

Sacral Energy Intuition

Activity

Introduction

As discussed in the video, sacral energy intuition is open to all of us, regardless of predisposition. While some may rely on it more heavily than others, getting very comfortable in the sacral space is imperative to living an intuitive existence. Nothing can be out of bounds or off limits as we expand into higher levels of consciousness and deeper levels of awareness.

Activity

Following the guidance in the video, practice getting deep into your sacral space and holding it. Pay attention to where you come out of that space and what triggers it.

As you commit more and more deeply to the exercise, journal your experiences as honestly and truthfully as you're able.

If emotions come up during this process, simply allow them to come forward. No need to analyze them or push them away, simply observe and be in the experience of them. Remember they started as energy in motion and nothing else.