

ROOT CHAKRA

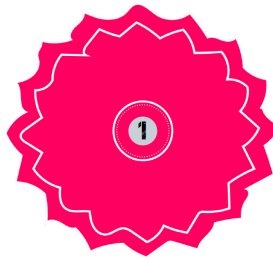
Hello and welcome to the root chakra! If you are watching this video then you have tested or have identified yourself as root chakra dominant. What that means is that you primarily experience intuitive information and have a heightened ability to sense energy from the root chakra.

Let's talk a little bit about the root before we move into how to support this center of your energy. Root chakra is located at the base of the spine. Rather than connecting with it from a place of visualization or imagining this part of your body as a spinning ball of light, I want you to drop into this part of your body and to connect with it from a place of sensation and a place and really experiencing what it's like to inhabit this part of your body.

The root chakra primarily governs your relationship to your physical body, your direct connection to the Earth, all things physical landscape and all things physical body related. There's so much that we could touch on with the root but we're going to keep it really focused by addressing the primary energy of challenge at this energy center. And that is **GROUNDING**.

Grounding is huge! It's huge to your health and it's huge to your healing process. So what does it mean to be grounded? If you are a root chakra dominant, then you likely struggle with this. I'm just going to state that very clearly. This is a point of struggle for you is grounding. So what does it mean to be ground? Well, being grounded does suggest that you are connecting down with the Earth and that you're present in this physical reality, this time and space. Really what it means to me when I talk about grounding, is that you are fully inhabiting your physical body and that you're fully inhabiting your root chakra. This center, this energetic center that helps to anchor you into your body.

So why is it important to be grounded? Well, being energetically present in your physical body allows for healing to happen. This has been my own observation over the years working in different environments and working with many people and training many students to learn how to be present in their bodies with their energetic awareness. When you're not in your physical body it makes things a lot harder to work with. Because groundedness creates a sense of stability and of safety. Being grounded facilitates a nourishing relationship with food and your body. These are just some of the reasons why it's so important to be grounded.



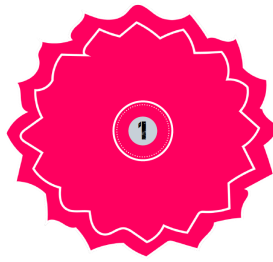
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Now it can often be easier to identify the opposite, to identify when you're NOT grounded so that you can learn HOW to be grounded or notice when you are grounded. So let's do that. Let's identify the opposite of being grounded. Which is being ungrounded.

Everything that we're touching on is from an energetic standpoint so really connecting with your energy, how your energy is moving. It's dynamic and it's always fluctuating. It's always shifting and when you're ungrounded you'll notice there are three very common presentations of being ungrounded. Those are popping up and out of your body, so connecting with some type of extreme example which would be encountering a situation that makes me feel really unsafe and you get into that fight or flight mode. You can feel the adrenaline shoot you up and so maybe there's this sensation of even looking down at yourself or being totally disconnected from your physical body, like you can't feel the lower half of your body or you can't feel your legs. That would be more of an extreme example. But there can be a range of how much you might be hovering and so that's one presentation just being up and out.

Then another presentation can be projecting forward. This can even, you can be notified of doing this when your body starts to lean forward. If you're somebody that works within some type of healing capacity and you have a client/patient on your table and you find yourself leaning towards that person, that can be an indication that you are projecting forward and you're starting to become more ungrounded as your energy is diving forward or being pulled forward.

Then the third very common presentation of being ungrounded is just being so stuck and locked into your head. Being stuck in those thought loops. You could go through your entire day without even realizing that you've been locked into your thoughts, and entire lifetime. The opportunity and the invitation with all of this and working with energetic awareness, working to support your root chakra is really starting to (through repetition, through practice, through discipline and effort) starting to notice. Starting to notice what your energy does. What are your patterns? Do you tend to pop out of your body every time that you walk into work? Do you feel pulled forward every time that you encounter a particular person that you have a challenging dynamic with? Do you find yourself stuck in your head every time the topic of money comes up in conversation?



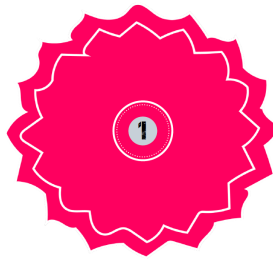
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Noticing these patterns for yourself are going to create the opportunity and help create the space for you to shift that pattern, to disrupt it through awareness and through observation. We've got a lot of really good stuff to cover, so let's keep moving!

