

Venus Alchemy Morning Star

Root/1st Chakra

The Life Force / Life Center of the Goddess
with Cayelin K Castell and Tami Brunk



Entering The Root Chakra Gate





Inanna removes her royal robe, her Garment of Ladyship, stripping her of all the ways she has ever misused, or not appropriately engaged, her life force and earthly power.

The Root Chakra (Muladhara) Sanskrit for “**root**” or “**support**”) sits at the base of the Spine and connects to the Earth.

The Root Chakra governs our most basic survival needs, including a sense of belonging, (family, community or some other group).

When healthy the energy here moves freely, with a feeling of security, safety, confidence, and knowing our needs are already fulfilled.



Imbalanced Root Chakra

- Anxious, Fearful, Worried
- Superstitious
- Overly Controlling
- Never Feeling Safe
- Never Being Able To Get Ahead
- Never Having Enough Money Etc.
- Insufficient Drive To Achieve Goals
- Over Or Under Weight, Knee Problems
- Varicose Veins, Hemorrhoids,
- Issues With Hips, Legs, Sexual Organs, Bones, Skeletal Structure, Sciatica, Scoliosis, Lower Back Pain
- Mental / Emotional Issues, Depression
- When Ungrounded Spatial Navigation Can Be Impaired



Over-active Root Chakra:

Aggressive Behavior

Irritability and Impatience

Cannot sit still or focus

Fixated on Self

Sex Addiction

Lashing Out, Hurting Self and Others

Under-active Root Chakra:

