

Strengthening Your Foundation & Deepening Roots

Connecting with Earth & Your Ancestors

In Chapter 2 we focused on cleansing, release, the element of air, and the throat chakra. Now it's time to start enforcing a strong foundation on which to build upon. In order to truly work powerful and reliable magick we must have a stable foundation. This will help ground your work in this material realm, which is pretty pertinent if you want to manifest your desires. We'll be going deeper into connecting with the element earth and the root chakra, so we can get nice and grounded. We will then work explore those who have paved the path before us- our beloved ancestors. I will be doing a very important ancestral reconnecting and healing ritual for this very important course chapter.

Chapter 3 Overview:

- Connecting with Earth. Grounding energy.
- Root Chakra.
- Healthy gut. How diet affects intuition.
- Ritual for protection.
- Connecting with ancestors.
- Creating an Ancestral Altar
- Live follow up. Guided meditation for ancestral healing.
- Crystals for grounding energy and connecting with your ancestors.

Ch.3 Pt.1

Root Chakra

Of the 7 main energy centers in the body, the root chakra tends to be one of the most overlooked and under-appreciated by those who are trying to get into magick. A lot of focus tends to go towards the 3rd eye or the crown, but let's be real. Our root chakra is extremely important in helping us open all the other chakras. It is our foundation. It's what grounds us and roots us to mama Earth. It brings us stability through the chaos. Before we start diving into some heavy magick and spirit connections, let's strengthen our foundation.

Sense of safety, security, and basic survival needs.

Color: Red

Element: Earth

Located at the base of spine (tailbone).

When it is balanced:

We have increased self worth.

Feeling of peace and oneness with earth.

Feeling safe. No anxiety or stress.

Stability. This can be material or in relationships/ school, work.

Energized.

Problems from blocked root chakra:

-Anxiety, fear.

-Flightiness.

-Inability to take responsibility in work, relationships, home.

-Inability to manifest.

-Feeling disconnected to Earth.

-Feeling disconnected to family, friends, relationships.

-Digestive problems.

-Problems connecting with ancestors.

-Feeling ungrounded.

-Pains and issues in lower back, abdomen, bladder, legs, hips, feet, reproductive organs, or adrenals.

Overactive root chakra:

-Depression.

-Weight gain

-Lethargy.

-Digestive issues, eating disorder

Blockages and imbalances of the root chakra develop from birth to our younger years of life.

Here are some ways that blockages or imbalances develop in the root chakra:

-If we grew up in homes where we felt unsafe, in fear, or unstable our root chakras become effected.

-Witnessing or experiencing any form of abuse. (physical, emotional, sexual, etc)

-Experiencing the loss of loved ones. Through death, or abandonment.

-Being neglected at a young age.

-Living in poverty or noticeable lack.

-Not having basic needs met.

-In the womb, if your mother experienced abuse, trauma, or excessive stress.

Ways to heal and strengthen the root chakra:

-Be in nature. Connect with nature. Going on hikes.

-Putting your bare feet in the earth.

-Touching trees.

-Work with crystals/minerals- red jasper, brecciated jasper, hematite, smokey quartz, tigers eye, petrified wood. Any crystals that are for grounding. (red, black, or brown stones, crystals) Place crystals on own near the chakra or hold in hand and meditate. Keep the crystals nearby on display in your room or wear it in jewelry, in pocket, or medicine bag.

-Meditating to specifically connect with earth and ground.

-Any practices that connect you with the element of earth.

-Working with plants and soil.

-Consuming root vegetables. Beets, potatoes, etc for blocked root chakra. Consume less grounding foods for over active root.

-Consuming foods that are healthy for your digestive system. Ginger, turmeric, kombucha, dandelion root, fermented foods.

-Herbs/plants to work with for root chakra- Vetiver, patchouli, cedar, oak, myrrh, sandalwood, black pepper, root vegetables or other plant roots like high john root, low john (galangal), ginger. Any plants that are grounding if your root chakra is blocked. These plants can be burned as incense, diffused as aromatherapy, made into an oil to rub on abdomen, around root chakra, or lower body, carried around, placed on altars or in sacred spaces where grounding is needed.

-Dancing. Move your body, to connect with your body.

-Exercise especially working out your legs or core.

-Yoga for the root (muladara).

-Kegel exercise.

-Wearing red.

-Working with a therapist or professional to heal your inner child.

-Having a spiritual healer heal and remove blockages. I'll be doing a ritual to help heal the root chakra and connect deeply to earth.

-Mantras: Lam. I am safe. I am grounded.

Connecting with Earth

In chapter 2 we went over the the aspects of the element Air. For this chapter we are going to discuss earth. It's important that we work with this Earth (and all other elements) with balance. Too much or too little earth can lead to some issues. Here we will talk about the basics of the element of earth, and how to balance yourself out if you're working with too little or too much of this element.

Earth: North

- Stability, strength, grounding, grandfather energy, ancestors, ascended masters, wisdom, support, understanding, elders, winter, hibernation, grounding, material, trees, plants, slow and steady
- Bear, elk, bull. Large, slow moving creatures, Fae
- Signs: Capricorn, Taurus, Virgo

Earth carries ancient wisdom. It is nurturing to our bodies. When we call on the energies of earth we find greater stability, confidence, and strength. Earth helps us develop a deeper connection to our ancestors, ascended masters, and those who walked before us. Similarly, connecting with our ancestors strengthens our connection to earth.

