

1st Chakra 7th Gate

The Life Force/Life Center of the Goddess
Releasing Blocks to Healthy Life Force Energy
with Cayelin K Castell and Sheridan Semple



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 used, her life force and earthly power in a healthy way.



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 that 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:

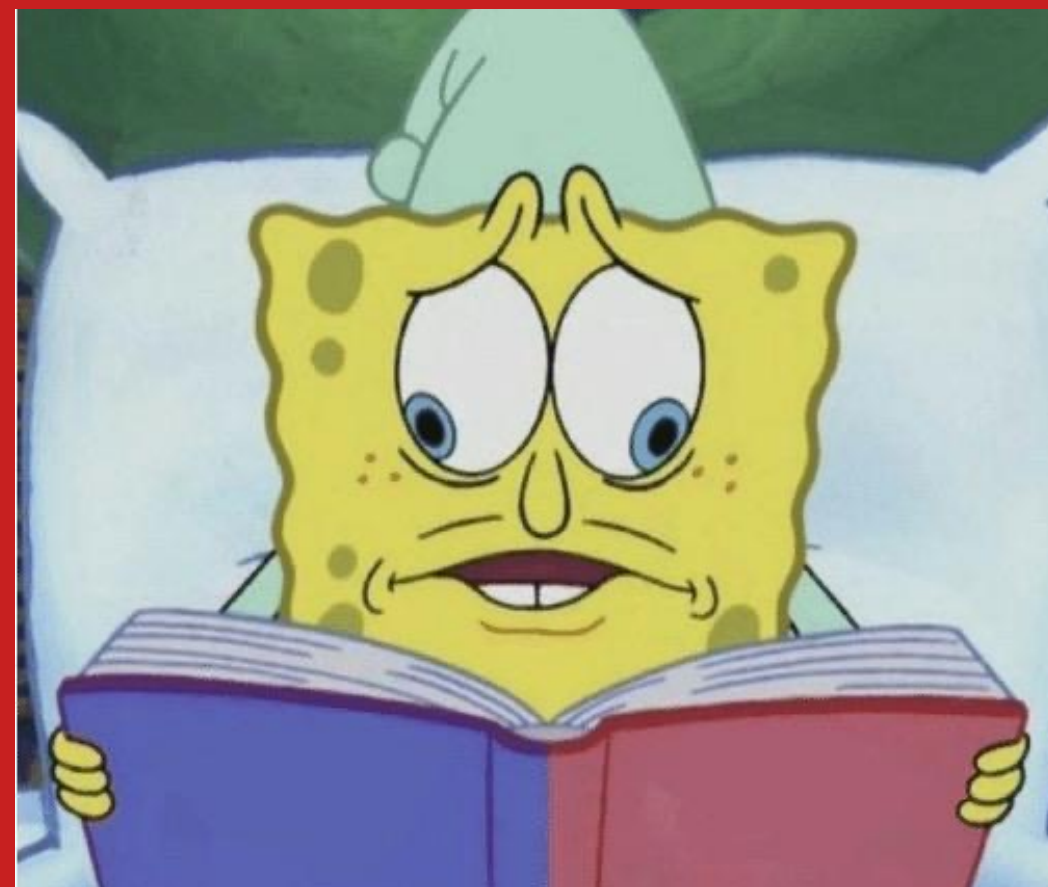
