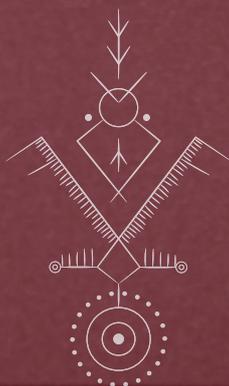
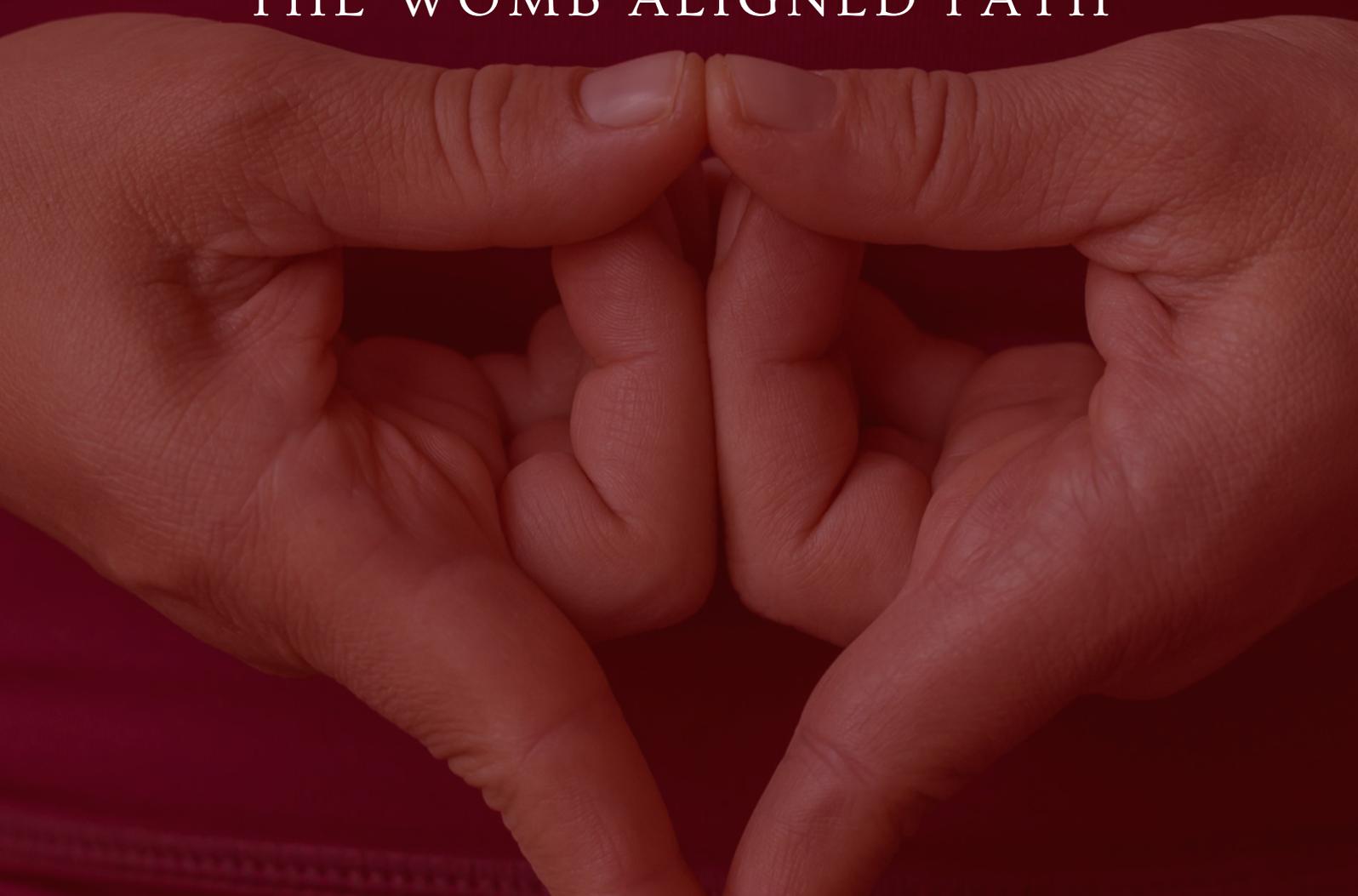


