

SACRAL

INHABITING THE SACRAL

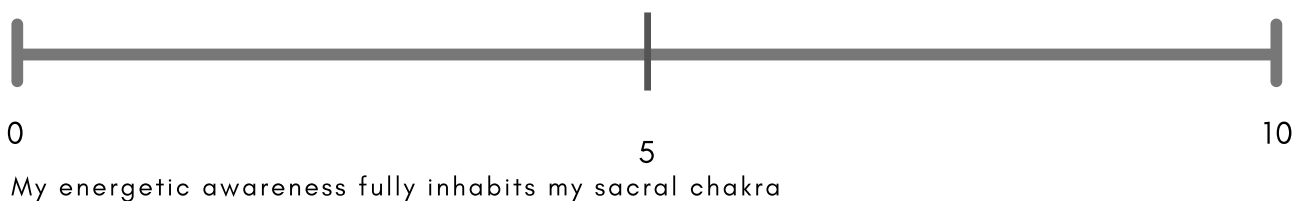
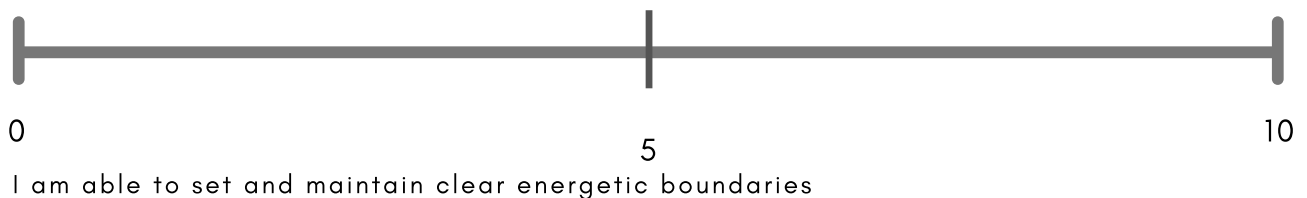
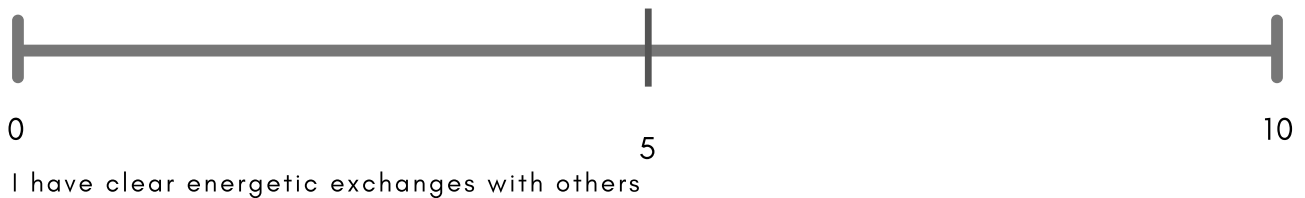
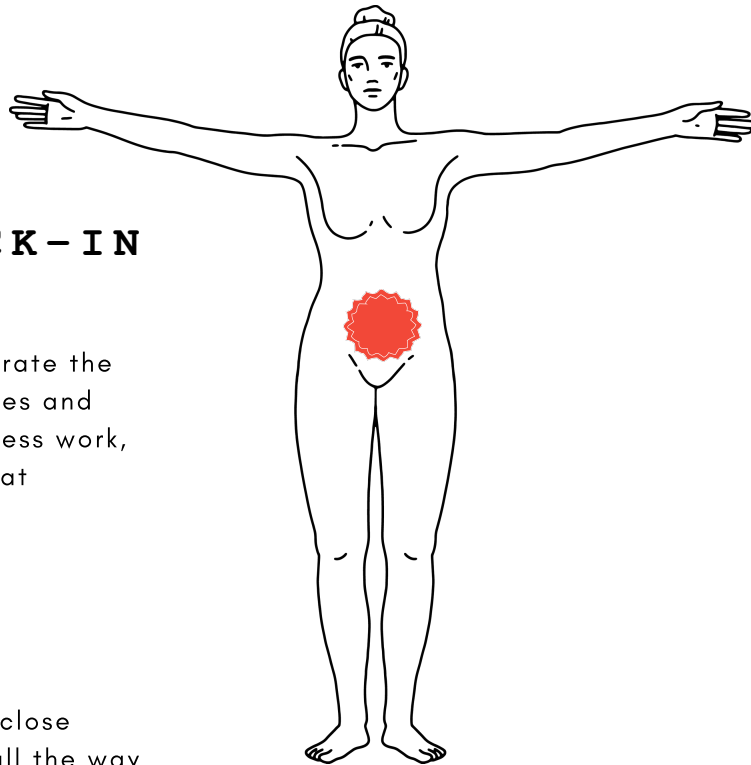
PRE CHECK-IN

Before you incorporate the Chakredy® Remedies and directional awareness work, mark where you're at

SCALE

0=Least/Not even close

10=Greatest/Yes all the way



SACRAL CHAKRA DOMINANCE

WHAT DOES IT MEAN?

When you are sacral chakra dominant, you are dialed into emotion and energetic boundaries. Shifts in these two things can surface as one way that your intuition is speaking to you. **You have a heightened ability to perceive energy at the sacral. You are sacral chakra intuitive!** Pay attention to changes in your emotions and your personal boundaries as intuitive indicators. Know that it is more rare to be sacral chakra dominant. When you feel insecure and it doesn't make sense, this can be one way that your intuition is speaking to you.

STRENGTH = BOUNDARIES

Shifts in your own energetic boundaries and emotions can serve as powerful intuitive indicators for you. This does not necessarily mean that setting and maintaining boundaries is EASY.

CHALLENGE = EMOTIONAL FLUX + INSECURITY

When you dominate intuitively from the sacral chakra, you may be more susceptible to emotional roller coasters and insecurity as a way of picking up on shifts in energy.

SACRAL CHAKRA ASPECTS

Some energetic aspects connected with the sacral chakra include:

- Emotional flow
- Prosperity
- Creativity
- Pleasure
- Relationships
- Boundaries

STRENGTHS

What are some of your strengths at the sacral level?

CHALLENGES

What are some of your challenges at the sacral level?



SACRAL CHAKRA

INTENTIONS

INTENTIONS FOR CLEARING:

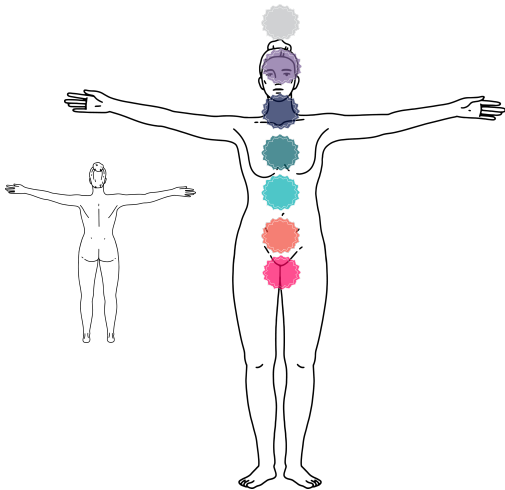
What would you like to let go of at the sacral center?

