

Earth's Chakras: #2 SACRAL

Location: Lake Titicaca in Bolivia and Peru



Image by [wladimir rupcich](#) from [Pixabay](#)

Description:

Lake Titicaca, straddling the border between Peru and Bolivia in the Andes Mountains, is one of South America's largest lakes and the world's highest navigable body of water. Said to be the birthplace of the Incas, it is home to numerous ruins. Its waters are famously still and brightly reflective. Around the lake is the Titicaca National Reserve, sheltering rare aquatic wildlife such as giant frogs. As the earth's sacral chakra, it carries the energy of the womb of the inner creator.

The sacral chakra is called the Svadhithana in Sanskrit, which roughly translates to "sweetness", and this couldn't be more true of the energy that is held there. This chakra is located in our pelvic area, about 2-3 inches below the belly button, and is all about intimacy, creativity, sensuality, connection, and joy. The sacral chakra is where we tap in to our primal desire for passion and self-expression.

Our intention: (if you like, place your hands on your belly)

1. To connect in with the sweet, feminine, creative energy of Lake Titicaca.

2. To send love and gratitude to Mother Earth for birthing our creative expression.
3. To feel connection and joy.

Music:

[El Condor Pasa By Quitus Music From South America](#)