



Sacral Chakra

Clairsentience

This is a subtle feeling as if you are experiencing someone else's feelings yourself. Just like you may ignore your feelings, clairsentience people may not recognize the emotions they pick up from others, yet their body still responds.



Is this emotion or sensation I am feeling mine?

No

Is this emotional state or sensation I am feeling belong to so

Yes

Yes

Good. Claim your emotion and work on healthy ways to work through the feelings.

Journal, eat healthy foods, mindful walking, exercise, deep breathing, Yoga, meditation, talk with a loved one, etc.

Tips and Tricks

RETURN TO SENDER

Focus inward into the source of what does not belong to you. This can be an emotion, sensation of pain, worry, or anxiety and ask yourself, "Does this belong to me?" If the answer is an intuitive "no," then you must release it because it does not serve you or your highest good. After identified, swipe where you feel the sensation, or if you are unsure, swipe and rub your legs to grab hold of what is not serving you and throw it down to earth and say, "Return to sender." This energy is then recycled back into the earth.

DRY BATHING

Start with one hand and swipe down from the top of your shoulder down your hand. Do the same with your other hand, opposite arm. Rub and swipe your hand all over your body, your stomach, legs, and back pushing anything energetically downward, claiming your personal space.

CREATE BOUNDARIES

Do not overcommit or over-promise beyond your cognitive capabilities. If you overextend yourself, you will become drained, and your energy will lessen, feeling more tired and lethargic. Possibly even anxious or cranky. Do not be afraid to say, "no." And be sure when you give, there is an equal balance.



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Common Terminology ★ ★

SELF NURTURE

- The sacral chakra involves caring for, feeding with energy, love, and touch.
- Leading with love, care, and touch is the essence of maternal qualities; can be your first experience of blissful transcendence of warmth and security
- Think of nurturing like watering a thirsting plant, you respond to flow, to movement, the dance of life, the infinite pleasures and mysteries.

Self-Nurture Ideas

- Write yourself a love letter and mail it
- Take a bubble bath
- Play your favorite music and dance by yourself
- Go for a walk
- Relax with a good book
- Stop and smell the flowers
- Go for a scenic drive or nature hike
- Revisit a hobby or learn a new hobby

Get Creative with other ideas!

Location: Lower abdomen, below the navel, the sacrum

Color: Orange

Sense:Taste

Element: Water

Related Organs

Sexual organs, bladder, prostate, womb, sacral nerve plexus, kidneys.

Associated with

Creative blocks, need to possess another, fear of intimacy, no sense of magic or mystery, tantra.

Negative Qualities

Promiscuous, anger, hurt, stuck in a rut.

Lessons

Giving and receiving, emotions, desire, pleasure, sexual/passionate love, change, movement, assimilation of new ideas, health, family, tolerance, surrender, working harmoniously and creatively with others.

Citations

Judith, Anodea. *Eastern Body, Western Mind Psychology and the Chakra System as a Path to the Self*. Alchemy, 2006.
Dale, C., & Wehrman, R. (2009). *The Subtle Body: An encyclopedia of your energetic anatomy*. Cyndi Dale.
Judith, Anodea. *Chakras: Wheels of Life*. Jaico Pub. House, 2005.