

## PRE-MODULE REFLECTION QUESTIONS & INTENTION



What signs or situations occur when my Sacral chakra is out of alignment?

In what ways do I feel connected with the cosmos & the concept of astrology?

Based on what I now know about my personal signs/planets/Houses, what resonates with my character, personality & core needs?

Are there placements or patterns in my chart that I've found challenging to accept? How do I feel about my chart & am I open to seeing it from different perspectives?

My intention for this Module, honoring that my astrological blueprint is a guide for creative flow, emotional balance & cosmic alignment through my Sacral chakra:

### SYMBOL ASSOCIATED WITH CHAKRA



### SACRAL CHAKRA

### \*CHAKRA ALIGNMENT KIT\*

- **Body area to focus on & direct healing energy:** Lower abdomen, genitals, lower back & hips
- **Corresponding color:** Orange
- **Age of development for chakra:** 6 months – 2 years old
- **Yoga poses to open chakra:** Goddess pose, Cat Cow pose, Pigeon pose
- **Associated crystals:** Carnelian, Orange Calcite, Harlequin Quartz, Lepidocrosite, Orange Drusy Quartz
- **Activity to support a balanced chakra:** Taking a bath or swimming