

INITIATION TO THE CHAKRAS



Zulma Reyo
School of Consciousness





CHAKRAS are neutral
entrances of cosmic and
planetary energies.

They are shaped by the
quality of our thoughts,
emotions and behaviours,
in an intense and direct
way.

We are the ones who determine how to
use them and how to qualify the
energies available in each chakra.
The one who has the power is YOU!

The second **SACRAL** chakra

Defined as:

Emotional depth and flexibility.

Emotional awareness, sensitivity and reciprocity (giving and receiving), firm but flexible sense of personal and social identity, sensual approach to life and creativity.

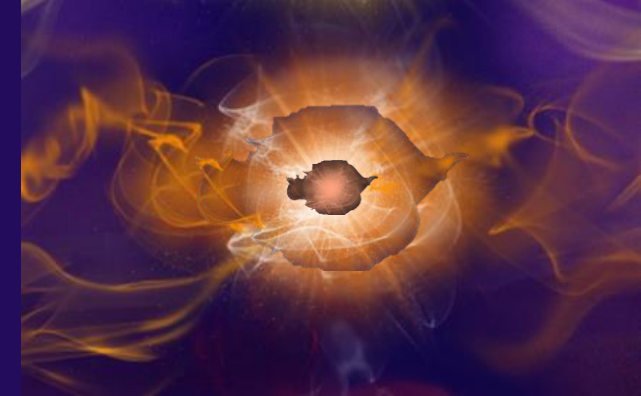
- **orange** colour: the magnetism of emotional strength.
- **water** element: ability to be strong, but fluid.
- **reproductive** organs, **bladder** and **kidneys**.
- sense of **taste**.





The second **SACRAL** chakra

Oportunidade da experiencia das emoções



GOOD use – **genuine** feeling, awareness of emotions as an energetic phenomenon, management and emotional responses in **consciousness**.

Healthy sense of individuality, sensuality and humour.

Sensitivity and emotional **stability**.

