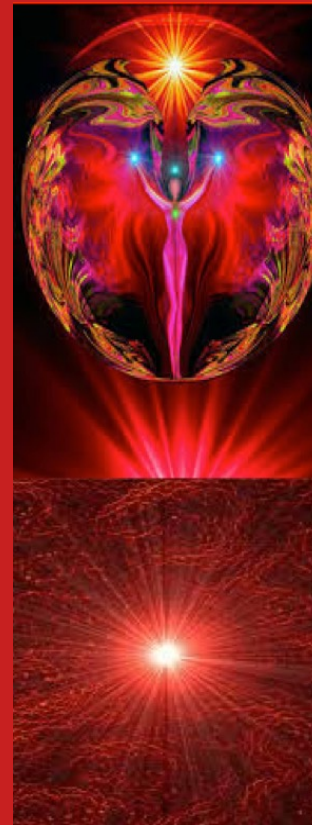


1st Chakra 1st Gate

The Life Force/Life Center of the Goddess
Reclaiming Healthy Life Force Energy

with Cayelin K Castell and Sheridan Semple



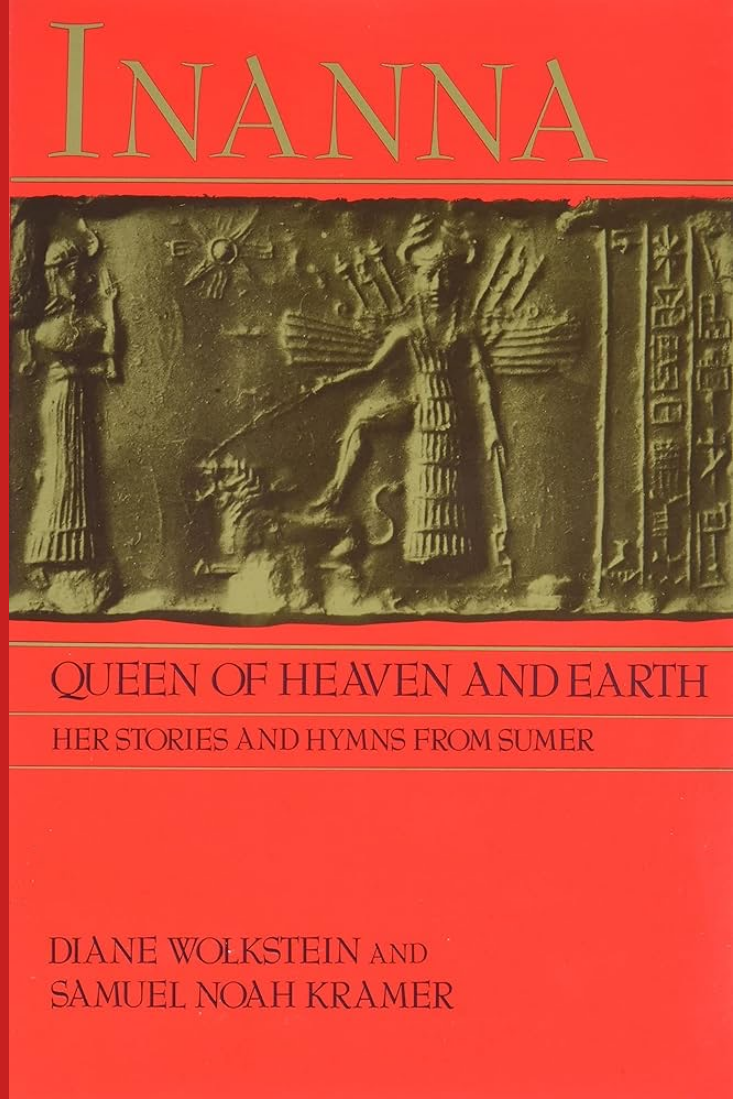


The Ascension process is the transformation of the physical body, light body and the consciousness that animates it, in order to hold a higher vibrational state.

Your higher self is merging with your lower dimensional self after a very long separation in the 3D experience.
~Sandra Walter

