

# Spark of Creative Happiness



## Matt Jones

Shamanic Energy Healer

*“Ignite Creativity,  
Emotional Harmony,  
and Intimate  
Connections”*

FULL CIRCLE  
HEALING

At Full Circle Healing, we offer specialized energy healing practices that can significantly aid in addressing and healing severe Sacral Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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More  
Information

[fullcirclehealing.co.uk](http://fullcirclehealing.co.uk)

FULL CIRCLE HEALING



# SACRAL CHAKRA (Svadhithana)

Your Guide to  
Sacral Chakra  
Aftercare



## Affirmations

4

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

## Mindful Meditation

5

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

## Consistent Routine

6

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

1

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

### Healthy Diet

2

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

### Regular Exercise

3

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



Maintaining  
Your Emotional  
Wellness!

## Your Journey to Wholeness

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