Okay, so notice. You will have visual support. I've provided you with some pretty awesome resources down below, so use those as you're going through this video, so you can act with and really help you visually connect with what these energetic presentations are. We've touched on what it is to be grounded and how to connect with being ungrounded first because that is going to be the easiest way to queue into when you really need to actively ground your energy and I'm going to take you through a process of learning how to ground your own. Tangible root chakra interference, there are lots of ways that we can experience difficulty in working with the root chakra. It can be a very common point of disturbance in the body, over all this chakra can house a lot of trauma, there can be trauma connected with any of the energy centers and any part of the body.

If we are looking at trauma overall I cannot get in with the root chakra and a lot of generational imprinting so trauma passed down through your lineage and can be housed in this particular Center. There can be a lot that really becomes a parent's to work with as you go through any type of Health Challenge or healing crisis. All things can start pointing to the route so in order to learn how to ground out the root chakra I'm going to help you connect with different lines of energy and we will be working with six different directional lines of energy to support centering yourself at the center. When you are centered at the root then you are able to really ground your energy, you're able to fully inhabit this part of your energy and you're able to be present from this Energy Center. If you are navigating, if you're going through your life and the lens and what's your navigating this physical reality from is primarily from the root chakra. When you really want to learn how to cultivate this Center as a point of strength for you because the area that we are most challenged with often is tied to our greatest potential and greatest strength. These six lines of energy travels along me, six lines of communication and the energy moves outward. It moves away from the body and the energy also move and work towards the body. Six directions in which it moves in our through the front.

Front of the root chakra, the back of the root chakra, The Top The Bottom the left and the right. These are the six directions that we will be working with and along those lines so you'll have a

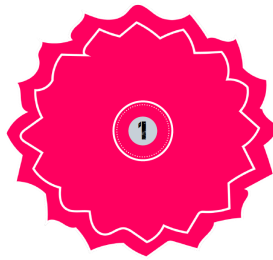


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visual guide below that you can use to reference which I highly recommend that you do because I know that this can be a lot of information but these lines all come together and where they met is the center the essence of your roots so learning how to engage with all of these lines of communication is going to help you perceive your environment and perceive the energy around you in a clear way. It's also going to help you get really anchored into this part of your energy and less part of your body and this is something that you want to work with if you are a root chakra dominant, you want to really learn and get actively curious and engaged with how to ground here and that happens when you begin to develop the awareness of the ways in which the directions and the ways in which your energy is moving out and moving in at this part of your body.

When we talked about the energy moving out, this can be a very essential and very supportive part of any type of healing is shutting, releasing, eliminating energy has to move out from this part of your body, that has to move out and be released in some way in order to create space for new energy, for sex, for any type of of healing change and there can be interferences that show up when we are trying to clear something, trying to release something, trying to let go of something and these are really important aspect is any type of healing process to release the releasing part.

This is what the Chakra tea salts help to support, that root chakra salt in the background. That salt is supportive of releasing, of clearing, of targeting the root chakra through frequency to support and Stirrup things to surface and to release on an energetic level. If you are feeling like you struggle with a lot of root chakra stuff and that there is some shutting that needs to happen, there is some type of Letting Go that needs to happen to you. Doesn't mean to let go something at the root chakra level who doesn't need to let go of some type of pattern that comes from your maternal line or some type of trauma that you really feel interfering with your relationship to your body, who doesn't need to release stuff at the root chakra. Everybody does okay when you are clearing, when you are looking for energetic support to clear and you can work with the remedy in this way you really want to get intentional about how you are you saying this remedy, how and what are you connecting with and how are you working with it, what is your intention and I have a guided process for you to work with on in your resources down below so definitely use that and as for your connecting and with letting go.



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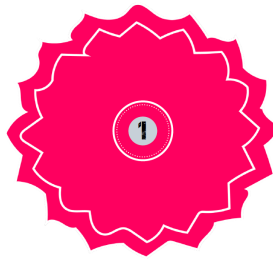
Let's talk about these lines of energy in releasing. I recommend that you take the salts, you can just open it up and pour a few of those little salt crystals depending upon the size you know. Take a couple and then let them dissolve under your tongue and just intentionally connect with what it is that you are working with and what is it that you want to release. If there is something that you are aware of and then we're going to connect in with the front line of energy at the root chakra.

Are you ready? Let's do this. First, I want you go ahead and close your eyes if that helps you drop into this part of your body and if it feels challenging for you to get there just know that that's even more of a confirmation that this is the work that really needs to be done and it will get easier. You may find that it's easier to access being connected with this part of your energy in your body through a particular direction so pay attention to that as we go through. You're going to drop into this part of your body so the base of the spine just connect and connect with the way that the energy is moving out of the front of the root chakra, how is the energy moving out of the front of the center, how does it move, is it stuck, does it feel like you're just bleeding energy like you're hemorrhaging energy from that part of your root chakra.