Re-entering The Root Chakra Gate



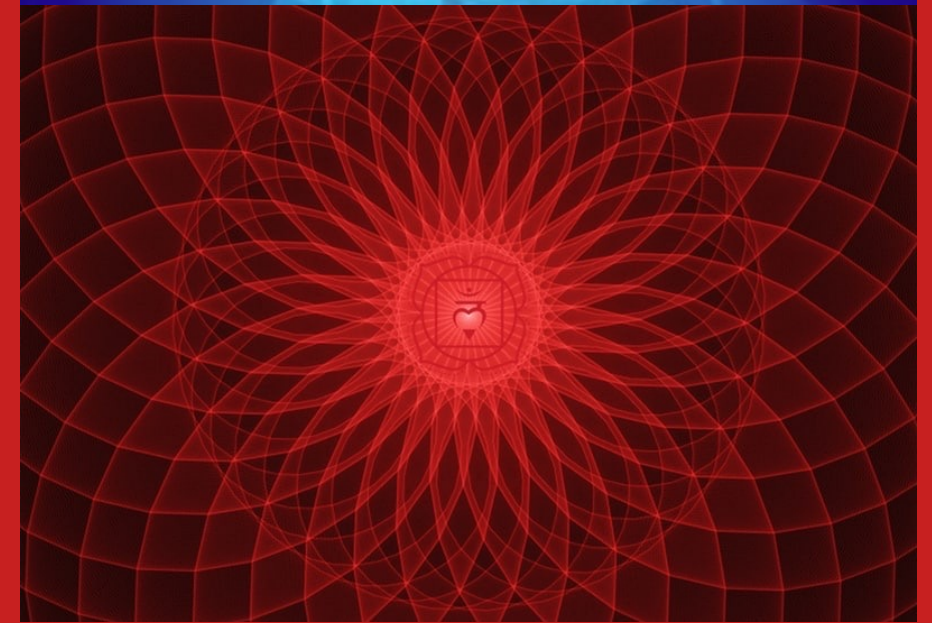


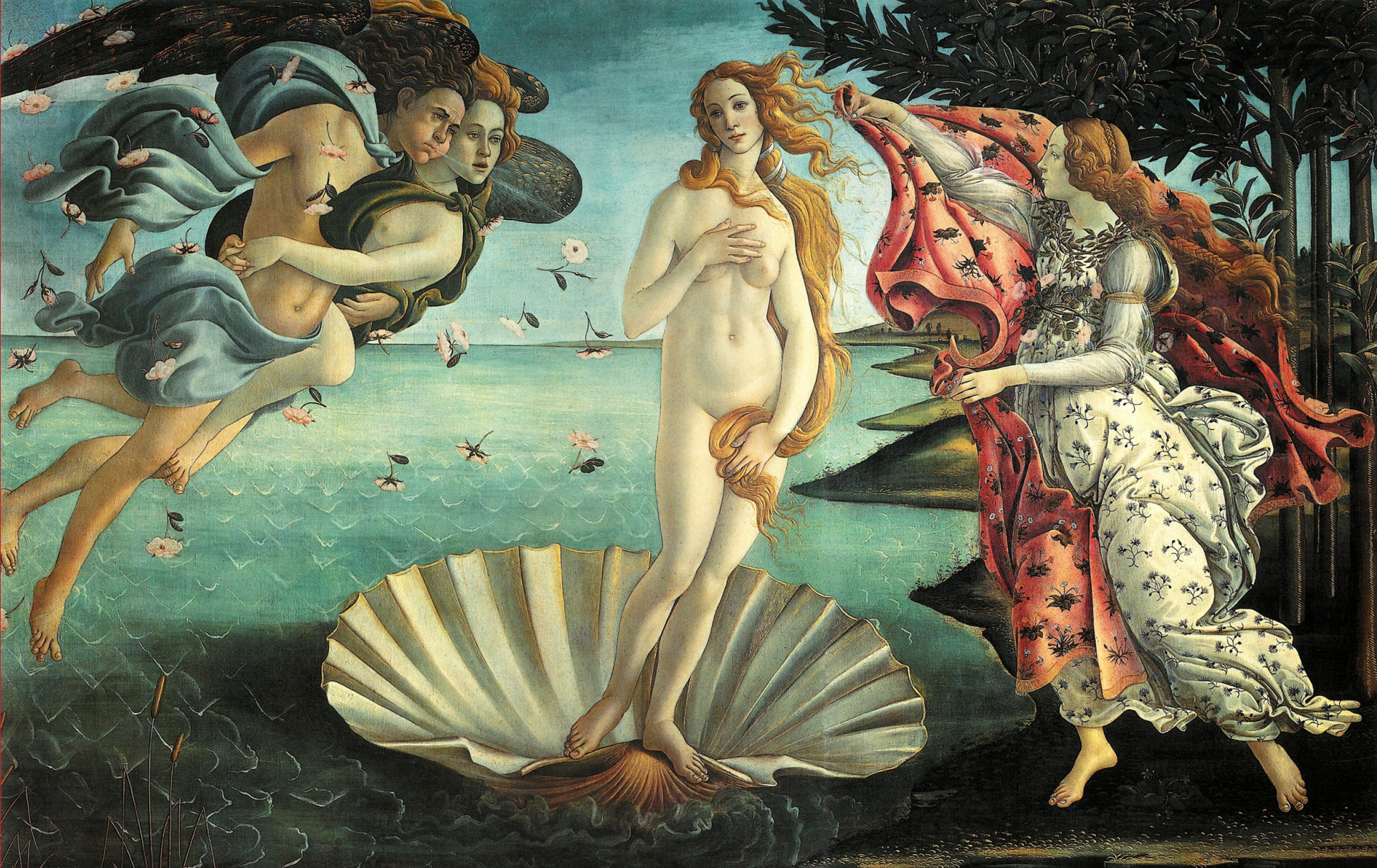
*Inanna retrieves her royal robe, her Garment of Ladyship,
reclaiming healthy life force energy as Sovereign Queen of Heaven and Earth*

The Root Chakra (Muladhara Sanskrit for “root” or “support”) is the foundation of the entire chakra system.

It governs our most basic survival needs including feeling safe and secure especially in our connection with loving family, community or some other group.

When Kundalini Life Force Energy is moving from the Root Chakra through all the other Chakras it supports the experience of expanded states of consciousness and confidence in knowing all our needs are already fulfilled.





Aphrodite/Venus Rising into the Evening Sky 1482-1485 by Sandro Botticelli
*retrieving her Royal Red Robe or the Garment of Ladyship,
regaining her life force and all her earthly power.*

Inviting our Demons to Tea

When Inanna Rises from the Underworld she is accompanied by Demons or Daemons instructed to bring back whoever Inanna determines will take her place in the underworld.

Demon is derived from the Greek word “daemon” or “daimōn” meaning our *"inner or attendant spirit"* or *"benevolent or divine nature spirits"*, or a *"supernatural being"*

Later it became associated with an evil or malevolent spirit.

Getting to know this part of ourselves, is getting to know more about a divine aspect of who we are that has been misunderstood, misrepresented and mistreated.



Inviting our Demons to Tea

Who are the *Inner Daemons* accompanying you on your journey from the Underworld?

This Ascent process supports us in knowing this part of ourselves and aligning with these demons or daemons as allies.

Are there Demons that scare you?
Are they Allies that help you?
Are they Both?





Who are the Root Chakra Demons showing up for you?

Perfectionist Demon
Superstitious Demon
Control Freak Demon
Afraid to ground Demon
Stuck In-Between Demon
Blocks to Creativity Demon
Anxious and Afraid Demon
Dishonest and Corrupt Demon
Hateful, Angry, Jealous Demon
Squandering Life Force Demon
Insufficient Boundaries Demon
Insecure and Uncertain Demon
Terrified, Worried, Scared Demon
Deficient, Nervous, No Energy Demon

Name yours _____

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.

Energy Clearing with Sage, Cedar, Palo Santo or Sweetgrass cleanses and raises the vibration of our bodies and homes, as does using essential oils.

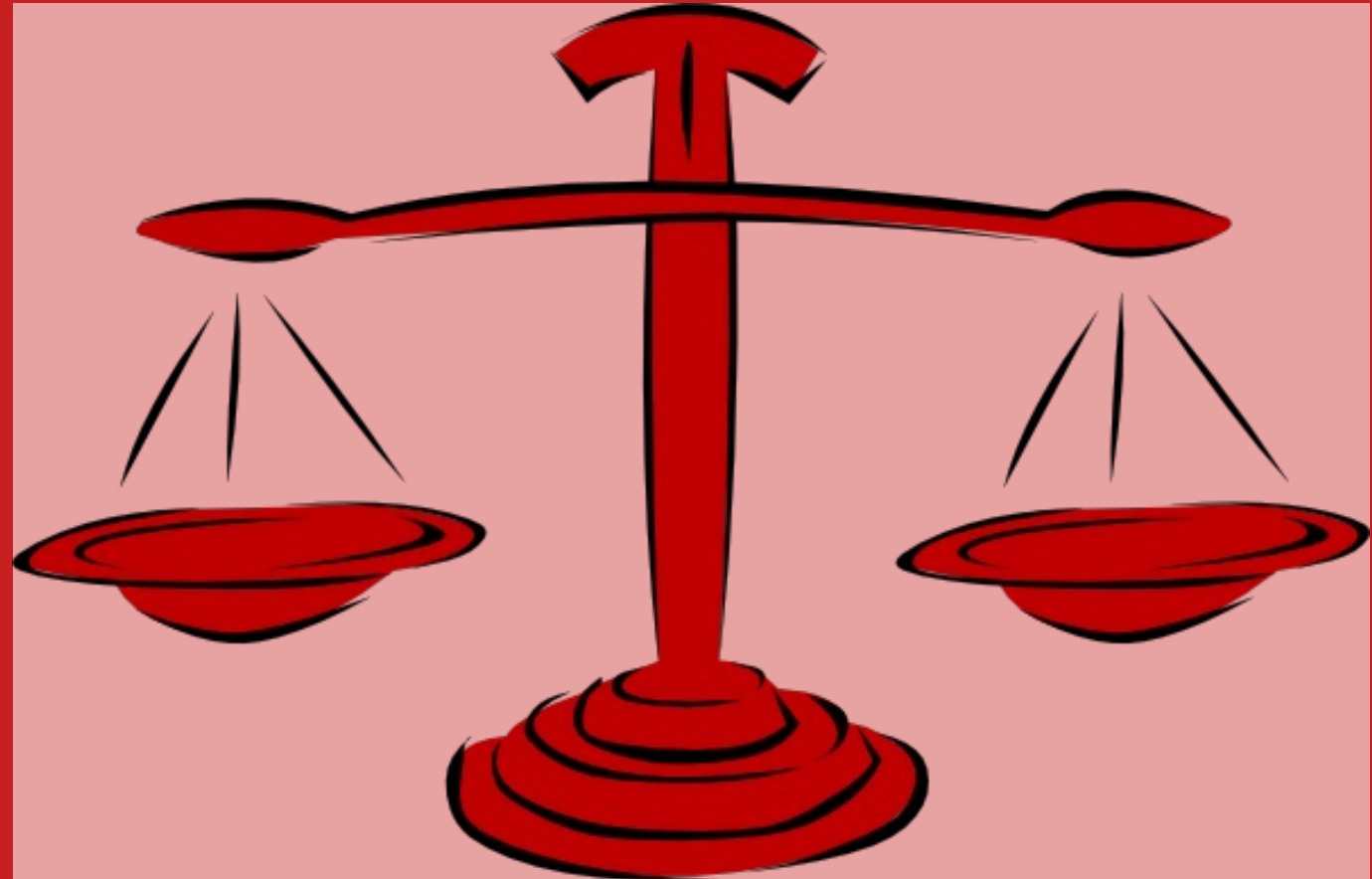
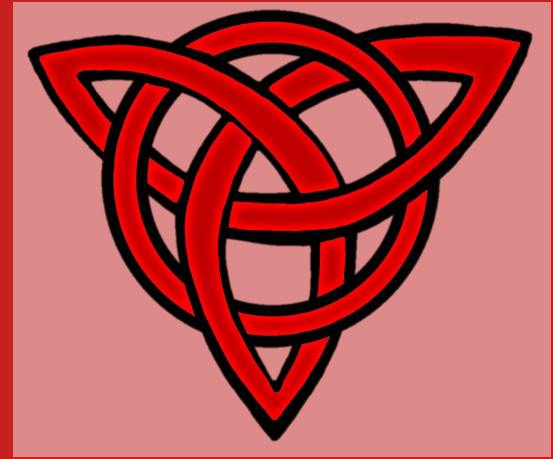
When dealing with extreme dense, heavy energies: using **Dragons Blood, Copal, and Salt Water** can be extra **beneficial**.



