



CHAKRA 2

workbook

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Soul Activation - Chakra 2 - Svadhisthana Workbook
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The background is an abstract watercolor wash in warm tones of orange, yellow, and red, with a large, semi-transparent olive-green triangle centered behind the text. The overall texture is soft and painterly.

SECTION ONE

about

SVADHISTHANA CHAKRA

"You do not have to be good. You only have to let the soft animal of your body love what it loves" - Mary Oliver

ABOUT

Svadhithana Chakra translates as 'one's own sweet place'. This is your center of creativity, creation, movement, pleasure, fun, sexuality, nurturance, passion & enthusiasm which all invite expansion.

We firstly need to root down into the earth in the first chakra, to be able to rise up, to go deeply inside & to be able to reach out & connect with another. The purpose of this chakra & it's element, which is water, is to get things & your body moving. To move the energy inside & to joyfully move forward in your life.

We want to come into our light & learn to move with the ebb & flow of life, to open up to pleasure. Pleasure invites the divine energy to move through the system & flow through & nourish the whole body.

When this happens, we can really *feel*, which puts us in touch with ourselves. In touch with the vital energy of the soul which is 'your own sweet place'. Ideas gestate & grow & energy & enthusiasm rise to bring dreams to fruition. Energy full of joy & euphoria. We then truly feel how we are in a divine partnership with the unseen energy of higher dimensions.

This then allows this chakra & its element of water to flow freely, your whole body feeling sensually alive, moving easily & with grace.

SVADHISTHANA CHAKRA

*"I am my own muse. I am the subject I know best.
The subject I want to know better" - Frida Kahlo*

NAME:

Svadhithana meaning
"one's own sweet place"

LOCATION:

Sacral area, hips, lower back,
lower abdomen just below
the naval

ELEMENT:

Water

COLOUR:

Orange

PURPOSE:

Movement, expansion,
pleasure, flow

DEMON:

Guilt

GIFTS:

Joy, pleasure, connection,
creativity, enthusiasm

OVER DEVELOPED:

Over-emotional, indulgent,
blocked creativity, impulsive,
scattered energy, addiction,
promiscuous

WEAK:

Numb, emotionally cold &
distant, physically stiff, rigid,
dry, self & sexual denial

CORE VALUE:

Pleasure

SVADHISTHANA CHAKRA AFFIRMATIONS

I am creative, passionate & inspired

I create in divine harmony with the energy of the Universe

I bask in absolute & unconditional bliss

I embrace & celebrate my sexuality

I deeply respect & honour my sacred body



SECTION TWO

programming

SVADHISTHANA CHAKRA

*"The creative process is a process of surrender,
not control" - Julia Cameron*

CHAKRA PROGRAMMING

This 2nd chakra's programming primarily happens in the first year of life when we are learning to operate our body & deal with the physical world

Exploring the world through the senses which are an entry point through which the outside world comes in & activates consciousness

✓ NURTURING EARLY YEARS:

If your emotions were attended to & if you were comforted & taken from pain & fear & brought towards pleasure & if you grew up in a loving & nurturing environment, this will enable:

- Feeling deeply & being in touch with & sensitive to the sensations going on
- Feeling & knowing 'one's own place' & intuition which becomes a guide for the journey

Flowing creativity, joy & enthusiasm. Emotionally balanced

Building trust & the expectation that life is going to be a pleasant experience

✗ NURTURING EARLY YEARS:

If you were shamed for your emotions or if you grew up in a volatile & explosive environment, you will tend to block this chakra resulting in:

Not being in touch with 'one's own place' - a backlog of unexpressed emotion leading to:
addiction; creative blockages;
overindulgence; over-emotional or emotionally-cold & distant;

Tense & rigid muscles & lack of flexibility. Life feeling dry & boring

Less able to trust yourself & connect with another

*"A balanced 2nd chakra is graceful, feels deeply & is
guided by & trusts their own gut feelings"*



SECTION THREE

chakra assessment

SVADHISTHANA CHAKRA

"Everything that's created comes out of silence. Your very essence emerged from silence. All creativity requires some stillness" - Wayne Dyer

ASSESS YOUR CHAKRA BALANCE

Chakras can be considered either:

Weak - resulting from a strategy of avoiding (eg difficulty allowing emotions to surface & be expressed, being out of touch with oneself) or

Over Developed - resulting from a strategy of over compensating (eg too much desire for pleasure, a constant distraction from your path)

So we can overcompensate or we can avoid

This energy then follows our action

Rate yourself on the scale below to assess your chakra balance & see how it can affect you in your everyday life

- 5 represents *very weak*

0 represents *being balanced*

+ 5 represents *over developed*

You may have aspects of both in this chakra

Numb, Emotionally
Cold & Distant,
Inflexible, Rigid,
Self-denial

Emotionally
Balanced, Capacity
for Pleasure,
Flowing Creativity

Over Indulgent,
Over Emotional,
Addictive,
Creatively Blocked

-5

-4

-3

-2

-1

0

+1

+2

+3

+4

+5

Very Weak

Balanced

Over developed