YONI SHAKTI WOMB WELLNESS PRESENTS



THE WOMB ALIGNED PATH



SACRAL
ENERGETICS

PORTAL 6



THE WOMB ALIGNED PATH

PORTAL 6

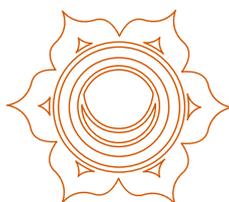
WOMEN'S ENERGETICS: OUR FEMININE BASE

Imagine the latent power of your energy wheels as a serpent, coiled at the base of your spine, where the root energy resides. As you begin to awaken and work with these energy centres, this serpent begins to stir, rising like a cobra under the spell of a charmer's music. It weaves its way upwards through your energy channels, winding through each energy wheel, until it reaches the crown, where it ignites the centre of spiritual realisation. Some traditions even depict this rising force as two intertwined serpents, much like the ancient Greek caduceus symbol that represents healing.

While this serpent imagery offers a potent metaphor for understanding the upward journey of energy through the wheels, it's deeply rooted in the masculine energy body, which finds its anchor in the root energy. For women, however, the Sacral Lotus offers a more resonant visual, embodying the feminine energy body with greater accuracy. Picture the Sacral Lotus as a bud, tightly coiled like the resting serpent. As this lotus unfurls—blooming fully and sending strong roots down through the root energy—radiant light and energy rise upward, illuminating each energy wheel.

Teachings in women's spirituality speak of *womb energy* and the creative force we carry due to our connection to creation itself. Within energy medicine, our second energy wheel is linked to our womb and ovaries. Today, many women shy away from recognising their power as being rooted in their womb or reproductive organs, as this can seem to affirm the outdated notion that a woman's worth is tied to her ability to bear children.

Yet, honouring our ability to create life is not the true essence of having our power anchored in the second energy wheel. The connection is more about how our journey to power unfolds and the themes that lie at its core. We don't need to bear children to activate this energy, and having children doesn't automatically mean this energy wheel is open and strong. Instead, embracing our power means fully developing the second energy wheel's primary drives—connection and creation in the world. As we nurture all the energies of this wheel through the Sacral Lotus, our understanding of ourselves and our ability to shape the life we desire emerges from these energies. Inspiration, creativity, emotion, pleasure, sensuality, and yes, sexuality—all play a crucial role in our growth and empowerment.





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PORTAL 6

On a more technical level, the fact that our energy body is anchored in our second energy wheel carries other implications. While the root energy wheel is about stability and security, the sacral energy wheel is about flow and movement, expressed as reaching out to connect and create. From an energetics perspective, this translates into two significant characteristics of women's energy bodies compared to men's:

- Women's energy bodies are more centripetal. Though all energy bodies attract and emanate energy, ours tend to be more absorbent and receptive, drawing energy in from our surroundings. This energy could manifest as the emotions and thoughts of others, vibrations from our physical environment, or etheric and spiritual inputs. How we handle this influx of energetic information can make us highly intuitive, suggestible, or overwhelmed (many of us oscillate between these states).
- Women's energy bodies run in cycles and phases. The sacral energy wheel is about movement, flow, and change, and for women, this manifests as both physical and energetic cycles. Just as our physical bodies go through hormonal cycles, so do our energy bodies, in harmony with these rhythms. Our energy bodies also shift during pregnancy, postpartum, and menopause.





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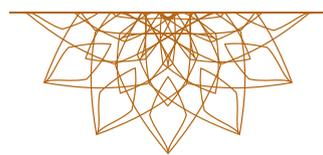
Men too absorb energy from the world around them, and their energy bodies also experience phases and cycles. The difference lies in emphasis rather than function. For women, the most profound personal work often involves releasing feelings of inferiority, shame, or weakness associated with our bodies, so that these differences may be owned as sources of strength and gifts. As women's empowerment has evolved, much of the focus has been on gaining access to power within social, cultural, and political spheres—spaces traditionally shaped by men. The narrative has often been, “women can do anything men can do,” and while this is true, it has left many women feeling they need to compensate for being in a woman's body, rather than embracing its unique strengths and energies. The devaluation of women's bodies, along with many of the energies associated with the sacral energy wheel—including emotion, often seen as a weakness—has only reinforced this tendency.

