

## Second Chakra (Svadhithana – Sweetness) Correspondence Chart

Sanskrit Name	Svadhithana
Meaning	Sweetness
Location	Sacrum; Genitals; Affecting hips, knees, lower back, lower abdomen
Element	Water
Purpose	Movement and Connection
Issues	Movement; Sensation; Emotions; Sexuality; Desire; Need; Pleasure; Change; Polarity; Sensuality; Intimacy; Socializing
Goals	Fluidity of movement; Pleasure; Connection
Identity	Emotional
Demon	Guilt
Malfunctions	<p><b>Deficiency:</b> Rigidity in body and attitudes; Stiffness; Frigidity; Fear of sex; Poor social skills; Denial of pleasure; Excessive boundaries; Isolation; Emotional instability or numbness; Fear of change; Lack of desire, passion, excitement</p> <p><b>Excess:</b> Sexual addiction; Pleasure addiction; Excessively strong emotions; Ruled by emotions (hysteria, bipolar mood swings, crisis junkies); Oversensitive; Poor boundaries, invasion of others; Seductive manipulation; Emotional dependency; Obsessive attachment</p> <p><b>Physical:</b> Disorders of reproductive organs, spleen, urinary system; Menstrual difficulties; Sexual dysfunction; Low back pain, knee trouble, lack of flexibility; Deadened senses; Loss of appetite for food, sex, life</p>
Balanced Characteristics	Graceful movement; Emotional intelligence; Ability to experience pleasure; Nurture of self and others; Ability to change; Healthy boundaries

## Second Chakra (Svadhithana – Sweetness) Correspondence Chart

Color	Orange
Planet	Moon
Foods	Liquids
Basic Rights	To feel and to have pleasure
Stones	Coral, Carnelian
Animals	Fish, Alligator
Operating Principle	Attraction of opposites
Archetype	Eros
Yoga Path	Tantra
Asanas	Trikonasana, Parivrta Trikonasana, Bhujangasana, Salabasana, Dhanurasana, Navasana, Janu Sirsasana, Ardha Baddha Padma Paschimottanasana, Buddha Konasana, Paschimottanasana
Seed Sound	Vam
Affirmations	I am open to the world and flow easily with change in my life. I deserve pleasure in my life. I absorb information from my feelings. I embrace and celebrate my sexuality. My sexuality is sacred. I move easily and effortlessly through life.
Healing Practices	Movement therapy; Emotional release or containment as appropriate; Inner child work; Boundary work; 12-step programs for addiction; Assign healthy pleasures; Develop sensate intelligence