



INNER VOICES HEALING

THE FLOWING SOUL

Listening to your Sacral
Chakra Voice™



Reconnect. Feel. Allow life to
move again.

InnerVoicesHealing.com



THE SACRAL VOICE

There's a reason life may feel a little flat...
or a little overwhelming right now.

Your Sacral Chakra – the centre of emotion, creativity and
pleasure – may be trying to get your attention.

When this voice is balanced, life feels fluid and joyful.
When it quietens, we feel disconnected from our feelings.
When it becomes too loud, emotions can overwhelm us.
Let's listen for a moment.



IS YOUR SACRAL VOICE QUIET OR LOUD?

Do any of these feel familiar?

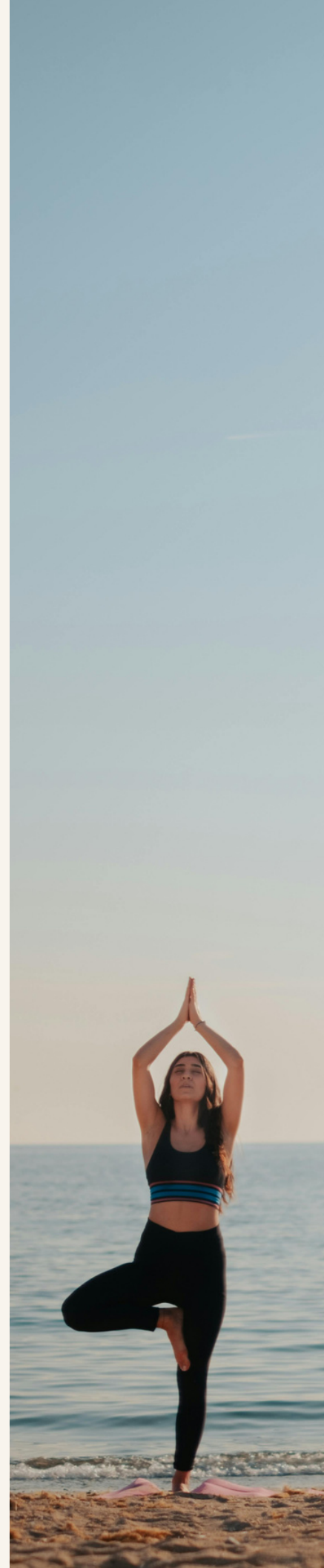
- I struggle to feel excited about things I used to enjoy
- My emotions sometimes feel overwhelming
- I suppress what I really feel
- I feel guilty for wanting pleasure or rest
- My creativity feels blocked
- I feel disconnected from my body

**Your Sacral Chakra Voice™ could
be too loud, too quiet, or just
misfiring between the two.**

Quiet voice → emotional numbness

Loud voice → emotional overwhelm

Balanced voice → emotional flow





SACRAL FLOW PRACTICE



Place your hand flat against your belly, just below your navel.

Taking a deep breath, inhale through your nose and release the breath slowly through your mouth as if you are blowing through a straw.

Keep this breathing pattern going at a nice steady rate.

Through every breath, breathe gently into the space just below your navel.

Imagine a soft orange glow warming this centre.

With every breath, allow emotions to soften and move like water.



CREATIVITY PROMPTS

Sacral Loves Expression

Use these prompts to allow your creative side to emerge – you could simply say out loud and see what thoughts come in to your mind...or write them down in a journal.

- What makes me feel alive right now?
- When do I feel playful?
- What emotion have I been holding back?
- What creative spark wants attention?





GENTLE SACRAL PRACTICES



Ways you can allow your Sacral Chakra
Voice™ to express itself:

- hip circles or gentle movement
- dancing to one song
- journalling uncensored - free writing (just let your pen flow without worrying about spellings or grammar)
- creative play (drawing, music, cooking)

Just find the 'thing' that allows you to act
with freedom!

WHAT NEXT?

You've just listened to your Sacral Chakra Voice™.

But there are six other voices in your energy system.

When they learn to speak together, life begins to feel balanced again.



You don't feel like yourself...

**carrying emotions and energy that
don't belong to you...**

**Begin understanding yourself again
with the tools to support your energy.**

**Imagine if you could discover where emotion was trapped in your
energy system and be guided to release it, and encourage healing.**

Explore the ways we can help you do that below 



**The Chakra Voices™ Toolkit is a guided
healing and self-awareness collection
designed to support you through the
moments when you feel emotionally
overwhelmed, stuck, disconnected,
reactive, or simply 'not yourself.'**



**What if how you're feeling is trying to tell you
something?**

If you want to find out which of your energy
centres is crying out for help right now, you can
take a short quiz to see what your next steps
could be.

Work With Your Energy Centres Using The Single Chakra Voice™ Experiences



Explore The Chakra Voice™ Tools



Jillian Shiers

