



SACRAL CHAKRA

SACRAL CHAKRA (SVADHISHTHANA)

Location: Centre of Pelvis, lower abdomen

Element: Water

Colour: Orange

Balanced: Creative, Joyful, Playful, Prosperous, Stable, Sexual, Sensual, Passionate, Open, Energetic, Honest, Forgiving

Unbalanced: Lack of Creativity, Unstable, Insecure, Anxious, Scattered, Feeling Lazy, Fearful, Disconnected, Depressed, Unmotivated, Negative, Lack of Sensuality

Body Areas: Pelvis, Reproductive, Urinary

Endocrine Gland: Reproductive

Essential Oils: Cinnamon, Cypress, Orange, Ylang Ylang, Neroli, Jasmine

RITUAL: SACRAL VISUALISATION

During meditation, imagine a glowing ball of luminescent orange light in the centre of your pelvis. Feel the ball of orange energy dissolving all blockages & allowing energy to flow with ease within you.

CRYSTALS

ORANGE CALCITE

An Orange Calcite Stone is a strong sacral chakra stone that gets the positive energy moving, especially in the areas of creativity & sexuality. Known to enhance creativity, welcome passion & increase energy levels. Offers insight into managing emotions & balancing the sacral chakra.

CARNELIAN

A stabilising crystal, perfect for anchoring in the present. Its high energy helps restore lost vitality & motivation & stimulates creativity for new pursuits.

CITRINE

Enhances creativity & increases clarity of thought. Citrine magnifies power of will & manifestation & enables one to open to the energy of the divine. Assists in overcoming difficulty & adversity while enhancing physical stamina & energy. Supports endocrine system & proper metabolism.

AFFIRMATION

I AM CREATIVE,

I FEEL CONNECTED TO ALL THE GOODNESS & ABUNDANCE THAT LIFE HAS TO OFFER.

THE SWEETNESS OF LIVING FLOWS THROUGH ME,

I RADIATE THIS JOY'

In Sanskrit, *Svadhishthana* means Sva = "self"; *shthana* = "place"

Your sacral chakra is the seat of your emotions, your ability to release control, old hurts, fears and step into flow, into the sweetness that life has to offer, into the sweetness that exists within you, into your joy, your energy, your creativity, into all that brings you pleasure in life..

SACRAL CHAKRA

JOURNAL

Drawing a deep breath in & as you exhale, releasing any need to control & step into the flow of today's journaling session

I AM OPEN TO THE FLOW

What can I do in my daily life to welcome in more play? More fun?

What are my favourite creative activities?

How do I feel when I get to express my creativity?

More than anything, today, I am grateful for....., because.....

SACRAL CHAKRA

JOURNAL

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I AM CREATIVE, PASSIONATE & INSPIRED
THE MAGIC FLOWS WITHIN ME

What are some creative activities I've always wanted to try, but never have?

What is holding me back? Spend time writing down all the limiting beliefs about your creativity.

Now de-bunk them, re-frame them, release the old stories & re-write your beliefs around being creative.

More than anything, today, I am grateful for....., because.....

SACRAL CHAKRA

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I AM JOYFUL, ENERGETIC & ALIVE
THE SWEETNESS OF LIFE FLOWS THROUGH ME

What inspires me? Are there things in my daily life that keep me inspired every day? -

What brings me joy? In what ways is my life filled with joy?

How do I cultivate more feelings of joy in my life?

More than anything, today, I am grateful for....., because.....

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JOURNAL

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I DEEPLY RESPECT & HONOUR
MY SACRED BODY

Why is this body of mine special? What makes it so beautiful?-

What are 10 things I love about my sacred body?

More than anything, today, I am grateful for....., because.....

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I AM WORTHY & DESERVING
I KNOW MY SELF-WORTH

How do I show myself respect? What choices do I make for myself that are rooted in self-respect?-

What are five practices I can incorporate into my life to boost my self-esteem?

Why am I always worthy and deserving of respect from myself and others?

More than anything, today, I am grateful for....., because.....

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I AM WORTHY OF BEING DESIRED
I EMBRACE AND ALLOW MYSELF TO FEEL PLEASURE

How do I define intimacy?

What forms of intimacy are there?

Do I easily embrace intimacy with others, or do I have a hard time with intimacy?

More than anything, today, I am grateful for....., because.....

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I RELEASE CONTROL
AND SURRENDER TO THE FLOW
OF LOVE
THAT WILL HEAL ME

In what ways do I hold on so tight to controlling areas of my life?

Can I release control around these areas and step into trust?

Allow yourself to imagine how good it feels to release the control. Breathe & journal on this feeling.

More than anything, today, I am grateful for....., because.....

YOGA & OILS

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CREATIVITY / MEDITATION IN MOVEMENT:

Set a time on your phone for 3 minutes, connect with your breath & then allow your pen to flow into creativity, let a doodle flow onto the page, no judgement, no expectation, no need to know what the finished product will be.

As you draw, notice your breath, and if your mind wanders, come back to your breath,

MAY I BE OPEN TO THE UNKNOWN,
LIKE A BIRD FLYING FREE

