

ROOT CHAKRA – WEEK 1



GROUNDING / EARTHLY CONNECTION – 20 MINUTE ACTIVITIES

DAY 1 – CONNECTING TO YOUR ROOTS

For today's activity, you're going to be alone with your mind, body and spirit, IN NATURE. Go sit under a Tree. If you don't live near trees, go outside and sit on the ground and imagine a tree. While you sit there beneath the tree, you are Becoming One with the Tree. Focus on the trunk of the tree, the strength of the tree, the power of the tree, to be able to grow from a tiny seed into this incredible life. I want you to feel the roots of the tree, feel how they grow down into the Mother Earth, rooted and letting life flow from the Earth into the tree. Much as this tree, so too are you a part of this Earth. You are made of the same cells as this tree and therefore you also are rooted to Mother Earth. After this session record a short video on how you feel.

DAY 2 – CONNECTING TO AND LOVING YOUR HUMAN BODY

For today's activity, be alone with your mind, body and spirit, in front of the mirror naked. Becoming one with the YOU that you see. Focus on YOU and just let your mind FLOW. Feeling your Root Chakra energy growing within you. Just look at your HUMAN BODY. See it from the hair down to your toes. Gaze deep into the mirror and look at every line, every feature, every curve, every perfection and every imperfection. Look at the top of your head, to your perfect eyes, down your perfect nose, to your perfect mouth. To your perfect neck and shoulders, to your perfect chest, perfect arms, down to your perfect stomach. Down to your perfect sexual area, focusing for a moment on your perineum. This is where your physical life began, in your Root Chakra. Down your perfect legs, to your perfect feet and toes. At every point of your gaze I want you to Accept WHO you see. LOVE WHO you see. Know that this is WHO YOU ARE NOW. You are made as a perfect Vessel of The Mother Earth. After this session, record a short video on how you feel.

DAY 3 – CONNECTING TO THE MOTHER

For today's activity, be alone with your mind, body and spirit, IN NATURE. You are to sit somewhere in nature. While you sit there feeling the Earth beneath you, you are to focus on all of the Life around you. Are you in a field, a forest, the ocean? Focus on the sand, the grass, the bugs, the animals, the birds, the water. Feel the lava under the ground (blood of The Mother). Focus on the energy that each one of them radiates. Focus on their bodies, the cells which make them up (they also have the first 8 cells just as we do) and know that they are the perfect vessels for their purpose. While focusing on them, know that you are a part of them and are safe and secure in your body at this very moment in time. After this session record a short video on how you feel.

DAY 4 – CONNECTING TO “THE VOICE” OF THE MOTHER

For today's activity, be alone with your mind, body and spirit. Away from everything (try to get away from manmade areas) and just let your mind FLOW. Open your mind to “hearing” the world around you. Listen to the wind, listen to the air, listen to water, Listen To The Mother. Just focus on “hearing” HER in everything around you. The Mother Earth resonates at a frequency. This frequency exists within you. Feel this vibration. Be away from manmade frequencies if possible for this so you can “hear” HER unimpeded. Feel this frequency and open your mind, body and spirit to listening to what SHE is telling you. After this session, record a short video on what you heard.

DAY 5 – CLEARING OUT THE VESSEL

For today's activity, be alone with your mind, body and spirit, IN NATURE. (This isn't an easy one). It's time to dig deep into yourself and “remember”. There are many things in your life that have happened to you that have caused you pain that has affected your NOW. REMEMBER. Remember the pain for this is affecting your NOW. Your HUMAN self NOW. It's ok to remember because NOTHING will affect your NOW but you need to FEEL the emotions and Release them for they are affecting your health and your ability to CONNECT to YOURSELF and to others and become a true vessel of The Mother Earth. Everything has happened to create and forge the vessel that you are NOW. Know that Everything happens for a purpose. AND LET THE PAIN GO. If you need, write these down and burn them away. This is a great way of releasing. After this session record a short video on how you feel.

DAY 6 – YOU ARE SAFE AND SECURE

For today's activity, be alone with your mind, body and spirit. Know that you are part of The Mother, The Mother is Everywhere. There is nowhere on this planet that you are not connected to HER. You ARE The Mother Earth. Because you are The Mother and are within her embrace wherever you go, wherever you are, you are SAFE AND SECURE. The Mother is ALL AROUND YOU. Within You. After this session record a short video on how you feel.

DAY 7 - BE THE EARTH

On this last day, you are to stand unclothed in front of the mirror and put all thoughts on your body and Root Chakra.. No words, no pictures, no outside influences and you are to just look at YOU in the mirror and become ONE with The Divine Mother Earth.