INTENTIONS FOR REPATTERNING:

What would you like to reclaim and repattern at the sacral?

DIRECTIONAL ASPECTS

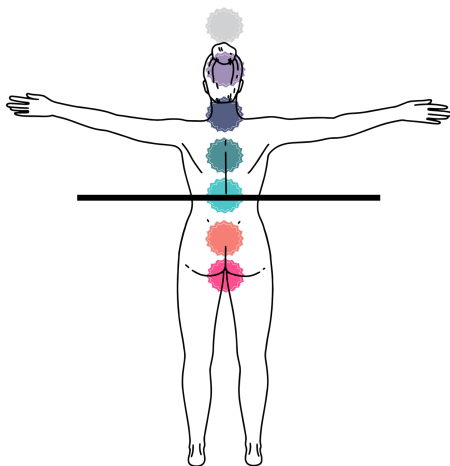
THE 6 ENERGETIC LINES OF COMMUNICATION



FRONTAL PLANE

This plane divides the body into:

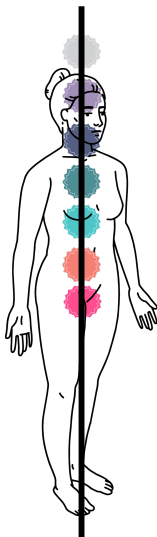
FRONT
BACK



TRANSVERSE PLANE

This plane divides the body into:

TOP
BOTTOM



SAGITTAL PLANE

This plane divides the body into:

