

# Magical Mothering Method

## Root Chakra Initiation

Month 1: Finding the Roots

Week 1: Root Chakra Initiation and Ritual

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# Finding our Roots

You have roots that are built upon belief systems, conditioning, experiences, thoughts, and memories. Each of these aspects plays a role in what you are or are not willing to create or accept in your life.

For example:

- Attracting people who do not honor your boundaries and then feeling used or discouraged is based upon the conditioning received as a child.
- Feeling guilt when something out of your control has “disappointed” someone else, rather than taking responsibility for what is within your control.
- Being triggered by a social media post to the point that it affects your mental health

These are just a few examples of how our roots create the world we live in. When we are living in a world that has been created by our upbringing, childhood conditioning, we often have fear, doubt, lack, unworthiness, guilt, shame, and issues in our relationships as a result.

Throughout the next 13 months we will be uncovering the conditioning that was programmed into your life. Using the Magical Mothering Method we will use tools, resources, and spiritual guidance to reprogram your roots so they serve you and your life purpose.

## Root Chakra and Emotions connection

Our root chakra is not just connected to our emotional body but also to our ability to feel safe. This will directly correlate with our ability to create intimacy in our relationships and be vulnerable with others. The root chakra is where our trauma, hurts, regret, anger, and inner children reside. There is often so much entanglement in the root chakra that is buried deeply in this space that it affects every other chakra. When the root chakra is closed or

injured, there is a feeling of being lost, buried or invisible. Through the process of the next 13 months we will be excavating the experiences of your life to reveal the treasures that are also hidden in the depths.

What does a closed, blocked or injured chakra mean? When trauma occurs depending on how it is integrated the chakra can be injured in the sense that you dissociate from your body. This can happen through a variety of experiences and is not talked about in many spiritual circles. As a psychology major and having a partner that had dissociative identity disorder (multiple personalities) I find that many people who have experienced trauma in their lives often end up dissociating as adults. This dissociation ends up being a coping skill to survive, yet no longer is serving you as an adult. Through plant potions, crystals, and the reprogramming in this method, we will reconnect the root chakra back to your higher self. This process can be correlated to a quest, in the fact that you will face some monsters, climb into heights unknown, and find treasures you never knew possible.

## Root Chakra

Sanskrit name: Muladhara

Location in the body: Tail bone and legs, allowing us to touch the surface of the Earth

Color: Red

Symptoms of Closed, blocked or injured chakra: feeling lost, unfocused, depression, deep sadness or grief, fear, living in flight, fight or freeze, feeling unsafe, feeling abandoned, dissociating, sluggish, anxiety, panic attacks, worry, nightmares, emotionally disconnected, rage/anger.

Stones: Tourmaline, Jasper, Garnet, Ruby, smoky quartz, bloodstone, obsidian, hematite

Foods: **Root** vegetables like carrots, potatoes, parsnips, radishes, beets, onions, garlic. Also red foods such as apples and bell peppers.

## Root Chakra Initiation

Through the guided meditation you will activate and balance your root chakra. This guided healing can happen as often as you feel it is needed.

## Root Chakra Ritual

Take notice of the color red and/or roots this week. This is a powerful visual cue to integrate the healing of the root chakra. As your mind, body and spirit come into alignment through this process you will begin to use your intuition and activate your awareness to the spiritual cues around you.

I have a Root Chakra Plant Potion available in the Magical Mothering Shop that will help you create integration more quickly and fully. Please visit [www.magicalmothering.com/shop](http://www.magicalmothering.com/shop) to order yours today.

I also have Black Tourmaline and Raw Garnet available in the Magical Mothering Shop if you want to work with stones to activate and integrate the healing process.