

ART IN SOUL INFOSHEET

Root Chakra Attunement Meditation

Thank you Divine Feminine for joining us, for all aspects of the feminine energies and wisdom, strength and love and for being here with us. For the nurturing, supportive energies of Mother Earth beneath our feet and the nurturing supportive energies of the Divine Feminine energies above us. For blessing each of us today. For leading, guiding, inspiring, uplifting and upholding each of us – illuminating our journey and healing any and all blocks we may have in our root charkas. Bringing us a growing awareness of the truth of who we are above and beyond any woundedness or mistaken identity we may have accumulated during our journeys through the material universe.



Connection to ground opening of all of the charkas - Opening of the crown chakra

Breathe deeply and slowly. You may now begin to feel the energy of the Divine Feminine stepping in closer. You may feel the temperature drop as these higher energies join you. You may feel a profound peace descend upon you. You may feel like crying as your heart chakra expands. Continue breathing very deeply. When you call for the assistance of the Divine Feminine, she arrives every time – however subtly or powerfully. She is here with you now, lending you her incredible strength and wisdom, her infinite and unconditional love. As you prepare to drop down into your own root chakra, you are not going alone. Nothing is beyond her understanding. Nothing is beyond her capacity to heal. All will be well. You are very safe and very loved.

Begin now to allow your consciousness to descend down through your body. Come down from your crown chakra, dropping down into the deep blue of your 3rd eye in the centre of your forehead and breathe. Drop down now into the pale blue of your throat chakra and breathe. Drop down now into the turquoise of your thymus chakra – half way between your throat and your heart centre and breathe. Drop down now into the beautiful green energy of your heart centre and breathe. Feel your heart beating in your chest and breathe. Feel your heart centre expanding as the Divine Feminine pours her loving energy into you – and breathe. Now drop down into your solar plexus – into the sunshine yellow of this chakra and breathe slowly and deeply. Drop down now below your navel, all the way down to the dynamic orange of your sacral chakra and breathe deeply and drop down to your root chakra at the base of your spine – to the deep red sphere of energy. The sacred purpose of life and love.

Allow yourself now to see, to sense, to feel, to imagine a red door before you. You are now joined by the Divine Feminine who can best assist you on your journey to the centre of your root chakra.



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You may sense or know who is walking this path with you. It may be a named Ascended Master like Quan Yin or Mother Mary or Lady Nada or a named goddess like Kali, Athena or Isis. The Divine Feminine has held many forms and many more names.

You may sense the qualities of her energy. You may simply feel her presence and have a knowing she is with you. However you experience her energies is appropriate for you at this time. Open your left hand to receive her support and place your right hand on your root chakra.

The door opens now. Step onto a curved pathway, lined by large Hibiscus flowers. The fragrance and beauty of the flowers is exquisite. Begin walking with her at a gentle pace, following the curve of the path. If you encounter any objects – boulders, broken glass or bags along the way, ask the Divine Feminine to take them for healing – thanking her for her assistance. If areas of the pathway are in shadow, ask her to restore them to light. Keep walking round the curved pathway with the Divine Feminine by your side, knowing that any understanding you need will be given to you when you need it.

If as you continue walking you discover people from your past, care givers from your childhood, ex-loves or ex-husbands – stand still for a moment and breathe deeply. Be willing to offer your forgiveness and where necessary, ask for their forgiveness. Be open to receiving the healing energies as the connections between you are dissolved and they fade from the pathway.

Carry on with your journey to the centre of your root chakra.

If you discover yourself as a small child, embrace her, walk with her, carry her if you wish and continue on your journey. As you round the last curve of the path, you arrive at the centre of your chakra.

The Divine Feminine sits down and motions for you to do the same. Breathe deeply and slowly as she asks you now to surrender any fears you may have about being safe in the world. Breathe slowly as she asks you to be willing to let go of any feelings of guilt or shame you may be mistakenly carrying. Breathe slowly as she asks you to surrender any anger, blame or un-forgiveness you may hold in this sacred area of your body.

The past is long gone. The only person suffering now is you. Be willing to let go of any and all pain and suffering and allow yourself to be free. To feel safe, to feel worthy of receiving love and abundance.

Allow her to restore your passion and enthusiasm for life.

If you have absorbed or inherited negative beliefs about your body, your sexuality and femininity, if you are unknowingly inhibited by - in any way – limitations placed upon you, it is time to claim your freedom,



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your Divine Right of free will choice. It is the place of no other to dictate to you what is acceptable and what is not. What is beautiful and what is not. It is your body to enjoy in any way you wish and is the property of no other. It is a part of your sacredness, without which there would be no children male or female. Own your womanhood. Be proud of your sexuality. Enjoy your body. Care for it - it is the vehicle of experience and expression for your soul in this lifetime. Respect yourself.

Notice the healing energies flowing down your legs, spreading into your feet, carrying any dense energies all the way down through the soles of your feet to the Earth for transportation to light. The healing energies are strengthening your connection to the grounding, nurturing, supportive energies of Mother Gaia.

Listen to the Divine Feminine validating you are a beloved child of the Universe. You deserve to love and be loved. You deserve peace and security. You deserve to receive abundance, to live an abundant life. You are safe. There truly is nothing to fear.

Be willing now to open and accept more love in your life. Be willing to open to and be nurtured by the powerful energy of the Earth. Be willing to ask for the assistance you need to create an abundant life, radiant life and well being.

Feel the healing energies begin to rise up through your torso now, bathing all your chakras and vital organs in this wonderful feeling of safety, security and belonging. Feel the energy radiating through your entire body, restoring your sense of well being, recharging your batteries, strengthening you.

Thank the Divine Feminine for her help. Know you can call for her assistance and healing whenever you feel run down or particular issues come up for healing. You may choose to make this journey regularly.

Lift your awareness now up through your body to your sacral chakra. To the vibrant orange of this chakra and breathe, wiggling your toes. Lift your awareness up to your solar plexus and wiggle your fingers, bringing your awareness back to the rest of your body. Lift your awareness up to your heart centre and begin to smooth down your arms. Lift your awareness up to your thymus, half way between your heart and your throat. Lift your awareness up to your throat centre and begin to tap gently all over the top of your head. Lift your awareness up to your third eye and begin to rub your hands briskly together generating heat in your hands. Lift your awareness up to your crown, cup your hands over your eyes and open your eyes into your hands. Take your hands away and be present in the room.

Smooth down over your charkas to bring your chakra centres into balance.



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