

#2 - Svadhithana: the splenic chakra



Continuing the journey of ascent of the kundalini, the second chakra we find is **the splenic chakra or water chakra**. Unlike the first one, which indicates stability, this chakra is associated with liquids and therefore with letting go, with the flow, with the capacity for change.

The second chakra is the fulcrum that connects the soul with the body. It is located in the lower abdomen, just below the navel, and is the chakra of emotions, spontaneity, creativity, pleasure and sexuality.

The splenic or orange chakra is related to the sexual organs, the reproductive system and the lumbar plexus.

When **the water chakra is blocked**, it is the emotions that are most affected.

We have strong mood swings, we are full of anger, guilt and shame and we are subject to panic attacks. The search for sex is transformed into a mere physical stimulus but without involving emotions. This inevitably leads to unsatisfactory stories with your partners.

Physically, problems and pathologies can occur in the lower abdomen, such as kidney stones and dysfunctions of the reproductive system and the menstrual cycle, as well as fluid flow, such as the circulatory system or the bladder.

Other consequences of splenic chakra malfunction are sexual repression, fear of pleasure, contempt for sex and energy blockages that limit the expression of one's personality.

If **the second chakra is too open**, there is a search for pleasure and immediate but ephemeral satisfaction, developing emotional addictions or addictions related to food, alcohol, drugs or sex.

How to rebalance the second chakra

To **rebalance the second chakra**, you will have to work on your emotions and your creativity.

[The practice of Reiki will help you to know and manage your emotions.](#)

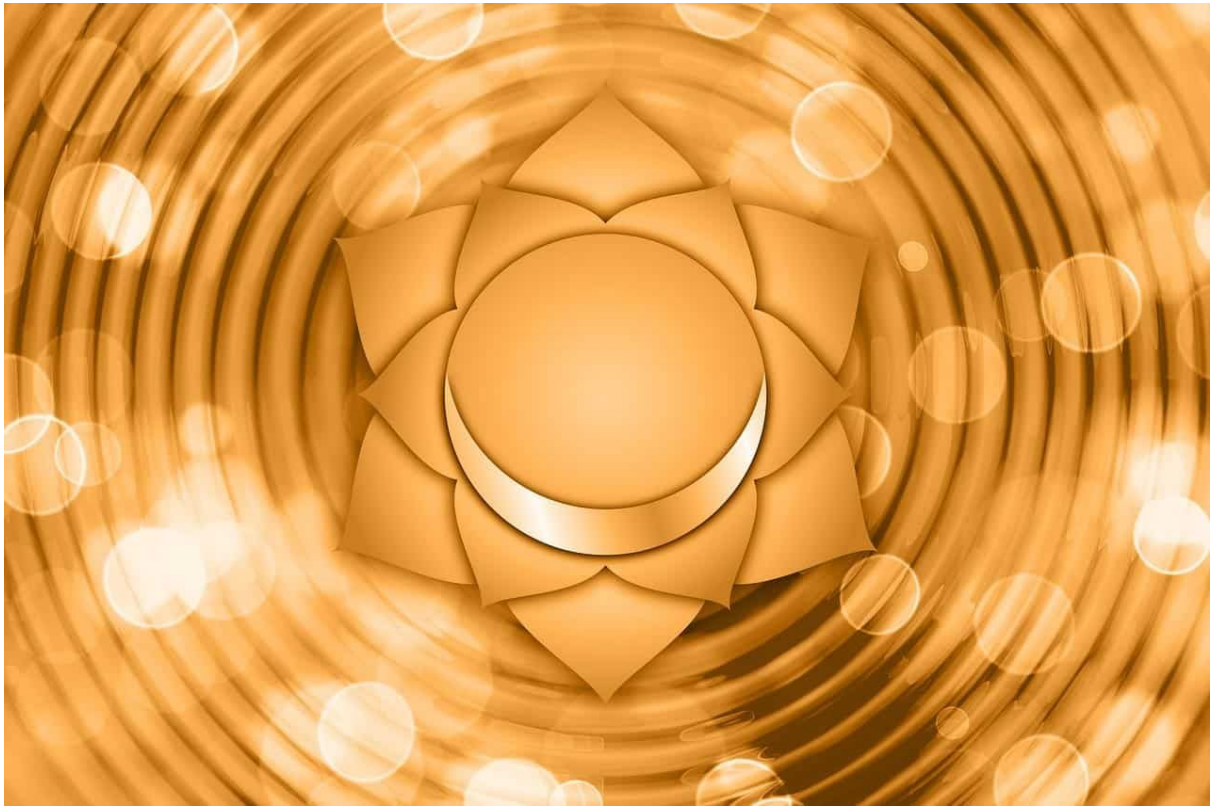
Breathing is also very important to rebalance the splenic chakra. Just like a fluid, in fact, you will have to be able to let the air that you breathe through your whole body flow.

The mantra of the second chakra corresponds to the Sanskrit letter **Vam**. You can listen to it in this video below.

Listening to this mantra during practice and meditation will help you rebalance the second chakra.

To activate this chakra you can also dedicate yourself to some exercises such as swimming, give yourself long baths, showers, some relaxation in a jacuzzi, or even with dances or dances involving movements and rotations of the pelvis, closely related to sexual relations.

Summary sheet of Svadhisthana



Position: lower abdomen

Function: desire and procreation, sexuality, emotions, creativity

Colour: orange

Element: water

Sense: touch and taste

Stones: amber, citrine, topaz, opal

Mantra: Vam, M

Lotus: 6 petals with a half-moon inside

Note: re

Animal: crocodile, snake, reptiles, fish