Inactive, Lazy, Depressed

Impractical, Inefficient

Seemingly insurmountable obstacles

Things do not get done in a timely manner

Frigidity for women and impotence for men

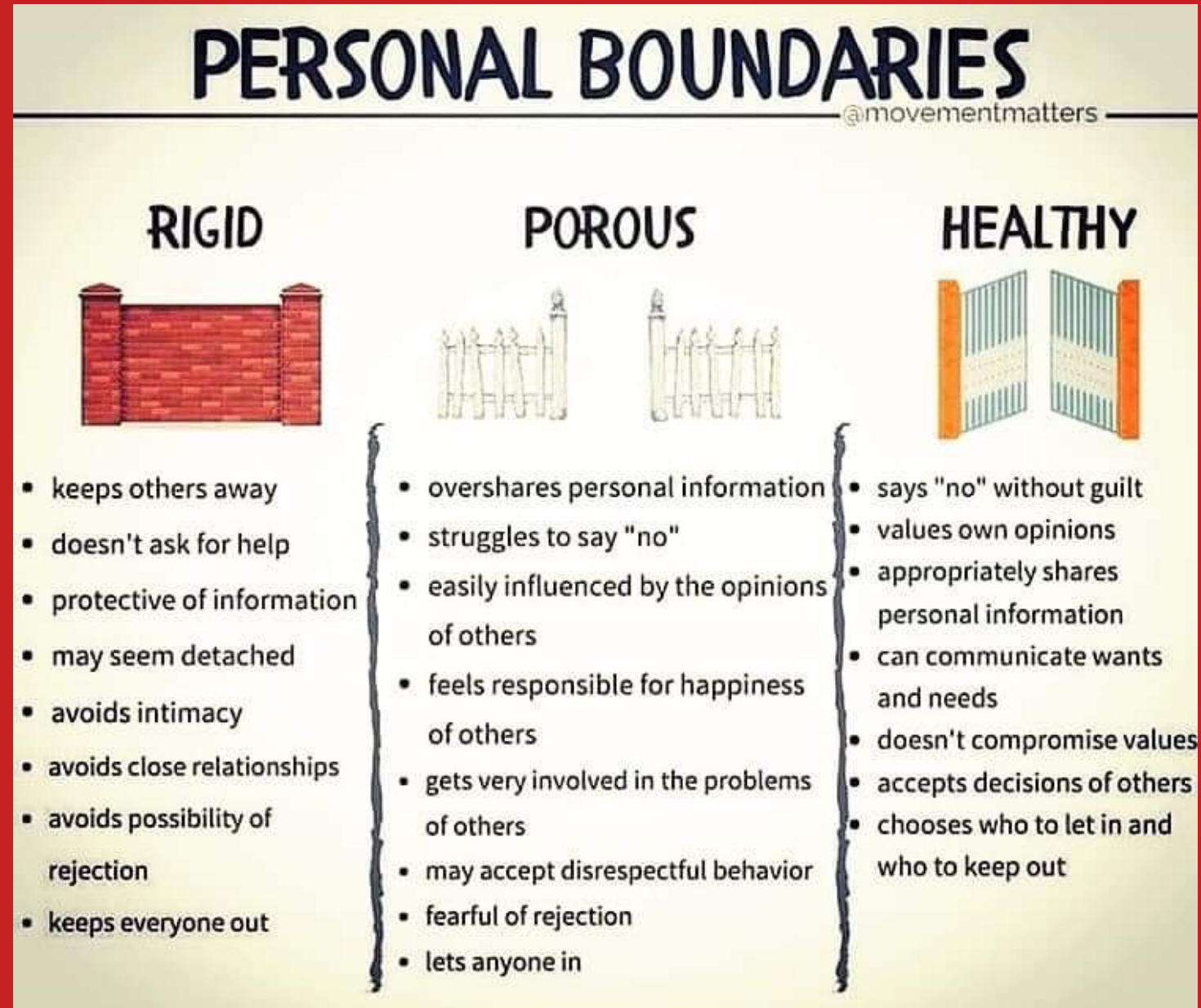


Indecision is a Decision



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:

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:

Garnet, Bloodstone, Red Agate, Hematite, Tiger's Eye, Onyx, Smoky Quartz.



