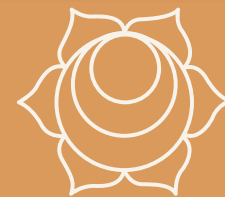


# Sacral Chakra

Pleasure, Creativity & Emotion -The Worthiness & Receiving Wound



## WHERE THIS LIVES IN THE BODY

Lower abdomen, just below the navel, the seat of pleasure, creativity, and desire.

COLOR Orange ELEMENT Water MANTRA VAM

*Money as pleasure and permission. If wanting things has ever felt like a character flaw, this one's yours.*

This is your full Money Wounds summary for the Sacral Chakra, pulled straight from your quiz results. It's written to stand completely on its own, and it's also one piece of your full seven-chakra Money Wounds Workbook.

## THE WOUND & ITS SYMPTOMS

Your sacral chakra holds your pleasure, your creativity, your desire, and your ability to actually receive. When it's wounded around money, you might notice guilt after spending on yourself, discomfort when someone tries to give you something, or this nagging sense that wanting more (more ease, more beauty, more abundance) makes you selfish. I see this constantly in people who give so beautifully but can't let themselves be given to.

- Guilt or shame after spending money on yourself, even for things you can afford
- Deflecting compliments, gifts, or money, with an "oh, you didn't have to"
- Undercharging for creative or intuitive work because charging for it feels impure
- Over-giving to others while quietly starving your own desires
- A pattern of self-sabotage right when money or pleasure starts to flow more easily

## THE STORIES WE TELL OURSELVES

"Wanting nice things is selfish."

"I don't deserve to enjoy this."

"Money and creativity, or money and spirituality, don't mix."

"If I receive too much, I'm taking it from someone else."

So many of these stories were inherited, from caregivers who treated self-denial like a virtue, or from religious or cultural conditioning that tied pleasure and desire to guilt. If you watched a parent sacrifice their own wants without ever complaining, receiving probably started to feel unfamiliar to you. Maybe even unsafe.

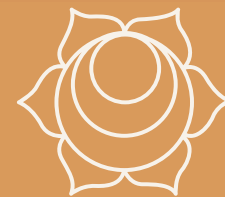
## WHEN THIS WOUND LIKELY FORMED

# AGES 8-14

Your sacral chakra developed somewhere between ages 8-14, right as your sense of identity, creativity, and personal desire started to show up outside of pure survival mode. This is the age where you learned whether your wants and your self-expression were welcome or shamed. If desire got mocked or dismissed back then, wanting more as an adult (including wanting more money) can still feel tangled up in old shame.

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Pleasure, Creativity & Emotion -The Worthiness & Receiving Wound



## HOW TO HEAL THIS WOUND

### PRACTICAL ACTIONS

- Practice receiving on purpose: let a compliment land without deflecting, let someone pay for coffee, let a gift simply be a gift
- Build in small, unapologetic joy spending. Track it without judgment and notice how it feels
- Set your rates to reflect the value of your gift, not the smallest number that keeps guilt away
- Notice the urge to self-sabotage right as things start going well, and simply name it without acting on it

### SPIRITUAL ACTIONS

- Hip-opening movement: dance, yoga, or simply moving your body to music you love
- Water rituals: baths, showers, or time near water to soften and unstick sacral energy
- Creative rituals that have no productive purpose, just making something purely for pleasure
- Sacral affirmations: "I am allowed to want. I am allowed to receive. Pleasure is not a betrayal."

## WHAT HEALING FEELS LIKE

Healing here feels like ease. It's saying "thank you" to a compliment instead of arguing with it. It's naming your price and not immediately apologizing for it. It's buying something beautiful and just... enjoying it, instead of spiraling into guilt an hour later.

### EXAMPLES OF BALANCED, FLOWING ENERGY

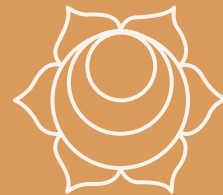
- Charging fully for your gifts and feeling good about the exchange, not guilty
- Spending on pleasure without a guilt hangover afterward
- Receiving money, gifts, or help graciously, without over-explaining or deflecting
- Wanting more for yourself, not just for others, without shame

### A GENTLE REMINDER

*That old guilt twinge may still show up, especially around a bigger purchase or a bigger yes. I want you to know that doesn't mean the wound is back. It means you're growing into territory that used to feel forbidden. You were never trying to make the twinge disappear completely. You're just learning not to let it make your decisions for you.*

# Sacral Chakra

Pleasure, Creativity & Emotion - *The Worthiness & Receiving Wound*



Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

## WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Guilt or shame after spending money on yourself, even for things you can afford
- ☐ Over-giving to others while quietly starving your own desires
- ☐ Deflecting compliments, gifts, or money, with an "oh, you didn't have to"
- ☐ A pattern of self-sabotage right when money or pleasure starts to flow more easily
- ☐ Undercharging for creative or intuitive work because charging for it feels impure

Where do I see this wound showing up in my life right now?

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Which story feels most familiar? Where might I have learned it?

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One practical action I'll try this week:

One spiritual practice I'll try this week:

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What would balanced, flowing energy feel like for me here?

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Today's date: \_\_\_\_\_

*Healing isn't linear. Be gentle with yourself as you go.*



## Meet Your Guide

AKA, the author

### Jenni Fulton

**Holistic Financial Coach & Intuitive Guide**

*Founder of Untamed Abundance LLC*

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a 1:1 coaching session, my membership program, one of my group courses or events or just a quick note to say hello.

Learn more about me and my work at [untamedabundance.com](https://untamedabundance.com) or follow us on socials:



Also, if it sings, check the complete money wounds workbook with guides and worksheets for all seven core chakras as well as the companion meditation series recorded by me!