

Healing Your Sacral Chakra with HeatherAsh Amara



Sexual Experiments

Taking Action

Becoming more in touch with our sexual flow means taking action. It is easy for us to get caught up in the busyness of our day and not create the spaciousness for our own sexual exploration and healing. Make sure to set some time aside to experiment and explore.

Remember to always stay with your own process and to find your edge, the spot where you feel some fear as you do something new, but you can still stay present with yourself even if it is intense. We create change when we are willing to be with discomfort and step beyond our own safe familiar habits and patterns to explore new ways of being.

MY EXPERIMENT

DATES:

What I am committed to do

WHY?

STEPS TO TAKE

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NOTES