On a deeper level, working with the Sacral Lotus is about reclaiming your connection to feminine energy as a profound source of power. It's not about limiting yourself to sacral energies or defining yourself by your ability to create life. Instead, it's about surfacing and releasing any lingering feelings of being “less than” because you are a woman. It's about tuning into your true self and manifesting a life rooted in happiness and empowerment. This right belongs to all of us, men and women alike, and as our society continues to evolve, we will have more freedom to embrace it fully.

Embark on a soul-stirring voyage into the depths of your being as we explore the mystical essence of the sacral energy wheel. In this transformative journey, we will delve into the profound realms of creativity, emotional alchemy, and the sacred dance of sensuality. Together, we shall unlock the sacred wisdom of the sacral energetics, where the magic of life's creation and the universe's secrets reside. By focusing on the sacral energy, we will work towards embracing our creative flow, nurturing emotional balance, and cultivating a harmonious connection with our emotions and sensuality.



Sacral Energetics



ABOUT THE SACRAL ENERGY WHEEL

The sacral chakra, also known as the Svadhisthana, is the second energy center in the energetic system. It is located in the lower abdomen, just below the navel. The sacral chakra is associated with creativity, passion, emotional expression, sensuality, and pleasure. When the sacral chakra is balanced, we experience a natural flow of creativity, emotional well-being, and a deep sense of pleasure and enjoyment in life.

It governs the realm of emotions, creativity, pleasure, sensuality, and the fluidity of life's energies. As a mystical and sacred energy vortex, the sacral energy is associated with the element of water, symbolizing the ever-changing and flowing nature of emotions and creative expression.

Sacral Lotus: **Your Inspiration**

Your second, or sacral, energy wheel

Energies: Inspiration, creativity, passion, sensuality, fluidity, adaptability, sexuality, feminine power

Use For: Rigidity, depression, emotional numbness, disconnection, problem-solving, feeling stuck or blocked, to spur creativity, to connect with feminine power, to spark sexuality

Sacral Energetics



The Sacral Lotus activates your sacral energy wheel, the foundation of your feminine energy body, and its empowerment extends beyond just this centre, influencing your entire subtle body. Historically, many expressions of feminine sacral energy have been suppressed and undervalued. Embracing and nurturing these energies is crucial, not just for your own well-being as a woman, but for the collective healing our society desperately needs.

The sacral energy wheel is the source of flow, connection, and inspiration in life. When these energies are alive, the world feels vibrant, colourful, and full of potential—like a ripe, juicy fruit. This energy is what sparks excitement and inspiration when an idea, person, or experience resonates with us. It's what allows us to find pleasure in a beautiful sunset, a delicious dessert, or a gentle touch. Emotional and physical connections, the feeling of being in sync with others, are all powered by sacral energy.

Often linked to the reproductive organs, the sacral energy wheel is sometimes reduced to its associations with sex or procreation. While sexual and birthing energies are part of this chakra, they are often misunderstood or even demonised in patriarchal cultures. But to truly understand this energy, we must expand our view of both sexuality and creation beyond the physical.

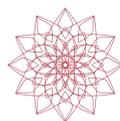


Sacral Energetics



KEY ATTRIBUTES

- 1. Creativity and Inspiration:** The sacral energy is a wellspring of creative potential and artistic expression. It serves as a portal for ideas to take form and be brought into the physical realm. When this energy is balanced, creativity flows effortlessly, and artistic endeavors become an innate part of one's being.
- 2. Emotional Intelligence and Balance:** This energy center is deeply connected to emotions and the ability to understand and manage them. A balanced sacral energy allows for emotional intelligence, self-awareness, and the capacity to navigate a wide range of feelings with grace and wisdom.
- 3. Sensuality and Pleasure:** The sacral energy is intimately linked to sensuality and pleasure. It invites us to fully experience the physical realm through our senses, embracing the joy and delight in life's simple pleasures. It also awakens the sacred fire of sexuality, the divine energy of sensuous embodiment and intimacy.
- 4. Flow and Adaptability:** Similar to the fluidity of water, a balanced sacral energy encourages the ability to go with the flow of life, adapt to changes, and embrace the cycles of transformation. It empowers us to release resistance and gracefully accept the ever-changing nature of existence.