Red Agate

A Stone of Protection

Shields the wearer from negative energies and releases anxiety

Calming

Attracts Health and Prosperity





Herbs and Essential Oils for the Root Chakra:

Vetiver, Spikenard (also for Crown chakra) Patchouli,
Black Cumin, Trees — Cedarwoods, Pines, Spruces, Firs
— Cinnamon Bark, Clove, Raspberry Oil or Leaf,
Ginseng, Ginger and All Seeds

The Root Chakra

Healthy Boundaries and Protection

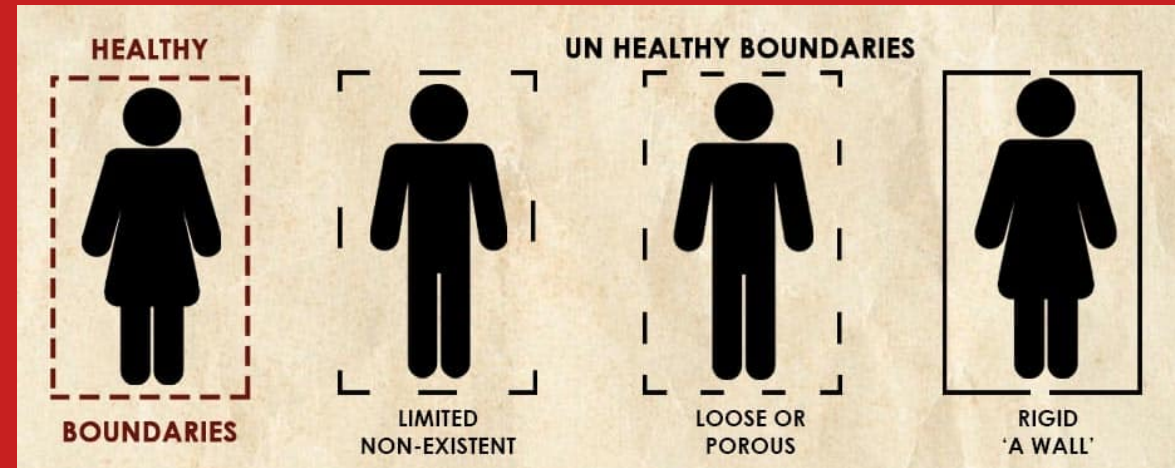
Territory is natural for animals, in the human community boundaries and territories are also essential – they are also the basis for struggle when boundaries are too rigid or there is a power imbalance

Begin with Self Worth and believing you have a right to have boundaries

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

Making a Declaration to the Universe:

This is what I will allow in and what I will keep out.



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 chakra 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**](#)

The above link describes **anal massage and other healing practices** as a powerful tool to awaken the root chakra, especially for men.