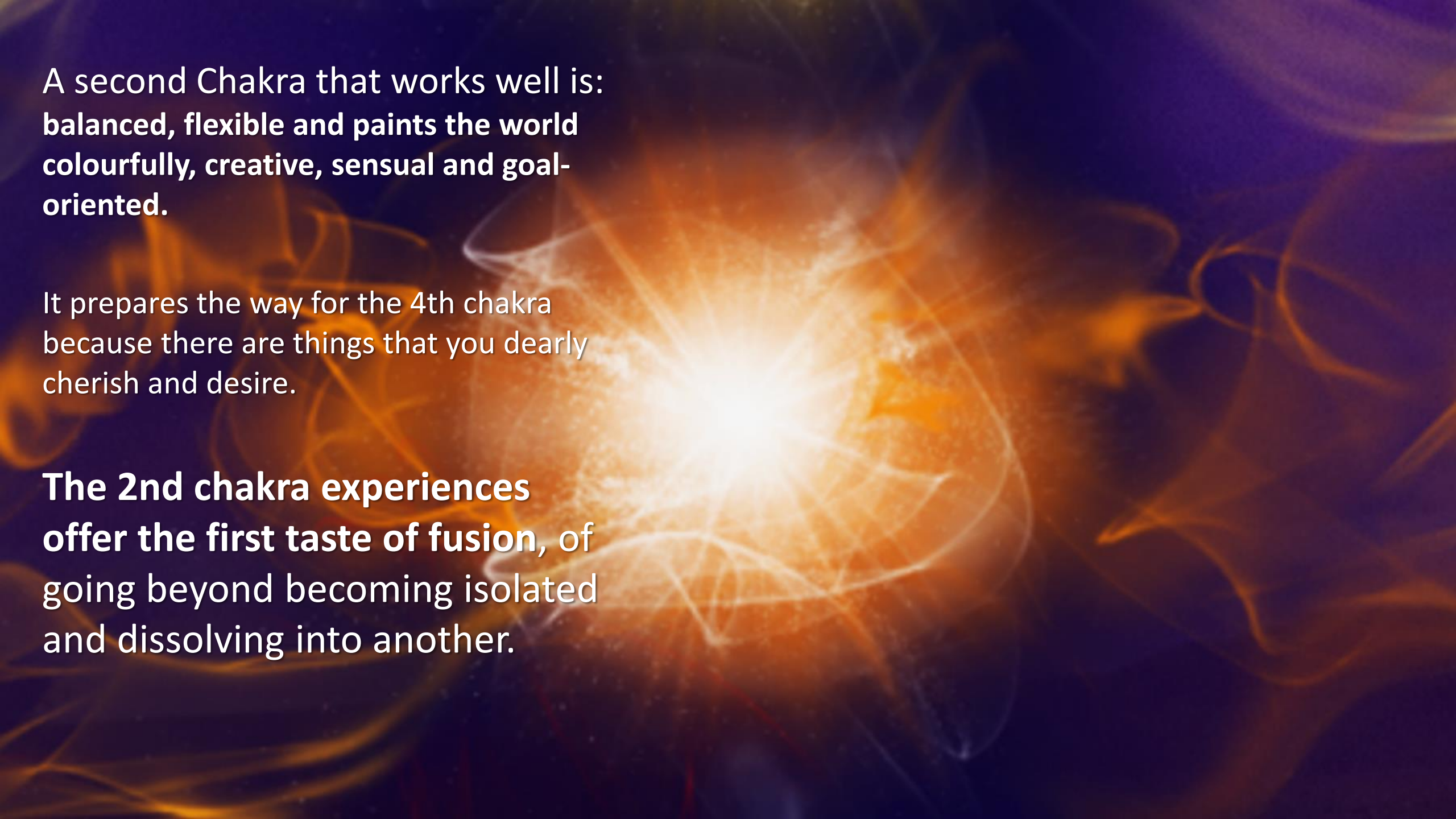
Capabilities: interaction and sociability, emotional freedom, being light and playful, responding (physical and emotional), sharing (without attachment) and going with the flow.

MISUSE – **emotional outbursts** (excesses or shortages), insecurities, dislikes, social maladjustment, lack of joy and playfulness. Extreme **dependence** or **isolation**.

Lack of emotional reaction or compulsive seduction. Sense of possession.

Emotional manipulation through childish means. Inability to maintain friendships or fear of losing them.

Addiction to emotional fluctuation. Excessive eroticism.



A second Chakra that works well is:
**balanced, flexible and paints the world
colourfully, creative, sensual and goal-
oriented.**

It prepares the way for the 4th chakra
because there are things that you dearly
cherish and desire.

**The 2nd chakra experiences
offer the first taste of fusion, of
going beyond becoming isolated
and dissolving into another.**

