



Sacral Chakra Journaling Questions

I invite you to take some time to yourself, get comfortable, quiet your mind and tune into the present moment and your body. Connect with your sacral chakra and ask the following questions.

What feelings and beliefs about sexuality and intimacy do you hold in your sacral chakra?

What feelings and beliefs about relationships do you hold in your sacral chakra?

Where are you flexible and flowing in your life? How about your creativity?

Describe the energy of your sacral chakra.

How open is your sacral chakra?

Is there anything else your sacral chakra wants you to know?