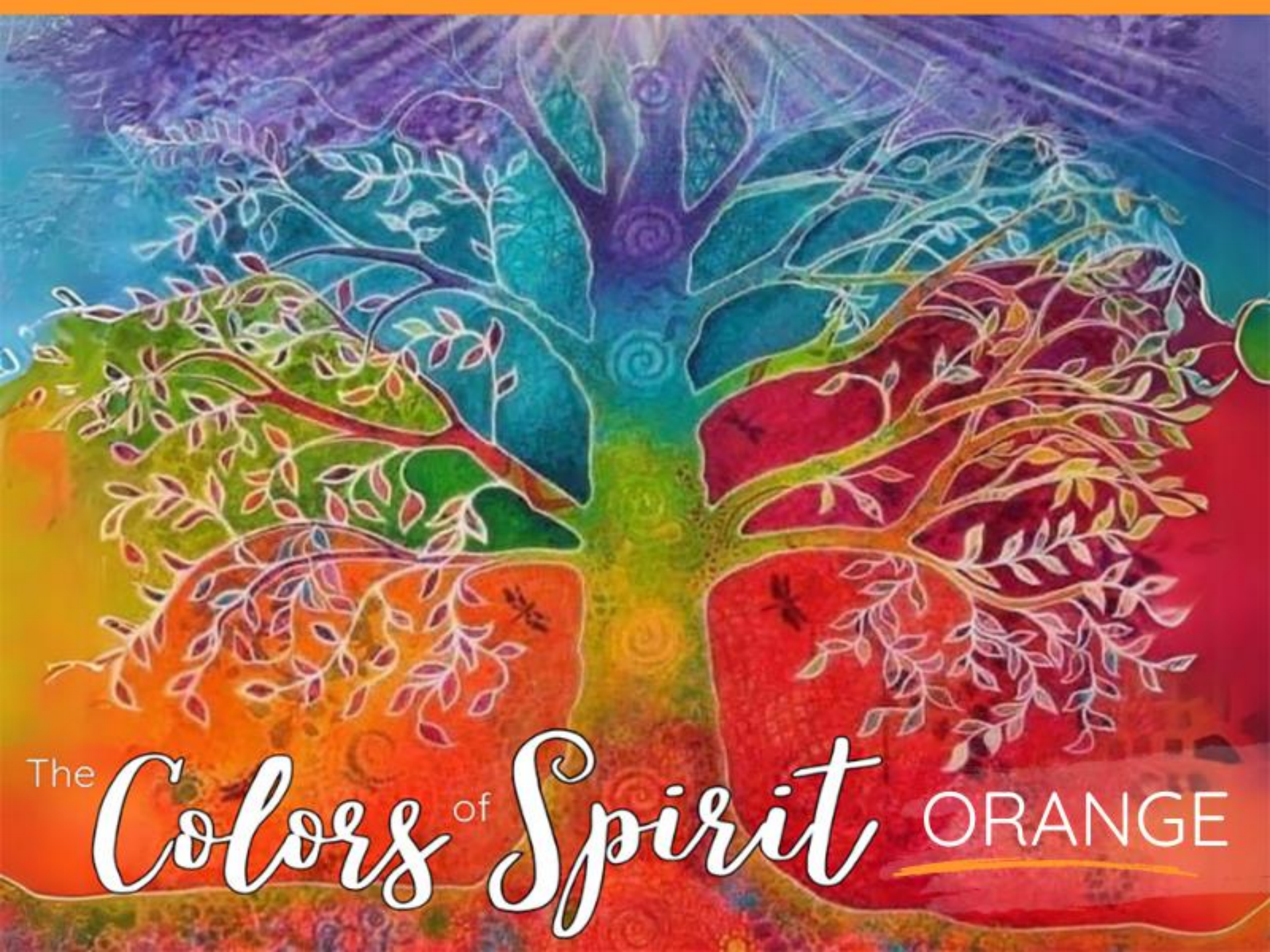




The *Colors of Spirit* ORANGE



Chakras

**Junction points between the
consciousness of Spirit and biology.**

Deepak Chopra

2nd Chakra - SACRAL

COLOR – ORANGE

LOCATION – BELOW NAVEL

ELEMENT – WATER

TONE - D

2nd Chakra - SACRAL

“I feel...I create.”

FEELINGS

- AWARE of feelings
- WHY I have them
- What they MEAN
- What to DO with them
- WHY ADDRESS them

2nd Chakra - SACRAL

“I feel...I create.”

MOST IMPORTANT...

**Feelings
are a communication
from Spirit**

“What does your gut say?”

