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Grounding Your Root Chakra and Choosing to Be Here Now

Having been part of various healing communities over the years, and reading about many others, I've seen how easy it is to focus on the higher chakras when pursuing growth and enlightenment. There's a sense of being "above" life, processing it all from a "higher" perspective.

I've certainly done this myself! When you're "above" it all, you don't feel your feelings as much. You're less engaged with the messiness of life. It's easier to feel good about yourself and your decisions, because you're somewhat removed from the impact. Your emotions are leveled-out and you feel more at peace.

The problem is that this takes you out of your body. Your body is a gift to you. It's the seat of your emotions, and of your power. When power isn't grounded into the body in a healthy way, it's easy to abuse that power. The mind can justify a great deal. The heart and the body know better. We're seeing the effects of ungrounded power in many parts of society and government now.

When you're not in your body and are disconnected from your emotions, you can't be authentic. Sincere, yes, but not truly authentic. You're not available to others for deep connection because that requires emotional connection. It's messy, it's up and down, and it's real. It's also the way you build true connection with yourself.

Everything we've done this year has been moving us toward being more in our bodies and more grounded. The more we can love and accept our shame, vulnerability, worthiness, etc., the more easily we can be with ourselves and in our full power. **This month, we're going to focus specifically on grounding into our roots.**

The root chakra connects us with the Earth, this lifetime and our communities. Traditionally, "community" has been based on tribal connections and family groups. In meditating with my root chakra energy recently, I was given the understanding that **as a collective, we're moving from traditional tribal connections to understanding and experiencing that we truly are all one.** We're unplugging from connecting with groups and tribes, and plugging into our connection with the whole, with All That Is.

Tribal belonging required us to look, sound and believe alike. It's how we knew who was with us and who was against us. The more we unplug from the old concepts of "us" and "them" and plug into "we", the more freedom we have. We don't have to prove our belonging to ourselves or anyone else. Our connection to everyone else is a given, and is even backed by scientific data. **Plugging into belonging to humanity as a whole gives us great freedom for self-expression**, and that's exciting!!

This month, we'll do a clearing process to consciously unplug from some of the old patterns and systems, and consciously plug into the vast and divine Source of All, and into our own unique selves.

To bring conscious awareness to this process, explore the questions below.

What do you notice when you put your attention on your root chakra (the area at the base of your torso)?

What do you notice when you imagine being connected through your root and your feet into the Earth? How deep can you *feel* the connection going?

What do you notice when you sit with the question, "Is any part of me resisting being in this life or in this body?"

What would you do differently if you knew in your bones that you belong, and that you can't ever **not** belong, no matter what you do or say? What if you knew that you'll never, ever be abandoned or kicked out?

What would you choose to plug into to be your source of power, creativity and belonging?