Sex and the Root Chakra: Wo/men

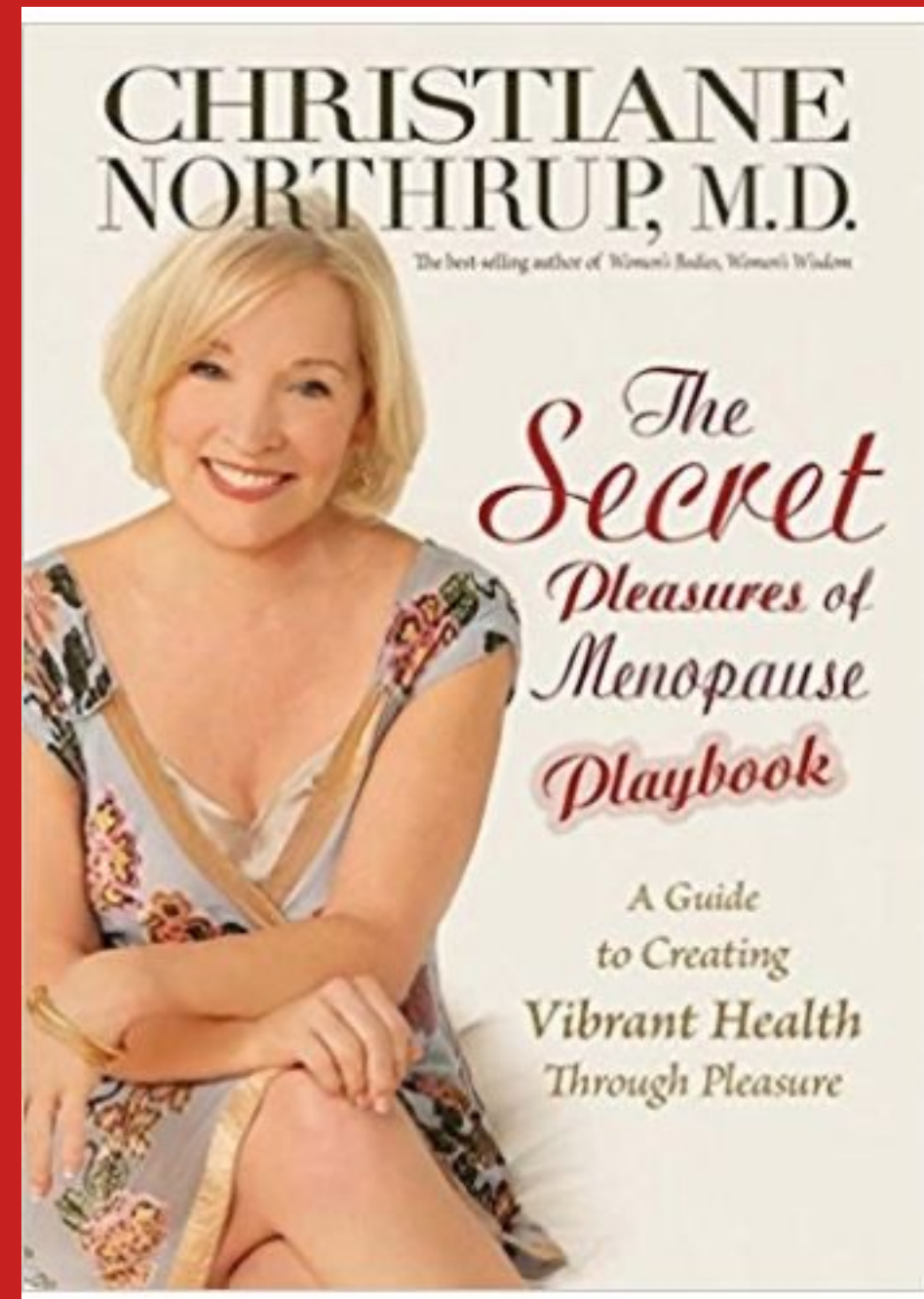
Nitric Oxide is the “spark of life” made inside your body and is considered the “mother of all feel good” molecules.

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
- Humming, Chanting, Drumming, Shaking, Dancing
- Reduce stress (let go of too much doing)
- Forgiveness of self and others
- All kinds of healthy Pleasure and Intimacy Including Sexual Pleasure



6 Natural Ways to Boost Nitric Oxide (NO) Production

SUN EXPOSURE

NATURAL SUNLIGHT NOT ONLY BOOSTS VIT-D, BUT HELPS BOOST NO TOO!

EXERCISE

ALL KINDS OF EXERCISE (FROM WALKING TO LIFTING WEIGHTS) HAS BEEN SHOWN TO BOOST NO LEVELS

NITRATE-RICH FOODS

SPINACH, BEETS, CELERY, COLLARD GREENS AND CARROTS JUST TO NAME A FEW!

OMEGA-3'S

OMEGA-3'S ARE ANTI-INFLAMMATORY AND INCREASE BLOOD FLOW AND NO LEVELS!

LOW LEVEL LASER THERAPY

STUDIES SHOW THAT LOW LEVEL LASER THERAPY HELPS BOOST MITOCHONDRIA AND NO PRODUCTION!

