

I'm going to be guiding you through a meditation to really work on letting go of anxieties and fears that you may be experiencing.

So we're going to be focusing specifically on the root chakra, also called muladhara.

In this guided meditation you might hear me refer to the root chakra, or muladhara, interchangeably, and I also will be referring to the color of red, and to the earth, as the color of red is the corresponding color to the root chakra, and the earth is the corresponding element to your root chakra.

So to begin the meditation here today, focusing on the root chakra, on Muladhara. bringing awareness to your sense of connectivity to the earth, your sense of groundedness and stability.

Just find yourself coming into a comfortable seated position. Be that in a chair, or a cross legged meditative seated posture or into savasana corpse pose.

Just find a comfortable position for this meditation and just really begin to relax.

If you're in a seated meditative position. Make sure your legs are comfortable and your feet are firmly resting on the ground or your pelvis and sit bones are firmly resting on the ground and you feel very strongly connected to the earth.

If you're laying in savasana take a minute to just check in with the entirety of your body. Feel all the points of contact on the mat or on the floor and just feel your body becoming heavy.

Just begin to let go and completely relax bringing your awareness now to the breath each inhalation becoming a little bit longer, a little bit deeper and more relaxed.

While every exhalation steadily becoming more full and complete.

Emptying the full contents of the lungs at your own pace. becoming more and more effortless as you breathe feeling your body becoming calmer, heavier and more connected to the earth and just feel the cycle of the breath began to deeply and completely relaxed the body.

Before we begin our meditation today, I offer you this opportunity to give yourself an affirmation or a focus for this meditation as the meditation has focused on muladhara, the Root Chakra and letting go of anxieties and fears I might suggest that The affirmation of

I am stable and I am free from worry

I invite you to say this affirmation three times

now, returning to
the breath every inhale becoming deeper and deeper inhaling beautiful calming chi and exhaling
any stress or tension that you may feel throughout your body
Inhaling slowly and feeling that inhalation moving on now to the base of the spine into
muladhara the root chakra and exhale gently from this area pulling breath up from the root
chakra and out of the body

inhaling at your own pace life giving chi and relaxation strengthening muladhara as you fill it with
prana and allow the space in your pelvis and the base of your spine to just expand and relax
exhaling any tension

exhaling any resistance inhaling calmly and deeply directly into muladhara.

And realizing a sense of heightened stability and relaxation envisioning now the area at the
base of the spine.

Throughout the pelvic floor, the sit bones and throughout your entire waist is a beautiful color of
red
becoming directly connected to the earth below.

Extending that connection directly down into the earth and feeling with every inhalation now that
you can pull energy from the earth directly into the root chakra.

And notice how you can also equally exhale old energy from the body from the root chakra
directly back into the earth inhaling at your own pace and exhaling even more tension and
resistance back to the earth

taking this opportunity now to repeat your affirmation statement three more times.

I am stable and I am free from worry

bringing your awareness now back to muladhara.

Breath becoming effortless

and feel the connection from muladhara down into the earth becoming stronger and stronger.

You may envision a cord or thread extending from your pelvic floor, your waist grounding and
driving directly into the earth

creating a direct channel through which energy can flow directly into the earth.

Every inhalation now pulling energy through this cord and letting it stabilize and calm muladhara

your center of stability groundedness connectivity and on every exhalation now inviting yourself to release any fears, stress, and feelings of detachment

send them along this cord now, channeling them into the earth and know that this energy will be balanced and restored naturally by the Earth

Feeling increased levels of calm stability and relaxation as you continue this exchange between your root chakra and the earth below

perhaps you can see your midsection becoming a brilliant beautiful dark shade of red as you continue to exchange energy from muladhara into the earth and as you continue to receive pure grounded energy back into muladhara from the earth

breathing at your own pace feeling your entire body surrendering to relaxation and inviting and freedom as you realize there cannot be any space in muladhara or elsewhere for anything but love, compassion and freedom and stability

your legs becoming heavier and stronger more confident. your center of gravity being pulled into the earth becoming grounded and stable

feeling the ability now to effortlessly cast away that which does not serve you feeling the ability now to effortlessly cast away that which does not serve you and know that this is being replaced actively with pure calming, stabilizing and grounding energy from the earth radiating into your root chakra Muladhara.

I offer you one more opportunity here to repeat your affirmation statement three times again

I am stable and I am free from worry

Now diving into the depth of this meditation

completely and effortlessly to surrender and internalize your affirmation statement knowing that it is true and knowing that you are placing this directly into your root chakra at your own pace.

Repeat your statement three more times here again with all of your focus on the root itself

I am stable and I am free from worry

Know that you are safe know that you are free

Know that you are loved by all around you and that stability is just a still and quiet breath away
and then at any time you may feel you need to

you can simply close your eyes and connect to the earth going back to the vision of the cord
connecting with the root now to the earth

Stay with this connect here as if you are seeing and feeling all that you are holding onto moving
down this cord and into the earth.

And as you release into the earth, see and feel that the space that you have created inside of
you during this practice is also being now filled by the stable, neutral, strong and balanced
energy of the earth.

Let this energy fill your body with peace

See yourself becoming like a mountain
Like a Rock
Like a pillar

Unmovable
Unshakable

Strong
Grounded
Firm
Balanced
And Stable

Stay with this space and this feeling of flow here now between yourself and the earth as we
pause in noble silence

pause 5-10 minutes during which you can repeat this:

If you find your mind wandering just return to the cord and the connection to the earth\

with your entire being sending this cord love and thanks
visualizing the entire connection now and being grateful for this exchange as you gently and
effortlessly disconnect from the earth and let this connection dissolve.

Feeling your heightened level of security and stability a sense of calm that this guided
meditation has given you

offer you now the opportunity to come back at your own pace by wiggling your fingers and toes and gently bringing life back into the body may you go in peace and may you have a beautifully grounded day Namaste