Sacral Energetics



IMBALANCES & EFFECTS:

When the sacral chakra is imbalanced, it can manifest in various ways, impacting emotional, creative, and sensual aspects of life:

1. **Excessive Emotions:** Overactive sacral energy may lead to overwhelming emotions, mood swings, or being overly reactive to external stimuli.
2. **Creative Blockages:** Imbalance in the sacral energy may result in creative blockages, lack of inspiration, or feelings of artistic stagnation.
3. **Repressed Emotions:** On the other hand, underactive sacral energy can lead to emotional suppression, difficulty expressing feelings, or a sense of numbness.
4. **Lack of Sensuality:** A blocked sacral chakra may diminish one's connection to sensuality, leading to a disinterest in pleasure and a rigid approach to life.
5. **Intimacy Issues:** Imbalances in this chakra may manifest as difficulties in forming intimate connections or maintaining healthy relationships.

Sexual desire, at its core, is an energy that drives us to connect with another. It's a yearning for union that, when fulfilled, brings a sense of satisfaction or wholeness. This movement toward connection is a fundamental aspect of sacral energy, extending beyond sexuality to all our interactions with the world—our desire to connect with people, places, experiences, and more.

While root energy is about stability and grounding, sacral energy is about reaching out into the world. It's like the branches of a tree stretching toward the sun, swaying with the wind, while the roots dig deep into the earth to provide stability. Both are essential—a tree with strong branches but weak roots will topple in a storm, while one with deep roots but no branches won't thrive or blossom. Achieving balance between these energies is key to a fulfilled and vibrant life.

THE MASCULINE SACRAL ENERGY ACTIVATION

In the context of masculine energy, activating and balancing the sacral chakra involves embracing the qualities of the divine masculine, such as assertiveness, strength, and courage, while also integrating the softer aspects of emotional expression and creativity.

1. **Emotional Intelligence**
2. **Creativity and Expression:** Encourage creative expression and find outlets for artistic endeavours. The divine masculine can use creativity to manifest ideas and visions in the physical world.
3. **Sensual Exploration**
4. **Self-Confidence**

Below are some practices that can aid in the masculine activation of the sacral energy:

1. **Martial Arts or Strength Training:** Engage in martial arts or strength training exercises to build physical strength and assertiveness. These activities can help channel and ground masculine energy.
2. **Creative Projects:** Take up creative projects such as woodworking, sculpting, or painting to express the creative aspect of masculine energy and manifest ideas into the physical realm.
3. **Emotional Awareness Journaling:** Practice journaling to explore emotions and develop emotional intelligence. The process of writing about feelings can aid in understanding and processing emotions.
4. **Mindfulness and Meditation:** Engage in mindfulness practices and meditation to cultivate presence and inner strength. Masculine energy can benefit from grounding practices that promote self-awareness.



THE FEMININE SACRAL ENERGY ACTIVATION

In the context of feminine energy, activating and balancing the sacral energy involves embracing the qualities of the divine feminine, such as intuition, nurturing, and receptivity, while also integrating the assertive and creative aspects of the masculine.

1. **Intuition and Sensitivity**

2. **Creative Expression**

3. **Emotional Healing:** Engage in emotional healing practices to release past wounds and embrace emotional authenticity. The divine feminine can provide nurturing and healing for themselves and others.

4. **Sensual Embodiment:** Embrace sensuality and physical embodiment as a way to connect with the sacredness of the body.

Below are some practices that can aid in the feminine activation of the sacral energy:

1. **Dance and Movement:** Engage in dance or movement practices, such as belly dancing or free-flowing dance, to connect with the sensual and expressive aspect of the feminine energy.

2. **Creative Art Therapy:** Explore creative art therapy techniques such as painting, drawing, or collage to express emotions and access the intuitive and artistic nature of feminine energy.

3. **Emotional Release Rituals:** Create sacred rituals for emotional release, such as writing letters and burning them to symbolize letting go of emotional baggage. The feminine energy can benefit from embracing emotions and allowing them to flow.

