crystal musings

# Sacral Chakra



**Color**

Orange, Brown

**Mantra/Affirmation**

I feel joyful. I feel sensual. I feel creative. I feel nourished.

**Essential Oil Recommendation**

Ylang-Ylang, Rose, Sandalwood, Orange, Cinnamon

**Crystals**

Carnelian, Orange Calcite, Sunstone, Bronzite, Moonstone

**Emotional/Spiritual**

When in balance you feel passionate, energetic, confident, creative, outgoing, excited, and cheerful. You are able to nurture yourself and others.

When out of balance you may feel unsure of yourself in relationships and have poor boundaries. You may feel betrayed, shameful, or regretful. You may thrive in crisis and feel disconnected from others.