I want you to get really specific, what does this feel connected to? Can you connect energy moving out from this part of your body to a particular person, place, thing, time in your life, a memory, anything you're going to connect with that and then you're going to write that down. Pause this video if you need to take the time to really connecting with that part of the center and then write it down and I'll just keep going but you take your time.

You take your time and deposit, you come back to it, then you're going to connect with the back of the root chakra and connect with how the energy move outward from the back of the root. Does it move it all, wet sensation surface what information comes through around the center and take the time to write this down. Often times when we are working with developing awareness, there can be a tendency to get really stuck in the head and to try and think our way into something and I want to challenge you to do the opposite.

I want you to really feel and sense your way into this so connect with this part of your body notice any sensation and then follow these lines of energy, follow that line of energy out the back and notice what stands out to you and what stands out to you as a potential blocks

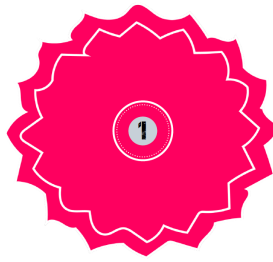


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potential stagnation, potential leaks whatever that feels like as you're connecting with that energy moving out.

Then we're going to connect with the energy moving up at the root. This is the top line of energy and you want to connect with how how does this energy radiates up from the center. Does it feel like it's radiating, does it feel like it's shooting up, does it feel like it's blocked or hard to access that line of energy and do you feel resistance to something external. Whatever it is, do your best to sit with it and describe it to the best of your ability and then the bottom, so connecting with that bottom line of communication, how does energy move out from the bottom of the route and this is where we connect down to the car so it can be challenging if you struggle with the root chakra Dynamics to begin with to really connect with that line of energy living down at the roots. If you're operating outside of your body likely talk so just noticed that observe it and keep going okay so noticed how you connect with that line of energy moving out through the bottom of the roots and then you'll move into connecting with the left so the left part of the energy specifically at the root chakra following that line out what stands out to you, how do you follow that line of energy, what is it feel connected with what feels challenging about it can you describe the Integrity of that line and then after you connect with this what do you there's an opportunity to just process that information and what do you intellectually gather from the things that came through for you intuitively.

Intuitively meaning what shows up for you as an immediate sense or knowing or some type of word or image that can be anything and then allow that to come through, first go without immediate impression and then go back to it analyze it process. Process your heart out Chopper line and then go into the last directional line of energy the right line of energy. Following a line out from the root chakra Center out the right side of the body and noticing how far out does this line go is this something that you feel like you follow for a while, is this something that feels like it stops abruptly, what intuitive connections come through for you around this energetic line and do you feel any blocks, what do you associate with this line of energy and after you've taken the time to go through all of these lines of energy in lines of communication take a moment to connect with which lines, which directions were most challenging for you to chew it just connect with experience what was what was easier and what was more difficult so was it easier to connect with the front line of energy from the root or was it easier to connect with the bottom line of the root what was easiest.



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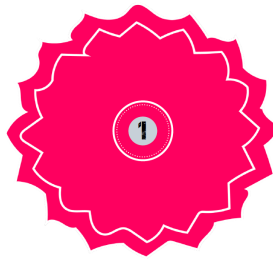
What was most challenging and did you notice any patterns? Did you notice that maybe that line of energy felt really stuck at two particular places, maybe it's all really muddled, maybe you got the same image at three different lines, you know whatever it is just noticed anything that creates a picture or a pattern for you and then we are this is usually create lots of short videos so pause and come back as often as I need to.

There is this clearing piece the way that energy moves out that we use the salts to support because as you can see some of those lines of communication, CNN movements may be more challenging to work with and when we want to work with those because this is the way in which energy is able to. When we are establishing this awareness of how we how we connected with the root chakra and where our energy is in these different direction connected with the route.

Awareness helps us to be centered and helps us to be present at this part of our body at this part of our energy and that helps us to be grounded and the route is the foundation so this is very essential and very critical I would say, this is so critical for your health and well-being and everything really in your life to be a pair of how you are present in your physical body and learning how to manage your energy is one of the most life-saving skills that you can give to yourself with because it will support everything that you do, will support at Dynamic that you experience, it will support every challenging time in your life if you know how your energy is leaving your body and you can connect them with it and you can say I'm noticing that my energy is hemorrhaging from the front of my root chakra and if you can connect him with that then you have that awareness and not create a split second of pause and space for you to then make a choice.