4. **Sensory Exploration:** Indulge in sensory experiences, such as aromatherapy, nature walks, or mindful eating, to connect with the sensual and embodied aspect of the feminine energy



Sacral Energetics

BALANCES IN THE SACRAL

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Body: The sacral governs the physical body and its connection to water. When the sacral energy is balanced, it manifests as:

- Healthy and balanced energy levels
- Harmonious functioning of the reproductive system
- Supple hips and lower back, reflecting flexibility in adapting to life changes
- Smooth digestion and balanced urinary function

Spirit: The sacral forms the creative centre, and its balance impacts spiritual well-being. When the sacral energy is balanced, it manifests as:

- Emotional intelligence and self-awareness
- Ability to express feelings openly and authentically
- Empathy and understanding towards others' emotions
- Emotional balance and grace in navigating life's challenges
- Awakened creativity and flow of inspiration
- Deep sense of inner connection and alignment with the higher self
- Acceptance of life's impermanence and willingness to adapt to change
- Healthy and intimate connections with others, honoring the sacredness of relationships

Heart: The sacral directly influences the heart center. When the sacral energy is balanced, it allows for:

- Openness to giving and receiving love freely and unconditionally
- Embracing vulnerability as a pathway to deeper connections
- Cultivating self-love and acceptance, recognizing one's intrinsic worthiness
- Feeling a profound connection with the beauty and joy of life

Sacral Energetics

WHEN YOU ARE BLOCKED

When your sacral energy wheel is blocked, one of the most common signs is the feeling of being stuck. This can show up in different areas of your life. You might feel stuck in a situation or trapped in a repetitive dynamic with someone. Perhaps you're literally stuck in a meeting, and frustration bubbles up, preventing you from contributing meaningfully. Or maybe you're stuck in a cycle of irritation with your partner, despite your best efforts to break free from old patterns, you find yourself falling back into the same routine each day. You might also feel stuck on a larger scale, weighed down by the monotony of daily life, uninspired and burdened by the sameness of it all.

Another way this blockage can manifest is through a creative block. If you're an artist, you might feel as if your muse has abandoned you. In your work or any creative endeavour, inspiration seems to have dried up. Problem-solving becomes a struggle, as if you've hit an invisible wall, and your efforts feel forced and laboured. There's no flow, no momentum, just a sense of being stuck.

A blocked sacral energy wheel can also show up as rigidity and resistance to change. Imagine you've planned a dinner with a friend, and at the last minute, they need to reschedule because of work. Although you understand it's out of their control, something inside you tightens, and you feel upset, maybe even anxious, because your evening plans have changed. This inner rigidity can lead to a need for hyper-control, where everything must be planned down to the last detail, leaving no room for spontaneity or flexibility.

Emotional numbness is another sign of a blocked or weakened sacral energy wheel. Unlike sadness, numbness means you're unable to feel any emotion, whether positive or negative. You may suppress certain emotions or keep a tight lid on your emotional life, leading to a sense of dryness and lack of inspiration. This numbness might also extend to an inability to experience pleasure, even in simple joys like good food or a beautiful song. You may find yourself disconnected from sensory experiences altogether, focusing more on the mind and mental processes rather than the physical world around you.

Sexually, this blockage might express itself as an inability to feel pleasure or connect intimately with a partner. Sex may become mechanical, devoid of emotion. Even if you experience physical pleasure, you might find yourself emotionally detached, or even feel guilt about the enjoyment. Sexual shame, and shame in general, is closely tied to blocks in the sacral energy wheel. This shame can create a deep sense of unworthiness, trapping you in patterns of rigidity and numbness.

Sacral Rest

Sacral rest beckons us to surrender to the gentle embrace of stillness, to immerse ourselves in the depths of our being, and to honour the sacred temple that houses our emotional landscape. In the tranquility of this rest, we find solace in the cradle of our emotions, as we acknowledge and hold space for each feeling, allowing their vibrant hues to unfurl like petals of an otherworldly lotus.

Amidst the cosmic energies, the sacral energy is nourished, for its very essence thrives on the gentle currents of rest. It is in this precious reprieve that the energy finds balance, releasing the excesses of emotion that swirl within like tempestuous storms. As we offer the gift of time and attention to our emotional selves, we embrace the vulnerability that comes with being human, for in vulnerability, lies the sacred strength of authentic expression.

Through sacral rest, creativity emerges like a sacred symphony, weaving melodies of dreams and visions that resonate with the song of the universe. Our souls become the conduits of divine inspiration, as creative energy surges and flows through every fiber of our being, manifesting art that speaks to the stars.

