

Magical Mothering Method

Chakra Initiation Session

Month 2: ReAwakening the Pleasure Center

Week 5: Sacral Chakra Ritual

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ReAwakening the Pleasure Center

Our pleasure center is a way for us to share our unique expression in the world. When we allow for pleasure to move and flow through us, suddenly the world shifts.

I want you to think about how much of your life is pleasurable?

What brings you true pleasure?

Do you feel like you have to put pleasure on the back burner until something, someone, or a time comes?

Pleasure includes sex, creativity, and Money. All of these aspects are wrapped up together. So if you struggle with any of these aspects this is a direct correspondence with your sacral chakra. When the pleasure center is turned on, you will receive money, sex, and creativity in balance with the rest of your life. There will be no worry over money flow. Sex will be available yet not something that is consuming to you. And creativity flows in a way that you can share your gifts freely with those in your life.

Emotional Regulation

Understanding that our emotional bodies are held in the sacral aspect is a vital component. When we live in an emotional rollercoaster our sacral chakra is the one that is not regulating or releasing our emotions properly. Having emotional outbursts that are not appropriate for the moment is a sign of sacral chakra blockage, fracture, or overactive. There is a deep sense of knowing that your emotions are not appropriate for the scene that they are playing out in but a lack of control is apparent. Our emotions play such a huge role in our ability to create and manifest the future that we want. Having emotional outbursts is a way to sabotage our lives and live in a state of failure. The failure then becomes shame and guilt, causing yet even more of a vicious cycle.

Sacral Chakra

Sanskrit: Svadhishthana

Location: Middle of the abdomen, about 2 inches below belly button

Color: Orange

Stones: Aragonite, selenite (for emotional release), orange calcite, and Carnelian.

Sacral Chakra Blocked symptoms: Boredom, feeling easily offended, lack of creativity, fear of change, guilt about the past, low self-worth, jealousy, addictive behaviors, low energy, reduced libido or excessive libido, bladder discomfort, worsened allergy symptoms

Foods to help with sacral chakra: Oranges, seeds, broths, teas, cantaloupe, marigolds, citrus

Sacral Chakra Initiation

With the sacral aspects we want to ignite the pleasure center and rev up our engines. The sacral is literally our energy center. This is the space that allows us to get in the mood to do just about anything. And the more turned on we are while doing anything we do, the better it will turn out. This is a vital aspect to us creating money, being creative and birthing our ideas into the world.

As we go through the initiation process I want you to get into a space of complete safety. If you need to go back to video 1 to do so, please visit that space first, then move onto this ritual. Feeling safe and secure is a vital component of each and every one of the next chakras.

Sacral Chakra Ritual

Getting turned on in all aspects of life is a needed ritual. If you haven't heard of a yoni egg this is a way to heal womb space. I have a separate video and workbook for that in the magical mothering method forum. <https://magicalmothering.com/forums/forum/magical-mothering-method>

Creating a pleasure ritual. Think of something that brings you the upmost pleasure. It could be swimming in a warm pool, bathing naked in the moon light, eating a piece of rich food, adorning yourself in clothing or makeup, being in nature barefoot or gathering plants, or it could be having a sensual experience with yourself or partner. Whatever it is that brings you deep pleasure, practice that this week, then create a ritual to make that happen on a weekly basis.

Allow for yourself to explore all the things that truly bring you pleasure. If you feel that you can only receive pleasure from another, I implore you to seek out ways to create pleasure without anyone or anything igniting this and finding a way to bring that out from within.