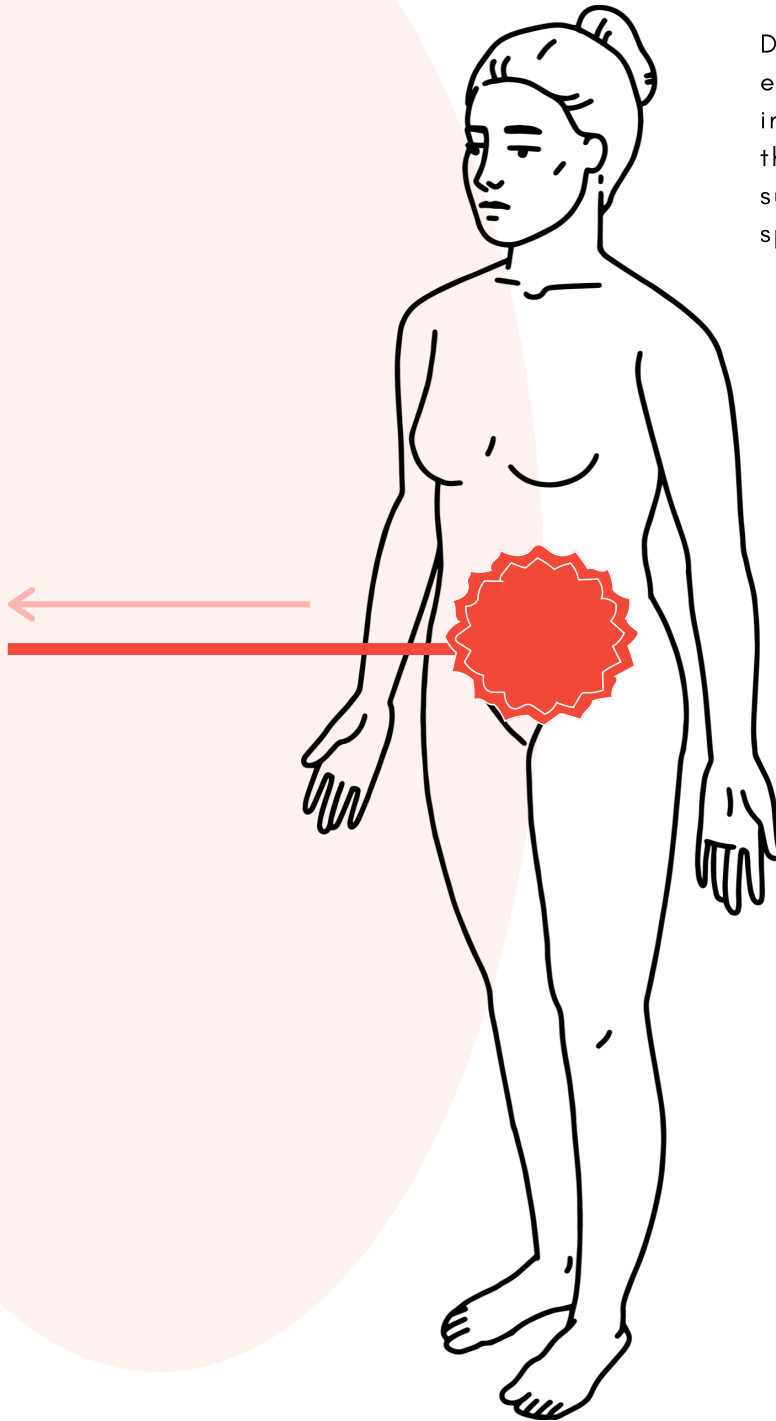
LEFT
RIGHT

FRONT

LINE 1: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

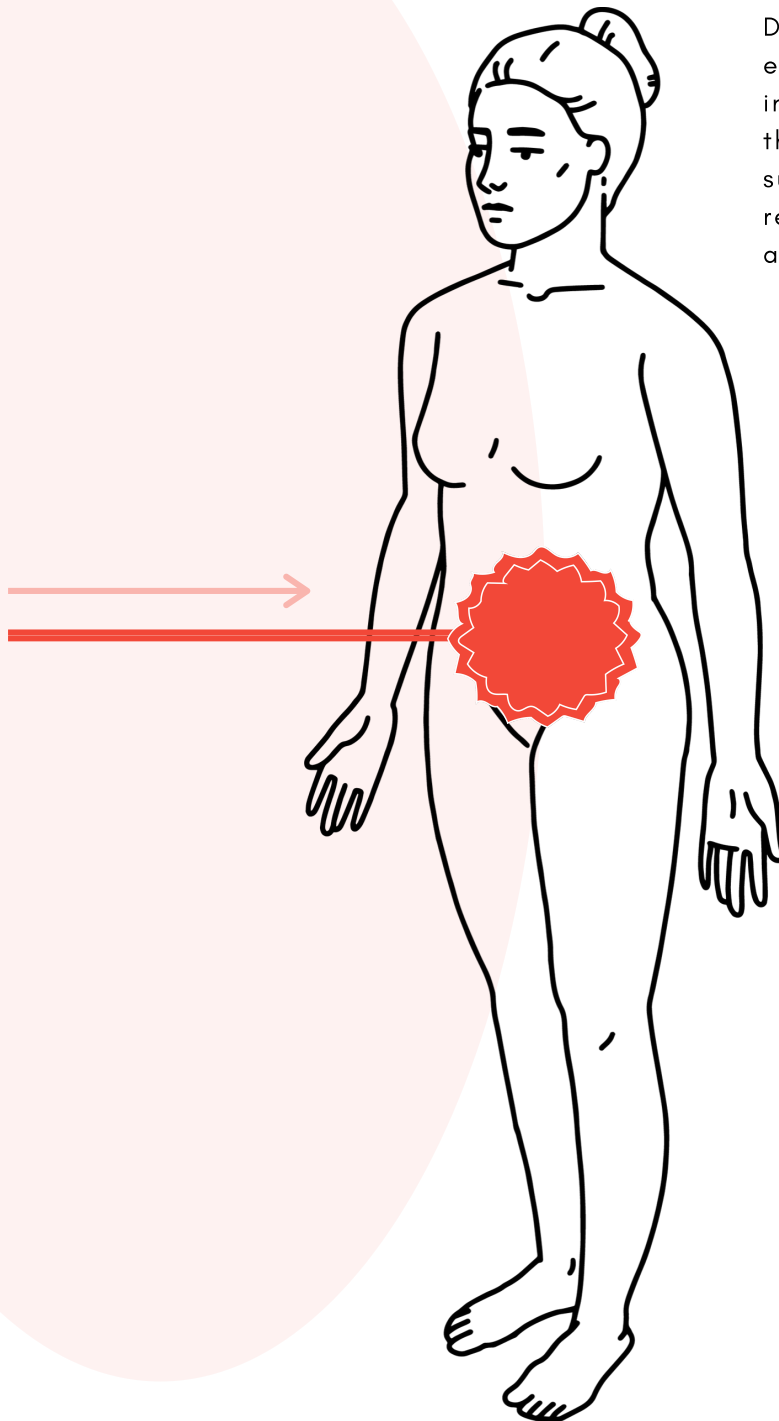


FRONT

LINE 1: REPATTERNING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

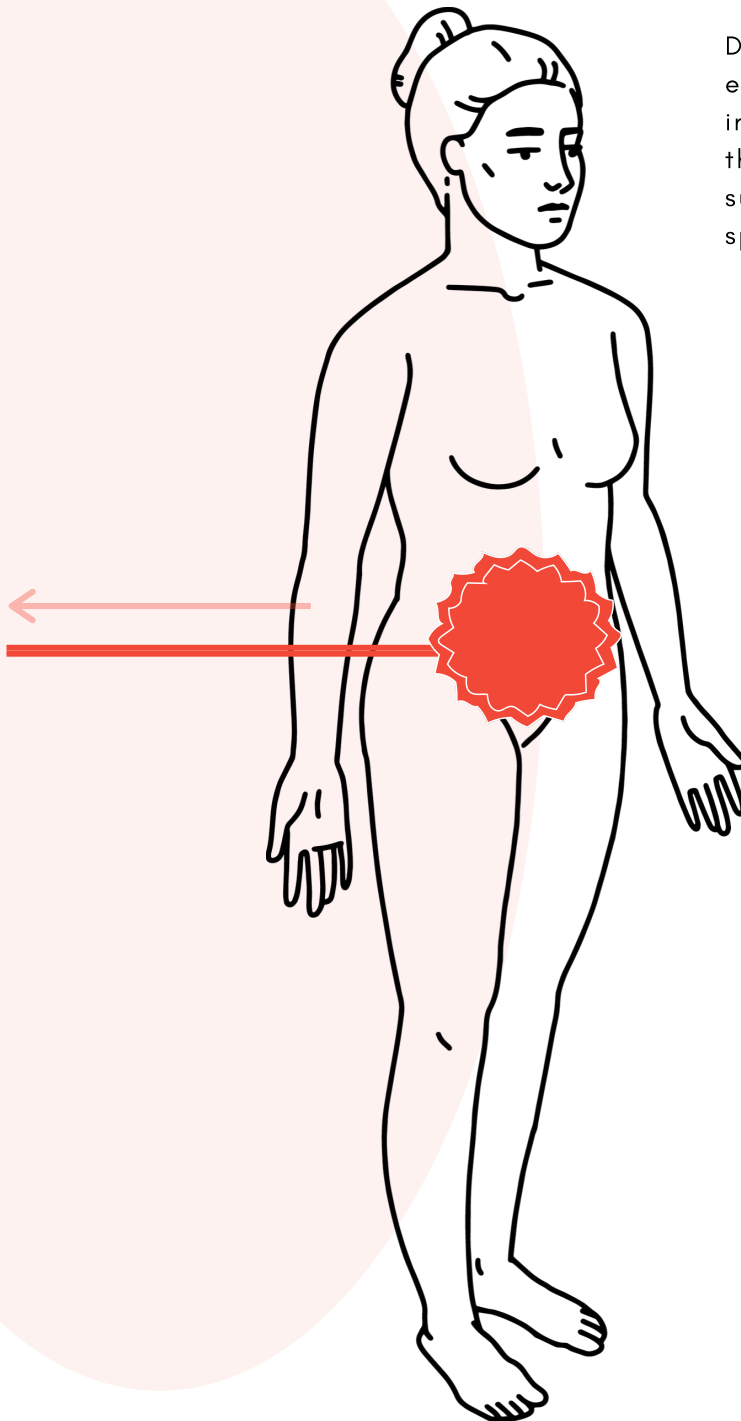


BACK

LINE 2: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