NASAL BREATHING

STUDIES SHOW THAT DEEP INHALATIONS THROUGH YOUR NOSE CAN INCREASE NO PRODUCTION



Benefits of Increasing Nitric Oxide

Increases Energy Production and has anti-aging effects

Increases Blood Flow to Vital Organs

Boosts exercise and sexual performance

Enhances Memory and Cognitive Function

Lowers Blood Pressure and LDL Cholesterol

Reverses Arterial Plaque Formation

Omega-3 Essential Fatty Acids

Helps balance our hormones, reduces inflammation, regulates blood sugar, helps prevent blood clotting, and supports healthy resilient cells



Brene Brown is a research professor at the University of Houston where she has been researching courage, vulnerability, shame, and empathy.

She is the author of five #1 New York Times Best Selling Books:

The Gifts of Imperfection

Daring Greatly

Rising Strong

Braving the Wilderness

Dare to Lead

Her TED talk – [The Power of Vulnerability](#) – has over 64 million views.

She is the first person to have a filmed talk on Netflix from April 19, 2019 titled *The Call to Courage*.



Root Chakra Insights on Being Vulnerable and Belonging Versus Fitting In from Brene Brown

Vulnerability and Trust are the keys to wholehearted living and belonging.

Start with either or both as they build on one another.

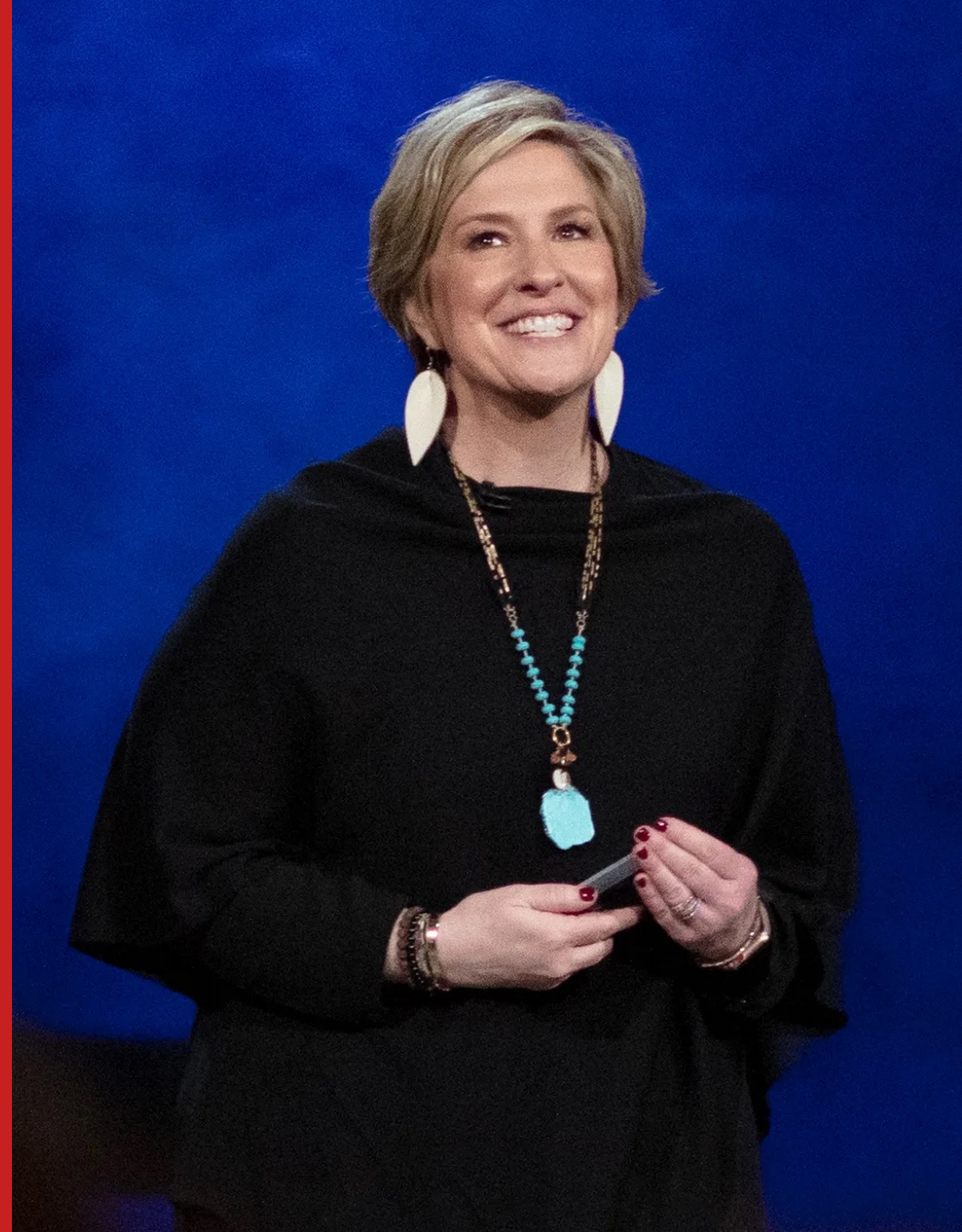
Vulnerability is uncertainty, risk and emotional exposure.