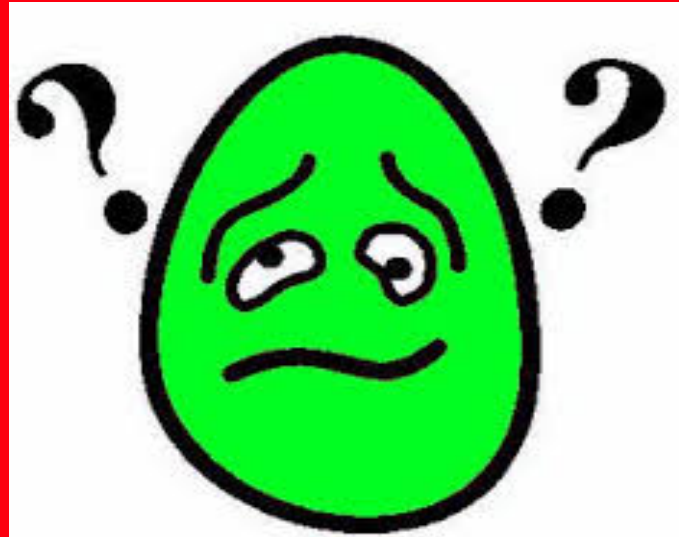
Inactive, Lazy, Depressed

Impractical, Inefficient

Seemingly insurmountable obstacles

Things do not get done in a timely manner

Frigidity for women and impotence for men

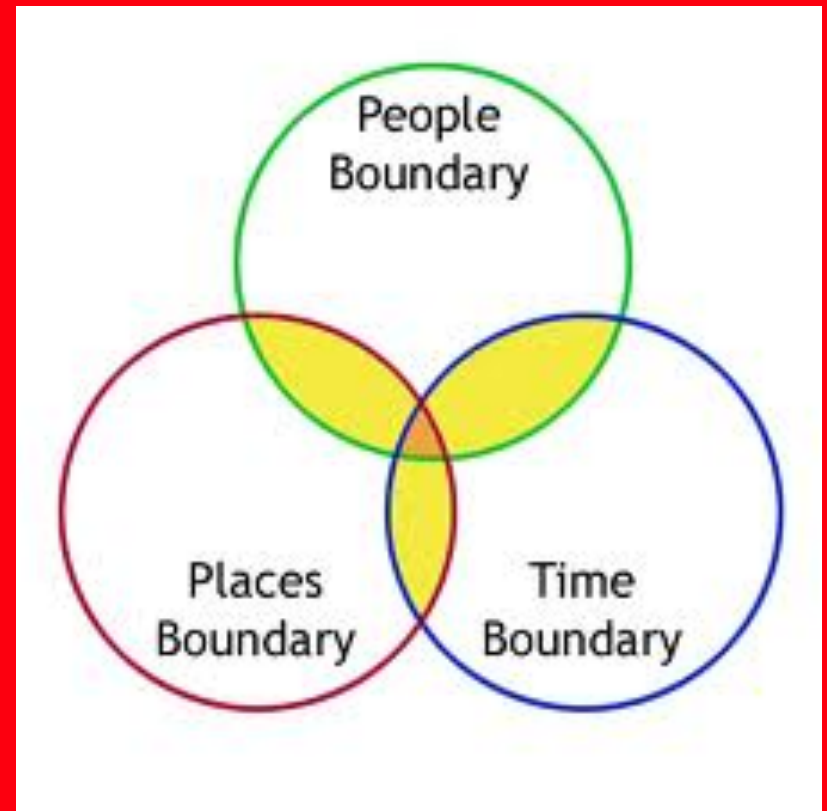


Indecision is a Decision



Balanced Root Chakra

- Grounded, Stable
- Feeling Safe and Secure
- Healthy Boundaries
- Thriving Healthy Family
- Vibrant Physical Health
- Healthy Sexuality
- Practical and Organized
- Confident about your place in World
- Connected to Nature and the Earth
- Prosperity flows easily without attachment



Ways to Balance this Chakra:

Chant the Mantra - Lam

Heal the Adrenals, Physical Activity

Healthy Sexual Activity



Gems/Minerals:

The Ruby "plugs" holes in the energy field and stimulates a healthy survival instinct. It also strengthens the physical and emotional heart, bringing love, confidence, loyalty, and courage.



Other Root Chakra Stones are: Garnet, Bloodstone, Red Agate, Tiger's Eye, Hematite, Onyx, Smoky Quartz, Black Obsidian

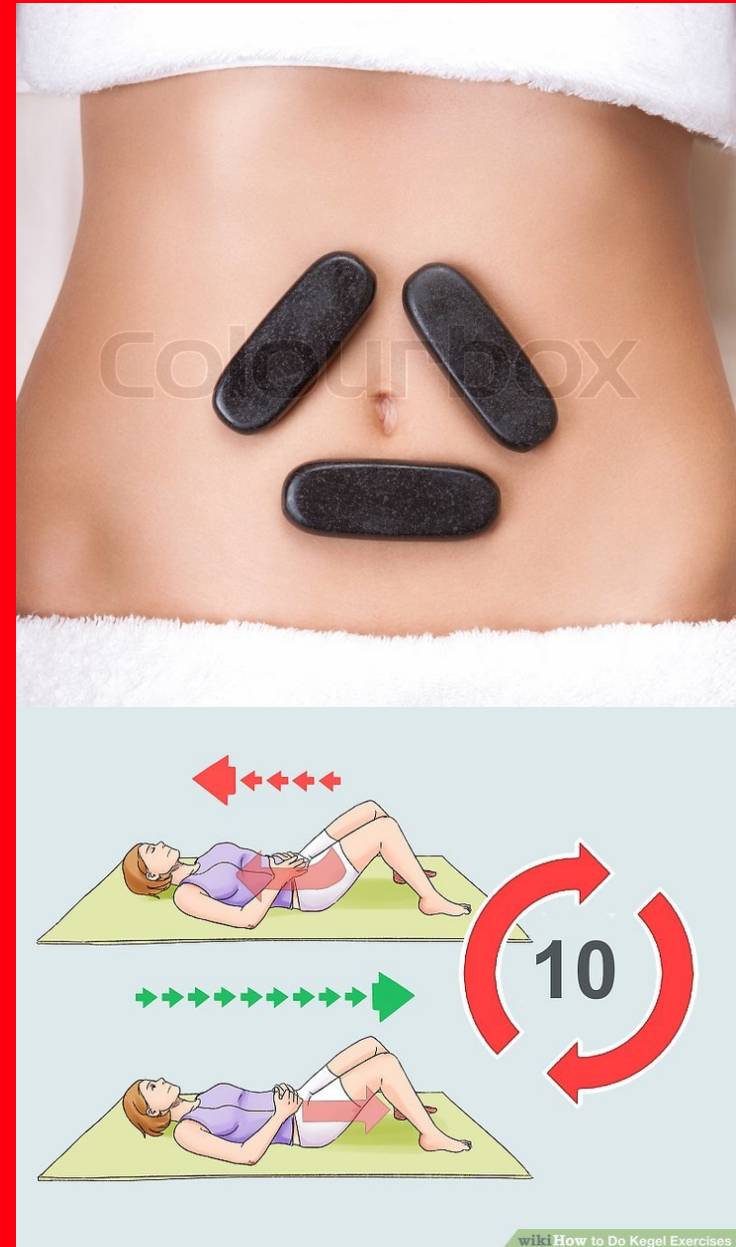
Herbs and Essential Oils: Cedarwood, Patchouli, Myrrh, Frankincense, Spikenard, Vetiver, Raspberry Leaf, Cinnamon, Cloves, Ginseng, Bloodroot, Curry, Cumin