The most important way to connect with Earth, is by actually giving a shit about earth! This is not the time to stay willingly ignorant about the state of our planet. I will tell you, mama Earth is nourishing and healing, but we as humans are wearing her patience fucking thin. We need to really start putting our efforts into being conscious about the way we treat the planet that we are inhabiting. Make greener choices. Use less plastic, reduce the amount of factory farmed meats that you consume, do not support evil fisheries (watch Seaspiracy, y'all), create less waste, learn how to compost, plant a fucking tree, and seriously- be mindful of the companies that you support. Many corporations only care about taking your money and are literally destroying our lands and ocean for a quick easy buck. Do the companies you support use plastic packaging? Recycled packaging? Sustainable goods? It's time we start looking into this shit. I know it can be tough to find eco-friendly companies to support, but do your best. The more we demand eco-friendly products, the more available they will become. Spread awareness by following and sharing pages that bring attention to our planet's needs. I've been making a conscious effort to shop more at grocery stores that use bulk bins that allow me to use my own packaging like Re_Grocery in Los Angeles. I make an effort to find products that have recycled or

sustainable packaging. I hang dry my laundry as opposed to using my gas dryer. There are so many small lifestyle changes that we can make that can help heal our planet. Wake up and be a part of the healing and please spread the word! I believe we can do this.

Every time you do something kind for this planet, consider it an offering (or sacrifice) to Mama Earth, and know that those offerings will reap blessings. I talk about offerings and sacrifice in chapter 1 of this course, but let me give some examples. An example of a sacrifice for Earth would be to abstain from eating meat or fish for a month in order to receive blessings from earth. An example of Earth offerings could be putting in the work to spread eco-friendly awareness, working with plants, composting, making mindful earth-friendly choices over easier options, or physical offerings. Some offerings that I give to earth include: tobacco, ash from natural incenses that I bury, chocolate (fair trade, y'all), flowers, etc. Blessings from earth can be material like money, a home, etc. Blessings from earth can also be for stability, food, strength, wisdom, ancestral connection, and/or healing.

Book of Shadows Journal prompts:

What lifestyle changes can I make in order to honor Earth?

What earthly blessings would I ask for by giving offerings to/making sacrifices for earth?

Benefits of connecting with the element of Earth:

-Feeling more centered- ie: less anxiety and depression.

-Feeling more connected. This connection is with other people, animals, plants. This connection helps us feel more at home on this planet, which again leads to less depression and anxiety. Connection strengthens your purpose on this planet. If you ever felt like you have no purpose, connecting with Earth will open the doors to the wisdom of why you are here.

-Deeper connection to our ancestors. Our ancestors

-The ability to manifest better. We need earth to ground our intentions on this physical plane. Energy without grounding is useless, y'all.

-Stability in work, relationships, family matters.

-Regeneration. If you need healing or energetic support you can meditate/ tap into the energy of earth for healing, recharging. As a practitioner who works with a lot of energy regularly, I tap into earth through meditation daily.

A bit of inspiration

-Try finding bulk shopping that allows you to bring your own containers or reusable packaging. I go to re-grocery in Los Angeles. Sprouts also recently reopened their bulk section.

-All natural Biodegradable sponges that can be composted are the shiet.

-Wash laundry in cold when possible. Line dry if you can. You save so much energy, and I love imagining the wind and the sun infusing their energy in my clothes and linen. Love the smell of line-dried laundry. :)

-Get into reusable cloth napkins. Plus side- you can find cute designs these days.

-We don't always need to use paper towels. Cloth hand towels are way better than paper towels.

-I use old candle wax and egg crates to make fire starters. I made a video of this. It's on my tiktok. :)

-Switching from bottled liquid soap, shampoo, and conditioner to bar soaps and shampoo and conditioner. I use bar shampoo and conditioner from Lush. I make my own bar soap for body, hand, and dishes. My local bulk shop, re_grocery also has refillable shampoo, liquid soap, and dish soap. You just bring your own clean container and they refill it and price by weight. I love this idea!

-Use powdered detergent instead of liquid for laundry. I used to think that liquid detergent was superior because it costs more, but its not! Powdered cleans the same if not better than liquid from what i've noticed. Powdered comes in boxes as opposed to plastic bottles, which is more biodegradable. I actually get my powdered laundry soap from re-grocery so I can refill my own container. It's unscented, so I add a light fragrance of lavender, roman chamomile, sweet orange, & ylang ylang essential oil. The fragrance doesn't last long, but smells really clean. I'm personally not a fan of walking around smelling like a laundromat. ;)

-For those who menstruate: Reusable silicone menstrual cups! I was hesitant to try this, but oh goodness! What a life changer. It's actually very comfortable and I have a heavy flow. I purchased 2 Dutchess Cups last year a year ago and never looked back. It's safe to use for 10 years. You save so much money and reduce so much waste. Everyone I know who's tried this have share my same perspective. There are other brands available that are probably quite similar. I just haven't had the need to purchase more than the 2 that I have.

-Reusable grocery and shopping bags. Don't sleep on this!

-Reusable sandwich bags. (thanks for the tip, Sin!)

-Instead of plastic cling wrap, use reusable beeswax wrap. I was gifted some of this and it's so handy! I think it can also make a fun diy project, if you like to get crafty with cute fabrics.

-Forgo using trash bags, if you can. Plastic trash bags are such a waste! I stopped using them years ago and do not miss them at all. I just dump my garbage from the trashcan to the outside bin. I think there may also be biodegradable trash bags available, if you really need the bags.

-Be mindful of how much water you use in the shower. I lather up with little to no water running, then turn the water on to rinse off. There are also water saving shower heads available.

I can spend days writing eco friendly tips. Please share any of your eco friendly tips. Sharing is caring. :)

Shows

Breaking boundaries- Netflix

Seaspiracy- Netflix

Saving Capitalism- Netflix

The Cove- (I haven't seen this yet, but thanks for the suggestion Tiffany.)