



Spirit Sessions



The Chakras



The 2nd - emotional body

- Orange energy
- Crocodile, frogs, turtles, ocean/river life
- Body = lymphatic and Pivers Patches - also physicality of the gut/psoas around the lower back
- Relationship to self and other
- Water element
- Allows us to remain stable while being with the everflowing change of life in an unstable world
- Cleanses and moves “frozen” water allowing us to be in the waves, rivers, flows of ever-renewing life
- SVADHISTHANA - to be situated in the truthful flow of things/self





Three ways we slip out

1. Numbing out
2. Aggression / reactivity
3. Craving - moving into that which we temporarily find pleasurable