It is not about winning or losing but having the courage to show up when you can't control the outcome.

Researchers measure how brave you are by how vulnerable you are willing to be.

Don't take criticism from people who are NOT being brave with their lives.

The opposite of belonging is fitting in.



Root Chakra Insights on Fitting in Versus Belonging from Brene Brown

Fitting in is assessing and acclimating to fit in - what to wear, how to appear, what to say, conforming in some way.

Fitting in is perhaps needed in some contexts, school, work, certain social situations etc. unless we are saying things (like gossiping) that are untrue for us creating the possibility of feeling guilt.

Fitting in is the greatest Barrier to Belonging.

True belonging doesn't require you to change who you are - it requires you to be who you are - both vulnerable and brave.

What Interests You? Hang out with people who share your interests.

What Brings You Joy? Find time to do those things.



Brene Brown

Insights on Fitting in Versus Belonging

from Brene Brown

Make a list of all the things you do to fit in that feel bad, unfulfilling, less than who you really are.

Who would you look like, sound like, be like if you weren't fitting in?

What action could you take to let at least one of these fitting in things go or change it somehow?

How would your life be? What would your days look like?
Who would you be spending time with?

Choose to live life defined by YOU and your expectations – not trying to fit into others expectations.

Be sure to notice the impact of your actions and words.
Are they helping you to feel more connected to others?

Start small and practice belonging to yourself first by being your true self whenever you can.

Work your way up to being more of your magnificent self?



