



Video Transcript

Sacral Chakra Breathwork Embrace Your Creative Flow

Hello, beautiful being, and thank you for joining me for balancing your sacral chakra.

This is the place of creativity and passion. Sounds good, right?

So we're going to use the breath today. You'll be doing the three -part breath. If you haven't practiced before, it's an inhale through the mouth to the diaphragm, heart, and exhale through the mouth. Looks like this.

This meditation you will be doing lying down with your eyes closed.

Get comfortable.

Take a moment to find a cozy place.

Start breathing.

Continue breathing.

While I direct your focus to the sacral chakra, which is two inches below your belly button. It's really where your diaphragm is, so if you want to put your hands there, you can't keep breathing. These first few minutes we'll use to come out of our mind and into our body.

You're doing great. Keep up the breathing.

Any thoughts that come to your mind just let them go away. Focus on the breath.

If your hands are on your sacral chakra, imagine sending them this beautiful orange color and sending that down to your sacral chakra. You can also imagine a strobe like beaming on your sacral chakra if your hands aren't there.

We have a powerful ability to visualize. Our imagination is powerful.

Keep breathing.

This center governs healthy relationships.
Also, being in balance, not overgiving or over receiving but giving and receiving an equal measure will help balance this chakra keep breathing
deepen the breath a little bit five percent more
The chakra holds our sexual energy, our creative energy,
and our passion. We can use creativity and our passion to fuel all of our projects,
all of our creations.
Focus on this affirmation while you breathe.
I allow creativity to flow through and from me.
I allow my creativity to flow through and from me.
And you can still visualize that orange color shining on this energetic center.
Keep breathing. Another beautiful affirmation to use here is I give and receive an equal measure.
I give and receive an equal measure. Keep breathing.
All you breathe,
you can still have your attention on your sacral chakra is
there a feeling a physical sensation that you're experiencing right now
keep breathing and ask what is it telling you
What may you be holding here?
And if you're ready,
you'd have the intention to let it go,
to be in the flow,
creative flow, a flow of life,
The flow of exchange within the universe of giving and receiving.
It's safe to give and it's safe to receive.
Invite more flow
to you and serve you
As you breathe,
if you find receiving difficult, and many women do,
What one practice can you commit to, doing daily?
Maybe you can receive from yourself.
Remember to acknowledge yourself.
Congratulate yourself.
We may not get that from others, but we can always give it to ourselves.
Keep breathing.
Any emotion that's coming up. It's okay. You're only feeling it because you're ready
to witness it and release it.
It's your choice. You are always in choice.
Be present.
It's safe to feel.
You've You gotta feel it to heal it, so keep breathing.
Just a couple more minutes, so make the most of them.
Allow breaths, the energy, go where it needs to go.

It could be very passive in this exercise, as long as you're breathing.
Beautiful work.

Okay,

slow the three -part breath down

a few more breaths and we begin breathing through our nose

If you're breathing through your nose right now,
you can ground.

Remember those roots that we sent down to the earth?

Put your attention there.

Feel yourself anchored to the planet.

Tap your arms in your legs to bring your awareness to your body.

Any place if you might feel a little blockage, constriction, feel free to massage it
out. Going down your arms, out to your hands,

and also down your legs if you need to, to your feet. We've done a great job.

Thank you for showing up for you today and practicing this chakra balancing with
love and acknowledgement. Namaste.