



Creative Joy: *Sacral Chakra*

Five gentle ways to find your creative joy

When did you last lose yourself in something you love? That joyful, flowing feeling has a home in the body, and in chakra teaching it's your sacral chakra. Here are five simple ways to give yours a little love.

DIP INTO WHICHEVER ONE FEELS RIGHT FOR YOU

1

Find your inner flow

Rest your hands on your lower tummy and take a few slow breaths. Picture a warm orange light just below your navel, flowing softly like warm water.

2

Feel the sound frequencies

Our singing bowls are each tuned to a note, and the sacral chakra is linked with the note D. Let its gentle vibration ripple through you like a soft wave.

3

Crystals to support you

Carnelian, Orange Calcite and Moonstone. Set your intentions and feel the power of beautiful crystals, or wear them as jewellery.

4

A little uplifting scent

Orange and jasmine are lovely warm scents. Add a few drops to a diffuser, or blend them into a carrier oil before they touch your skin.

5

Speak your affirmations

"I let my creativity flow." "I welcome my feelings with kindness." "I make room for joy every day."
Try one slowly, with your little finger gently touching your thumb (Varuna mudra).

Join us for a *sound bath*

Lie back, get cosy and let the bowls and gong carry these frequencies for you.

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