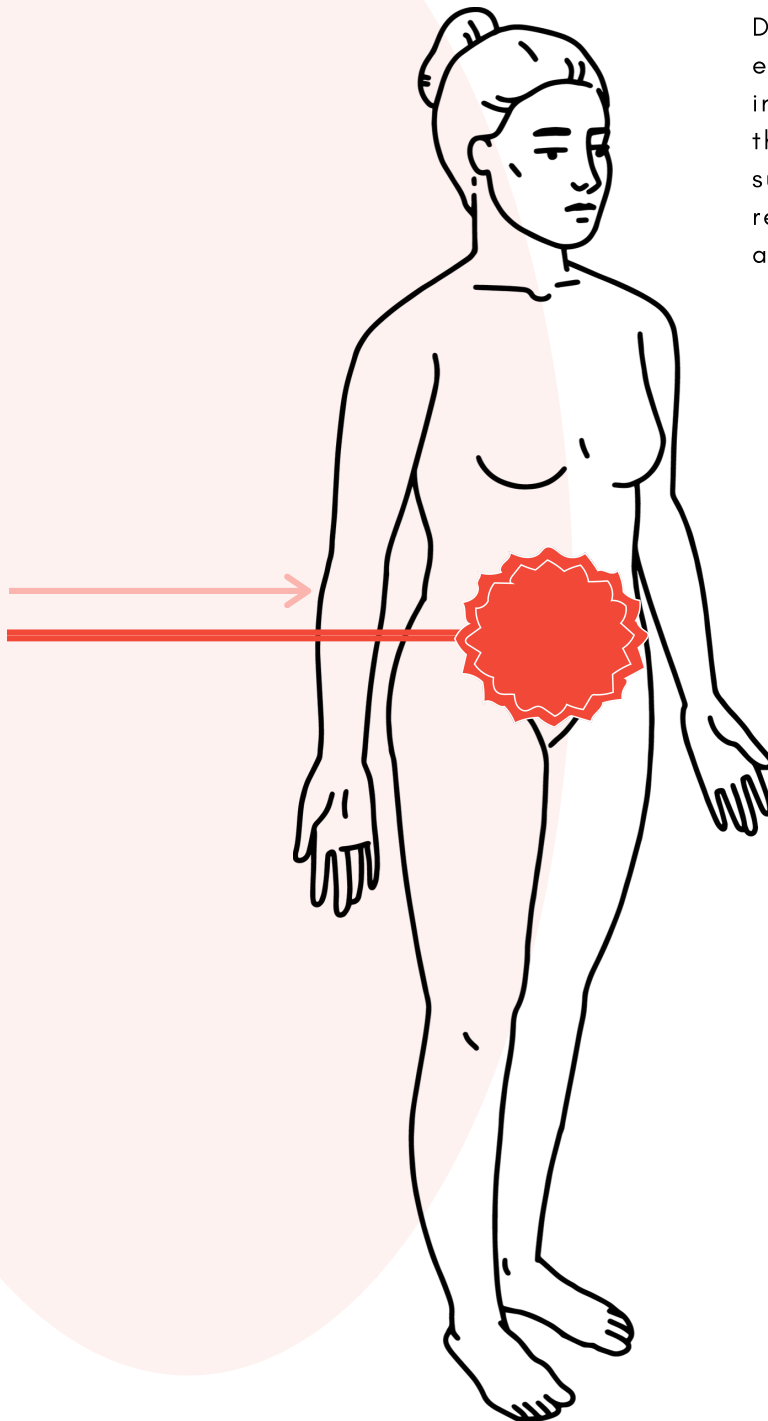


BACK

LINE 2: REPATTERNING

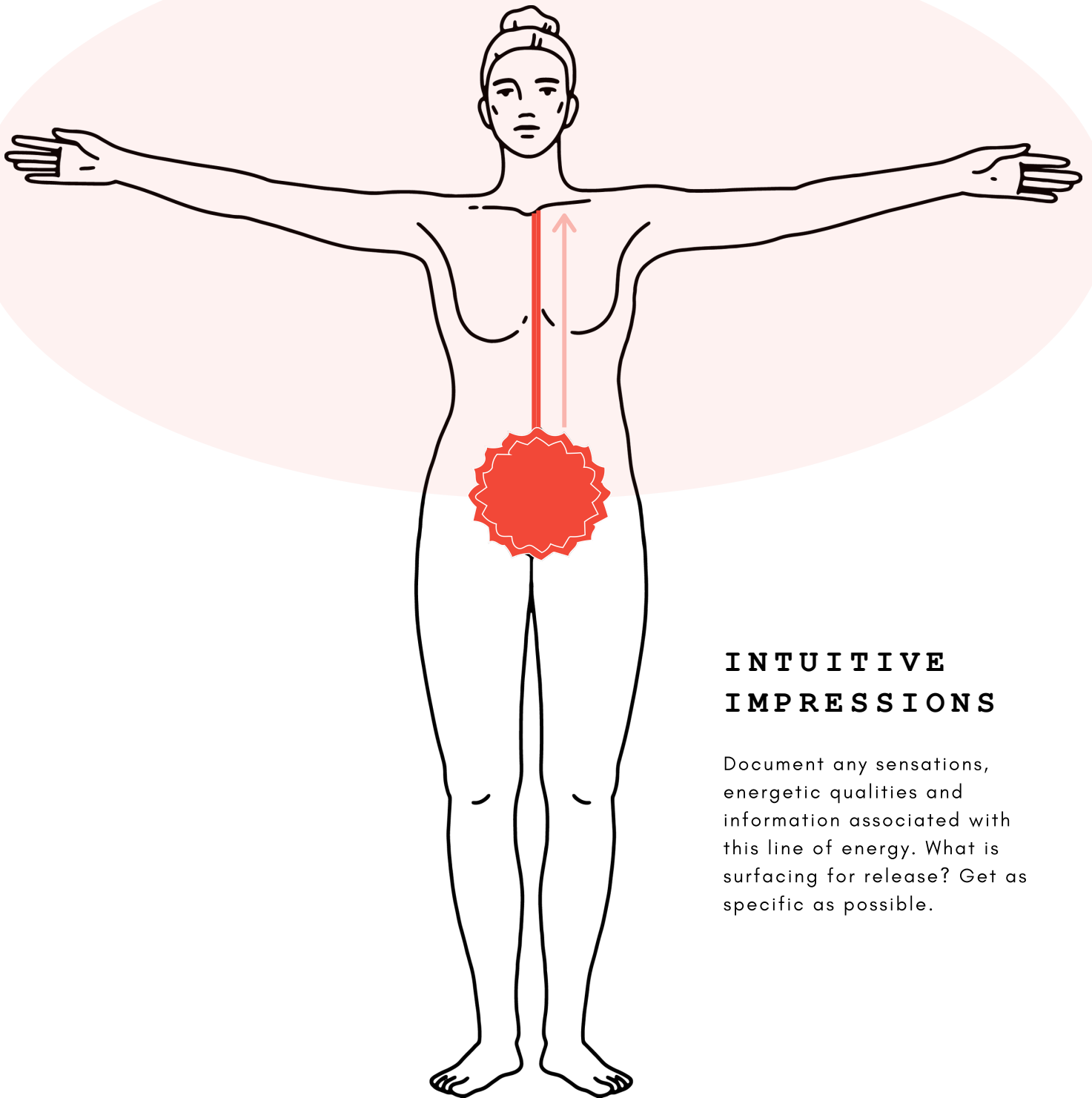
INTUITIVE IMPRESSIONS

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TOP

LINE 3: CLEARING

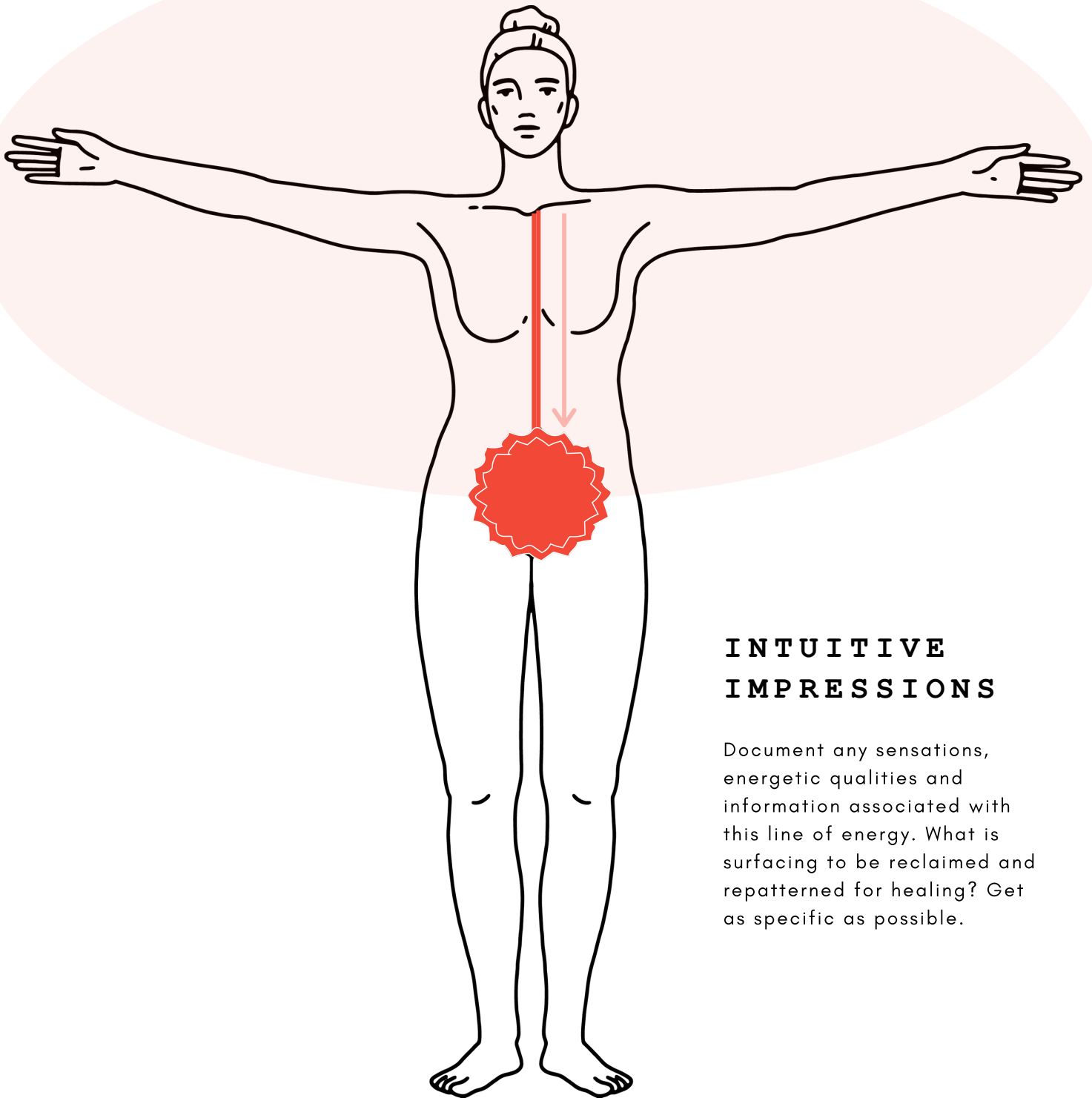


INTUITIVE IMPRESSIONS

