2nd Chakra-Womb

\*Read Affirmation and attributes of Modras Cards

\*Lay with a rock on womb-Take in Rock strength

\*Draw clay spiral on belly/over womb

\*Journal with writing prompt: “What former passion is gone from your life?”

\*Visualization: Sit or lie comfortably. Become aware of your female energy as it surrounds your second chakra. Notice if your female energy appears to have a particular color or appearance. Does your female energy feel fast moving, slow moving, or in between? What else do you notice? Place your hands on your second chakra, one at the front of your body and one at the back of your body. What would you like to tell your female energy? What does our female energy want to tell you? Allow your communication to be complete.