

Blossoming: Sacral Chakra Meditation

Original “slow art” by Kristen Palana

Sacral Chakra – Svadhisthana

Blossoming is a meditation on being in balance with one's own creativity, and the ability to more easily enjoy and feel deserving of all the pleasures that life has to offer. This image, symbolizing the sacral chakra, can inspire **pure creative energy, passion, and joy**.

This piece is part of my Malawian Chakra Series, inspired by nearly a decade living and working in "The Warm Heart of Africa," with patterns drawn from local chitenje textiles woven into the language of the chakra system.

The sacral chakra is the second of the seven main energy centers in the body, located in the pelvic area and most often associated with the color orange. A balanced sacral chakra allows us to improve our relationships with ourselves and others.

Suggested Placement:

Creative studios, bedrooms, therapy offices, and healing spaces, anywhere that could use a positive burst of **creative energy or passion**.

✨ *May this piece remind you that pleasure and creativity are part of a balanced, well-lived life.*



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A Gift of Intention

This artwork was chosen as a heartfelt gift, meant to invite more creativity, passion, and joy into your life.

A GIFT
from me to you

To:

From:

Message:



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