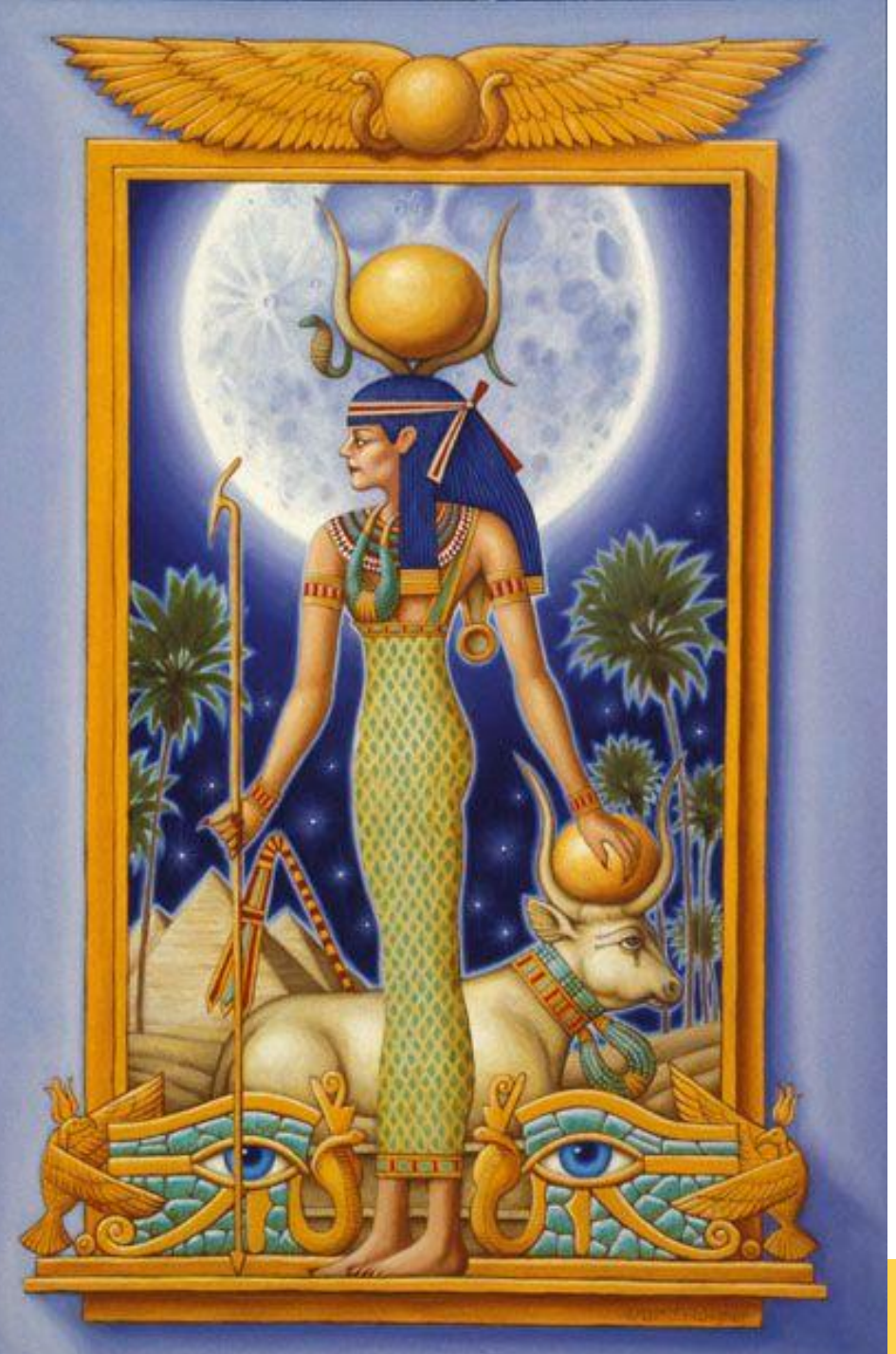
HATHOR

Egyptian **goddess** associated with the **2nd Chakra**



Hathor in Egyptian: *ḥwt-ḥr*
abode of Horus or **abode in heaven**

Main temples of worship: **Dendera** and **Memphis**



HATHOR

- Ancient deity of Ancient Egypt. 3200 – 3100 BC
 - Prominent from the fourth Dynasty onwards.
 - Versatile: mother, wife, daughter of **Horus** (God of the Sky) and **Ra** (God of the Sun).
 - Linked to cycles and therefore to **femininity**.
- Symbolic** mother of the pharaohs. **Mother Goddess.**
- Acted as the Eye of Ra, the feminine part of the god, which protected from enemies.
 - Represented: **music, dance, joy, love, fertility** and **maternal care**.



HATHOR

Iconography - essence:

For the Egyptians, the world is a reflection.
Hathor's **MIRROR** is an instrument of beauty and perpetual rejuvenation and allows the passage from the **visible** to the **invisible**. She crossed the borders between worlds and helped dead souls pass into the afterlife.