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TOP

LINE 3: REPATTERNING

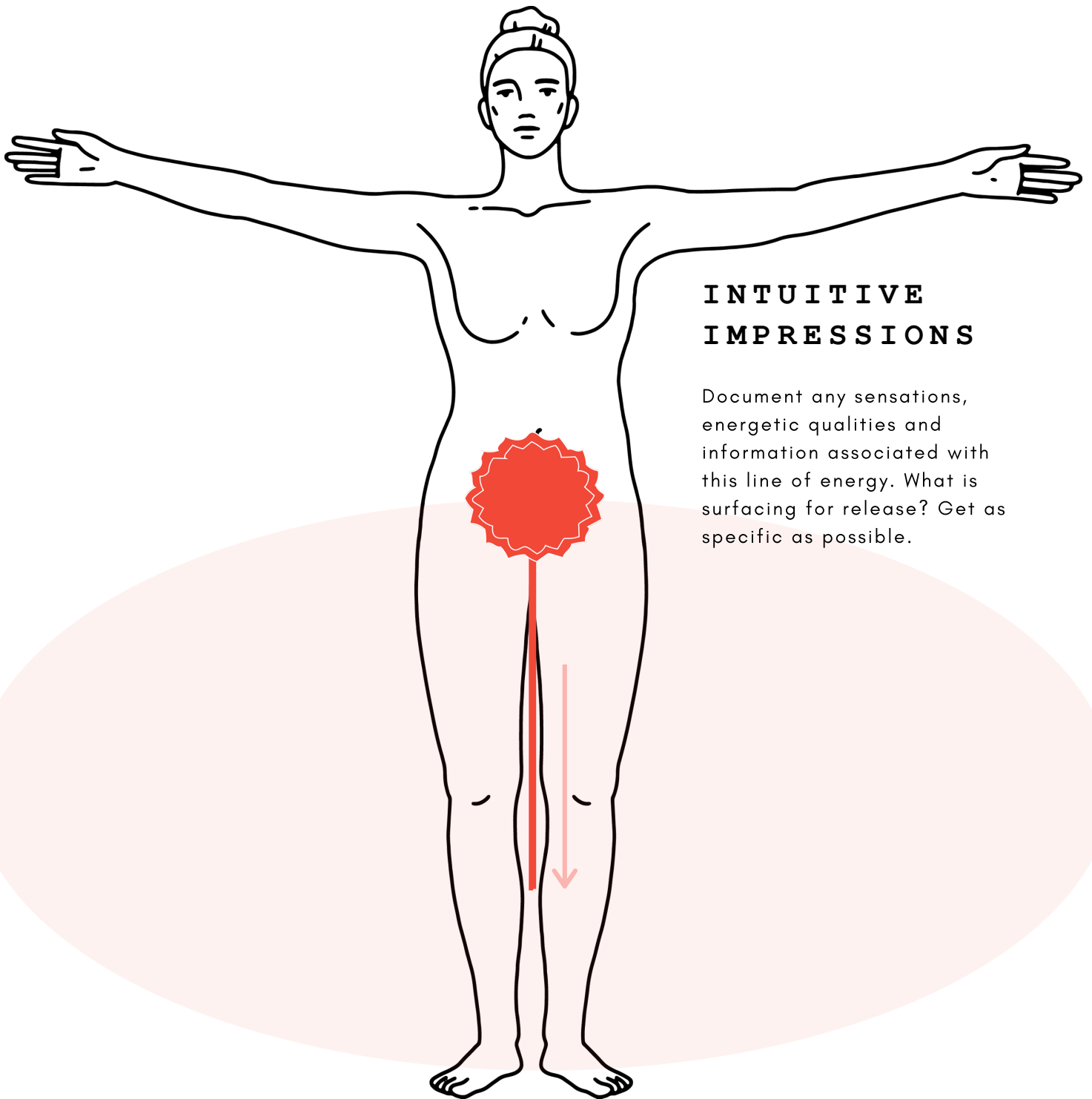


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: CLEARING

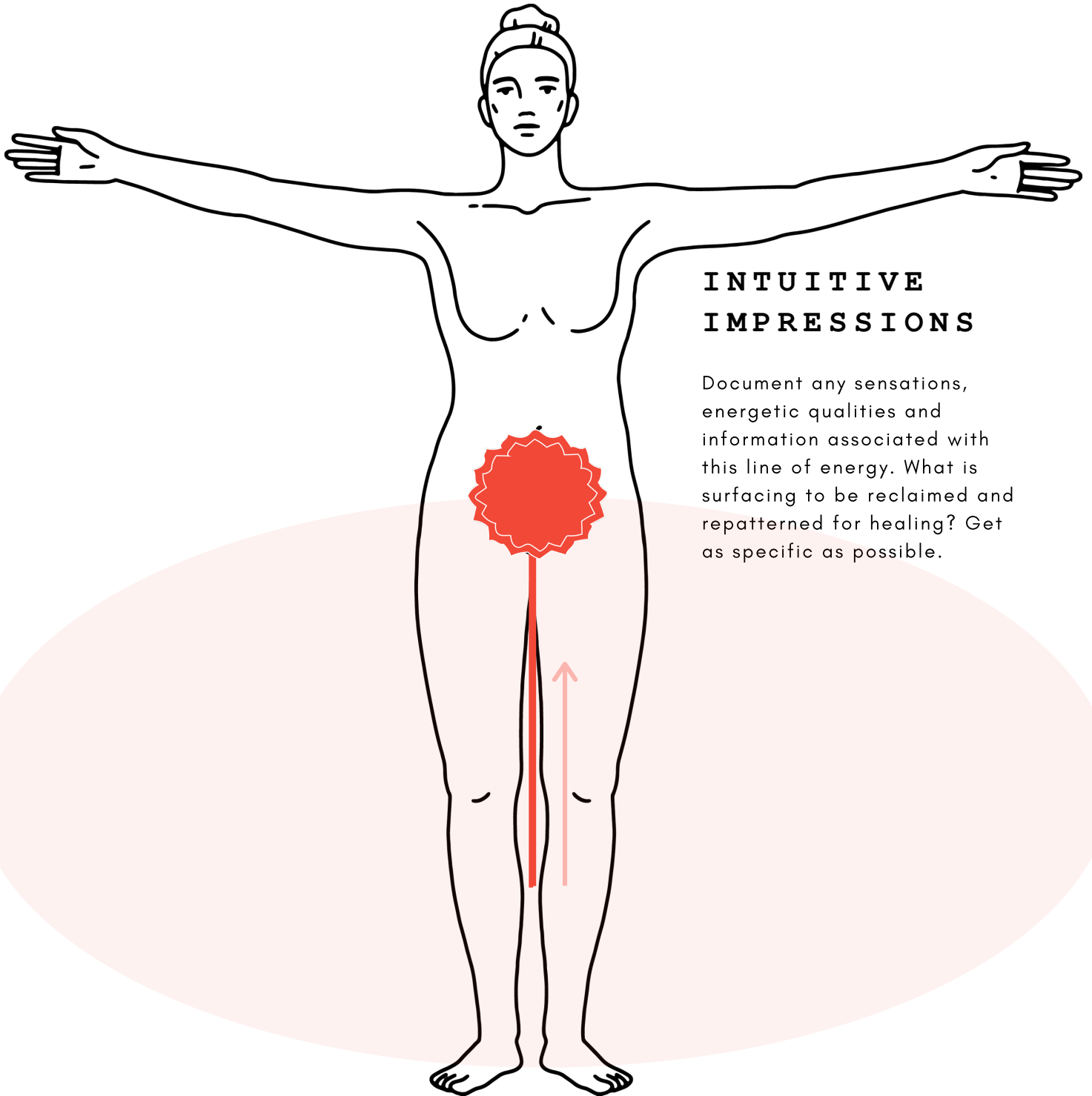


INTUITIVE IMPRESSIONS

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BOTTOM

LINE 4: REPATTERNING