Spikenard

Grounding Exercises

- Lie belly down on the ground (like a snake)
 - Or lie on your back with a flat rock on your belly
 - Put your bare feet on the Earth (a practice called Earthing)
 - African or some other tribal form of dance that includes drumming.
 - **Kegels:** contracting the Pelvic Floor strengthens the Pubococcygeous Muscle (or PC muscle) between the anus and genitals
- At each inhalation, contract these muscles inward, at each exhalation, relax. Do this for a few minutes. This can be done while sitting, standing or walking and no one will know you are doing it.



Sex and the Root Chakra: Men

Men's sexual organs are located primarily in his first chakra, so male sexual energy is usually experienced mainly as physical. A women's sexual organs are located primarily in her second chakra, so female sexual energy is usually experienced as emotional. ~Kellie Jo Conn, [The Seven Major Chakras](#)



For men (or any transmutation of masculine energy) especially, awakening the root provides the opportunity to exchange fearful and dominant, or aggressive programming, for extreme, ecstatic, full-bodied, multiple cycle, spiritually expansive climaxes in a sensual setting. ~[Root Chakra Awakening](#)

Anal massage and other healing practices are powerful tools to awaken the root chakra, for both men and women, but especially for men.

Sex and the 1st/Root Chakra: Wo/men

Nitric Oxide is the “spark of life” made inside your body and is considered the “mother of all feel good” molecules. The more you have, the healthier and happier you are, the stronger your immune system and it helps prevent chronic degenerative disease. It is a bridge between body and mind and can trigger profound spiritual experiences.



Ways to boost Nitric Oxide

- Healthy Lifestyle including: sleep, diet, exercise, positive perspective on self and life
- Reduce stress (let go of too much doing)
- Forgiveness of self and others
- All kinds of healthy Pleasure and Intimacy Including Sexual Pleasure

The Root Chakra

Healthy Boundaries and Protection

Territory is natural for animals, in the human community boundaries and territories are also essential – they are the basis as well for struggle when boundaries are too rigid or there is a power imbalance

Begins with Self Worth – I believe I have a right to have boundaries

Energetic Boundaries - daily practices of protection including surrounding self with a blue light, calling on Archangel Michael or other protective force, wearing protective crystals etc...

Making a Declaration to the Universe: This is what I will allow in and what I will keep out.



The Root Chakra

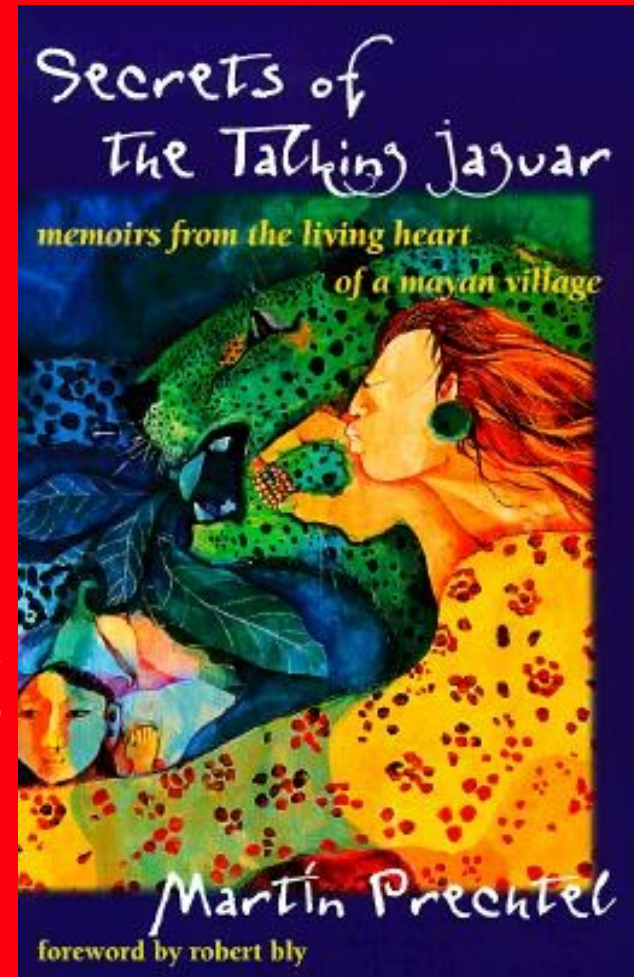
Cultural Orphans Finding Our Tribe and Indigenous Soul

