

Magical Mothering Method

Sacral Chakra Healing Session

Month 2: ReAwakening the Pleasure Center

Week 6: ReIgniting the Fire Within

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Sacral Chakra Healing

Healing our sacral chakra requires us to see what has broken or fractured our creativity. We often have an experience or many that has stamped us down. This is also true of our magical gifts and abilities. We are often told to conform, obey and act like everyone else growing up, which takes our light and dampens it. Mainly to make others more comfortable.

Feeling vs Emotions

Gaining control over our emotions to feel or intuit is vital. When you allow for yourself to feel what is happening by being completely present and in the moment, the emotional take over or trigger can decrease. Emotional triggers are caused by our past conditioning. Our ability to feel or intuit is a process that happens in the present moment.

Reigniting our Fire

Our fires within are located in our sacral space. So we will go within and stoke this fire. We will also see where our emotions are hiding. That specific emotion that comes out at inappropriate times that doesn't necessary fit the situation. We will see the exact situations that put our fires out and then go into our sacral space to reignite them!

Finding the Passion

Through connecting with our inner child we will see what used to bring us absolute joy. Often these are simple things that allowed us the time to be present. They came at no cost and were available to everyone equally. These are the aspects that we will look into for you to use in your life to create your own sustainability.