Associated with the serpent, felines, or plane tree, but the **COW** is its greatest symbol representing the **maternal** and **celestial** aspect of **fertility** (woman with cow horns adornment on her head, and the solar disk between them, holding a papyrus sceptre in her hands).



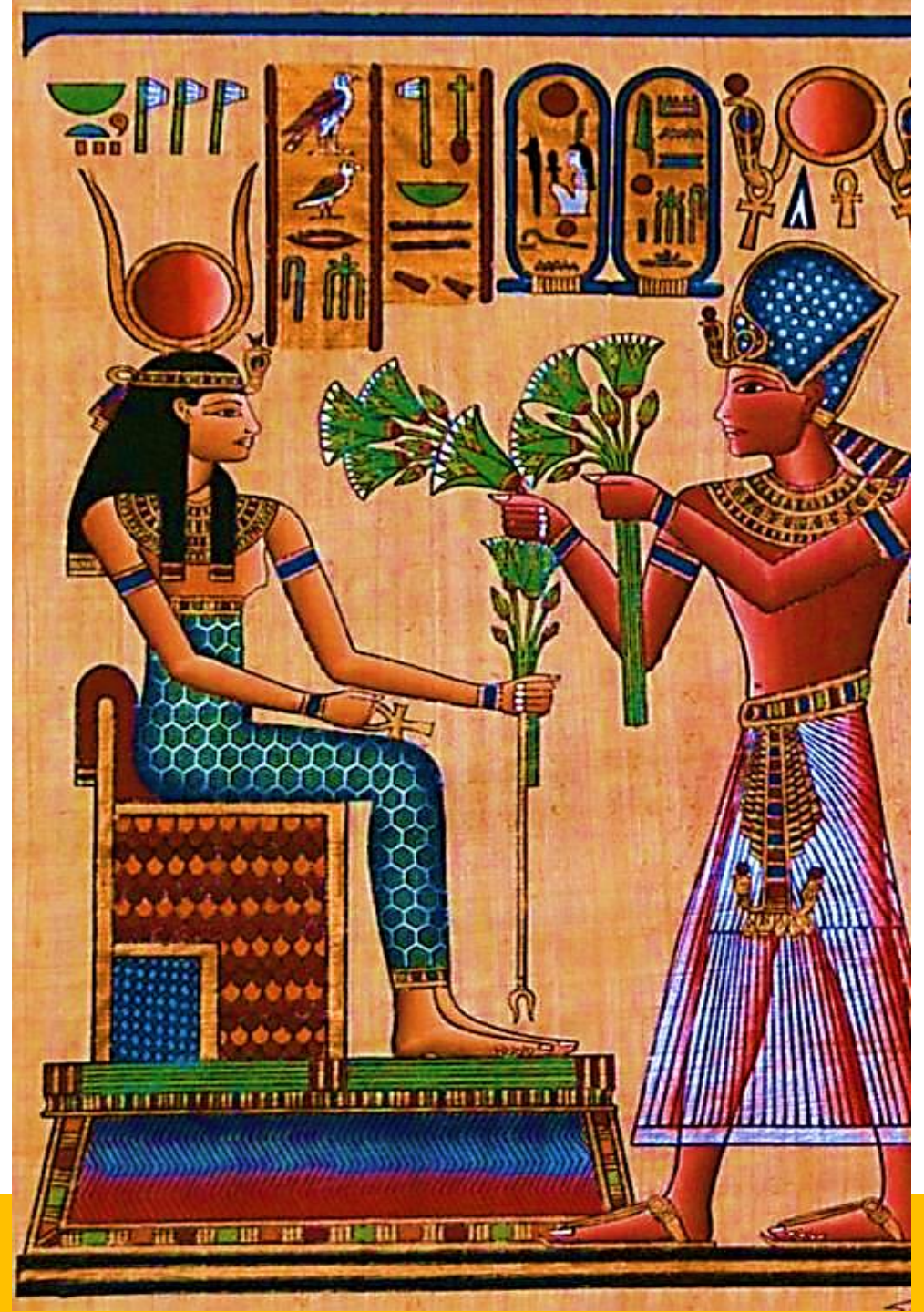
HATHOR

She had a Menat (necklace that symbolized **JOY**) and was also associated with precious stones.

