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THE ENERGY EDIT: SACRAL CHAKRA:
RECLAIMING YOUR PLEASURE

WORKSHEET

The Sacral Chakra is ruled by the element of water. It is the home of your desires, your sensuality, your emotions, and your vital life-force energy.

BY COURTNEY REVELS

WELCOME

Hi There!

If you found your way to this worksheet, chances are your nervous system has been running on high gear lately. Maybe you've been feeling scattered, trapped in an overthinking loop, or completely exhausted from operating in constant survival mode. First, take a deep breath. Drop your shoulders away from your ears, unclench your jaw, and let yourself arrive right here in this exact moment. You are safe, and you are exactly where you are meant to be.

When our energy is pulled in a million different directions, we lose our anchor. We get disconnected from our bodies, our intuition becomes quiet, and burnout takes over. This Chakra worksheet isn't another rigid chore to add to your daily to-do list. It is a sacred invitation to slow down, return to your body, and reclaim your personal power. The small somatic shifts you practice today are the foundational building blocks for a life of true alignment and stability. You don't have to figure it all out right now—you just have to take one grounded step at a time.

I am so incredibly honored to walk this path of holistic healing alongside you. Let's clear the noise, protect your peace, and edit your energy together.

Courtney Revels

ABOUT ME

As an intuitive Reiki Energy Practitioner and deep spiritual mentor, I provide a compassionate, completely judgment-free space designed around pure alignment.

My mission is to help you clear the energetic clutter, align with your highest potential, and step fully into your power. Through a blend of intuitive strategy, ancient wisdom, and energetic healing, we will co-create a roadmap for your ultimate transformation.



THE RITUALS: HOW TO GENTLY AWAKEN YOUR SENSUAL ENERGY

Because the Sacral Chakra is a water element, you cannot force or hustle it open. Awakening this space requires softness, sensory pleasure, and gentle invitation.

THE SACRED WATER BATH RITUAL: TAPPING INTO FLOW

SINCE WATER IS THE ELEMENT OF SVADHISTHANA, IMMERSING YOURSELF IN A WARM, INTENTIONAL BATH IS ONE OF THE MOST POTENT WAYS TO HEAL THIS CHAKRA. THIS RITUAL IS DESIGNED TO SHIFT YOU OUT OF YOUR ANALYTICAL MIND AND DROP YOU DEEPLY INTO YOUR PHYSICAL SENSES.

01

What You'll Need:

- Epsom salts (to physically relax muscle tension in the lower back and hips)
- A few drops of sweet, warming essential oils (Ylang-Ylang, Sandalwood, Jasmine, or Sweet Orange)
- A piece of Carnelian or Orange Calcite (placed safely on the edge of the tub)
- Warm lighting (turn off overhead lights and use soft candles to create a relaxing environment)

02

The Ritual:

1. **Set the Atmosphere:** Dim the lights, light your candles, and draw a warm bath. As the water fills the tub, add your salts and essential oils.
2. **Set Your Intention:** Hold your crystal in your hands for a moment, close your eyes, and whisper your intention into it. (e.g., "I welcome warmth, ease, and sacred pleasure back into my body.") Place the crystal nearby where you can see its warm glow.
3. **Soak and Soften:** Sink into the water. Let the warmth envelop your lower belly and lower back. Close your eyes and place both hands flat over your lower abdomen (just below your belly button).
4. **Visualize:** Inhale deeply, imagining the warm water absorbing into your skin. Visualize a soft, glowing orange light spinning gently in your pelvic bowl. With every exhale, feel any lingering guilt, shame, or tension draining out of your body and dissolving into the bathwater. Allow yourself to simply feel good in the warmth.

THE ACTIONABLE SOMATIC TOOLKIT

*My 2-Step Daily Practices
To awaken, realign, and reclaim my pleasure.*

Somatic Movement (Releasing the Physical Vessel)

OUR HIPS AND PELVIC FLOOR HOLD THE PHYSICAL IMPRINTS OF OUR EMOTIONAL HISTORY. TO WAKE UP YOUR SEXUAL ENERGY, WE MUST MOVE THE BODY.

- **The Practice:** Spend ten minutes on your mat in slow, circular hip movements. Sit cross-legged and roll your torso in slow Sufi Grinds, letting your neck and spine loosen. Move into a gentle Bound Angle Pose (Baddha Konasana) or a restorative Pigeon Pose, breathing directly into your lower abdomen.
- **The Focus:** As you hold these shapes, don't worry about how they look. Focus on how they feel. If tears or sighs arise as the tension melts, let them flow. That is the water element returning.

Crystal & Energy Support

CONNECTING WITH STONES THAT SHARE THE WARM, VIBRANT RESONANCE OF THE LOWER BELLY CAN HELP GENTLY STIR STAGNANT ENERGY BACK TO LIFE.

- **The Practice:** Lie down comfortably in a space where you won't be disturbed. Place a piece of raw or tumbled Carnelian (the stone of passion and sacral fire) or Orange Calcite directly on your lower abdomen, a few inches below your belly button.
- **The Focus:** Inhale deeply, imagining a warm, glowing orange light radiating from the crystal into your pelvis, melting away any coldness or protective armor you've built around this space.

REFLECTION & INTEGRATION

Journal Prompts for Sensual Healing

Take 5 minutes after your somatic movement or you bath.

Writing is a powerful way to bring subconscious blocks into the light so they can finally be released. After your bath, wrap yourself in your softest robe, light a candle, and sit with these gentle prompts:

- 1. Where in my body do I hold tension when I think about intimacy, vulnerability, or being seen? How can I offer that area more tenderness?*
- 2. What old stories, cultural messages, or past experiences taught me to feel shame or guilt around my body and pleasure? Am I ready to let those stories go?*
- 3. What does "pleasure" mean to me outside of sex? How can I invite more sensory delights—soft fabrics, delicious foods, moving my body for fun—into my daily life?*
- 4. What boundaries do I need to put in place to feel completely safe, respected, and honored in my intimate relationships?*



WANNA LEARN MORE?



To see if we can work together to find a path that works for your unique situation, click on the button below to apply for a free consultation.



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