

SACRAL CENTER

PARTNERSHIP POWER

This is located in the lower abdomen to the navel. The energy content of this second energy center is our Partnership Power. Partnership meaning relationships – people, things, self. Exploring our individuality and how we relate to the world, with pleasure and play. We are relational beings, and this is where that energy pulsates. It's our need for relationships with people and our need to control our external environment.

THIS POWER CENTER IS LINKED TO

SEX . POWER . MONEY .

Illnesses that appear here are because of our need to maintain control over our external reality, money, people, authority; even the fear of losing control. Shame about sexuality leaks into shame about sexual dis-eases like herpes and syphilis,

SACRED HERBS:

Damiana, Blue vervain,
Queen's Love, Pau D Arco,
Yarrow, Red Raspberry leaf,
Red Clover, Jasmine,
Sarsaparilla

ORGANS:

1. Uterus, Vagina, Penis
2. Large Intestines
3. Bladder
4. Arthritis in the hip
5. Pelvis
6. Appendix

ISSUES:

1. Blame + Guilt
2. Need for control / Fear of Control
3. Lack of Creativity
4. Money + Sex
5. Betrayal
6. Rape – physical + energy
7. Addiction

EFFECTS:

1. Ovarian Cancer + Tumors + Fibroids
2. Endometriosis
3. Prostate Cancer
4. Erectile Dysfunction
5. Lower Back Pain
6. Vaginal Infections/Viruses
7. UTI's
8. Menopause
9. Depression
10. Fatigue



EXPLORE YOUR SACRAL ENERGY

WHAT ARE YOU ADDICTED TO?

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WHAT DO YOU NOTICE YOU LOSE LIFE ENERGY FROM?

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IDENTIFY 3 THINGS YOU CRAVE THAT YOU WILL COMPROMISE YOUR SELF FOR?

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WHAT ARE YOU ADDICTED TO THAT YOU KNOW ISN'T GOOD FOR YOU?

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write your responses below

How do you define creativity? Really tap in.

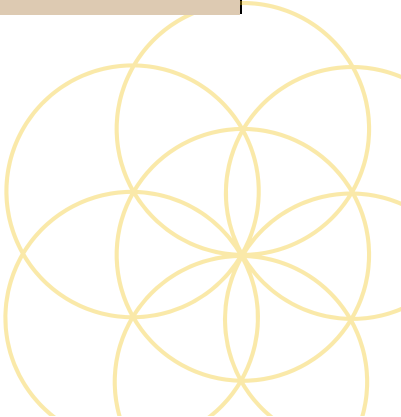
What creative ideas do you not take action on? Why?

Do you honor your own sexual boundaries? Describe how.

Do you experience body shame, where its hard to look in the mirror? Do you judge yourself if you do look in the mirror?

Do you not trust your decisions? Indecisive? In what instances?

What is a personal code of honor?



write your responses below

What's your relationship to your sexual/sensual energy?

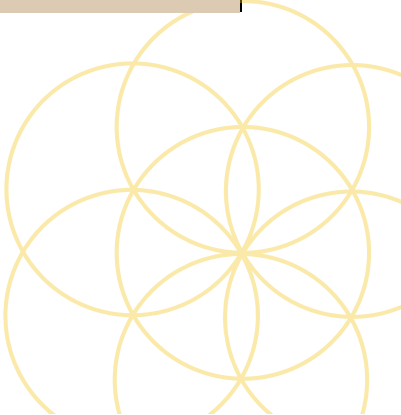
What was the mood around sex in your home?

What were you taught about the body? Specifically your genitals.

Do you have a slouched posture?

Describe the relationship you have with your body in 3 words.

Do you keep your word?





notes