Reclaiming a Balanced Root Chakra

Including Healthy expressions of:

- Being Grounded and Stable
- Feeling Safe and Secure
- Feeling Vital and Alive
- Feeling Joyful and Happy
- Experiencing Healthy Boundaries
- Thriving Healthy Family
- Vibrant Physical Health
- Healthy Sexuality
- Being Practical and Organized
- Healthy Self-Confidence
- Connection with Nature and the Earth
- Flowing Prosperity without attachment
- Wealth including love, playful fun, inspiration, creativity etc...



Reclaiming a Healthy Root Chakra

- Resting when Needed (including during the day)
- Early to Bed
- Eliminating Acidic Foods and Beverages
- Reduce Stress
- Activate Nitric Oxide & Oxytocin the bonding Hormone (can be done through the Breath)
- Healthy Food, Restoring or Supporting Gut Health
- Exercise
- Intimate Connections with Others
- Gratitude

Activate your Root Chakra with:

Physical Activity especially Outdoors in Nature

Focus on Thriving rather than Surviving

Wear Red Clothes and/or Gemstones

Eat Red Foods



Chant the Mantra – Lam

Practice Root Chakra Mudra

Breathing Practices

Earthing/Grounding

Gems/Minerals:

Ruby "plugs" holes in the energy field and stimulates a healthy survival instinct, strengthening the physical and emotional heart, inspiring love, confidence, loyalty, and courage.

Other Root Chakra Stones:

Garnet, Bloodstone, Red Agate, Red Jasper, Tiger's Eye, Hematite, Onyx, Fire Agate, Red Carnelian, Smoky Quartz,

Red Carnelian



Increase courage
and willpower

Red Jasper



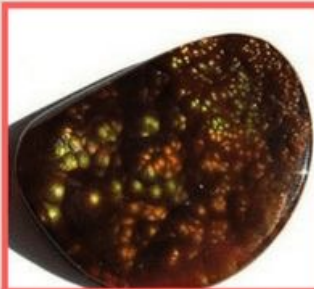
Used to attract
prosperity and
good luck

Tiger's Eye



Allows access to
deeper levels of
consciousness

Fire Agate



Grounds
spiritual energy,
aids relaxation

Hematite



Have more
willpower,
confidence, and
courage

Bloodstone



promote self-
esteem and repel
negativity



Herbs and Essential Oils for the Root Chakra:

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



Kegels for the Pelvic Floor

The Pelvic Floor muscles support and hold your organs in place. A weak pelvic floor may mean weak bladder control and inability or limited ability to have orgasms.

Kegels strengthen the Pelvic Floor located between the anus and genitals.

Practice this while Sitting, Standing or Walking.

Inhaling, contract these muscles inward. Exhaling, relax. Repeat often. And no one will know but you.

Benefits:

Improves sexual response and sensation

- * Increases blood flow to the pelvic region
- * Treats and/or prevents urinary incontinence
- * Restores vaginal tone and improves vaginal health

Steps for Doing Kegels.



First, locate your pelvic floor muscles.



Start by tightening your pelvic floor muscles for 3 seconds, then relaxing for 3 seconds. This is one Kegel.



Try to repeat this 10 times. This is called a set.



Do one set in the morning and one set at night.



As you gain strength, try increasing these numbers ... for example, hold and relax for 5 seconds each.

Mula Bandha activates the Root Chakra.

In Sanskrit Mula refers to the root of a plant or tree.

Root can also mean the foot or base of an object, or the origin of a thing (the root of the problem).

Mula indicates the base of the torso, the perineum, and it is associated with the *muladhara* (root) *chakra*.

Bandha translates as “bond, connect, put together, unite, combine, join.”

Mula Bandha used with pranayama and meditation has been said to help people reach total perfection.

The chief axis of prana is the spinal column, rising from the perineum to the base of the skull. Within this axis is the central channel of energy (*nadi*) called *sushumna*.

[More indepth Article on this practice](#)

***Even an old person becomes young
by constantly practicing Mula Bandha
~Hatha Yoga Pradipika.***



How to practice Mula Bandha (Root Lock)

Focus on contracting the anus and the pelvic floor (similar to Kegel exercises) on the out breath. On the in Breath lengthen the spine and draw the pubic bone inward and upward. Continue to breathe normally while holding the contraction. When you are ready to release the lock, do so on your exhale.

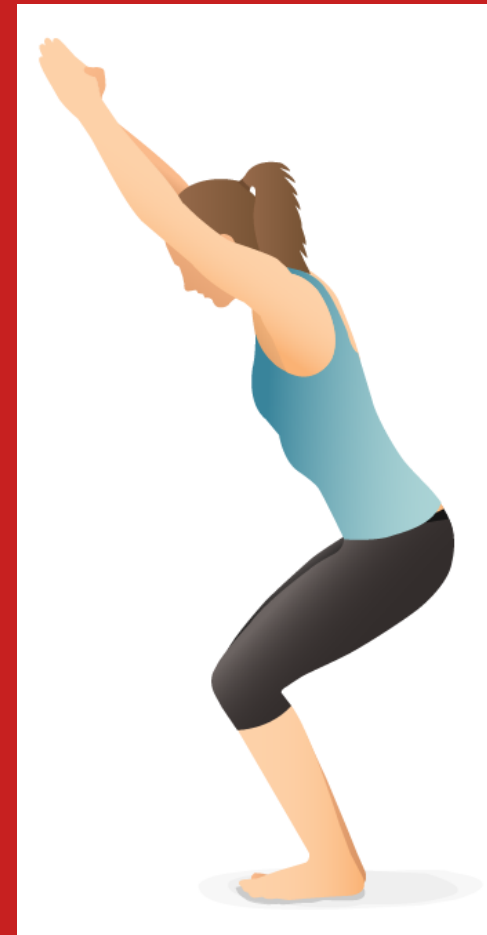
Yoga poses to go with Mula Bandha practice:

