

## Clearing your Sacral Chakra and Kitchen

3/21/19

### Chakra Description: Sacral

The sacral chakra is located in the pelvic area, about 2-3 inches below the belly button. It's all about intimacy, creativity, sensuality, connection and joy. If you'd like to read more, check out this post [Exploring the Chakras Part 2: the Sacral](#).

### Space Clearing: Kitchen

I also cleared the energy in your kitchen. We gather in the kitchen to prepare food and share the stories of our day. Just like we periodically clean out the frig, tossing food that's past its expiration date, we need to recycle and compost the energies in our home that no longer nourish our bodies and spirit.

### Oracle Card: 3. The Kiss

Honoring and renewing our relationships...



### 3. The Kiss



Earthly Love • Relationship

Beauty and love surround this sweet kiss. It takes place in the shared space where two interlocking golden rings create a Vesica Piscis. The almond-shaped or, viewed from another angle, eye-shaped center here symbolizes sacred space in which "The Kiss" becomes a union of souls. This symbolic joining celebrates the coming together of whole individuals in mutual understanding, finding common ground. Love expands through this shared vision. Further represented are the marriage of heaven and earth, of light and dark, and of elemental forces. A rainbow ring and one of stars entwined with the gold suggest that as we come together in tenderness and respect, we also entwine with universal energies. Relationships can inspire communion that offers us the eyes to see beyond everyday reality into realms through which we may more clearly experience our connection to All That Is.

This card invites you to take a holistic view of the relationships in your life. See them existing in balance and respect. Look deeply into the eyes of each of your relationships, be they intimate or casual, for business or for any of the ways we interact with and teach each other. Feel how love feeds you and remember that nourishment, even when your friends are not around. Know that you also share a sacred union with your own heart. Offer yourself the love and respect that you seek from others. Connecting with the "feeling" of the kiss may take you to a heart space from which to heal old wounds and envision a bright future.

From Sacred Geometry for the Visionary Path by Francene Hart

Exercise:

Place your hands on your belly and breathe in the vibrant color of orange. As you inhale into your sacral chakra, honor your relationship to yourself. As you exhale, imagine sending the light to someone in your life, nourishing your relationship with him/her. Continue to renew each of your important relationships - intimate, familial, work-related.