

# The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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## SACRAL CHAKRA

The sacral chakra is located about three inches below the belly button. It is associated with the color orange and regulates the energy connected with emotional response, passion, and pleasure and is often referred to as the seat of the emotions. It is the center for creative energy, where all new expressions of existence are birthed and rebirthed. The sacral chakra is where you plant the seeds of new beginnings, new ideas, new projects, new ways of seeing the world, new behaviors, new relationships, new directions, and new beliefs. This is where the unconditioned aspect of your being awakens; where you take your very first steps into uncharted territory, into the unknown and uncertain. When this energy center is flowing freely, you are full of possibilities and move in the direction of your dreams; your creative juices flow in all areas of your life; you imagine, invent, design, envision, and nurture. You are able to cope with life's changes on an emotional even keel. When this chakra is unbalanced, we tend to put ourselves down, have a fear of conflict, digestion is slow and/or sluggish, and we often feel fatigued, overwhelmed, and possibly depressed.

### Sacral Chakra Affirmations

**I feel nurtured and protected.**

**I enjoy life.**

**I allow my emotions to flow through me in a healthy way.**

**I feel a sense of beauty within and around me.**

**I accept myself as I am.**

**I flow with grace and ease.**

**I feel my creative expression.**

**I allow my intuition to guide me.**

**I feel nurtured and balanced.**

**I express myself with ease.**

**I respect myself and my body.**

**I feel a natural sense of joy.**