Utkatasana (Chair Pose)

Stand with the feet together or hip-width apart if you feel pressure in your low back.
Bend the knees and lower the hips like you're sitting in a chair
Reach the arms overhead and keep your chest lifted
Squeeze the legs together and engage the pelvic floor
Take at least 5 deep breaths and concentrate on activating your Mula Bandha

Navasana (Boat Pose)

Begin in a seated position with your knees bent and feet on the floor
Lift the pelvic floor as you lean back. Keep the chest lifted and your spine long
Lift the legs to about a 45° angle.
Keep your knees bent to alleviate low back pain and/or tight hip flexors
Bring the arms parallel to the floor. You may also reach for your hamstrings or shins
Hold Boat Pose and contract Mula Bandha for up to 10 deep breaths



GARLAND POSE - MALASANA



Malasana (Garland Pose)

Stand with your feet hip-width apart

Lift the pelvic floor, contracting Mula Bandha and bend the knees to squat down

Bring your hands to heart center and press your elbows against your knees

Take up to 10 deep breaths while activating your Mula Bandha

These are three examples of Yoga Poses or strengthening poses that are enhanced with Mula Bandha. You can work with Mula Bandha, in any yoga pose or other exercise designed to create greater stability and core strength in your body.

This is the root or foundation to living a happier, healthier experience in your physical being.

Take the time you need to build greater strength in these practices.

Energizing Your Body with Movement and Breath stimulates prana, chi, life force and vital healing energy found in the core of your body.

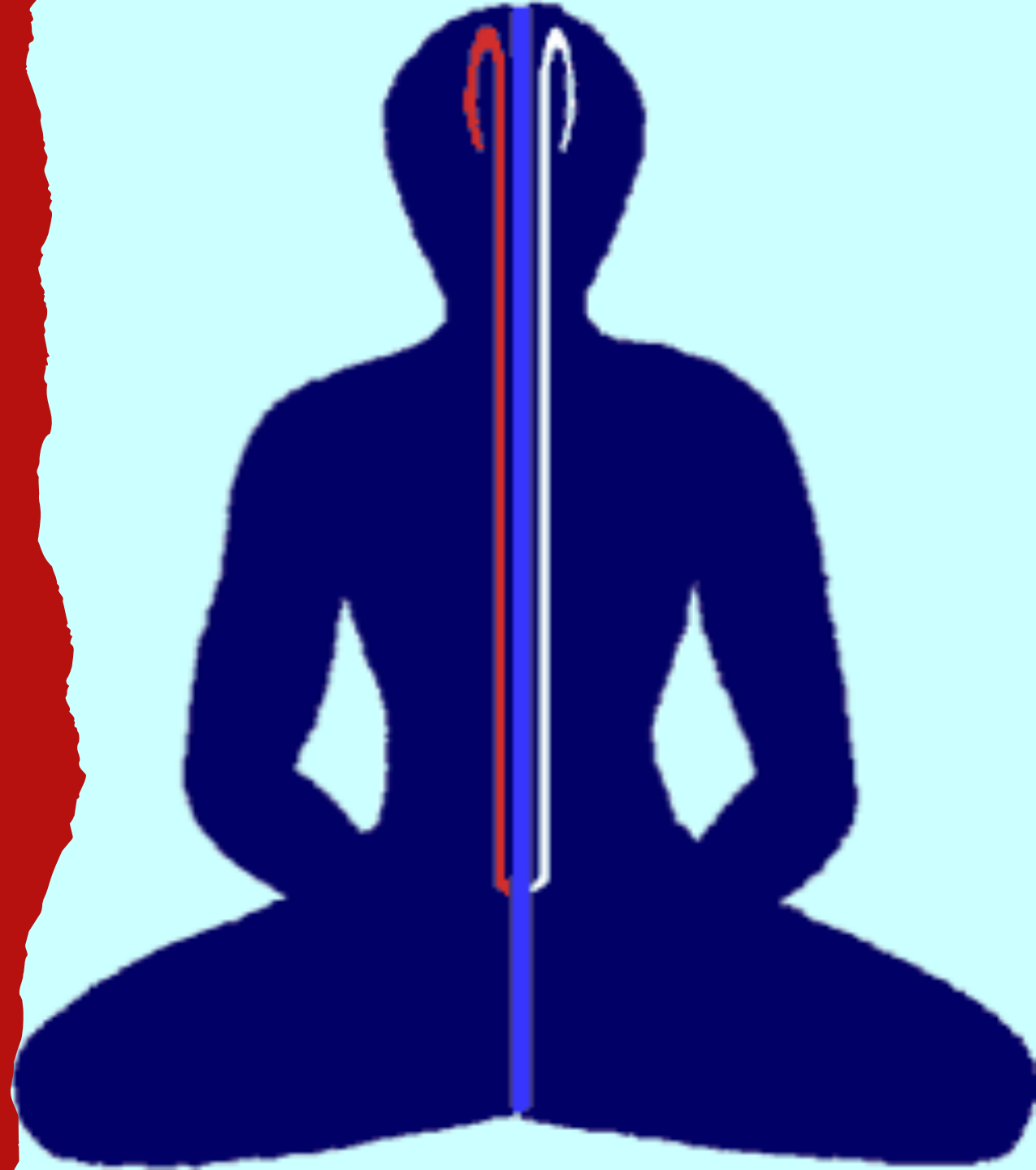
Consciously Breathing through your Central Channel allows miracles, including self healing and divine manifestation of your true life's purpose.

Ideally Central Channel Breathe 4 to 5 times a day
(see next slide) Practice helps it feel more natural.

This practice brings you more fully into your body.

When you're in your body, you can feel gut feelings associated with your intuition, your inner wisdom and heart's desire.

Your life will start to change - creating a greater sense of self - as your vital life force energy becomes enlivened!



TAKE YOUR **POWER** BACK BY DOING THIS **BREATH**

Video on Central Channel Breathing

With Dr Sue Morter



Breath is energy. Central Channel Breathing is a fundamental practice enlivening your Energy Codes. Breathing through the core of the body helps you experience your multidimensional reality (body-mind-spirit), shifting you out of survival & reactivity into a sense of higher purpose.

Belly breathing. Extend the belly on the inhale & compress it for the exhale while focusing on the breath traveling up & down through each energy center. (Think elevator ascending and descending) This key practice ignites the electromagnetic & neurological circuitry.

1. Lift the pelvic floor, squeeze the heart as if doing a bench press, constrict the throat & feel momentary tension behind the eyes.
2. Focus attention about 6 inches above your head & inhale from there. Visualize a white or golden ball of light filling your body
3. Inhale all the way down through your channel, into your belly, keeping the anchor points squeezed (pelvic floor, heart, throat, eyes looking up) as best you can. Extend your belly on the inhale.
4. Exhale from the belly, straight down through mūla bandha & into the earth, while squeezing your four anchor points. Retract your belly toward the spine on the exhale.
5. Next Reverse this by drawing a breath from within the Earth up through Mūla Bandha into the belly. Exhale, the energy flowing up through the central channel & out the top of the head.
6. Repeat several times.

Vitalize, rejuvenate, restore, recharge your body with sleep.

Humans are encoded to respond to light (day) and dark (night) as part of their natural sleep cycle.

Sleep Heals, Restores, Recharges our Life Force.

Research shows that sleep deprivation can lead to memory blips, junk food cravings, weight gain, and a lower immune response.