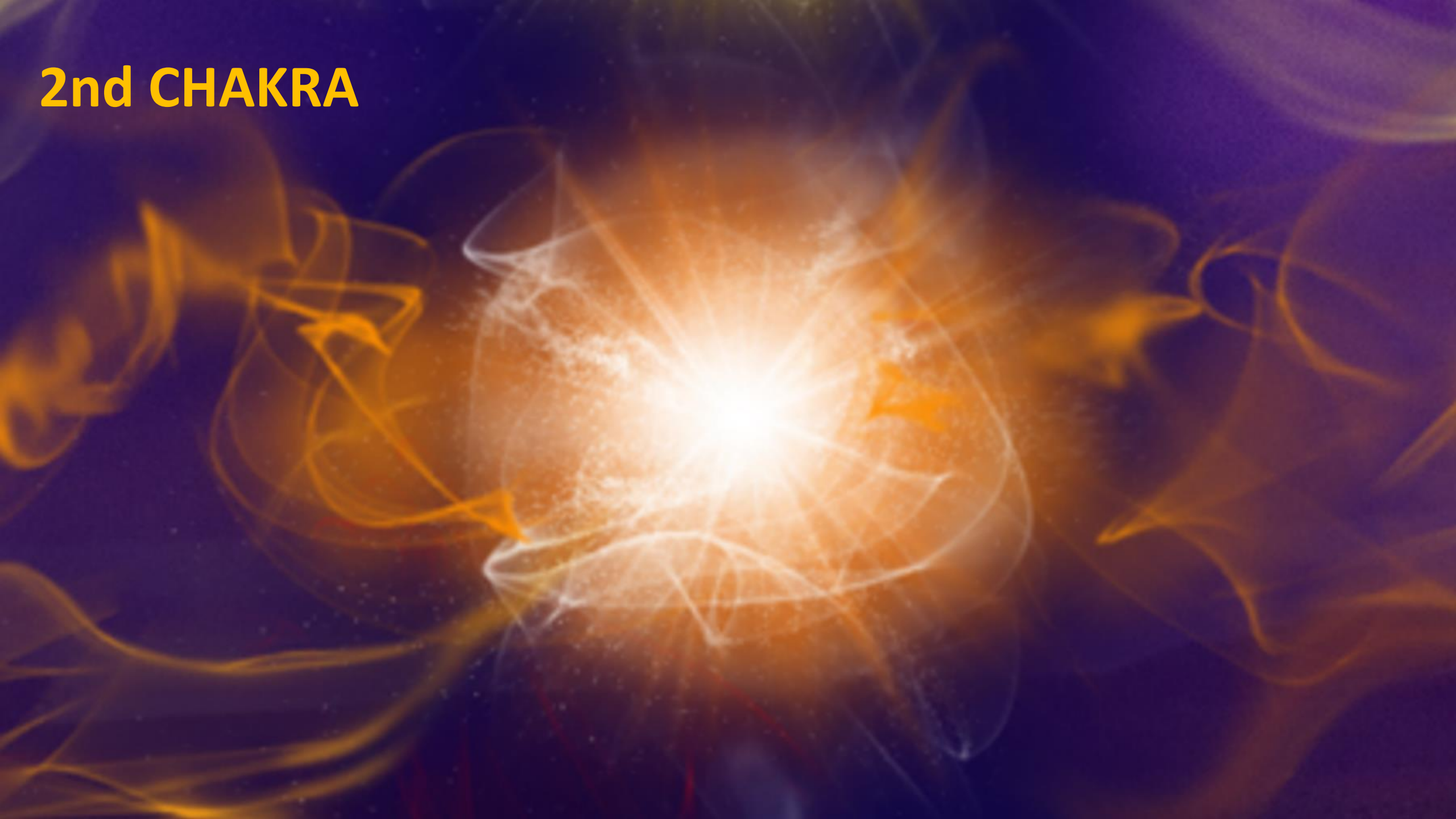
Lady of **Heaven, Earth** and the **Underworld**.
She was popular for being wise, affectionate and kind.