Are you going to take the time and effort to work with that and really call it back and practice being present with whatever the information or are you just going to kind of maybe opt out of doing that work this time or whatever it is an opportunity it gives you a choice. We always have a choice to respond even if we don't choose our circumstances choose our challenges that we can create awareness and have opportunity to respond to them in a way that is supportive to our health and well-being and arguing.

Now we're going to move into this next phase which is really exciting so that anchoring supports



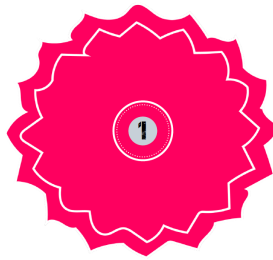
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the embodiment of healing frequencies so we talked about the energy moving out of these directional lines these lines of energy and communication and then there's also the moving in moving Banerjee traveling across those lines towards the center of the stop rats and so the frequency rollers they support this part of the process of really bringing in the healing energies and anchoring them in the physical body where's the salts are supporting that releasing and letting go.

The rollers have a nursing quality to them and they are created to help you reclaim your energy in order to read pattern so you have to cultivate the awareness in the spaces in order to fully inhabit them and maybe that is something that you consciously have done maybe that's something that you've done on an intuitive level and you have been doing it but you haven't known or haven't had the language or haven't articulated it in that way it's something that you've just your body is done your energy is done for the most part though this takes effort and it takes discipline it takes the willingness to show out to be open to it to put in the work and that repetition over and over again.

Now we're going to talk about energy moving from the outside in so go ahead and just drop back into the root chakra and notice the ways in which where you might feel more of a connection with which directional line, do you feel most connected with right away and notice what might be pulling out your energy just allow that information to come through so going back to and I'll take you through this more quickly. Again just cause it and come back to the places that you need to if it's too fast but cannot enforce with the with the Frontline of energy and see if you can if you feel like part of you is hanging way far out or is being told by some type of outside force Dynamic person experience that you actively engage with outline of energy and you begin to energetically reclaim that part of yourself.

It's almost like if you had a rope and somebody was on the other side of you at the front of your root chakra and had pulled that rope really hard a part of your energy away that you're like tug-of-war but it is in that these are you are at the center of yourself you have this opportunity to actively engaged and take the reins of each of these directional polls in order to be present and live dynamically at the center of your body, at the center of your route and it requires the awareness to really get in dialogue and get engaged with these different tools because there are so many poles on our energy right there are so many demands there are there's so much



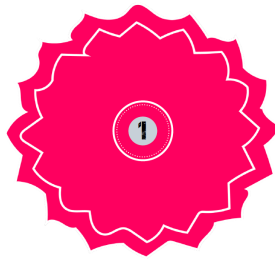
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out there that's just asking and and so much well asking is a nice way of putting it fits so many demands and so much noise that I can be very challenging to just a drop in and listen and so when we have the struts and something that's more tangible to connect with it can be a really powerful way to learn how to organize ourselves and our body in order to develop more subtle awareness of what's happening in our energy.

You're going to take that rain at the front of the route and you're going to engage it and you're going to reclaim that part of yourself and that can be just this is where you can get the Mind involves and you can State something to yourself if I'm actively reclaiming the energy that front of my route you can just be with that part of your energy notice any Sensation that comes up and then same thing really connect and with energy of the bat at the back of your route and begin to engage the rain engage.

Wine of energy at the back of your route if you feel like it's being pulled back or maybe you feel like that line of energy is collapsed and it's weak and it hasn't been developed and it's not supported then maybe you activate that line of energy and you extend it outward so whatever it is these lines of energy connect with them in a way where they are activated and they're engaged similar to how you would engage a muscle in order to stand in a certain position or be in a particular posture that you are you're sitting upright you want to sit up if you want to open your heart and have your shoulders back in there.

Activate the muscles in your core that there are all of these different dynamics that are happening at the same time and that can feel very overwhelming when we're talking about all of all of these different Direction with pools in all of the demands and all of the noise in here so many things to think about but really it becomes more automatic that you can just drop into the root you can connect with it being multi-dimensional and you engage with it so it becomes more of a an automatic response and a reflex that then your awareness so this is a lot and I hope that it really begins to serve you and your ability to ground and be present in your root chakra because connecting with your energy in this way is going to open up so much and being grounded is truly the first step to any type of healing bringing your energy into your body actively calling it back into your body even when it's painful physically even when it's painful emotionally those are the times where our energy tends to pop out so call it back, call it in, reclaim those parts of yourself that are asking for your awareness energy and attention and use the remedies



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to support these intentions to support this process and to open you open you up to Experian the mystery and the magic of the human body and the healing that can happen when we simply connecting.

I hope that the serves you well, thank you so much and you have so many amazing intuitive abilities to work with at the root chakra so keep up the great work and see you soon.