Every hour of Sleep before midnight is worth at least twice the benefits (maybe even more) as after midnight.

Going to bed by 10:00 pm or even earlier is ideal. Studies show the sleep you get before midnight is more restorative for your body and your overall health.

From Ayurveda: 10 pm to 2 am is the Pita Cycle where sleep is best known for recharging the body.

For the Night Owls: During this Venus Gate try going to bed by 10 pm (or earlier) for 3 nights in a row and see how you feel on the 4th morning.

Sorry, Night Owls:
The Sleep You're Missing
Before Midnight Is
Crucial—Here's Why



RS

<https://premeditatedleftovers.com/naturally-frugal-living/reasons-sleeping-before-midnight/>

The hormones, serotonin and melatonin, work together in our bodies and help us get better sleep.

Sunlight increase serotonin and melatonin production.

This Sunning Practice from Qigong master Gilles Marin helps improve sleep. He recommends doing this practice 2x a day to reset your serotonin balance.

Even if you only do it once a day it is still highly beneficial.

The Practice: While outside face the Sun for 2 to 3 minutes.

Allow the Sun's energy/prana to energize your closed eyelids.

Imagine the sunlight is stimulating your pineal gland, located behind the optic nerve.

This pineal gland initiates melatonin production.

If there isn't Sun due to weather, you can face the clouds where the Sun is and still receive the Sun's rays or you can focus on something beautiful in nature with your eyes open.

QIGONG EXERCISE for ABSORBING QI FROM THE SUN



Nighttime rituals to increase your melatonin

Stop eating for the day by 7pm or earlier. 5 or 6 pm is even better. This means your body has completed food digestion before bedtime at 9 or 10 pm.

Drink Sleepy Time Tea or an Ionic Magnesium drink.

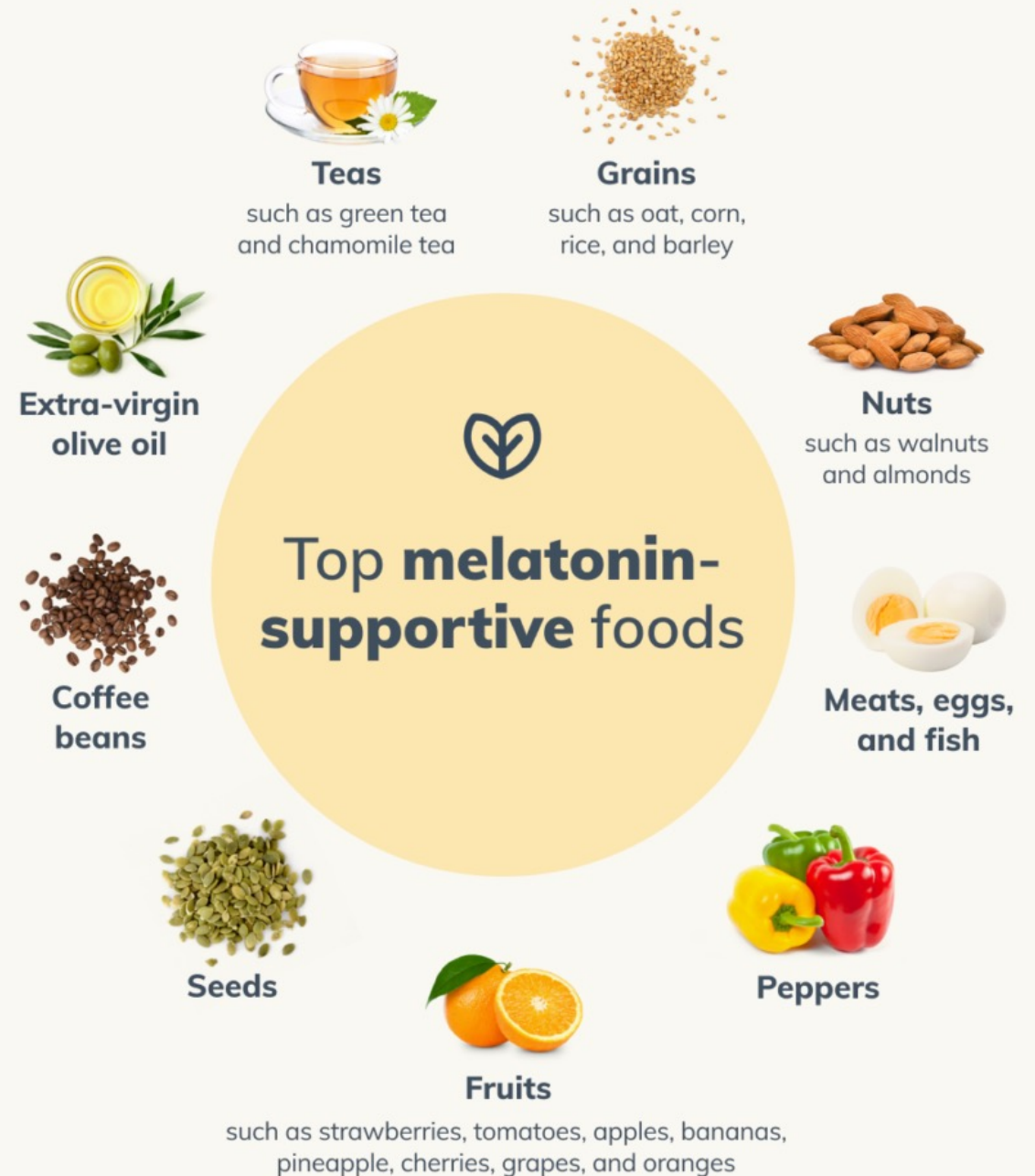
Take an epsom salt bath (loaded with magnesium)

Sleep in a dark room or use an eye mask.

3 am is Kundalini time. If you wake up then - don't get up. Instead, meditate and/or practice the Central Channel Breath.

Honoring your body's cycles helps you reset and recharge more quickly.

The Root Chakra is about committed action that supports your health and wellbeing.



Support Your Body Chemistry by increasing alkalinity in your body.

Stress and lack of sleep increases acidity.

Unresolved emotions like angst, anger, resentment, irritation, and grudges are highly acidic.

Practice healthy ways of feeling these feelings and letting them go.

Thinking loving, happy thoughts helps alkalize the body. Process your emotions. Practice Accepting What IS. Be compassionate toward yourself.

Eat foods (fruits and vegetables) that alkalize the body. See table

Acidity comes with cravings for coffee, black tea, alcohol, cigarettes, too much animal protein, sugar, ice cream, processed foods.

The ideal pH level (alkalinity or acidity) is 6.8 to 8.0. You can monitor your body’s pH levels by using pH test strips.

Acid-forming in the body	Alkaline-forming in the body
DIET: Animal products (e.g. meat, fish, poultry, dairy) Grains (e.g. wheat, rye, corn) Legumes Processed Carbohydrates Refined Sugar Artificial Sweeteners Transfats Alcohol Coffee Soda Energy drinks	DIET: Most Fruits Most Vegetables Leafy Greens Wheatgrass Sea Vegetables (e.g. seaweed) Nuts and Seeds Herbs and Spices Raw Foods Clean Water (adding lemon to it will make it more alkaline!) Green Juices
LIFESTYLE: Smoking Stress Lack of Exercise Poor Sleep Lack of Pleasure (fun, joy, happiness) Drugs	LIFESTYLE: Relaxation + Deep breathing Laughter Exercise Lots of quality sleep Connection with Others Love

The body is designed to be self-healing. Breathing practices, Sunning Practices, getting better sleep, eating more fruits and vegetables reduces acidity and helps your body gain greater life force as you reclaim your root chakra.