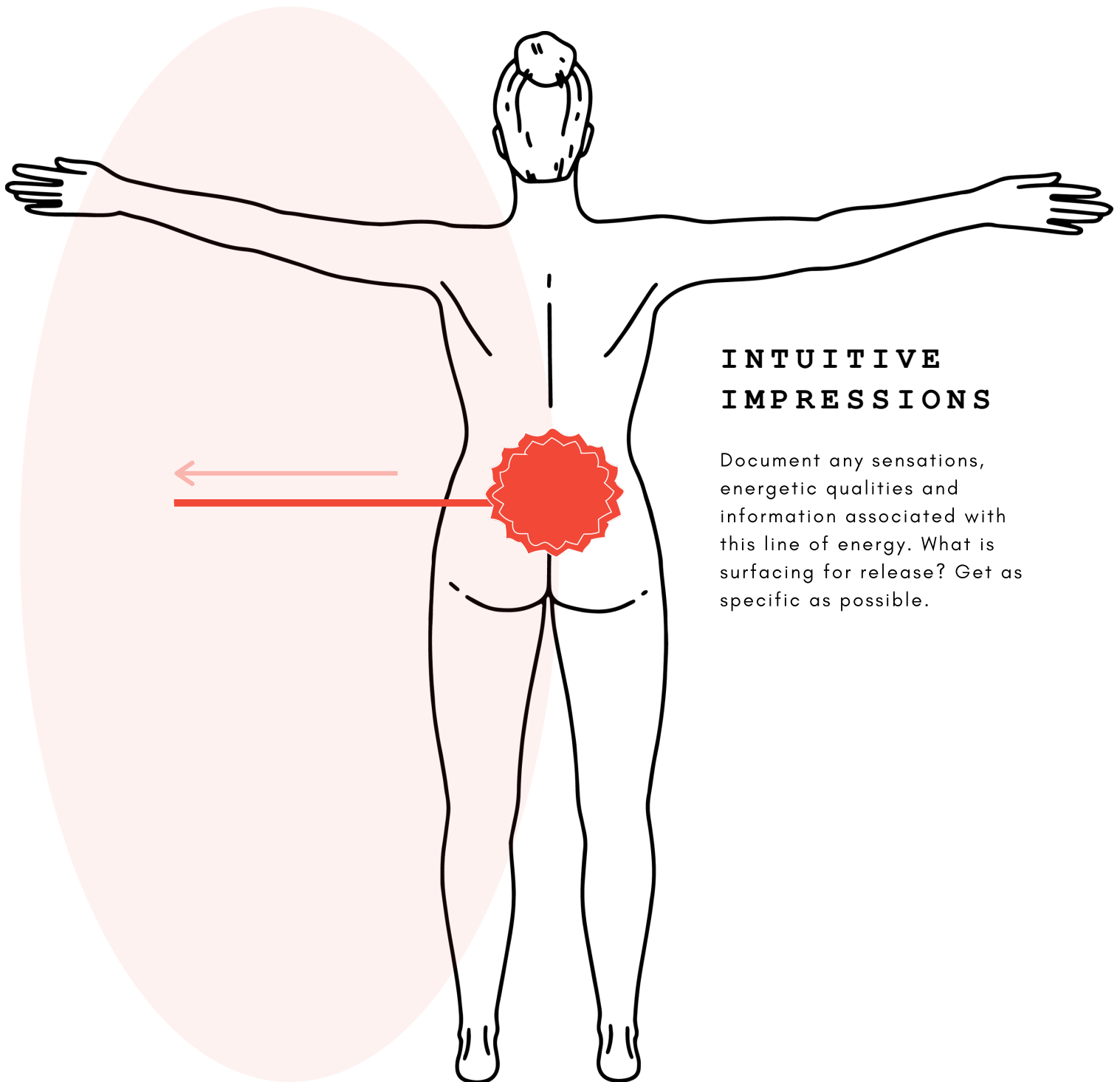


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

LEFT

LINE 5: CLEARING

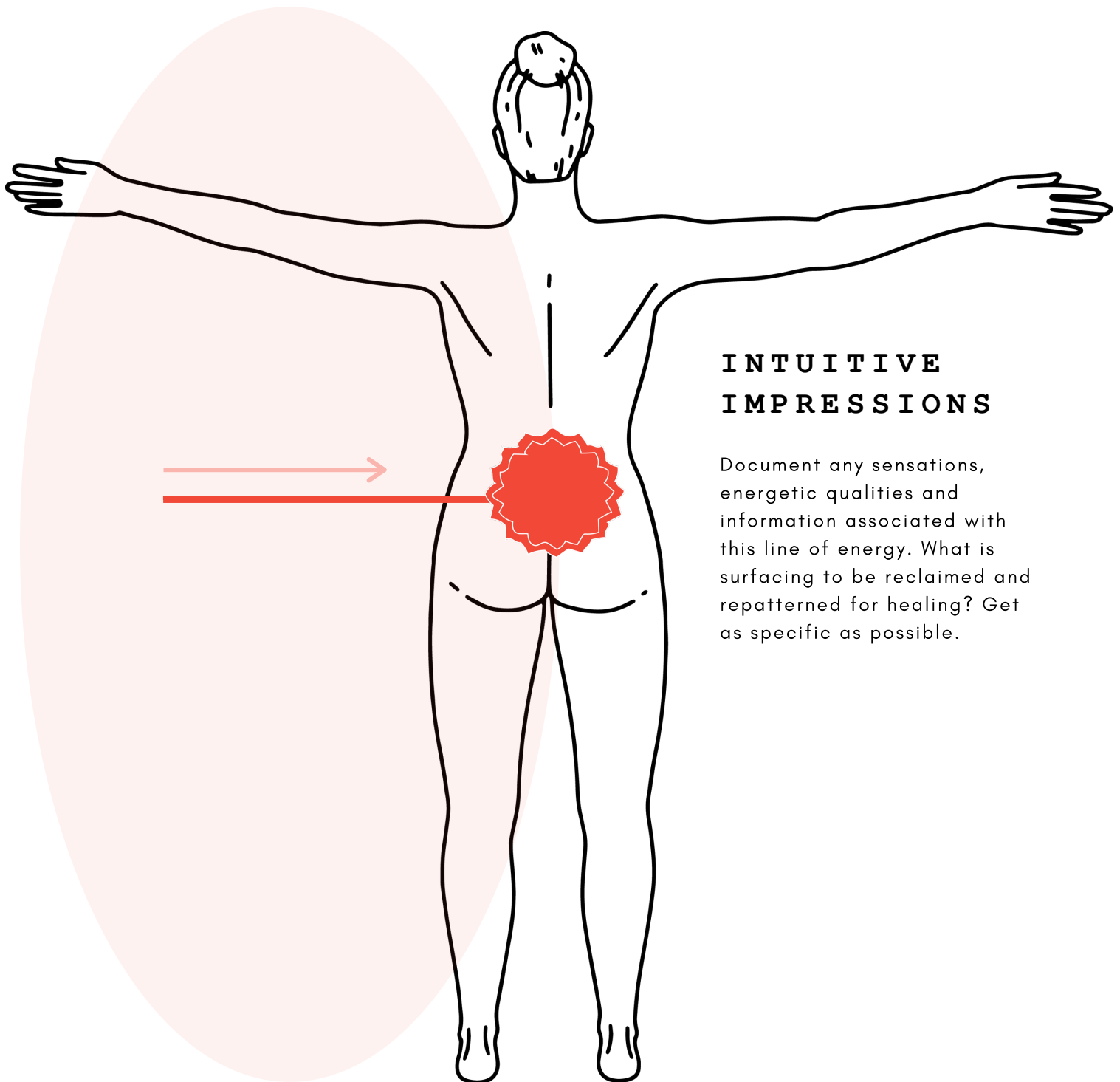


INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

LEFT

LINE 5: REPATTERNING



INTUITIVE IMPRESSIONS

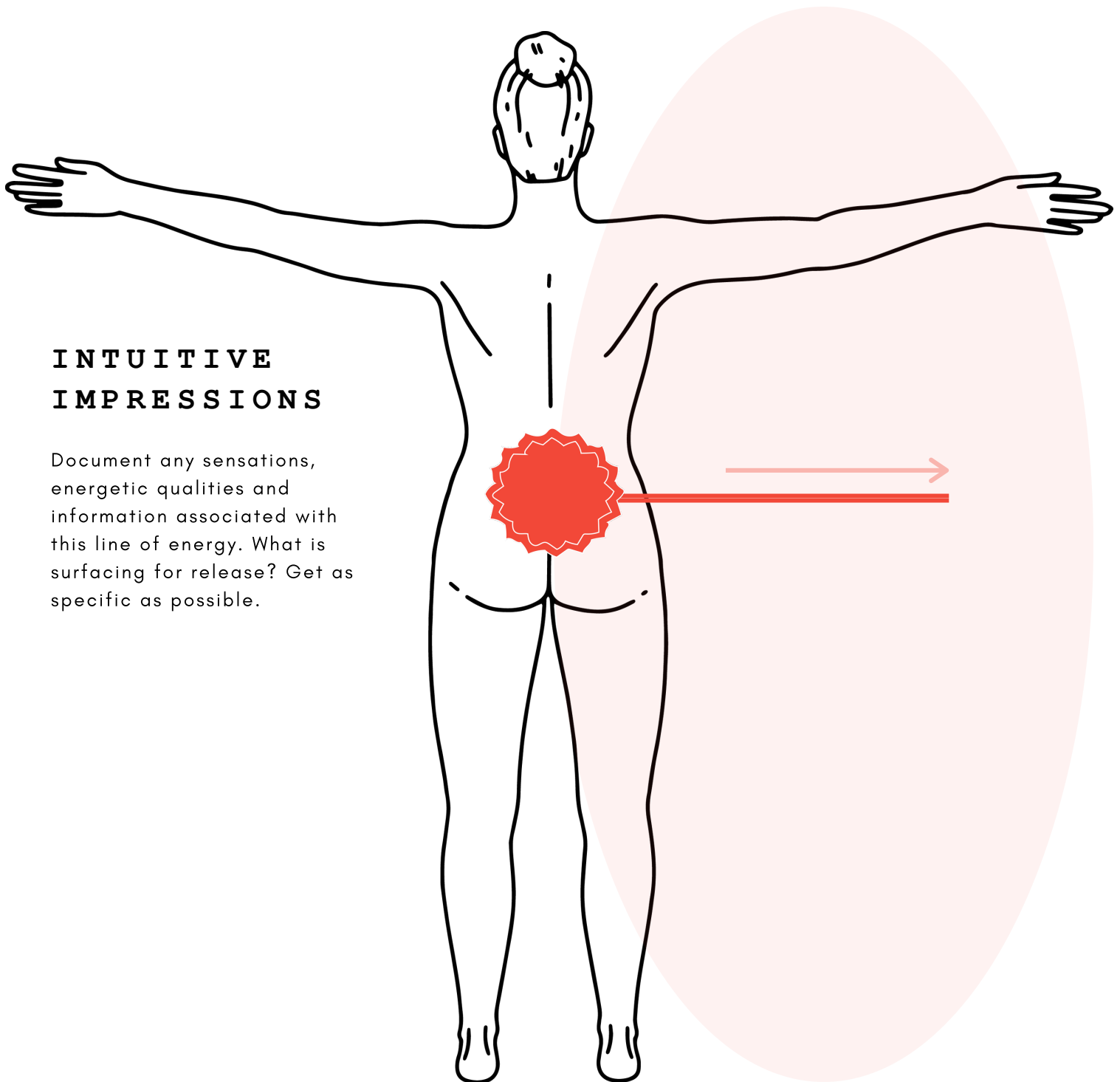
Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.

