

Journal 2 - Happiness and Sacral Chakra □ Svadhistana

Aya Kharchafi

Instructions:

Before starting, I strongly suggest that you listen to [meditation music](#) and do a few yoga poses that relate to the [Sacral Chakra](#) – (click on the blue links to open the videos)

Submit on LEA please.

- (1 point) Write at least 50 words per person (this time I will be strict – if you don't do that, you will get points off.)
- (1 point) Use at least **one concept per response** (for example: social happiness, wellness, harmony). Define it and use it as an example in a particular context.
- (1 point) Be more specific in your responses. Universal responses such as: "I feel low when I'm anxious" is not specific enough. Instead say, "I feel low when my boss does not respect me and talks down at me at my Tim Horton's job."
- (1point) Refer to the sacral chakra and it's meaning to your overall individual happiness or contentment.

1. What activities or experiences make me feel most alive, joyful, and creatively fulfilled?

I feel the most alive when I'm with my family, my friends, shopping, testing new food or when I have a free day and I only use it to relax. Shopping makes me happy because I always imagine the outfits I will create and how it will look on me and that makes me feel more confident in myself. I think being happy and feeling joy when I'm around my friends and family is linked to social happiness which means the joy found in connecting with other human beings. It's engaging in meaningful relationships that deepen our daily lives. (<https://www.trackinghappiness.com/social-happiness/>)

) Also, I feel like the sacral chakra is supporting shopping in a way because you need to use your creativity to pull off some looks and it's about expressing yourself in your clothes and maybe that's why when I'm putting together some looks, I feel happier.

2. Am I comfortable embracing pleasure in my daily life, and do I allow myself to truly enjoy it?
Yes, I do allow myself to take pleasure in my daily life by doing my skincare, testing new foods, buying clothes or relaxing by watching a movie, which is linked to my wellness since it makes me feel good about myself and less stressed. But honestly, I will be lying if I say I don't feel a bit guilty when I take care of myself a bit too much, I feel like I should be doing my homework, helping my family in chores or being anyway productive. But at the end, recently as I started this class, I remind myself that its all about balance, for example having too much of sacral chakra is not good and too less isn't too , being able to enjoy life and pleasures by doing these things is the way I feel my happiness as long as I don't just do that 24/7.
3. How do I honor and express my emotions without judgment, and what impact does this have on my happiness?

Honestly, I don't feel anyway comfortable in crying in front of others because I don't like to be seen in a vulnerable position, but I can still talk about my feelings when I need to. That's my emotional balance: being able to express my emotions in words without letting them take over me. The sacral chakra also plays a role here since it's the center of emotions and happiness. When I don't express my feelings and keep them inside, I get really frustrated that I didn't share how I felt

in that specific situation and that makes me mad more than the situation that's why being able to express my feelings in total honesty and without judgment improves my happiness because I don't keep my feelings locked up.

4. In my relationships, do I feel safe to give and receive love, intimacy, and joy openly?
In my relationships, I only trust a few people and keep a small distance from the rest, since in the past, I experienced some bad situations when I trusted a bigger number of friends and then they played with me. So since then, I prefer to take some measures, and I only trust you when I feel comfortable and secure with you. This way I have some harmony and peaceful relationships. The sacral chakra is linked with intimacy and connection so when I let the right people in, I feel happier and more supported.
5. What old fears, guilt, or limiting beliefs might be blocking the flow of happiness in my sacral chakra?

A limiting belief that I have that might be blocking the flow of my happiness in my sacral chakra may be the pressure of money and the guilt of spending. People often tell me to save up as kind advice but while it makes sense it makes me feel guilty about spending my own money and enjoying my life fully. I know I should be content (like in contentment) and being satisfied with what I have already instead of always wanting to try, buy new things but that's my little touch of spark in my life. So to improve my sacral chakra, I should allow myself to enjoy life without too much guilt to feel freer and happier.