Sensuality, too, finds its sanctuary in sacral rest, for it is in this sacred pause that we learn to savour the sweetness of existence. Like the dewdrops upon petals, we drink from the nectar of life's pleasures, cherishing each moment with reverence and gratitude. It is through this sensual awakening that we come to know the profound divinity in the most ordinary of experiences.

Sacral rest teaches us the power of this practice that goes beyond the realm of the physical and emotional. The sacral chakra is not merely a wheel of energy; it is a portal to the cosmic source of creation. Resting here allows us to tap into the eternal wellspring of creativity that flows through the universe, connecting us to the boundless potential of the cosmic dance.

Sacral Energetics Meditation

Find a quiet and comfortable space where you won't be disturbed. You may sit on the floor in a cross-legged position or on a chair with your feet flat on the ground. Close your eyes and take a few deep breaths, allowing your body to relax.

1. Grounding Visualization: Visualize yourself standing barefoot on the soft earth. Feel the ground beneath your feet, connecting you to the Earth's powerful energy. Imagine roots extending from the soles of your feet, burrowing deep into the Earth's core. With each breath, feel the grounding energy of the Earth rising up through your roots, filling your entire body with stability and strength.

2. Warm Orange Glow: Focus your attention on the sacral energy centre, located in your lower abdomen, just below the navel. Envision a warm, radiant orange glow at this energy center. See this glow expanding with every breath, cleansing and activating the sacral chakra.

3. Flowing Water Visualization: As the orange glow intensifies, visualize a gentle stream of water flowing through the sacral energy. The water represents the element of the sacral chakra - fluid, adaptable, and creative. See this water washing away any blockages or stagnant energy, allowing the chakra to flow freely.

4. Creative Flames: Imagine a flame of creative inspiration igniting within the sacral energy. With each breath, this flame grows brighter, fueling your passion and creativity. Embrace the transformative power of this flame as it sparks new ideas and visions within you.

5. Embracing Emotions: Now, bring your awareness to any emotions you might be feeling. Without judgement or resistance, simply observe your emotions as they arise. Acknowledge and accept them, understanding that emotions are a natural part of your human experience.

6. Inner Child Connection: Visualize yourself as a child, playful, carefree, and full of wonder. Embrace and connect with your inner child, offering love and reassurance. Allow this innocent and pure energy to merge with your present self, bringing a sense of joy and innocence to your adult life.

7. Affirmation: Repeat the following affirmation silently or aloud: "I embrace my emotions with love and understanding. My creativity flows effortlessly, and I honour my sensuality and pleasure. I am connected to the sacred energy of the sacral chakra."

8. Closing and Gratitude: Take a few more deep breaths, feeling the balanced energy of your sacral chakra. When you're ready, slowly open your eyes. Take a moment to express gratitude for the experience and the newfound connection to your sacral chakra.

Expressing Yourself:

Journaling

Delve into the depths of your sacral energy and activate its transformative energies with these journal prompts. Allow your pen to dance across the pages of your journal, embracing the wisdom that emerges from within:

