

SACRAL CHAKRA - Sacral Chakra information

Worksheet 1

After activating your sacral chakra by reading the sacral chakra handout, list everything (using the sacral chakra booklet) that resonates with you or you can relate to from the past and present.

Balanced characteristics

Physical Disorders

Traumas/Stresses

Emotional Aspects

Mental Aspects

Negative beliefs (which beliefs can you relate to feeling)

Specific Emotions

Spiritual Aspects

Goals and affirmations (When you read each one, which goals don't resonate with you?)

SACRAL CHAKRA – The right to feel and the right to have pleasure

Worksheet 2

Everyone has the right to feel however they feel. Your feelings are your internal guidance system. What ever you are feeling is exactly how you are meant to be feeling.

Sometimes growing up we are told not to feel certain ways. Stop crying, go outside, don't get angry, grow up, you shouldn't feel like that, you should be grateful for what you have, stop complaining.

Our emotions are there to guide us. When we feel a negative emotion, it is an indication that our body is not happy with what is going on. When we are in an unsafe situation, the emotion fear is telling us to get out of that situation. When we feel anger, it prompts you to take action on the injustice that could be happening.

Many people grow up completely blind to his/her emotions, not sure whether their feelings are correct. Some are taught that if they feel something negative they better keep it too themselves, or they will be shamed for having this negative feeling. All feelings are valid, negative and positive.

The sacral chakra is also about the right to have pleasure. After any organism has done its work, the next thing it usually does is seeks pleasure. Playing, having fun and leisure is a natural human desire.

How was pleasure seen in your house? Was it seen as a vital part of growing up or used as a reward or punishment. Many people see pleasure as something they have to deserve or 'be good' to get. Pleasure, having fun or leisure is an important part of forming a 'well rounded' individual. Pleasure is a right and does not have to be deserved.

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

Look at you handout of the sacral chakra. Go through the list of traumas and stresses along with the list of goals and affirmations and list anything that you can relate to from your **PAST** (younger years 0-17), **regarding the right to feel or have pleasure.**

Using your handout of the Sacral Chakra, go through the list of traumas and stresses along with the list of goals and affirmations and list anything that you can relate to from **your life TODAY regarding the right to feel or have pleasure.**

Can you see any link between your life when you were younger and your life now with regard to **having the right to feel whatever you feel?**

Can you see any link today between your life when you were younger and in your life today with regard **to the right to have pleasure?**

SACRAL CHAKRA – Goals and Affirmations

Worksheet 3

Using the Goals and Affirmations from the Sacral Chakra handout, write down the goals that you would like to achieve today.

Eg I create clear boundaries (ie I teach people how to treat me)

I am safe expressing my emotions (ie I tell my partner how I feel without fearing he/she will leave me)

Continue with Sacral Chakra audio 1

Base Chakra - Releasing an emotional charge

Worksheet 4

We have a right to feel and a right to have pleasure. When this right is not met we can become 'charged' up with negative emotional signals like anger, irritation, sadness, powerlessness. These feelings could even be repressed as we feel that we 'shouldn't' be feeling them!

You can feel yourself being charged up with negative emotions and you can feel the charge of others when they are radiating their signal of negative emotions of irritation, frustration, and powerlessness etc

When we ourselves are sending out these signals, (these frequencies) we are actually attracting more of those frequencies to us, because like attracts like.

So if you are often feeling charged up by situations and people where you feel irritated, frustrated, fearful, impatient or desperate you will attract more of those situations and people that give you those feelings.

The solution to attracting positive situations and feelings that you want, is to you release those negative signals (from your being), that you are radiating out.

This next worksheet and audio is about releasing that 'charge' that you feel.

Review your last work sheet about your **right to feel** and have **pleasure**. Look over your goals and affirmations. What is happening TODAY for you regarding any of these goals and affirmations?

Choose a situation, person, event or issue that bothers you the most **today**, where this right is not happening. It may involve a partner, parent, boss, sibling, friend, co-worker, or society!

Or it may be that you are 'charged up' with anger, frustration or guilt with yourself over an issue that is bothering you.

When doing the written activities, it's important to be true to yourself and write whatever you are feeling because that is what you are feeling. There is no judgment or blame because whatever you are feeling is correct for you! Remember you are the only one seeing your work.

SACRAL CHAKRA – Releasing an emotional charge

Worksheet 4 continued

Describe a situation or issue that is happening **today** that 'charges' you up or really bothers you regarding the **right to feel or have pleasure**.

Eg My partner does not listen to me when I want to talk about how I feel, or I don't have time to pursue an interest or sport as I'm too busy with the kids or with my work or I am apathetic about my weight and don't do anything about it.

Look at your Scale of Emotions list, what are the **negative emotions** that you feel when you think about this situation you have just written about.

Eg the emotions that you might feel when 'I don't allow myself to express my emotions in case my partner leaves me' might be fear, insecurity, unworthiness

Fill the Gap

I release the charge of (name the emotions)

I feel when (name the incident/issue happening today)

Continue with Sacral Chakra audio 2