2nd Chakra - SACRAL

Upper Frequency (Divine) Feelings

Joy

Empowerment

Freedom

Love

Appreciation

Passion

Enthusiasm

Eagerness

Happiness

Positive

Expectation

Optimism

Hopeful

Contentment

2nd Chakra - SACRAL

Lower Frequency (Ego) Feelings

Pessimism

Frustration

Irritation

Disappointment

Doubt

Worry

Blame

Anger

Rage

Jealousy

Insecurity

Guilt

Shame

Unworthiness

Fear

Powerless

2nd Chakra - SACRAL

**Why are
FEELING + CREATING
combined
in one chakra?**



**We put life into motion
through passion
and inspiration.**



**We create our
life experience
through our
thoughts,
feelings
and beliefs.**

Unity's Third Principle

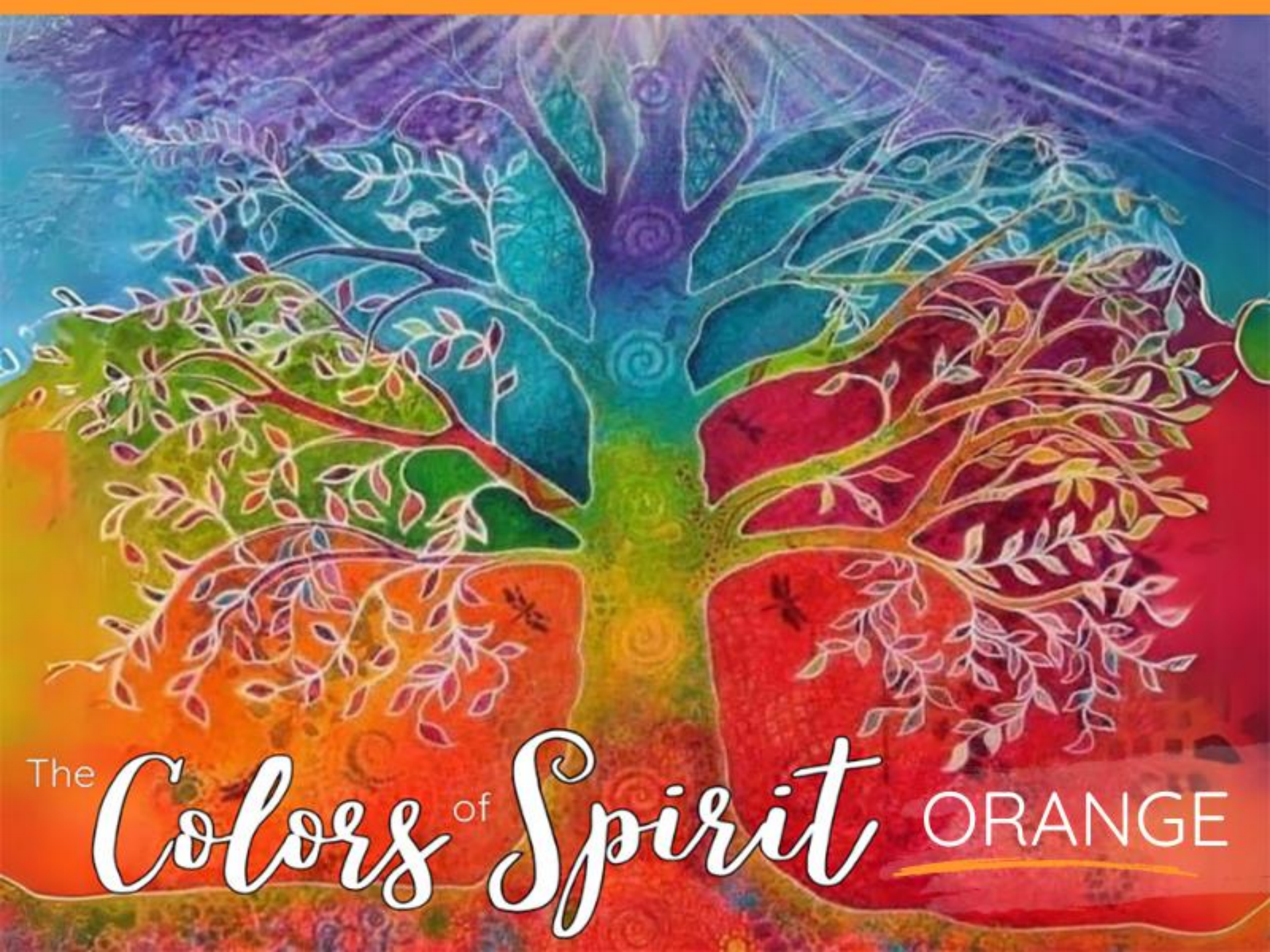


I feel,
I create.

2nd Chakra - SACRAL

TOOLS to OPEN SACRAL CHAKRA

- What makes you COME ALIVE?
- Journal: “I FEEL _____”
- Get in the WATER
- DANCE to joyful music
- MEDITATE with “D” note / SMILE



The *Colors of Spirit* ORANGE