



Heal Your Chakras,  
Heal Your *Life*

## THE ROOT CHAKRA WORKSHEET

How to use this worksheet: Take notes while you watch the videos and pay special attention to how your body responds. Then, do this work sheet to integrate your experience & decide which actions to take. For best results, listen to the energy imprint right before journaling your answers.

Please note: For best results, work through all the questions. However, this is YOUR process and you can absolutely choose what you prioritize.

### Section 1: Journaling + Integration

What happened for you with the energy imprint?

What happens in your body as you tune into this vibration?

Was it easy to tune into this vibration? Was it familiar? Unfamiliar?

What came to mind as you watched the videos? What resonated? What made you uncomfortable? What made you say "ahhhh now I get it"?

How do you feel about the main theme of this chakra: Security?  
(What happens in your body as you bring you awareness to that theme).

How does that show up for you in your life?

How do you feel about the subthemes of this chakra?

(What happens in your body as you bring you awareness to these theme).

Food	Home	Being in your body
Money	Tribe (Family & Belonging)	Physical Health

What is happening in your life regarding each of these sub-themes?



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Can you see the connections between the energy in the chakra (how you feel with it & your ability to connect with it) and your real-world behaviors?

For instance, if you don't feel safe and feel like running away... it can be linked to not noticing you're hungry, not paying any attention to your home, not feeling in your body, disconnecting from money...?

## Section 2: Clearing some resistance / Personal Peace Procedure.

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List all the things you're judging yourself for with this chakra. Then rate the discomfort you experience.

Examples: .

I judge myself because I realize I never feel my hunger.	6/10
I'm uncomfortable with noticing that I really don't feel safe in this world.	9/10.

Use the shoulder technique on these statements.

(While rubbing the shoulder, say: "Even if \_\_\_\_\_\*statement\* \_\_\_\_\_, I love myself, accept myself, forgive myself & forgive everyone involved".

Rate the discomfort again. Continue until you get to a rating of 0 or at least 3 or 4 notches lower.

## Section 3: Deciding on your actions

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Now that you see... what are you curious to explore to bring more balance to your energy? We're looking for baby steps here, just to play with the energy and stretch you towards balance. Anything too big and you can get triggered.

Examples of inner balancing baby steps: Breathe into your legs. Pay attention to your feet every day as you get out of bed. Remind yourself "I am safe" several times a day. Notice and appreciate the support of your chair every time you sit down. Take a conscious breath and remind yourself you're safe every time you spend money. Prepare your food consciously. Imagine your food nourishing you and your cells every time you take a bite of something.



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Examples of outer balancing baby steps: Make sure you eat breakfast every morning. Leave the house without any extra food on hand. Clean out the fridge. Take old clothes to good will. Look at your online banking every day. Set up an appointment with a financial advisor. Get together with some likeminded people. Do any practice that gets you IN your body.

Come tell us in the group! We'll inspire each other and hold each other accountable.

## Section 4: Checking the results

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Now that you've taken your baby steps, how does it feel?

This is an exploration. It's okay to not feel too good. You might be activating some protective patterns. Acknowledge and let it go. Use the shoulder technique on any discomfort you may feel.

## Section 5: Troubleshooting

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Any roadblocks?

Come post on the group so we can learn from you and so you can get some tips on how to navigate this!