

SACRAL CHAKRA

If you are watching this video it means that you have connected with being sacral chakra dominant so congratulations, you have a heightened ability to sense energy, to perceive intuitive information from the sacral chakra and this Energy Center has so much going on, you may be familiar with this chakra as being located at the pelvic region the womb.

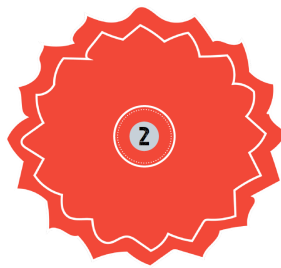
It's the house to creativity and emotion, relationships, career, there's so much that's going on here and from a Chakra tea perspective the primary energy focus at this Center is boundaries is excited to work with boundaries. Boundaries tend to create some stress potentially and just thinking about setting them what does it mean and how do I set boundaries, how do I maintain boundaries.

We are going to talk about energetic boundaries as how can you put an effort less points of presents. When you are centered in the sacral so this energy center and all of the energy centers, if we're actually anchored in the center of the sacral chakra, the boundaries are just a natural expression because we are at their, we are at our Natural Essence we are at the center of our cells and so, therefore we have energetic ability and integrity to just hold the space that we need for ourselves, for our bodies and in any given dynamic, in any given relationship, that being said, this is going to be a bit of a different approach to working with energetic boundaries and all just on a very simplistic notes say that boundaries are creating a container for yourself.

Boundaries may fluctuate, they do fluctuate, the boundaries that you have for your energy will vary from your partner is the closest people in your life, your children those will be different boundaries then how you hold your energy in a work environment or with clients, with somebody that you find very challenging but there are different levels and layers but we are going to approach energetic boundaries as a container, container that you anchor yourself into in that you hold so how do you do that?

Well we're going to work with different directional lines of energy at the sacral chakra and not is going to be based in sensation connecting with body based guidance information and sensation to Center yourself at the sacral because when we struggle with energetic boundaries it has to be because we are well.

One easy example would be getting pulled forward by another person or having an exchange with someone that you find particularly challenging and so it's very hard for you to Center



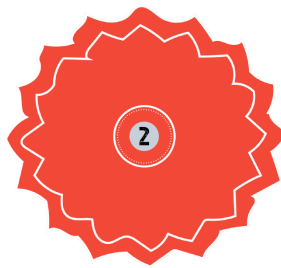
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yourself in this part of your energy in this part of your body and it's also where many leaks energetic leaks happen is at the sacral chakra, there's a lot going on so get ready to engage with these different lines of energy, these beautiful remedies that you see in the background the sacral chakra salt support releasing energy, we are going to connect with assault and I encourage you to take the salt prior to going through this exercise and I'm just going to go for it and say practice this exercise on a daily basis and if you can do it twice awesome typically the remedies are recommended to incorporate and system type of daily practice two to three times a day if you can take 5 minutes for yourself twice a day and using them that will be so supportive.

I provided you with different visual and resources below this video. I really encourage you to take the time to work with these and also to establish a baseline for yourself prior to incorporating the remedy so that you can measure and quantify progress and shifts, it's helpful to get an idea of where you're at so go ahead and check those resources out now, let's connect with a sacral chakra and the directional lines so beginning with the salt the thoughts are going to help you release, they're going to help you let go, they're going to help you eliminate energies that are not supporting you being present at the sacral chakra, there the energies that are getting in the way of you being present and centered at this part of your energy in body and my goodness can there be many boundaries is the primary the primary focus that we're working with.

After you drop into the sacral chakra and don't worry about connecting with all the details of the state parole and what color is it and how is it you know all of that, I want you it's not done with this part of your body and engage with the directions of it to support this multi-dimension dimensionality of the center so you are first going to drop in and connect with the front of the sacral so cannot sing with a line of energy that extends from the center of the sacral chakra forward and I'm going to take you through these connections fairly quickly.

Please do pause the video and come back if it's just moving too fast for you, you're going to connect with the front of the center of Follow that line of energy and just notice if anything stands out to you so I'm going to encourage you to connect with your intuition with your inherent ability to receive guidance and insight and information and go with whatever comes through that could be as an image that could be a word it could be a sensation it could be some type of immediate knowing whatever that is do your best to articulate it get really detailed and write it



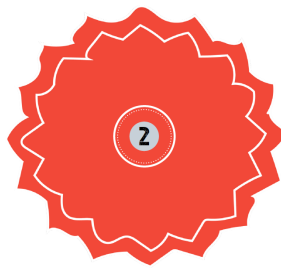
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down.

Follow that and see is there anything that feels like it could be interfering with that wine that extends from your steak roll out so that front line of energy notice the quality of that energetic line does it feel clear does it feel stable does it feel strong does it feel rigid does it feel grass feed does it twist it up and really confused what does it feel like what get really specific around the quality of that energetic and if it's hard to connect with take note about 2 and if this feels like it's way over your head just keep going keep sitting with it because when we are used to spending our energy in our minds and connecting with things through our mind it can be challenging to begin to drop into our physical body and practice experiencing things through that place through sensation through energetic awareness and not legs so that doesn't mean that you can't do it so I will encourage you to continue practicing and put in the effort and the energy that it takes to develop discipline around your awareness because it does require discipline so it's fun difficult activity okay that's going to serve you in every area of your life then connect with me back of this line of energy that extends out from the back of the sacral and do the same thing notice what information comes through how can you articulate and describe what that line of energy feels like how do you feel connected with the back of your sacral chakra and related to what you're really saying and what you may be letting go of that specific to this Energy Center see if there's anything that comes up to it could be a memory it could be a person that can be anything at all that surfaces around this line of communication

As you're doing this and you're connecting with the front in the back notice what that does those two poles or those two extensions out when you're both of those then it brings you automatically into the center and so that's what we're working with and that's what it's going to support your healing and your inherent intuitive abilities that are like Lehigh at the sacral chakra, then you're going to connect, dropping back into the steak roll connecting up so following that line of energy up and noticing do you encounter any type of barrier do you have trouble connecting up is it what what does that surface for you and how can you follow that line of energy and then you'll do the same thing and come down so connecting down from the sacral chakra following that line of energy is there anything that surfaces do you encounter any type of interference any type of challenge any typos visual inside information is connect down from the sacral and this this Dynamic cheer.

