Awaken Your Inner Goddess

VIRTUAL ONLINE COMMUNITY

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The Chakras

Based in ancient Vedic astrology, the chakras are energy centers in our body. If any of these energy centers becomes blocked, it can lead to illness – physical, spiritual, or mental. If any of the chakras are out of balance, it can led to an inability for you to harness the power of any one of them as one energy center builds on the next. For example, if you have an imbalance in your root chakra (1st chakra), it may affect your ability to speak your truth (5th chakra). Each week, we will discuss one of the 7 major chakras, signs of imbalance, as well as ways to balance each.
1st Chakra: Root Chakra: Muladhara

Our root chakra, located at the base of spine (tailbone) is our foundation and feeling of being safe, grounded, and centered. Imbalances in the root chakra energy system can lead to survival issues, be it financial, food-related, or a general sense of not fitting in.

Signs of imbalances in the root chakra include:

- Feeling like you don’t fit in
- Insecurity/ not enoughness issues
- Lack of self-trust
- Feel weak or unstable
- Depression or anxiety
- Codependency
- Abusive tendencies
- Low self-esteem, low self-confidence
- Escape tendencies (e.g., wanting to run away from your life)
- Addictions and eating disorders
- Self-harming behavior
- Sexual dysfunction – difficulty reaching orgasm, don’t enjoy sex, etc.
- Cynicism and negativity
- People pleasing
- Rigid or “black and white” thinking
- Poor judgment and risk taking behaviors
- Digestive issues
- Chronic difficulties in the lower body – feet, legs, hips, etc.
Before we start the healing work, I want to establish an emergency plan! Because many of us with root chakra imbalances, myself included up until a few years ago, have people-pleasing tendencies, it is easy for us to lose ourselves in relationships with others. This makes it even more difficult for us to feel grounded, centered, and balanced because we are relying on others to provide this for us.

So I challenge you today to start figuring out what makes you feel grounded, centered, and balanced. These should be things you can do on your own to achieve this sense of feeling deeply connected to the earth, your life, and yourself.

For me, time outdoors in nature helps solidify my connection to the Earth, which in turn helps me feel grounded. Meditation can serve this purpose as well, as can the use of essential oils, which come from the earth. My favorite essential oils for grounding include: DoTerra’s aromatouch essential oil blend, balance blend, and serenity blend. (Let me know if you would like to get these oils at 25% off.)

What are 5 things you can do that make you feel grounded?

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Common Causes of Imbalance in the Root Chakra:

- Child abuse at an early age (before the age of 5)
- Feeling abandoned by a loved one in early childhood
- Preterm baby, especially if kept in incubator
- Major life changes or issues in early 30s or early 60s

Color Associated with the Muladhara (Root Chakra): Red

Symbol Associated with the Muladhara:
JOURNAL PROMPTS for INNER REFLECTION

Set the space. Shut off distractions. Light a candle. Ground yourself in the present.
Call in your sacred support team.
Time to get some clarity.

Now that you’ve identified whether you have a root chakra imbalance, let’s get to healing the root (literally!) of the problem. First, we’ll take a journey back in time to see where/when this imbalance may have arisen.

1) What was your life like between birth and age 5? From what you remember, or have been told, did you feel safe and secure as a toddler?

2) Go back through the list of signs of imbalances. Which, if any, did you exhibit in the first 5 years of your life?

Please listen to the inner child meditation. If there is any release work that needs to be done, please do so before continuing.
3) What was your life like in your early 30s? Did you feel safe and secure throughout this time period?

4) Go back through the list of signs of imbalances. Which, if any, did you exhibit in your early 30s?

Feel free to listen to the inner child meditation again and visualize yourself in your early 30s. If there is any release work that needs to be done, please do so before continuing.
One more time, if applicable:

5) What was your life like in your early 60s? Did you feel safe and secure throughout this time period?

6) Go back through the list of signs of imbalances. Which, if any, did you exhibit in your early 60s?

Feel free to listen to the inner child meditation again and visualize yourself in your early 60s. If there is any release work that needs to be done, please do so before continuing.
7) Think back to early childhood. What were your favorite things to do as a toddler? Are these things that you might still enjoy doing? If so, can you carve some time out in the next week to do some of them?

8) When do you/ have you felt the most safe and secure in your life? What was going on at that time? How might you incorporate those feelings of safety (or things you were doing that made you feel safe) back into your life?
Root Chakra Balancing Exercises

1) Listen to the grounding meditation daily for at least one week.

2) Do at least one thing on of your lists each day (grounding, safety, childhood).

3) Take yourself on a date or buy something nice for yourself as a symbol of your belief in yourself.

4) Write your inner child a letter. Tell her everything she needed so desperately to hear when she was a toddler. Read this letter to her and ask her what she needs. Make sure to give it to her. Repeat this process for your early 30s self and early 60s self, if applicable.

5) Write an empowering story about your childhood from a third party perspective. Tell your inner child how amazing she is for all she went through, how much you admire her strength, courage, etc. Praise her in this letter. Repeat this process for your early 30s self and early 60s self, if applicable.

6) Find a symbol that represents your root chakra (it might be a stone, a scent, a childhood toy, etc). Put it on your altar as a tribute to everything you went through as a child and the woman you are today.

If there is any release work that needs to be done, please do so.
7) Write 3-5 (or more) affirmations that help you feel safe, grounded, and centered (or anything else that came up for you through this process). Refine them over the course of the next week and then say them daily for the duration of our two month chakra healing work.

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