

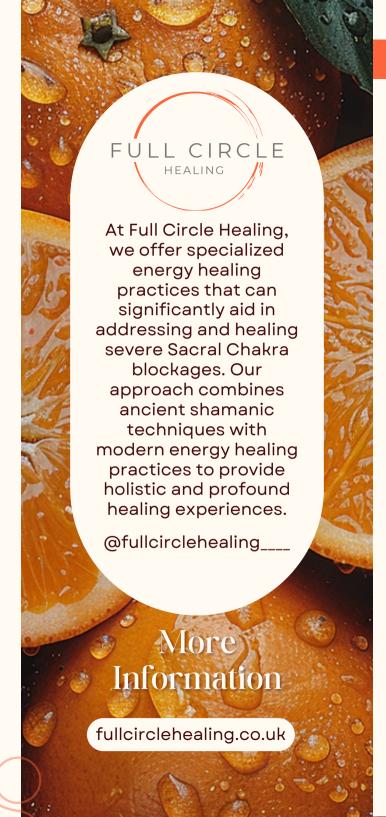
Spark of Creative Happiness



Matt Jones

Shamanic Energy Healer

"Ignite Creativity, Emotional Harmony, and Intimate Connections"



FULL CIRCLE HEALING



SACRAL CHAKRA

(Svadhisthana)

Your Guide to Sacral Chakra Aftercare



Affirmations

Use daily affirmations like "I embrace my creativity" and "I honor my emotions" to reinforce passion and emotional health.

Mindful Meditation

Practice meditations focusing on the color orange and the element of water to sustain the balance and vitality of your Sacral Chakra.

Consistent Routine

Establish and maintain a daily routine that includes time for relaxation and creative expression to promote emotional balance and joy.





Sacral Chakra Aftercare

Daily Creativity

Engage in creative activities like painting, dancing, or writing to maintain a vibrant Sacral Chakra.

Healthy Diet

Support your Sacral Chakra with hydrating foods, orange-colored fruits, and nuts.

Regular Exercise

Incorporate fluid movements like dancing or swimming to keep energy flowing and maintain emotional balance.





The Sacral Chakra, or Svadhisthana, is the center of creativity, emotions, and pleasure, located just below the navel. It governs our sense of joy, passion, and intimacy, influencing our relationships and creative expression. Balancing this chakra is essential for emotional well-being, enhancing creativity, and fostering healthy relationships.

SENSE OF CREATIVITY **AND PASSION**

EMOTIONAL BALANCE AND PLEASURE

CREATIVE AND EMOTIONAL GROWTH



Your Emotional

Wellness!