**Practicing Belonging
is Courageous Living**

The Root Chakra

Cultural Orphans

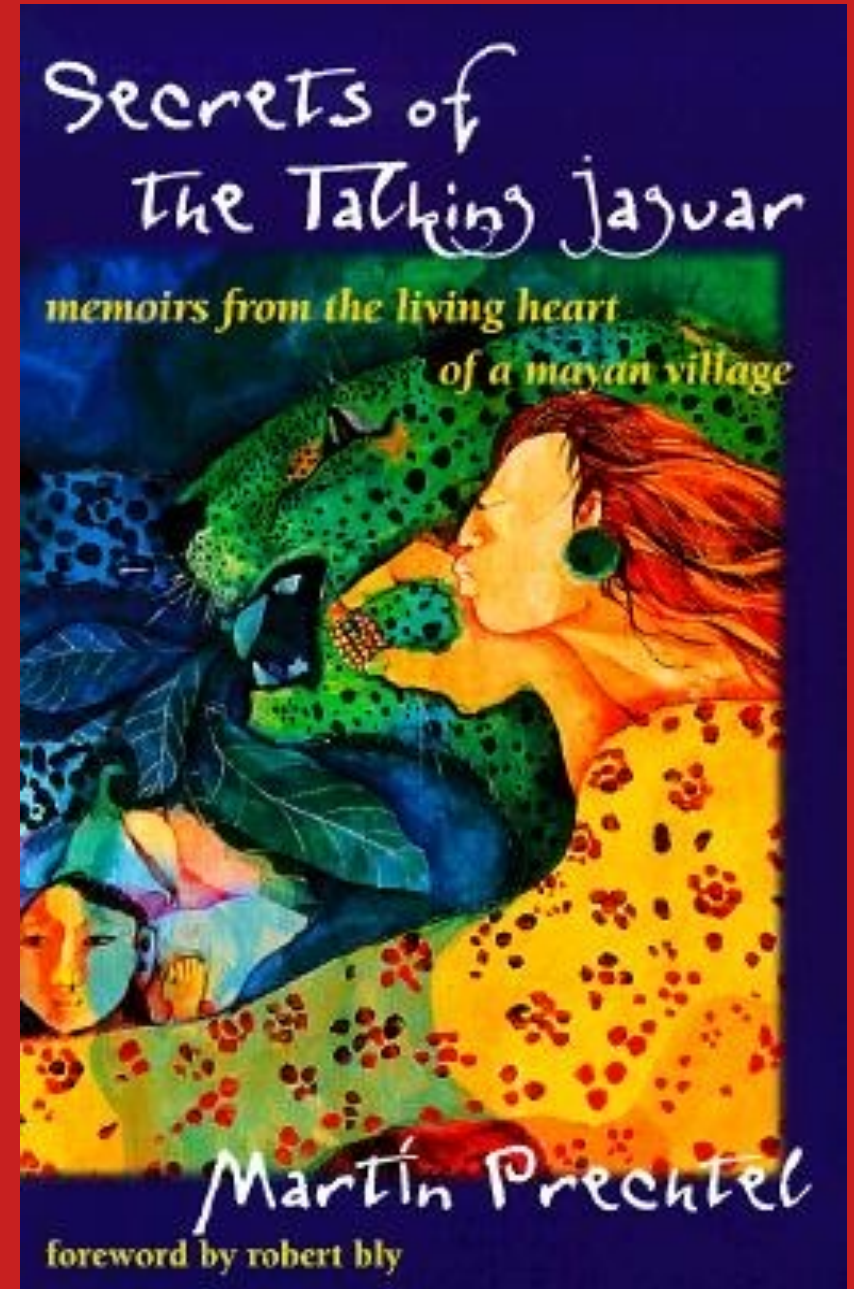
Finding Our Clan and Indigenous Soul

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 clan...**



At Home On Earth

Relationship to the Land

What does it mean to belong?

How do I develop strong roots to place?

How do I connect with the ancestors and wisdom of the land that helps to inform how I belong and connect with community?



Deepening Practices

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, healthy and 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.

It is 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.



Self care
IS NOT
Selfish

The Root Chakra

Cleansing and Protection Practices

Wear Black Tourmaline

Black Tourmaline Cleanses, Purifies, and Transforms dense or negative energy into high vibrational energy.

It is a powerful stone for Empaths.

Cleansing your space with Sage, Cedar, Palo Santo or Sweetgrass or any essential oil or hydrolat — also raises the vibration of our bodies and homes.

When dealing with extreme dense, heavy energies; the for the most effect cleansing process use **Dragons Blood, Copal, and/or Salt Water.**

Remember intentional cleansing is the key to shifting the energy within and without...



Grounding Exercises

- Lie belly down on the ground (like a snake)
- Engage in a tribal form of dance that includes drumming.
- **Kegels:** contracting the Pelvic Floor strengthens the Pubococcygeus Muscle (or PC muscle) between the anus and genitals strengthens the Root Chakra

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.



Root Chakra Practices

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.

And/OR place a flat rock or crystal on your belly notice the nurturing, calming, stabilizing effect!

