, even when they can see others do it, are unable to truly believe themselves capable until it happens and even then it can take several successful attempts before they begin to believe in themselves. Not until they become a Master or Adept do they lose the doubt and only the One who has reached enlightenment **truly believes**

Allowing the mind (conscious thought is only a small part of mind) to develop and expand opens the path to endless possibilities

It is well documented in cases of “spiritual activity” that a sudden drop in temperature precedes an event but most attribute this to some sort of evil presence

Cold is merely the absence of heat/energy which in these cases has been redirected – usually without any awareness of the person responsible – into the manifestation

Disciplined training can bring you to where you can put aside mindless chatter, ego, conscious thought and even the concept of self

Tuning the chakras to not only centre with everything but to intensely focus and then the next stage to change the focus for any purpose, a Shaman is a sorcerer, someone who can do this to perceive, use or change anything which is energy. Electronic

signals for phones, TV, internet – Thoughts and emotions – Physical and etheral entities – all are there to be seen if only you open your perception

The most difficult part is to not just think outside of the box, the same amourplated box which has taken a lifetime to construct, the box within which we feel safe and secure, but to **truly know** that the box is merely an illusion of our own making and a hinderance to our true potential

At the same time you have to know that time itself is nothing but a perception and perception can be altered when it is understood

Kaicho Gary Sinclair