

SACRAL CHAKRA – WEEK 2



SACRED SEXUALITY / CREATIVITY / ACCEPTANCE – 10 MINUTE ACTIVITIES

DAY 1 – DRAWING OF SEXUALITY

For today's activity, be alone with your mind, body and spirit, in front of the mirror naked. Becoming one with the YOU that you see. Focus on YOU and just let your mind FLOW. Feeling your sexual energy growing within you in your Sacral area. After this 10 minutes, get a piece of paper and draw what YOUR sexuality is to you. Focus on the intention of what you are drawing. You are transforming the energy around you and within the universe to be what you want. YOU ARE AMAZING. YOU ARE WORTHY. YOU ARE A SEXUALLY CREATIVE BEING!

DAY 2 – STORY OF CREATIVE PLEASURE

For today's activity, be alone with your mind, body and spirit, in front of the mirror naked. Becoming one with the YOU that you see. Focus on YOU and just let your mind FLOW. Feeling your sexual energy growing within you. After this 10 minutes, get a piece of paper and write a short story of ultimate pleasure. You are creating a universe where you are the GODDESS/GOD and are worthy of experiencing pure energetic, physical and sexual pleasure. Write it. Focus on the intention of what you are writing. You are transforming the energy around you and within the universe to be what you want.

DAY 3 – PICTURES/VIDEO OF THE TRUE DIVINE GODDESS/GOD - ACCEPTANCE

For today's activity, stand in front of the mirror, a full wall mirror would help, without ANY thing on. No clothes. No makeup. Nothing that covers who you truly are, as you are, without the coverings of the world. Get your camera and take pictures or video of the REAL YOU and worship the GODDESS/GOD within. MANIFEST within the mirror the LOVE for YOU. YOU ARE LOVE. YOU ARE DESIRE. YOU ARE PERFECT JUST AS YOU ARE. Look at these pictures/videos and take as many as you like. You are CREATING the GODDESS/GOD in the camera. BE YOU! BE HUMAN! BE DIVINE!

DAY 4 – VIDEO OF WHAT YOU WILL HAVE - MANIFESTATION

For today's activity, be alone with your mind, body and spirit. Away from everything and just let your mind FLOW. Feeling your Sacral Chakra energy growing within you. After this 10 minutes, you are to get your camera and record a video of whatever it is that comes to your mind about your sexuality and what you MANIFEST for yourself in this world. You are focusing your intentions into the universe by speaking it aloud. What do you want? What do you have? You are amazing. You are the ALL. You are The GODDESS/GOD. You are worthy. You are a sexually creative being. You are The Divine. You deserve what you want.

DAY 5 – PICTURES/VIDEO OF THE DIVINE, SEXUAL GODDESS/GOD - PROJECTION

For today's activity, get your camera and get dressed up as the Sexual Divine GODDESS/GOD that you are and take pictures and/or video of how sexual you are. An amazing sexual GODDESS/GOD, connected to your Divine Self. You are who you see in the pictures and Video. You are manifesting what you see is to be the reality. You are the object of desire. It's ok that others desire you as you desire them. You are amazing. You are the ALL. You are The DIVINE. You are worthy. You are a sexually creative being. YOU ARE LOVE. YOU ARE DESIRE. YOU ARE A SEXUAL CREATIVE BEING.

DAY 6 – POEM OF DIVINE PASSION

For today's activity, be alone with your mind, body and spirit, in front of the mirror naked. Becoming one with the YOU that you see. Focus on the GODDESS/GOD and just let your mind FLOW. Feeling your Sacral Chakra energy growing within you. After this 10 minutes, you are to get a piece of paper and write a poem about your sexuality. It can be any length you want and about anything you feel and in any style you want. You are manifesting what you want through this poem. Poems are incantations. Manifest your Spell. YOU ARE AMAZING. You are the ALL. You are THE DIVINE. You are worthy. You are a sexually creative being.

DAY 7 - BEING THE DIVINE GODDESS/GOD

For today's activity, for at least 20 minutes on this last day, you are to sit/stand unclothed in front of the mirror. No words, no pictures, no outside influences and you are to just look at YOU in the mirror and become ONE with THE DIVINE GODDESS/GOD YOU ARE. Accept who YOU ARE. LOVE WHO YOU ARE.

IMPORTANT NOTE: We are all human here on this planet. Sacral Chakra deals with Sacred Sexual Energy. This is a beautiful and sacred part of your life. Sexuality isn't something to be run from or hidden. It is, however, meant to be sacred. And sacred is based on your perception as a human being. One person's perception of what is right and wrong may not be how others view it. It is how YOU view it that matters. One way of raising sacral energy is through masturbation or sexual activity. The ancients knew that sexual energy was one of the most powerful transformers of energy in the universe, which is why they practiced sexual rituals. Be Sacred to Yourself and embrace your sacred sexuality as you were intended to.