

Open Your Sacral Chakra with TPQs (Not Affirmations!)

Video Source: [chakraboosters](#)

Welcome to week two of our series on Transformational Power Questions. In this vlog, I'm sharing how you can heal your sacral chakra with TPQs. Your sacral chakra is your lowest feminine chakra and it relates to your intimacy, sensuality, joy, creativity, fertility and emotions. It's the opposite of the masculine root chakra and it allows you to surrender and go with the flow.

Why Affirmations Can Be Bad for You

So why are we doing TPQs instead of affirmations? Because often, affirmations create a backlash in your inner world. They activate your subconscious mind and the voice inside of you that objects to things that are true. So one affirmation can elicit several subconscious negative responses and create a negative, rather than positive effect.

Obviously, that's not what we want when we set out to create positive changes in our lives.

If you want to better understand why affirmations can actually be counter-productive, [check out this blog post.](#)

3 Steps to Create a Transformational Power Question (TPQ)

1. Decide what you want to change and create a traditional affirmation. For example, if you want more money, you create the affirmation, "I'm wealthy."
2. Put a "why" in the front of it and make it a question. "Why am I so wealthy?"

3. Make it progressive (increasing over time). “Why am I getting wealthier every day?”

To understand in more detail how to create TPQs, [check out the first video in this series \(on the root chakra\) here.](#)

Sacral Chakra Transformational Power Questions

In the video above, I share 15 different TPQs that boost your sacral chakra. Watch the video above and repeat after me to improve these five sacral chakra areas of your life: inner child/joy, intimate sex and sensuality, creativity and fertility, relationships and emotions, ease and flow.

Pick your favorite TPQ and put it on sticky notes. Then spread them around your personal space and read the question every time you see a sticky note. To change old ways of being, we need repetition and TPQs will shift your energy in miraculous ways when you repeat them regularly.

Have a joyful, playful, creative and sensuous week, Beautiful Soul!

Much love and many blessings,

Vicki

I'm excited to share my most recent creation: CirclingSpace.com. Please join me for a free intro event – [sign up here](#). And of course, I still wear and love my [Chakra Boosters Healing Tattoos](#). I created them because getting a real root chakra tattoo positively shifted my whole life and I want the same for you. Do you desire more prosperity? Discover your personal [Chakra Abundance Type FREE here](#). Check out my latest book, [“Your Roadmap to Life Mastery: Discover the 7-Year Cycles That Shape Your Life” here](#). Need support on your path? I offer [life coaching](#) that's chakra-

based, psychically-guided and really supportive and fun!