**“Keeping your body healthy is an expression
of gratitude to the whole cosmos
the trees, the clouds, everything.”
~Thich Nhat Hanh**



**When Reclaiming a Healthy Root Chakra commit to taking care of YOU.
You deserve to be healthy. Compassionate self-care miraculously changes everything.**

The Root Chakra

Healthy Boundaries and Protection

Practice saying NO when something doesn't feel right. Say YES when it feels right for you.

Practice clearly communicating your wants and needs. Honor and respect the needs of others.

Remember to set Healthy Energetic Boundaries asking for love, guidance, support and protection. Call on Archangel Michael or another protective force, wear protective crystals, use aromatherapy, etc...

Making a Declaration to the Universe:

This is what I am allowing in (love, joy, fun) and what I will keep out (hate, disrespect, meanness).

5 Helpful Boundaries

Emotional

Boundaries around inappropriate topics, emotional dumping, dismissing feelings.
I am not willing to discuss this.

Material

Boundaries around personal resources, when they can be used, how to care for them.
You can borrow my _____ if you ask me first.

Time/Energy

Boundaries around time, being on time, when to contact, asking for favors.
Please text me if you're going to be late.

Mental

Freedom to have your own beliefs, values and opinions while respecting others.
Though I disagree, I respect your opinion, and I'd like you to respect mine.

Physical

Proximity, touch, PDA, unwanted comments on your appearance or sexuality.
Please don't stand so close to me.

Every reality is a matter of perception.

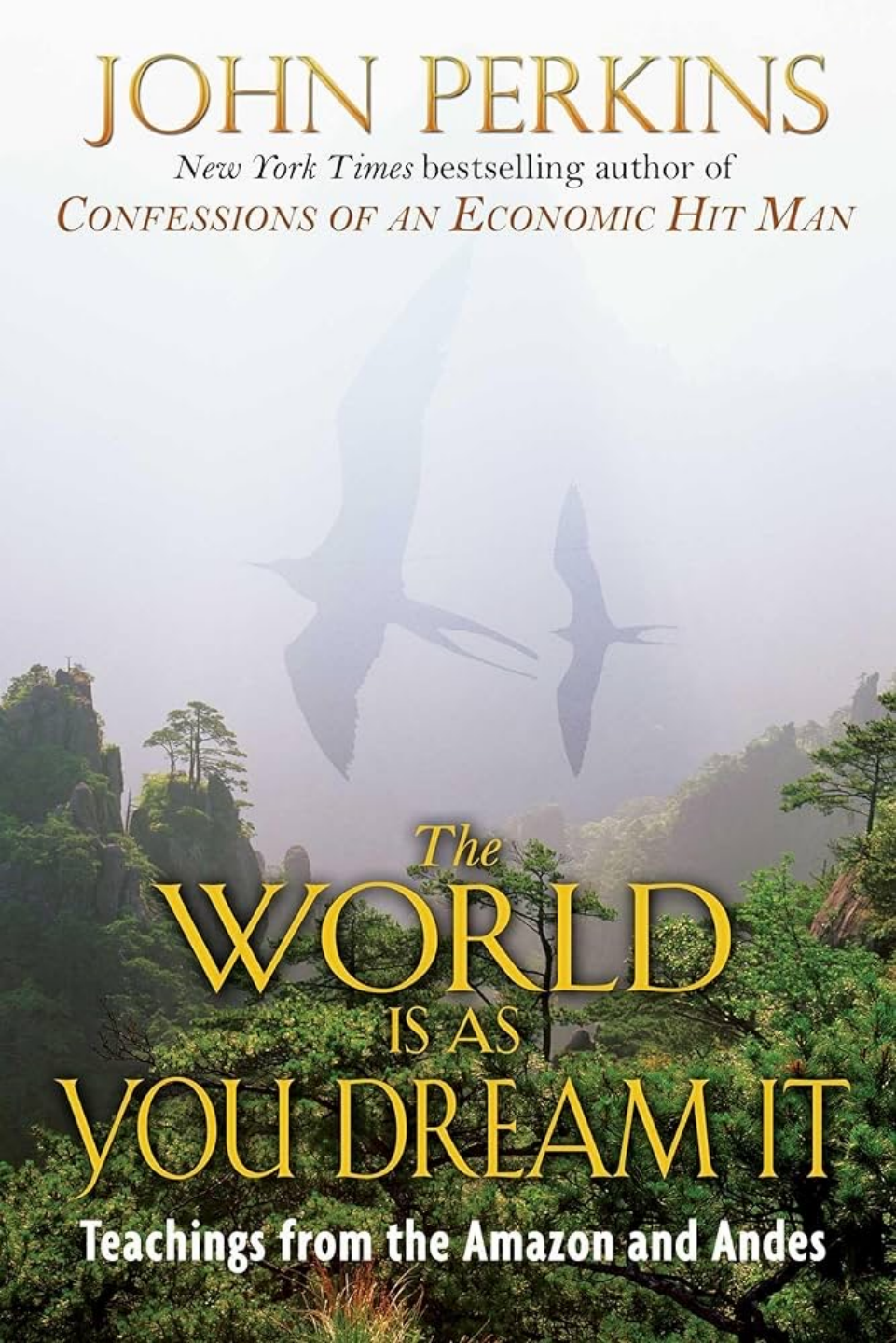
We have dreamed it therefore it is....

Everything we think and feel is merely a perception; that our lives - individually as well as communally - are molded around such perceptions; and if we want to change, we must alter our perceptions.

When we give our energy to a DIFFERENT DREAM, the world is transformed.

To create a New World we must first create a new dream.

JOHN PERKINS
New York Times bestselling author of
CONFESSIONS OF AN ECONOMIC HIT MAN



