

Magical Mothering Method

Earth Chakra Initiation

Month 8: Earth Chakra

Week 29: Initiating and Activating the Earth Chakra

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Get OUTSIDE!

This is a vital session to do outside. Actually the next 4 sessions will be most beneficial done outside.

Earth Chakra

Earth Star Chakra

Location in the body: 12 inches below the body in the Earth

Color: Brown, Tan, Yellow

Symptoms of Closed, blocked or injured chakra: Disconnected from body, pain symptoms, addictions to food, drugs, alcohol. Feeling lightheaded, floating in your body, dissociating from your body, or feeling ungrounded.

Stones: Clear Quartz for connecting to Heart of Gia. But All stones hold Earth Star chakra Energy (except meteorites)

Foods: Eating a diet that is filled with foods that are directly from the Earth is going to be a vital component to healing and regenerating your connection to the Earth. Creating a meal plan with foods that are the same as they grew on the trees or in the garden are important aspects. Eating raw foods is also an important aspect to regain connection to Gia. Eating foods that are alive and from as close to the source as possible. There is an aspect of eating seasonal foods as well. Eating what naturally is growing at that time of year is also an important aspect to know.

Activating the Earth Star Chakra

Through this powerful activation we will grow light roots from our heart. Down through our root chakra and wrap them around the Crystal heart of the Earth. Then we will grow a solid trunk and branches to reach out to the celestial bodies. Try to see the stars in your minds eye without having to name them. Each celestial body that your branches attach to will help in the Celestial Chakra activation!

Initiating the Earth Chakra

As you put into practice having the light roots connected to the Heart of Gia, know that you can recreate this anytime. If you are feeling anxious or like you are being pulled into the future, you can re-ground yourself by growing light roots at any time. As you connect to the Earth chakra be sure that your Root chakra is well balanced. That you feel safe, is an important component to connecting to Gia.

If you feel disconnected from the Earth or ungrounded, booking a personal session or attending the in person Retreats will be a vital component to healing the Earth chakra. If you are interested in a Plant Potion from Magical Mothering, please visit <https://magicalmothering.com/shop>