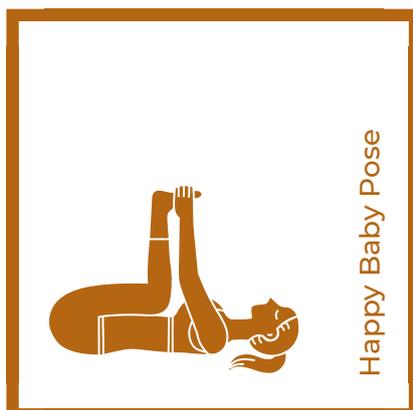
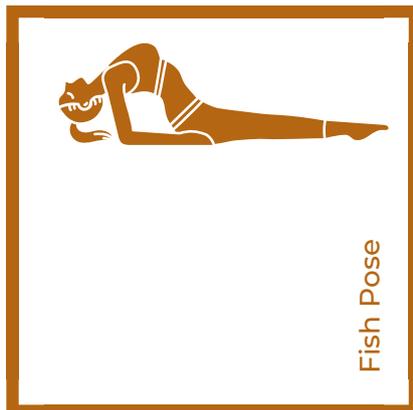
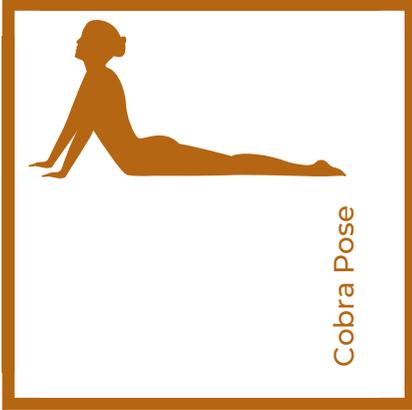
- **Embracing Emotions:** How do I currently relate to my emotions? Are there any emotions I tend to suppress or avoid? How can I create a safe space to embrace and express my emotions more authentically?
- **Childhood Memories:** Reflect on your childhood experiences related to creativity, sensuality, and emotional expression. Are there any significant memories or patterns that have influenced your relationship with your sacral chakra?
- **Creative Passions:** What creative endeavours spark joy and passion within you? How can you make space in your life to indulge in these creative pursuits more frequently?
- **Exploring Sensuality:** What sensations and experiences awaken your senses and ignite your sensuality? How can you incorporate more sensory pleasures into your daily life to honor your body's sacred temple?
- **Sacred Relationships:** How do you experience intimacy and emotional connections in your relationships? Are there any patterns or fears that hinder authentic connections? How can you cultivate more profound and meaningful relationships?
- **Healing Emotional Wounds:** Are there any emotional wounds that require healing within your sacral chakra? How can you nurture and support yourself through this healing process?
- **Inner Child Connection:** How can you reconnect with your inner child and embrace their sense of wonder and creativity? What activities or practices can you engage in to nurture your inner child's spirit?
- **Balancing Work and Play:** Explore your current balance between work and play in your life. Are there areas where you can create more space for leisure, playfulness, and joyful activities?
- **Creative Manifestation:** What dreams and visions do you wish to manifest in your life? How can you tap into the creative power of your sacral chakra to bring these dreams to life?
- **Sensual Self-Care:** How can you incorporate more sensuality and self-care practices into your daily routine? What acts of self-love can you gift yourself to honor your sacred vessel?
- **Affirmations:** Create powerful affirmations that align with the healing and activation of your sacral chakra. Write them down and repeat them daily to reinforce positive energies within.

Flower Girls:

Affirmations

1. I honour the sacred flow of life within me, embracing the fluidity of my sacral energies.
2. My Sacral Lotus blooms with vibrant energy, awakening my creative and sensual power.
3. I release all blocks to my sacral energy wheel, allowing my true essence to shine.
4. I trust the wisdom of my body, and I listen to its messages with love and respect.
5. My sacral energy is a wellspring of passion, creativity, and inspiration.
6. I am in harmony with the cycles and phases of my sacral energy, embracing change with grace.
7. My sexuality is sacred, and I celebrate it as a powerful force of connection and creation.
8. I am free to express my desires, knowing they are a natural part of my divine essence.
9. I allow pleasure to flow through me, nourishing my body, mind, and spirit.
10. My sacral energy wheel is balanced and aligned, bringing vitality and joy into my life.
11. I release any shame or guilt tied to my sexuality, embracing my full, authentic self.
12. My creativity flows effortlessly from my Sacral Lotus, manifesting beauty and abundance.
13. I am connected to the rhythm of life, and I trust in the unfolding of my journey.
14. I embrace my emotions as powerful guides, leading me to deeper understanding and growth.
15. My sacral energies empower me to create a life filled with passion, love, and fulfilment.
16. I honour the sacredness of my womb space, acknowledging it as a centre of creation and power.
17. My sacral sexual energy is a divine gift, and I use it to connect deeply with myself and others.
18. I am open to receiving and giving love, and I allow my sacral energy to guide me in relationships.
19. I release all fear of vulnerability, knowing that my sacral energy is my strength.
20. My Sacral Lotus activation fills me with confidence, joy, and a deep sense of purpose.
21. I am a vessel of creative expression, and I channel my sacral energies into everything I do.
22. I embrace the dance of life, allowing my sacral energy to lead me in every moment.
23. My sacral energies are a source of healing, transformation, and rebirth.
24. I allow my sensuality to awaken fully, and I honour the pleasure that it brings.
25. I am deeply connected to the Earth and her cycles, and my sacral energy is in harmony with nature.
26. My sacral energy wheel radiates warmth, light, and vitality throughout my entire being.
27. I trust in the power of my sacral energies to create the life I desire and deserve.
28. I release all old patterns of control and rigidity, allowing my sacral energies to flow freely.
29. My sacral sexual energy is a powerful force of life, and I channel it with intention and love.
30. I am a creative force of nature, and my Sacral Lotus blossoms with infinite possibilities.