Connecting up and conducting down is going to when you're engaging both lines for that line in

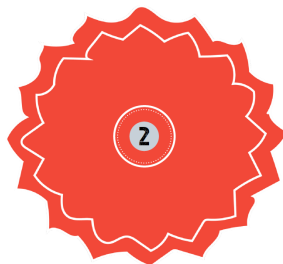


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both directions you are centering yourself so this is like rings it's like she hurt your engaging the reins you are you are dynamically engaged with these lines of energy moving out so that you have the awareness and the ability to bring yourself into your Center and when you are in anchored and the center of your sacral chakra and you are engaged and all of these different directions with these lines of energy boundaries how so how about that you don't have to set them with your mind not to say that you don't have to verbalize boundaries or make boundaries clear with your voice not all a lot of the time we do but energetically that you are in this space of alignment engagement and holding creating and holding the Integrity of a container or clear energetic boundaries when you are centered in yourself and you're engaged with all of these directional pulse.

The last line of energy is going to be working with the left and the right hemispheres of the sacral chakra so you are following first the line of energy out to the lasting just noticing what that line of energy feels like what feels challenging around following that line as it extends out the left side of the body and what comes up for you and seeing if that. Area is hard to connect with or if it comes effortlessly and then connecting out the right so following not extension out the right and connecting and with what surfaces for you there I'm noticing this line that travels the sagittal plane of your body that you are engaging the rains on both sides of you and that's going to send her you and your sacral chakra so front back top bottom left right and when you begin to drop in and develop awareness around that and how you are relating to the energy within you and around you at the sacral chakra level it changes everything so that is connected and with releasing and letting go and following those lines of energy as they extend out and that is what the salts will support you with.

Using them prior to our practice and connecting with the energy moving out the roller is going to support bringing in to support nourishment and the integration and anchoring of healing frequencies in your body and Sol the roller can be used to then connect and with how you are going to engage with each of those directional lines but from a place of the energy moving inward so when you're clearing when you're releasing energy in your falling those lines of energy is that extend out that works with the salt that works with letting go that's a process create space for healing to happen it's also phase of healing but we tend associate healing with bringing in and you know feeling and so because there is the space of shutting and discomfort and I can often be painful and just really uncomfortable to let go and so the salt support.

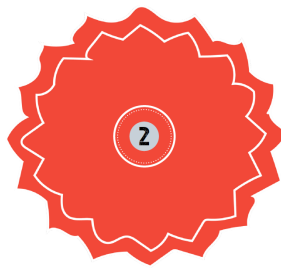


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Don't be surprised if they can tighten things that feel uncomfortable because that's part of the shedding or if we think about you can detox vacation and eliminating things from the body that it can be very uncomfortable so then when we move into this next phase of connecting with those lines of energy and how energy is moving inward were using the rollers to help and I know I'm getting lots of hand motions here to help bring in an anchor that energy so you're going to go through the same practice and connecting with the those lines of energy but instead of following that line of energies that extends out you're going to follow that line of energy that moves in so noticed how far out that line is that you connect with and one way that can be easier to connect it can be easier to connect with what we struggle with Alton X and Y creates a sense of ease or what is Maury's filled for us.

If you are connecting and with that Frontline of energy it might be easier to notice where you feel hold forward and a particular dynamic or where it's really challenging hold a boundary with somebody a person that you feel a challenging Dynamic with and then you can connect and without energy you're with that person with that Dynamic and see where is where is your energy how far out does it go what's the quality of that energetic line and then the healing part of this process becomes actively reclaiming about that part of your energy along that line so if you feel like your energy is just completely leaking and it's being pulled across of Lee out through the front of your body then you actively engaged with that and you reclaim top part of your energy along the line and that you're doing this energetically and you could also State something to yourself and and say out loud I'm actively reclaiming this part of myself or do some type of visualization around that or Mantra around it.

I just want to encourage you to really connect with the sensation of that into connect with that part of your body and the awareness of what that energetic exchange feels like at this part of your chakra at this part at this line of energy that moves out from the front of the state so you're going to reclaim not and then you're going to go to the back and you're going to connect with how far out do you feel like your energy extends at the back and maybe it doesn't at all maybe it's completely collapsed because there's a tendency for it to be so notice what's going on there and then actively engage. And see if you can if reclaiming is part of what needs to happen at this part of your energy that you do so or you fluff up the back of your sacral and activate it and engage it in that way so what are the healing energies that you notice coming through for you is there something intuitively that pops in where you say okay I'm hearing this I'm hearing that best part of that my the top line of the sacral chakra is connecting in with this experience and so I



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need to go back into just engaging with that part of my past and calling that part of myself back into this Energy Center.

This is the practice of awareness to support you and developing awareness it's a practice of awareness with developing around the sacral chakra because when you are at the center of the steak roll you are anchoring yourself and creating a container have energetic boundaries radiate from the center of the steak roll out and to be held in that energetic container and doing is life-saving it support every relationship it supports Your vitality it supports your healing it supports your creativity a creative space for you so that you can be at ease in your own body and so who doesn't want to feel more at ease in their body all right I hope that this serves you well and that it's helpful to connect with the sacral chakra and I hope to see you again soon, thank you so much.