

Magical Mothering Method

Earth Chakra Initiation

Month 8: Earth Chakra

Week 30: Earth Chakra Healing

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Finding the Disconnect

Doing this specific video having your feet firmly on the earth, not on cement or floor, but on the earth. Going into last weeks video and growing roots first to do this healing is going to be most beneficial.

Where did a separation happen from your physical body?

Where did the disconnection from our Earth Body occur?

What does the Earth give to you?

What is your bodies response to mud, sand, being dirty, being covered in Earth?

What emotional reactions come forward?

What kind of physical sensations do you receive from walking around on the Earth?

Do you feel heavy in your body right now? Do you feel light?

Does your physical body give you joy?

Does your physical body feel like a true representation of your soul self?

Move your body around, feel where there is memories trapped. Feel where you have the past holding you down or in the past. Hold your hand physically on this part of your body. Get very much in your body. Feel the muscles under the skin, feel the hardness or softness of the body. Get very connected to your body.

How old was I when I implanted this memory or trauma?

What was the experience that caused this trauma?

Is it time to release this trauma?

Gather up all of that memory with black tourmaline or obsidian to hold it physically in your hands. What lessons have you learned from this experience?

Honor the experience and honor your body for holding onto this experience until you were ready to fully learn from this experience.

Now bury this experience in the Earth so it can be transmuted.

Now go back into that space on your body. You may have to do this with many different parts of your body. If you are having pain responses in multiple areas.

Thank the Earth for taking this experience and transmuting it for you.

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>