Sacral Energetics Embodied Poses



Sacred Energetics Ritual

Create a ritual to honour and celebrate the awakened sacral energy. This could involve dancing to your favourite music, engaging in a creative activity like painting or writing, or enjoying a pleasurable experience like a warm bath with essential oils. Perform this ritual mindfully, appreciating the growth and healing you've experienced.

Healing and Balancing:

1. **Meditations:** Engage in guided meditations that focus on the sacral chakra's energies, exploring its sacred symbolism and inviting mystical experiences.
2. **Mystical Journaling:** Reflect on your emotional landscape, creative aspirations, and sensual experiences through mystical journaling, delving into the depths of your being.
3. **Embodied Movement:** Incorporate fluid and sensual movements into your movement practices to activate and balance the sacral energies.
4. **Rituals:** Create sacred rituals to honour the sacral chakra, invoking moon energy, sacred sensuality, sensory explorations, floating, dancing and singing.
5. **Energetic Healing:** Utilize healing modalities such as Reiki, sound healing, or crystal healing to balance the sacral chakra.

Tears are the sacred river
that flows, cleansing the
sacral energies,
awakening emotions, and
nurturing creative depths.

Cry, my love, let it flow.



THE WOMB ALIGNED PATH

PORTAL 6

Significant Dates in Portal 6:

Week 1:
7 - 18 Aug
4 Aug: NEW MOON

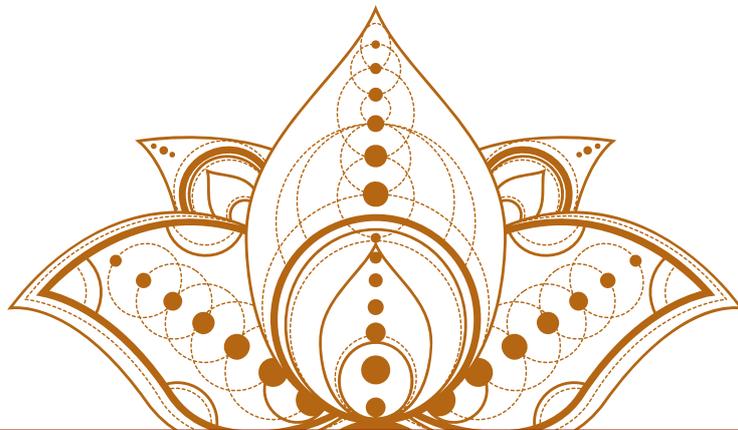
Week 2:
19 - 24 Aug
19 Aug: FULL
MOON

Week 3:
25 - 31 Aug

Week 4:
1 Sept - 3 Sept

WEEKLY RITUAL PRACTICES:

- Week 2: Sacral Lotus Energetics
- Read through Guide
- Practice Sacral Embodied Poses and practices
- Listen Daily to Meditations
- Practice Daily Journal Entries using Prompts
- Practice Healing and Balancing Rituals
- Activate through yoga embodied movement practice
- Daily: Use Sacral Activation Frequency to meditate before sleep
- Complete activities over the course of the week
- Write out 15 affirmations that resonate with you daily to help for deeper soul interpretation
- Do a creativity activity that allows freedom for flow and expression



THE SACRAL LOTUS REPRESENTS THE AWAKENING OF DEEP FEMININE ENERGY, THE SEAT OF CREATION, SENSUALITY, AND EMOTIONAL FLOW. WHEN ACTIVATED, THIS ENERGETIC CENTRE BLOSSOMS INTO A VIBRANT FORCE, UNLOCKING THE POTENTIAL WITHIN US TO CONNECT DEEPLY WITH OURSELVES AND THE WORLD AROUND US. THE ENERGY THAT ARISES FROM THIS ACTIVATION MOVES FLUIDLY THROUGH OUR BEING, DISSOLVING BLOCKS AND INVITING A PROFOUND EMBRACE OF PLEASURE, CREATIVITY, AND EMOTIONAL AUTHENTICITY.