The
WORLD
IS AS
YOU DREAM IT
Teachings from the Amazon and Andes

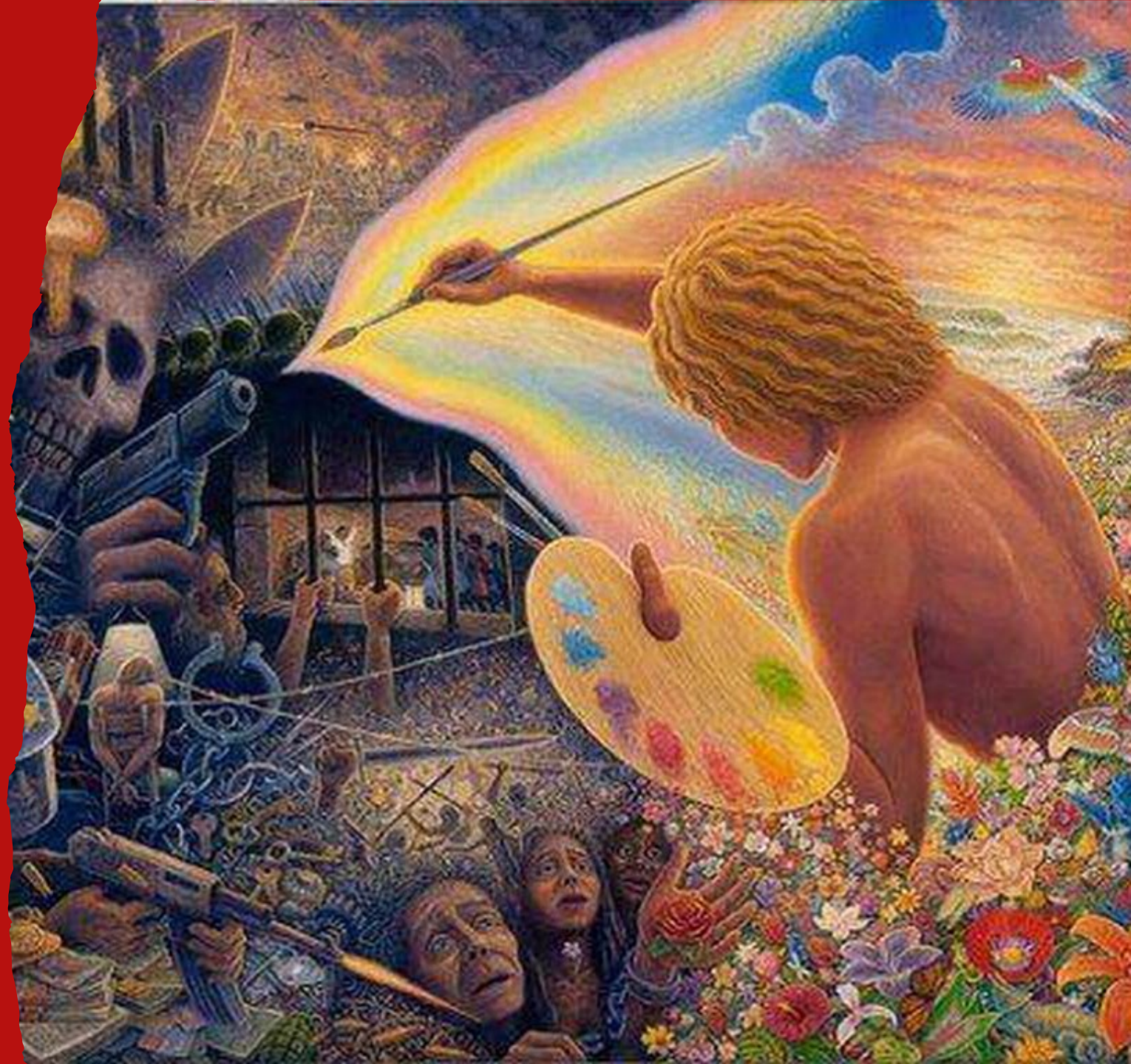
The Power of Our Dreaming

The energy created by our dreaming, is like the air. It travels everywhere.

Your ability to use this world changing energy is only limited by your dream of its power.

Our dreams can affect everyone and everything else – if we energize them with enough power.

~ John Perkins



*Constantly bring your dream
into the light of day.*

*Think about it, meditate and
journey on it.*

*Talk about it with everyone you
meet. Shout it out.*

*Share it with the Earth, the sky,
the clouds, the Sun and Moon,
and with all the plants,
animals, and minerals of the
Earth. Give it voice and song!*

~ John Perkins



Root Chakra Deepening Practices

Exercise for Seeding the New Earth Dream

This month choose the dream you would most like to live in your life such as: greater love for self and others, health, wealth, well-being, fun, play, joy, bliss, magic, miracles etc.

Choose a practice or practices that support your dream.

Breathing, alkalizing, earthing, sunning, journaling, chanting, singing, “forgiving the unforgivable” etc.

Consider challenging yourself to forgive something you previously believed to be unforgiveable.

Practice radical forgiveness and find others to join you.
(see link on Root Chakra class page)

Feed this practice with your attention.

Find stories about those who have forgiven unforgiveable things, offer prayers, chant mantras you have created, volunteer for a cause you believe is helping to change the world.



**Share what you learn on Facebook
or with us by email!**

Dream On by Aerosmith

Every time that I look in the mirror
All these lines on my face getting clearer
The past is gone
It went by like dusk to dawn
Isn't that the way?
Everybody's got the dues in life to pay, yeah
I know nobody knows
Where it comes and where it goes
I know it's everybody's sin
You've got to lose to know how to win
Half my life's in books' written pages
Live and learn from fools and from sages
You know it's true, oh
All the things come back to you
Sing with me, sing for the year
Sing for the laughter and sing for the tear
Sing with me, if it's just for today
Maybe tomorrow the good Lord will take you away
Yeah, sing with me, sing for the year
Sing for the laughter and sing for the tear
Sing with me, if it's just for today
Maybe tomorrow the good Lord will take you away

Dream on, dream on, dream on
Dream until the dream come true

Dream on, dream on, dream on
Dream until your dream come true
Dream on, dream on, dream on
Dream on, dream on, dream on
Dream on, oh

Sing with me, sing for the year
Sing for the laughter and sing for the tear

Sing with me, if it's just for today
Maybe tomorrow the good Lord will take you away
Sing with me, sing for the year
Sing for the laughter and sing for the tear
Sing with me, if it's just for today
Maybe tomorrow the good Lord will take you away

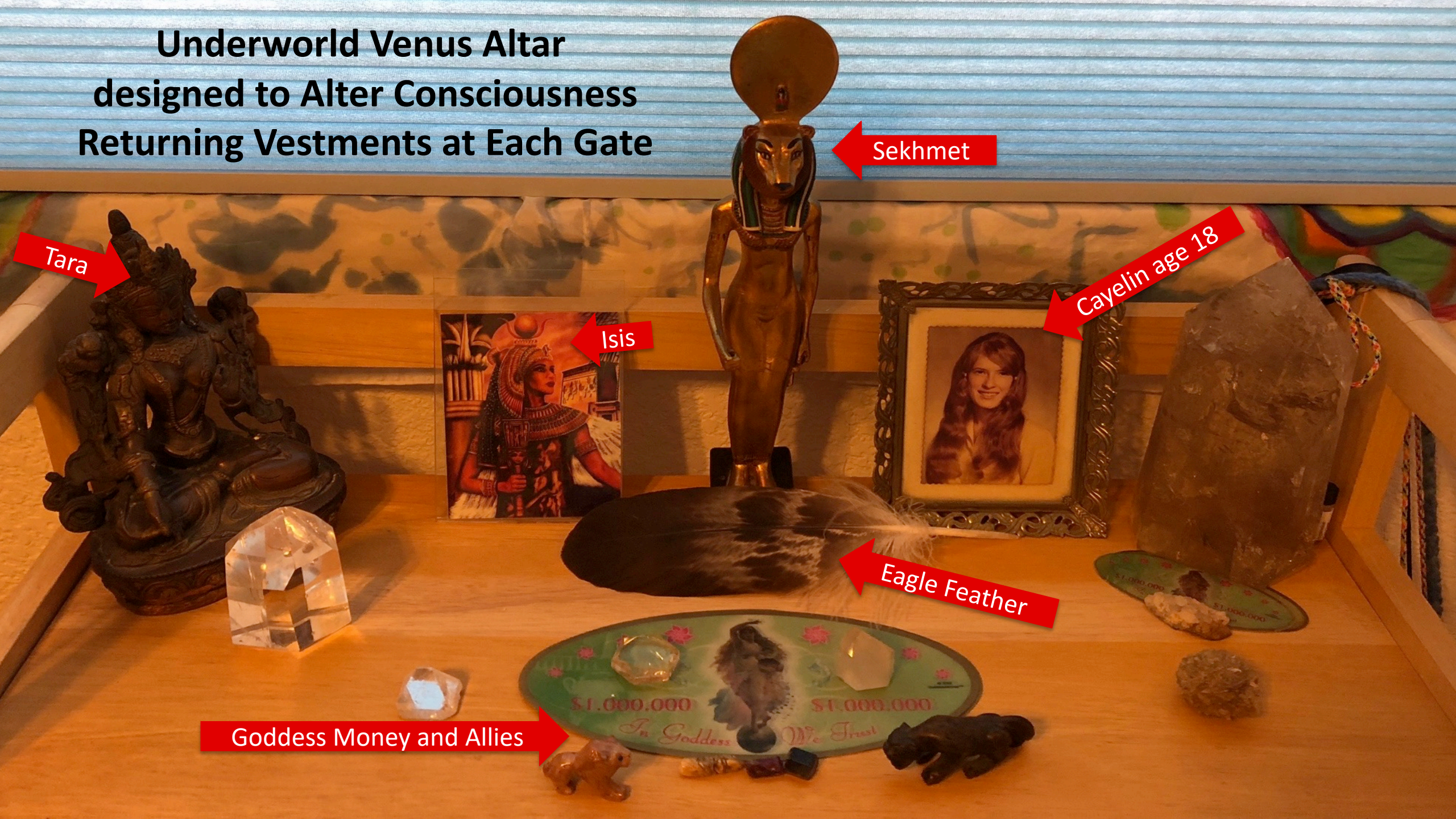
A fun song to sing and dance to during this chakra gate.

