

SACRAL CHAKRA INTUITION

LOCATION + ASPECTS

--PELVIC REGION/THE WOMB--

FLOW-EMOTIONS-BOUNDARIES-RELATIONSHIPS-
CREATIVITY-CAREER-FINANCES-PLEASURE-SEXUALITY



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3.1a Sacral Chakra Intuition



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. 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.

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 REFERENCE

PRACTICE

List out everything you associate with the sacral chakra, create your comprehensive sacral chakra reference

Sacral Strengths

Write them out

Sacral Challenges

What are they?

notes