

SACRAL

Meaning: Sacral refers to the area of the lower back associated with the sacrum, a triangular bone at the base of the spine, or to the sacral chakra, which is linked to creativity and emotional well-being.

1. The sacral region of the spine is often a source of discomfort for many individuals.
2. In yoga, movements that engage the sacral chakra are believed to enhance creativity and emotional balance.
3. The artist's work draws inspiration from the sacral symbolism found in various ancient cultures.
4. During the anatomy lesson, we focused on the sacral bones and their role in the pelvis.
5. Many spiritual traditions regard the sacral area as a center of vital energy and deep intuition.

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