Every human being alive today, modern or tribal, primal or over-domesticated, has a soul that is original, natural, and above all indigenous in one way or another.

And like all indigenous peoples today, that indigenous soul of the modern person has either been banished to some far reaches of the dream world or is under direct attack by the modern mind.

~Martin Prechtel Secrets of the Talking Jaguar

**As modern people we are cultural orphans,
seeking our true roots, finding our tribe...**

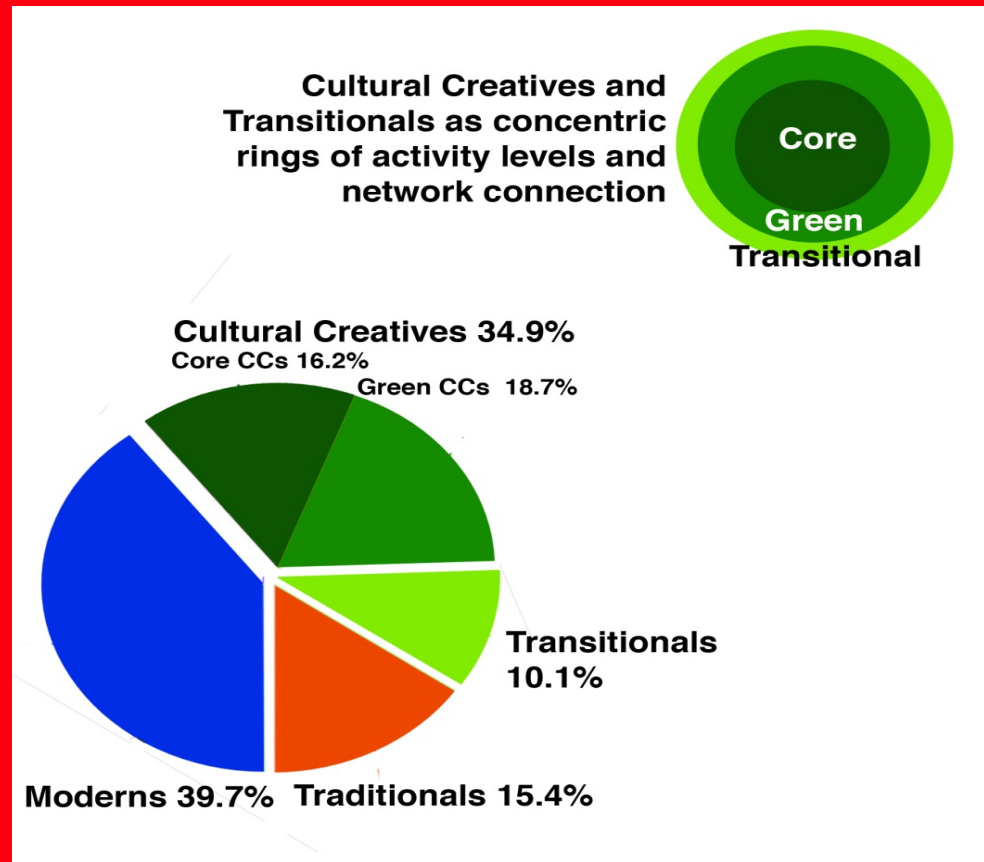


The Cultural Creatives Tribe

The Cultural Creatives care deeply about Root Chakra Issues including ecology, saving the planet, peace, social justice, relationships, and authenticity, self actualization, spirituality and self-expression.

