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Eating Orange - 2nd Chakra Foods

If you have been following this column, you know that foods carry vibrational patterns, just like people. The phytonutrients, biophotons and cultivate signature all play a role in creating the vibration (check the [May/June 2012](#) issue of Energy Magazine for definitions of these terms and how they apply to the root chakra).

We know the color associated with the second chakra is orange. Orange foods include oranges, mangoes, cantaloupes, apricots, pumpkins, carrots and peppers. These foods have been shown to help repair damaged DNA, protect against cancer, 1 and lower incidents of stroke and asthma.²

As Energy Medicine Practitioners, the cultivate signature is our primary concern. Let us think about some of the foods mentioned above and the properties of their cultivate signature, as it relates to the second chakra.

An orange has numerous seeds (traditionally), derives from a single ovary and is covered by a thick, pebbled rind. Just inside

that rind is pith, a white fibrous material which holds the sections of fruit together. Oranges are usually grafted – trees are not grown from seed. A rootstock is grown from seed and then what is called budwood is grafted onto the rootstock. The budwood determines the variety of orange. We see energetic similarities to people here, as the creativity of the sacral chakra cannot occur if the first chakra (root) is not strong.

Other qualities of the cultivate signature include multiplicity or abundance (sections) organized within wholeness. The fruits are “thick skinned” – a term often used to describe healthy emotional detachment. Oranges can be sweet and are often used for juice. What is more pleasurable than “sweet and juicy”? (Yes, there are also sour oranges and they have a different cultivate signature.) What other energetic attributes come to mind when you think of oranges? Take a moment to connect with the energy of oranges. Perhaps hold one in your hand as you do this. How do you feel?

Mango trees have an extraordinary lifespan and can still bear fruit after 300 years! These trees have very deep roots. The leaves change color as they mature and the fruits come in a multitude of colors and sizes. Flowers are wonderfully fragrant and grow in panicles (like lilacs). Of course not all the flowers become fruit, but this means that fruits grow individually and close together. High levels of creativity are characterized by many ideas and then a refinement of those ideas – much like how the flowers mature into fruit. These facts point to a cultivate signature of extreme stability (thanks to those deep roots) and a high level of individuation.

The mango fruit has one big seed inside succulent juicy flesh, and a thin skin. It is hard to separate the flesh from the seed and skin. This is indicative of raw creativity and high sensitivity or connection with emotions.

We know the second chakra, or sacral chakra, corresponds to emotional issues, desire, pleasure, creativity, relationships (especially with ourselves), power and money. Someone with a compromised sacral chakra might have feelings of being stuck or unable to make choices. They may resist working on emotional issues or allow emotions to rule them. They may develop or have addictions. They may have faulty thinking, often from a single point of view.

Oranges and mangoes, which have qualities of abundance, can be helpful to those who feel mired and lack options. As we have noted, mangoes have a thin skin. They are not appropriate if one is feeling emotionally vulnerable. In this case, a thick-skin will help one to feel strong and detached. If one is lacking options and has a healthy emotional state, mangoes might help to strengthen creativity and abundance.



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If someone is emotionally sensitive, grasping possibilities in hopes of finding an answer, we might see a compromised root chakra in addition to a compromised sacral chakra. In this case, carrots might be a good choice. They grow underground, providing security and groundedness. Carrots are firm and crisp – they stand tall.

Orange bell peppers are fascinating when we think of the cultivate signature qualities. Technically it is a fruit, though usually considered a vegetable. The seeds cluster in the middle of an empty space. Peppers have structure, yet are flexible. We might see them as a receptacle waiting to be filled. All of these facts indicate a cultivate signature rich in possibilities. If someone is grounded and wanting to change, but they have not made space for the new pattern, this is a great choice.

Next time you're at the supermarket, take time to notice orange fruits and vegetables. Consider their physical characteristics and how these might relate to emotional issues you see in clients. When the energetic patterns of foods are internalized – consumed and digested – changes in energy patterns, physiology and psychology can occur. 🍌

1 http://www.naturalnews.com/036192_foods_color_nutrients.html

2 <http://www.ajcn.org/content/76/3/560.full.pdf>

3 <http://en.wikipedia.org/wiki/Mango>



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