

Sacral chakra-associated with ovaries, testicles

The chakra color of the second chakra is orange, and its element is water. It is associated primarily with emotional responses and regulation and is often referred to as the seat of emotions. It is also associated with the sense of taste and with reproductive function.

The following set of questions may help to determine your chakra system .It's a self-test program. If you feel any of your chakra is imbalanced do sound meditation. Each chakra resonates with a particular frequency.

- Are you able to feel and express your emotions?
- Is your sex life good ?
- Do you create time for simple pleasure in your life?
- Is your physical flexibility good ?
- Is your emotional flexibility good ?
- Are you able to nurture and be nurtured by others with equal balance ?
- Do you struggle with guilt about your feelings or sexuality?
- Are you able to work on your creative endurances?
- Are you passionate about life and live to the fullest?
- Are you miser?
- Do you like to create drama over people and events?
- Are you addicted to Sex, pornography or visual or fantasy sex?
- Are you close to your mother and express your emotions to her?
- Do you experience fear of pleasure and try making excuses not to have something you want?
- Are you selfish?
- Is it always about me ,me and me?
- Do you have any problems with erections, white discharge, mensuration, urinary or kidney infection, miscarriages, infertility?

Too many Yes or too many NO is where you get to know if your chakra is balanced or not.

If this chakra is balanced then you are connected to your Mother . Once this chakra is tuned well you start loving all dimension of your life. You will be able to explore the creative side of yourself and start experiencing inner joy rather than fall on external factors for happiness.

In order to balance this chakra one needs to chant sound VUM by keeping your thought at the tip of your perineum . You can also place the yantra picture in front of you ,visualize orange color around you and chant by gazing at it. Feel the vibration on the sexual organs.