Health Benefits of Walking Barefoot

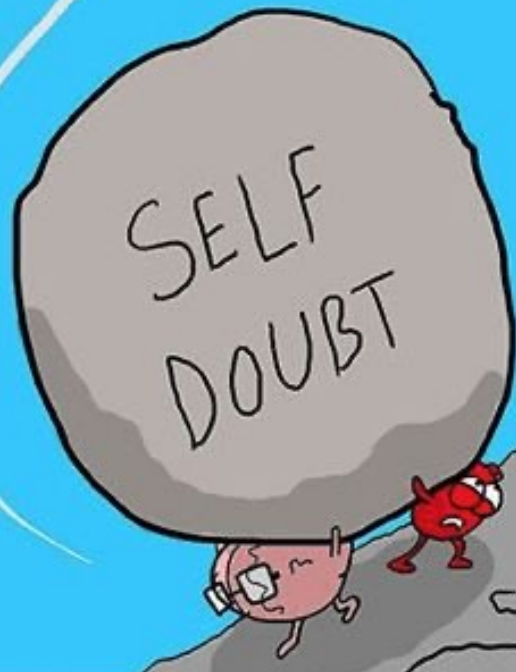
- ✳ **Connect to Nature**
- ✳ **Decreases emotional upset and anxiety**
- ✳ **Absorb free energy from the Earth**
- ✳ **Pushes off the body's dirty electricity absorbed from electronics**
- ✳ **Strengthens and stretches the muscles, tendons, and ligaments in your feet, ankles, and calves**
- ✳ **Provides 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**



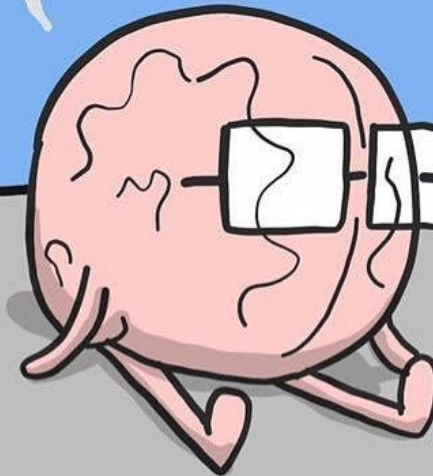
Maybe it
would be easier
if we put this
down.



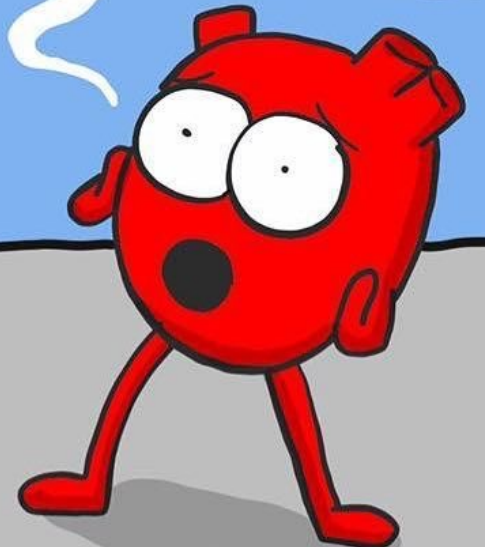
GOAL

@theAwkwardYeti

Do You EVER
WORRY ABOUT
WHAT PEOPLE
THINK OF YOU?



GASP!
NoBODY CAN
THINK ABOUT
THAT MUCH
AWESOME
AT ONCE!



@theAwkwardYeti

Root Chakra Questions

Do you trust that that you are supported in all-ways?

In what areas of your life do you feel there is not enough resources to live your true purpose?

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

What would it take to change that belief and therefore experience?

Are you decisive? If not, what would it take for you to trust you can make in the moment decisions that support you in flourishing.



More Root Chakra Questions

What would it take for me to feel this
World is a safe place to fully be MYSELF?

What would it take for me to claim healthy
boundaries, and declare what I will allow
to enter or exit my domain?

What would it take for me to know deeply
and completely that I am enough and I
have all the resources I need to BE who I
am meant to BE?

What would it take for me to find and
claim my soul clan?



Additional Resources

[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.



I am taken care of.

I am safe.

I am grounded.

I am financially secure.

I'm always provided for.