Contrary to media stereotypes Cultural Creatives are both inner-directed and socially concerned.

However, because they've been so invisible in American life, Cultural Creatives are astonished to find out how many share both their values and their way of life.

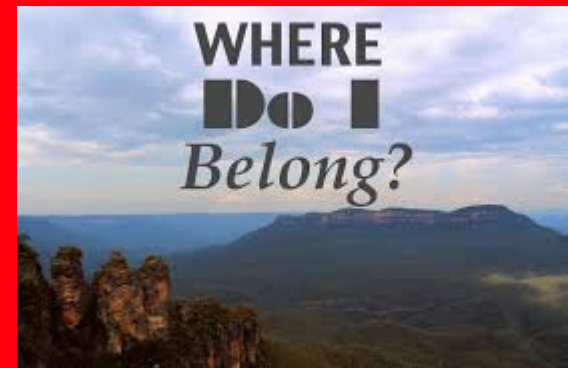


Once they realize their numbers, their impact on American life promises to be enormous, shaping a new agenda for the twenty-first century.

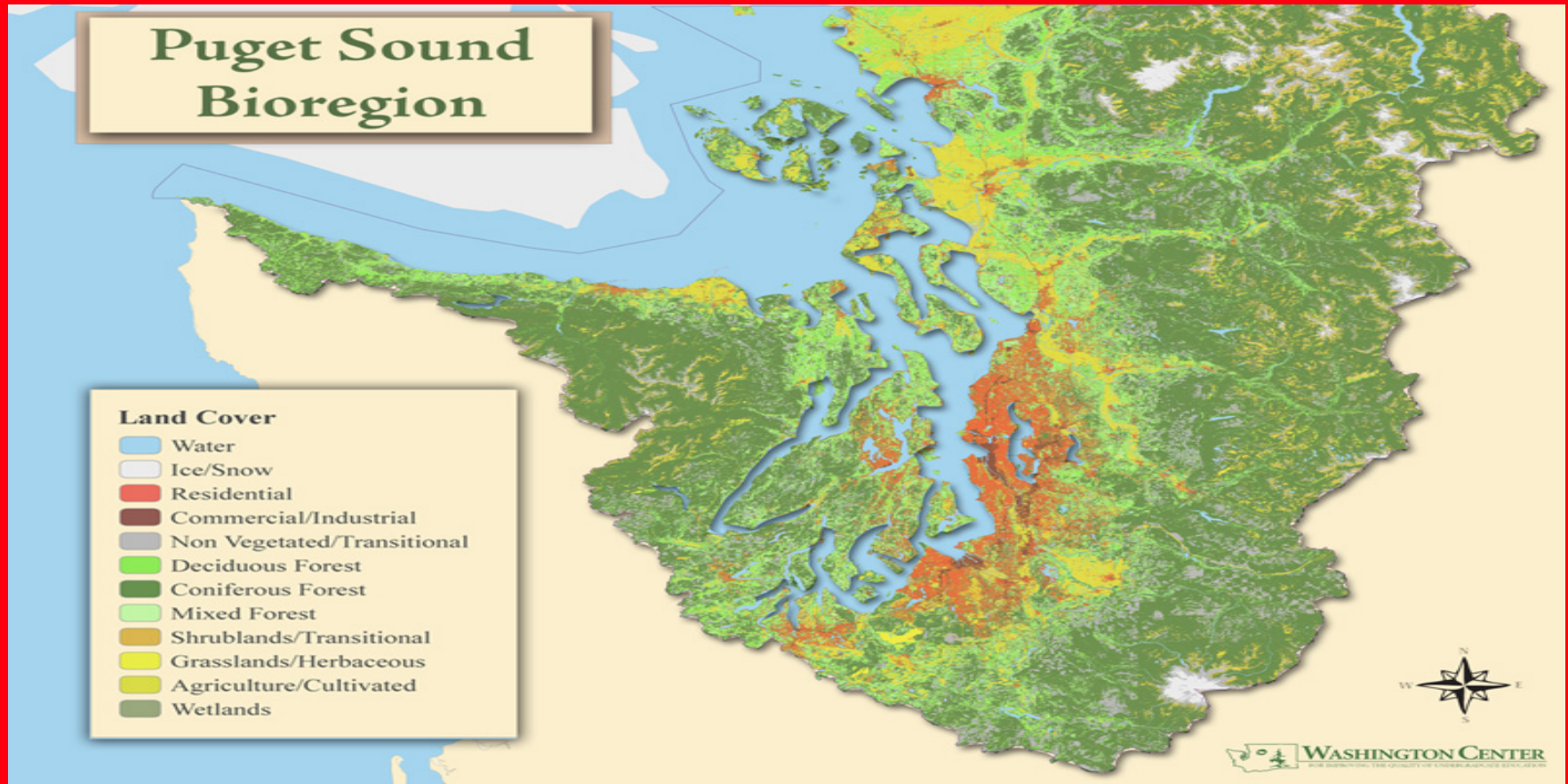
At Home On Earth

Relationship to the Land-based Community

How do I connect with the ancestors and wisdom of the land, including the more-than-human community? What does it mean to belong? How do I develop strong roots to place?



Explore Your Home Place as a Bioregion



What is a Bioregion?

Bioregion: A life region. A geographic area with rough boundaries determined by non-human, rather than human, features. Bioregions are distinct from one another by characteristic flora, fauna, water, climate, rocks, soils, land forms, and the human settlements and cultures to which these features gave rise. ~**David Haenke**

Questions for the Root Chakra

In what areas of your life do you NOT feel safe?

Do you trust that life supports you, that you are supported al-ways?

In what areas do you feel there is not enough?

Do you trust yourself to make supportive, healthy decisions?

In what areas do you feel you have no control or choice?

Where are you NOT experiencing healthy boundaries?

Do you make decisions easily?



Creating Healthy
Boundaries

Attracts healthy
people into your life !



Home Play

Daily Energetic Boundary Setting

Begin and end each day establishing energetic protection, by using protective blue light, calling in protective spiritual allies (guardian angels, animal protectors) etc. Make sure there is openness for the new, good, supportive energy to flow.

Craft your Declaration to the Universe

Write and then post your declaration to the Universe in a place where you will see it often. Best to state what you DO want rather than declaring what you don't want. Know this declaration can be revised at anytime.

Setting boundaries
is a way of
caring for myself.

