

# SACRAL CHAKRA MEDITATION



**Below is a simple meditation technique to aid in balancing your sacral chakra.:**

Sit with your shoulders back and spine straight. Relax your muscles as you close your eyes and breathe deeply. Inhale through your nose and exhale through the mouth.

Focus your attention on the location of your sacral chakra: your abdomen, a few inches below your navel.

Since the sacral chakra is tied to the color of orange, imagine an orange glow below your navel, slowly expanding to the pelvic region and making the whole area warm and relaxed. Rest in this sensation for 3-5 minutes.

When you are ready, slowly open your eyes. You may follow with positive affirmations.

Meditation is very useful for chakra cleansing and balancing. A simple sacral chakra healing meditation consists in envisioning an orange lotus or orange crescent moon in the area of the second chakra in the pelvis area. Hold that image in your mind for a few minutes while breathing deeply.

## **AFFIRMATIONS**

Say these words while using your "Awaken Your Passion" Energy Mist, Roll-On, Shower Steamers, Candles or Foaming Hand Soap.

"I am creative and inspired"  
"I love my body"  
"I am in touch with my feelings"  
"I am passionate and desired"