

Magical Mothering Method

Earth Chakra Reprogramming

Month 8: Earth Chakra

Week 30: Earth Chakra Reprogramming

Copyright 2020

Written and Created by Stephanie Mathews

www.magicalmothering.com

Transferring Energy With and Through Plants

When we start working with the plant world, trees will be one of the first ones that we share our energy with. Trees have strong, deep roots that allow for us to feel the connection with the Earth more so than by just sitting on the Earth.

Exercise:

With your back to a tree, imagine that your body connects to the trunk of the tree. Imagine the roots of the tree going into the Earth and that you are being grounded through the tree. You can push any “negative” emotions into the tree from your back and watch the emotions leave your body, go into the trunk of the tree, down through the roots and into the Earth. Where the Earth then takes those emotions and transmutes them. Equalizing or neutralizing the emotions so they do not keep taking root in your body.

Exercise:

Standing with your feet on the Earth, barefoot, place your hands on the trunk of the tree and physically push your energy, emotions and force, into the tree. Feel the pressure of the trunk against your hands. Feel the texture of the bark. Take notice of the hardness, softness, warmth, cold, that you are experiencing through your hands. Push all of your emotions and life force into the tree. Allowing the tree to take all that is no longer serving you. Allowing the tree to bring it deep into the Earth where it will feed it into the Earth and she can transmute, shift, those emotions into Neutrality. When you feel as though you have pushed everything you have into the tree, ask the tree for its vitality,

energy and emotions. You will have a very grounded and rooted experience. You may even have the gift of being able to see through the eyes of the tree. Seeing experiences from 50-100 years ago that this tree has witnessed. Allowing you to learn from this trees older history without any opinion or judgement. This is a very profound experience when you begin to learn history from the eyes of a non judgmental source. There is no reason to sway you in any direction just to give you a scene of what has occurred in this places prior to this moment.

Elemental Beings

There are four main types of Elemental beings. One for each element. Earth, Air, Fire, and Water. These elementals have an interaction with us as humans, yet do not often interact with each other as they would “put each other out” so to say.

Earth: Gnomes

Air: Sylphs are the Air Elementals. Fairies are often known as air beings, yet they are connected to different plants, rocks, even fire. There are many types of fairies, yet they are all associated with the air.

Fire: Salamander is the fire lizard. There are also dragons, phoenix birds, and fire fairies

Water: Undine or nymph, is a water elemental being. These are mermaids, sirens, and water monsters.

There are also elementals for ice, clouds, lightening, but these can also be included in the basic 4 elements.

When working with the elementals there is a great desire to learn how to listen to their words or guidance. I have found that working with oracle decks of those elementals helped me hear them better in my own life. My son works with the dragon oracle deck, while my daughter works with the fairies. My own gnome, on my spiritual team, helps me learn how to work with the plant world. I also have a phoenix on my team that burns away any blocks or struggles. This also keeps dark beings or elementals from side railing my souls purpose.

If you would like to learn more about your own spirit team my friend Crista Marie Miller is an incredible resource to get a personal session on who is on your team. You can book a session at cristamariemiller.com

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>