It doesn't make me
mean, selfish or uncaring
because I don't
do things your way

knowmyworth.com

I care about me too.

The Root Chakra

Cleansing and Protection Practices

Wear Black Tourmaline

Worn as earrings or necklace, Black Tourmaline Cleanses, Purifies, and Transforms dense or negative energy into high vibrational energy. It is a powerful stone for Empaths.



Dragon's Blood, Copal, and Salt Water

Smudging with Sage, Cedar, Palo Santo or Sweetgrass cleanses and raises the vibration of our bodies and homes.

When dealing with extreme dense, heavy energies; **Dragons Blood, Copal, and Salt Water** cleanses and clears more deeply and effectively.



More Homeplay

Daily Grounding

Begin and end each day sending a root or grounding cord to the center of the Earth.

Practice daily “earthing” exercise - walk barefoot on the Earth or lie on the ground, hug a tree, etc.

If weather is not supportive, put your feet on a rock, rose quartz, crystals or some other stone from the Earth. Place a flat rock or crystal on your belly notice the nurturing, calming, stabilizing effect!



Health Benefits of Walking Barefoot

- * Connect to Nature
- * Decreases emotional upset and anxiety
- * Absorb free energy from the Earth
- * Pushes off the body's dirty electricity absorbed from electronics
- * Strengthens and stretches the muscles, tendons, and ligaments in your feet, ankles, and calves
- * Provides free reflexology and toe stretching
- * Improves Circadian rhythms
- * Delivers all the benefits of Grounding and Earthing

David Avocado Wolfe

Find out more of the health benefits of Earthing by Googling **Earthing**

Additional Resources

The Cultural Creatives: How 50 Million People are Changing the World.

By Paul H. Ray and Sherrie Ruth Anderson

Cultural Creatives Update Article

The Secret Pleasures of Menopause by Dr. Christian Northrupp

The Earthing Institute: <http://earthinginstitute.net/>

The Intuition Handbook: How to Safely and Wisely Use your 6th Sense

by Cyndi Dale

Positive Energy Practices: How to Attract Uplifting People and Combat Energy Vampires by Judith Orloff Audio.

More About Bioregionalism and How to Be a Bioregionalist