RIGHT

LINE 6: CLEARING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing for release? Get as specific as possible.

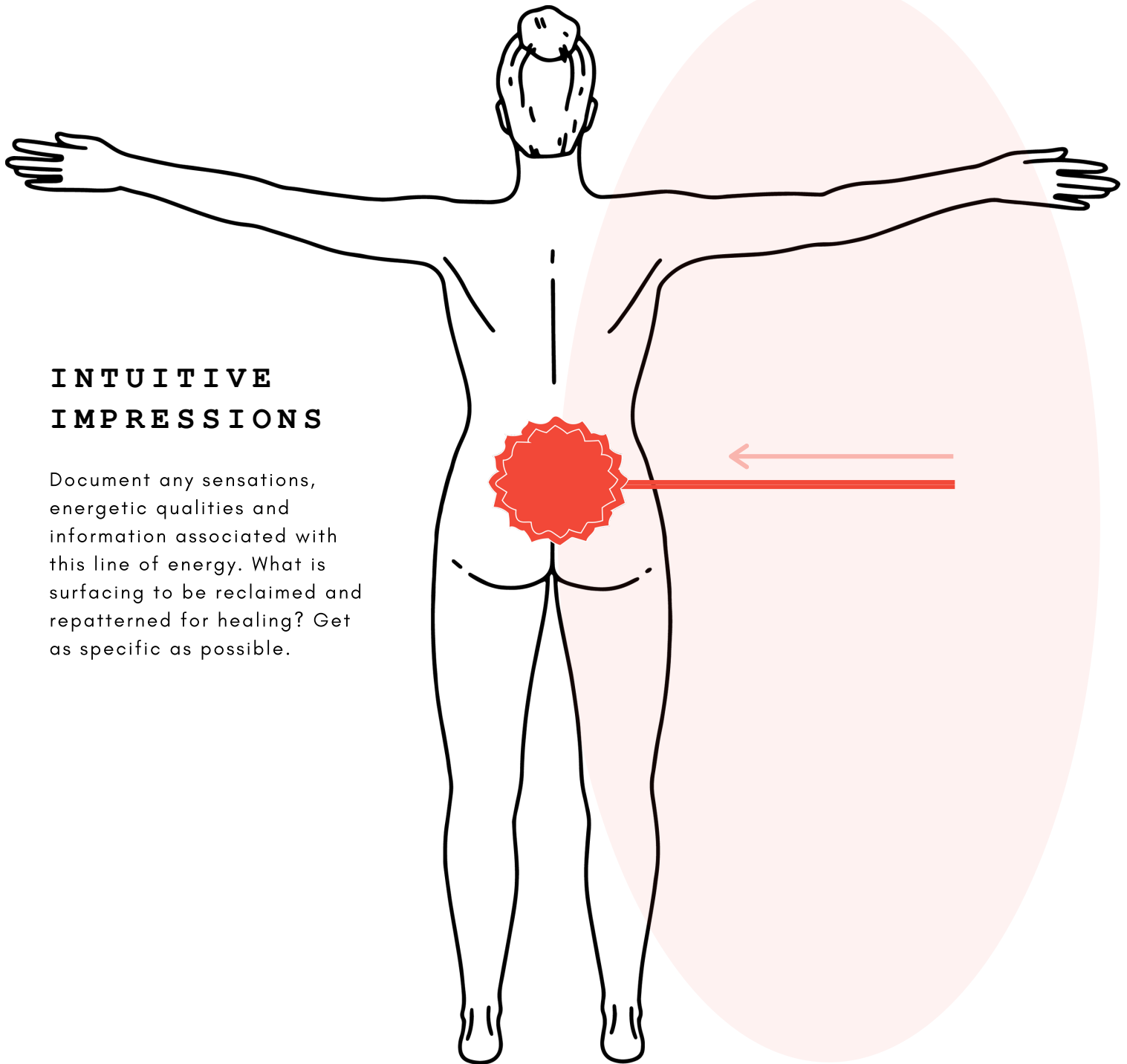


RIGHT

LINE 6: REPATTERNING

INTUITIVE IMPRESSIONS

Document any sensations, energetic qualities and information associated with this line of energy. What is surfacing to be reclaimed and repatterned for healing? Get as specific as possible.



SACRAL

INHABITING THE SACRAL

POST CHECK-IN

After you've incorporated consistent use of the Chakredy® Remedies and directional awareness work, mark where you're at!

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