

ART IN SOUL INFOSHEET

Sacral Chakra Attunement Meditation

Thank you Divine Feminine for joining us, for all aspects of the feminine energies and wisdom, strength and love and for being here with us. For the nurturing, supportive energies of Mother Earth beneath our feet and the nurturing supportive energies of the Divine Feminine energies above us. For blessing each of us today. For leading, guiding, inspiring, uplifting and upholding each of us – illuminating our journey and healing any and all blocks we may have in our Sacral chakras. Bringing us a growing awareness of the truth of who we are above and beyond any woundedness or mistaken identity we may have accumulated during our journeys through the material universe.



Connection to ground opening of all of the chakras - Opening of the crown chakra

Breathe deeply and slowly. You may now begin to feel the energy of the Divine Feminine stepping in closer. You may feel the temperature drop as these higher energies join you. You may feel a profound peace descend upon you. You may feel like crying as your heart chakra expands. Continue breathing very deeply. When you call for the assistance of the Divine Feminine, she arrives every time – however subtly or powerfully. She is here with you now, lending you her incredible strength and wisdom, her infinite and unconditional love. As you prepare to drop down into your own Sacral chakra, you are not going alone. Nothing is beyond her understanding. Nothing is beyond her capacity to heal. All will be well. You are very safe and very loved.

Begin now to allow your consciousness to descend down through your body. Begin to slow your breathing taking long, slow inhalations and long slow exhalations. Allow your gaze to soften as you focus your attention on the Sacral spiral before you – enjoying the vibrant orange background, the burnt orange Safflowers, the Carnelian crystal heart. Keep your gaze soft and simply be with the mandala.

As you relax more and more, you begin to absorb the vibration of the orange colours. You may find your attention being drawn to the crystal heart in the centre, you find your gaze drawn to the Safflower spiral, you may find the spiral appears to be moving.

Your mind quiets effortlessly. Your breath continues to slow and deepen. You may find a warmth beginning to spread softly through your pelvic area as your Sacral chakra begins to respond to the nurturing healing energies radiating from the mandala. Close your eyes for a moment and see the mandala in your mind's eye. Allow it to drop down through your body – all the way down to your Sacral chakra, nestled in between your hips.



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See and feel yourself at the beginning of the spiral pathway bordered magnificently with Safflowers. A new day is dawning and the sun lights the sky in a soft orange pink. Slowly, gently, softly, begin to follow the spiral pathway round to the very centre of your creativity, your sexuality, your sensuality. Acknowledging the presence of your guide on your left side, here to assist you if you notice any obstacles on your pathway or indeed any large weeds attempting to choke the Safflowers.

Sometimes in early life we absorb the negative opinions of others about our creative expression, of being male or female, our sexuality, sometimes our enthusiasm for life was considered loud and inappropriate – so we shut it down. Sometimes trauma or loss froze vital aspects of our self expression. This journey is an act of self love and a reclamation of true self. Any symbolic obstacle you find, simply hand to your guide for healing and continue your journey round the pathway. If you feel emotional at any time, see and feel the uplifting orange colour pouring into you and radiating out into every part of your body. You may not find any obstacles in your way, it may be the journey fills you with motivation and vibrant energy and enthusiasm. As you round the last spiral, take your rightful place in the seat surrounded by the Carnelian. Allow the energy of the crystals to anchor you in the present. This point of power is always in the present moment and Carnelian energy helps you to establish a strong sense of trust in yourself. It brings you the courage to make any changes that supports your true self expression.

Sit with the silence and allow yourself to let go of anything that has blocked your creativity. Allow yourself to open to inspiration, to the joy that comes through creative action, to the excitement that comes from trying new things, awakening to nurturing yourself on all levels.

Feeling the uplifting healing orange vibration clearing away resistance, uplifting you, bringing you more energy.

Stay in this space for as long as you feel you need to, then begin to move your attention consciously back up through your body, all the way up to your head. Wiggle your fingers and toes and get back in touch with your extremities, rub your hands together briskly. Cup your hands over your eyes into your hands. Allowing yourself to come back gradually. Be gentle with yourself. Have a hot drink before resuming your day.



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