Hathor was very important in the Egyptian pantheon; her teachings on how to go through cycles and the **depth of feeling**, guided the Pharaohs and the entire Egyptian people.

Her energy and that of Isis were associated and mixed in several stories, forming the Hathor-Isis binomial to conceptualize celestial, feminine and **love qualities**.



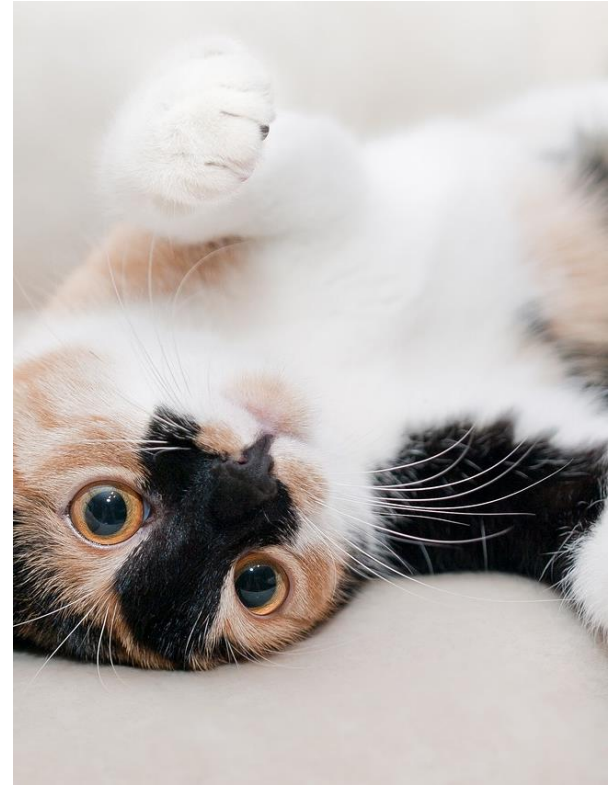
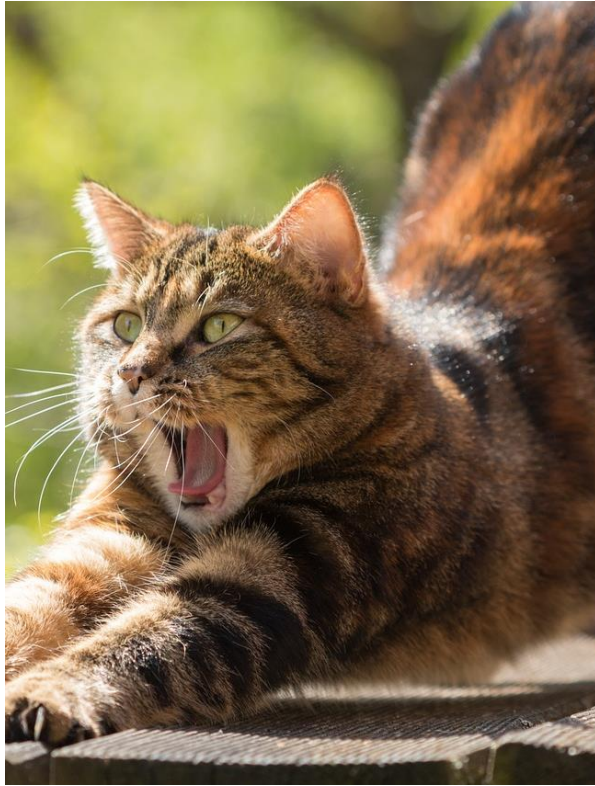
2nd CHAKRA





SNAKE

CAT





COW