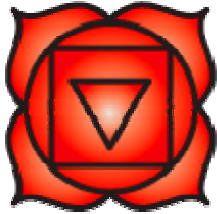




Sacred Earth – Root Chakra (Muladhara)



Welcome to a new year! I'm excited to share this first newsletter with you. Over the past few weeks, I've heard from several organizations, religions, and spiritual teachers that this is the time of year where we all get the opportunity to go back

to the basics - To revisit the core of our being and the basic principles of our reality. I've decided (more like - it was chosen for me and I surrendered) to explore the core of my joy. Over the next 7 issues of "Joyful Moments," I'm going to share with you the Chakras.

You may ask, what's a chakra? Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centers of which our consciousness, our energy system, is composed. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system. The functioning of the chakras reflects decisions we make concerning how we choose to respond to conditions in our life. We open and close these valves when we decide what to think, and what to feel, and through which perceptual filter we choose to experience the world around us. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much more.

In my journey to discover, claim, and live my joy the honoring and understanding of the chakra system has been critical. Often times as we encounter experiences or feel deep emotions we can get lost in the fear or the unknown. Returning to my inner self and my body has provided a sacred space where peace, love, and joy constantly reside. Each chakra offers a different perspective, a different sensation, and different wisdom.

The Root Chakra - Chakra One:

Earth, Physical identity, oriented to self-preservation

Located at the base of the spine, this chakra forms our foundation; a link to the physical world. Defines the concept of "Being" and "Accepting Being." It embraces aspects such as energy, self-expression, ambition,

consistency, desire for security and the survival of self.

There are several elements you can "play" with to open and clear the Root Chakra.

Root Chakra Elements:

Essential Oils: Cedar, Clove, Cypress, Marjoram

Crystals: Agate, Bloodstone, Garnet, Ruby, Smokey Quartz

Color: Bright Red

Zodiac: Aries, Mars, Taurus, Scorpio, Capricorn, Saturn

Sound: Mantra - LAM; Tone - C

Location: The perineum, the point between the anus and the sex organs



ॐ Root Chakra (Muladhara)

Mediation/Exercise:

Here's a simple and fast way to connect to your root chakra. ❶ Simply start out by taking a deep breath in as if you were breathing into that chakra. Allow yourself to let go of the ego mind and follow your breath inside to the deep part of you that is connected to Mother Earth. (if you're having a difficult time, squeeze your anus or do some kegels). This quickly activates your root chakra. ❷ Now that you are present to your root chakra; see the color red filling your entire body. ❸ Allow yourself to see your feet as roots of a tree that are deeply planted into Mother Earth. As you feel the life force and the warmth from the core of the Earth, ❹ give yourself permission to hear a word or a phrase that will best support you in claiming your foundation, your birthright. Trust whatever you get - Write it down! ❺ Now thank Mother Earth for her wisdom and give yourself gratitude for connecting to your root center.

Continued Connection: Put a crystal in your pocket. Wear a root chakra essential oil. Chant the "LAM" sound. Take a walk on Mother Earth.

Enjoy the next month as you powerful connect with your Root. Know that you are sacred and you are well supported. Please feel free to contact me to schedule a Chakra Balance/Cleansing Service. It's a gentle, loving service that will leave you empowered and balanced as the energy easily flows through you.

With a Joyful Heart,
Dani

Life Coach, Reiki Master, and Energy Healer

dani@joyinthejourney.com | 503.232.1831 | www.joyinthejourney.com

2007© All Rights Reserved