



Video Transcript

Root Chakra Breathwork: Ground Instability

Hello, beautiful beings, and thank you for joining me for this balancing the root chakra piece. We will be using the breath, color visualizations, reiki, and sound frequency to open and restore your root chakra.

If you haven't done, the three -part breath, it's very simple. You breathe with an open mouth into your diaphragm, into your heart, and then exhale again through your mouth. It looks like this.

I invite you to do this meditation lying down. You can do it in bed or on the floor, just get comfortable. I'll give you a couple of seconds to grab what you need, maybe a blanket, a pillow. You can have your knees bent with your feet on the floor or just lay flat out. Start breathing.

Please continue the breath.

These first few minutes, we will be coming out of our busy minds and dropping into our breath and our body. We also want to ground. So imagine if you have the feet on the floor, or if you don't, your sits bones, growing these sturdy, beautiful roots, like the roots of a tree, down through the soil of our earth, through the bedrock, all the way down, down, down, miles down to the center of the earth and wrapping around the center of the earth and locking anchoring yourself to the planet keep

breathing now i want you to imagine drawing the energy of the earth up through your roots all the way back up through the bedrock, into your feet or sits bones, and into your body.

Keep breathing.

Feel yourself sturdy, like a rooted tree.

Keep breathing.

And any time you want to deepen the breath, I invite you to do so. Trust where your intuition is leading you.

As you breathe, longer and deeper,
you may feel some energy stirring.

We're going to drop our focus down to the root chakra, which is really our pelvic floor, our perineum. Just imagine your pubic bone.

You can put your hands there if you like.

Keep breathing.

I want you to know that you are safe.

You are safe in your body. You are safe on this planet.

Let that affirmation wash over you. And as it does, you may want to visualize the color red, shining down on your root chakra.

You can imagine it hitting you from your hips all the way down to your legs, lighting up all the bones in your body. The root chakra is our internal support as bones,

Gaia is our support, as our planet.

When you connect to the energy of the Earth,
you can feel her support. You can feel the safety.

Balancing our root chakra and grounding helps us come out of the energy of worry, anxiety, thinking, and fear.

Anytime you start to feel overcome by fear,
thoughts, and worry. It's a perfect time to use this grounding practice.

In the background, you hear the note C. This vibration is washing over you and assisting in the alignment of your root chakra.

Keep breathing.

one of my favorite ways to ground is to go into nature we don't always have that luxury so this you can return to in an airport on an airplane on a bus You can listen to this and ground any place, any time. You may not be able to lie down, but you will still get the benefits of the meditation.

And let's return to that affirmation. I am safe.

I am safe.

I am safe.

Keep breathing.

You might notice something coming up in the form of a fear,
a limiting belief or programming,
but do not say it's
okay. It's coming up for a reason.

Let's keep breathing and witness it.

Have the intention to release it if it no longer serves you.

What is holding you back from being grounded in your safety,
belief system, what fear? And send the breath to that.

You can ask it to leave and you can replace it on love.

Keep breathing.

Our soul never takes us where we're not ready to go. To know if something's coming up for you in this moment, something disturbing, something you don't like to see. It's only coming up. to the life. Keep breathing. You are safe. See if you can breathe 5 % more. any tightness especially in your legs can breathe and just massage them like a lymphatic drainage down from your hips down down down keep breathing we store trapped emotions experiences trauma in her body. This breath is allowing them to release. You're doing great. Keep breathing a little bit longer. Trust yourself. Trust your breath. You're doing great. Another way to come into grounding is to express gratitude to the planet. Be grateful for your food. Be grateful for clean water. Be grateful for your body. It is allowing you to have this human experience. the red light hitting you and your connection to the earth, your roots, anchoring you to the planet. Again, you may want to tap or massage your legs, maybe parts of your hips are a little tight, need a little love. Start breathing through your nose. Since we're already grounded and rooted, we don't need to take too much time breathing to come back into our body because the whole focus of this was rooting and grounding. But you're welcome to stay here as long as you need or as long as you desire. Thank you so much for joining me in aligning your root chakra. And thank you for showing up for yourself. Well done. Namaste.