You can find it on YouTube at the link below.

<https://youtu.be/JoJwHc1MKag?si=35tDbW3VxNsLnNsL>



Underworld Venus Altar designed to Alter Consciousness Returning Vestments at Each Gate



Tara

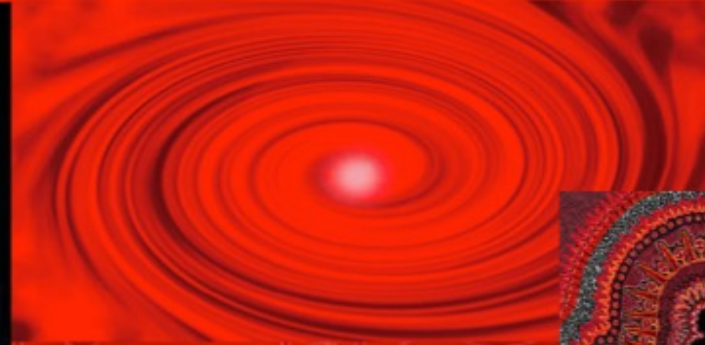
Isis

Sekhmet

Cayelin age 18

Eagle Feather

Goddess Money and Allies



Create a Reclaiming Healthy Root Charka Collage for your Altar



Support for the Journey

Venus Evening Star Buddies

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?



Additional 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.

Ask yourself: Am I welcoming new, healthy and supportive energy to flow to me and through me?

Craft your Declaration to the Universe

Write and then post your declaration to the Universe in a place where you will see it often - ideally on your Venus Altar.

It is best to state what you DO want rather than declaring what you don't want.

Chanting or Toning your Intent is also recommended.
See Toning practices on Root Chakra Class Page.

Know this declaration can be revised at anytime.

Earthing Practice. Walk Barefoot. Lie on the ground

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

Additional Root Chakra Questions

*What areas of my life do I feel deeply supported?
How can I grow that feeling even more?*

*What are my foundations in the areas of
community, health, and financial resources?
How can I strengthen them even more?*

*What dream seeds do I want to plant and nourish
for myself and for the New Earth?*

*What actions can I take to nourish these seeds
in my life and in the collective Dream?*



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?

What would it take for me to energize the next level
of healthy life force energy within my being?



Evening Star Root Chakra Practices

Create/Renew Venus Altar

Connect With Venus Buddy to establish
or renew your communication rhythm

Continue (or Initiate) Venus Journal

**Create an Intention for the entire
Evening Star Journey**

**Create and Intention for this
Chakra Gate**

**Spend time with Venus and the Moon
in the Evening Sky**



[Artist AI Link](#)

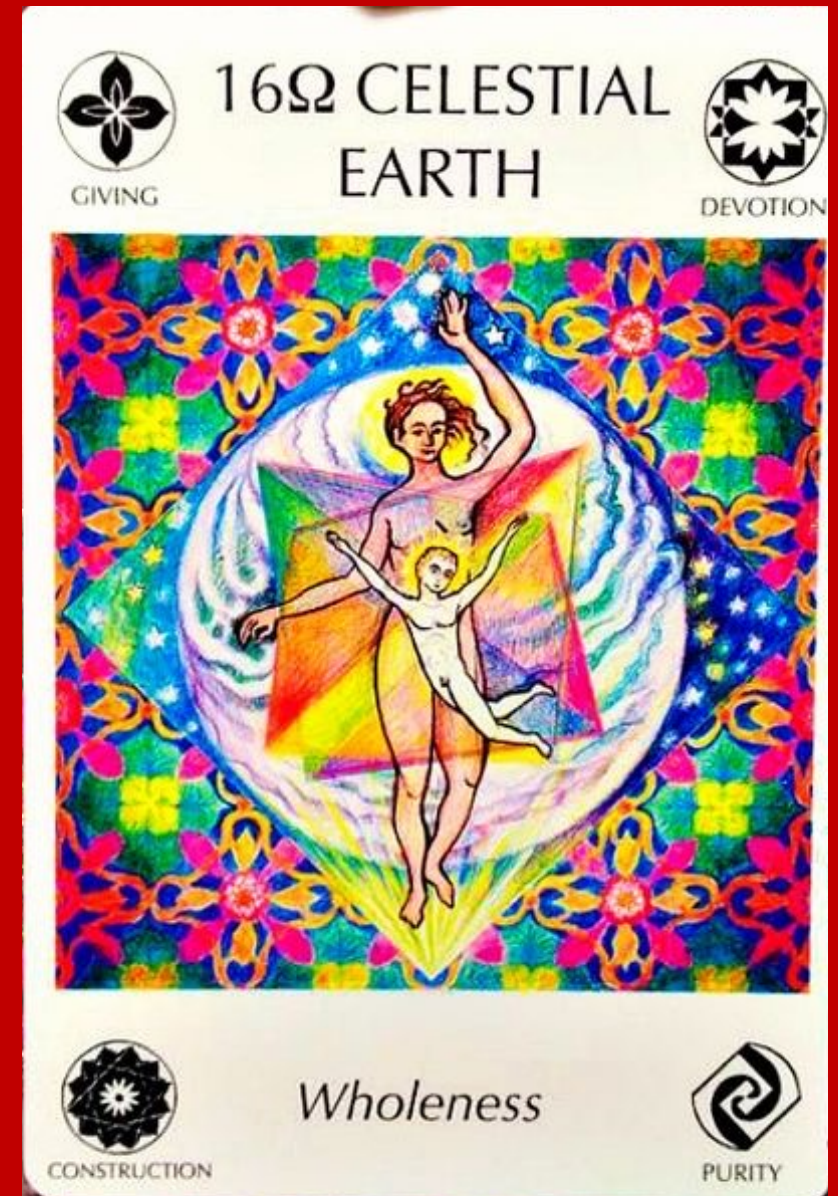
The Celestial Earth Declaration

We are Celestial Earth.
Our bodies are illumined,
and we are one with Heaven and Earth.
All the tribes are gathered,
dancing in harmony with nature.
In pure acts of devotion, we give and receive equitably
of our true selves, for the greatest good and
co-creatively construct a New Earth, fulfilled in love,
beauty, harmony, abundance, joy and Sacred Union
with all that is. It is done, it is so, and all Heaven and
Earth Rejoice.

Temple of the Living Earth

~Nicole Christine

More about Nicole at magdalenemysteries.com



Gaia Matrix Oracle

by Rowena Pattee Kyrder