Listening through your Root

Themes

Grounding • connecting with earth • instinct
Rest, being, stress regulation, relation to pressure
Ancient time • ancestry
Beingness • innate value and belonging
Earth wisdom • Indigenous wisdom
Sufficiency and enough-ness
Dark light • the cosmic womb

Elements & Senses

Earth • Mineral
Our bones
Smelling • Sensing • Weightedness

Physiology

Perineum • Cervix

Adrenal Glands

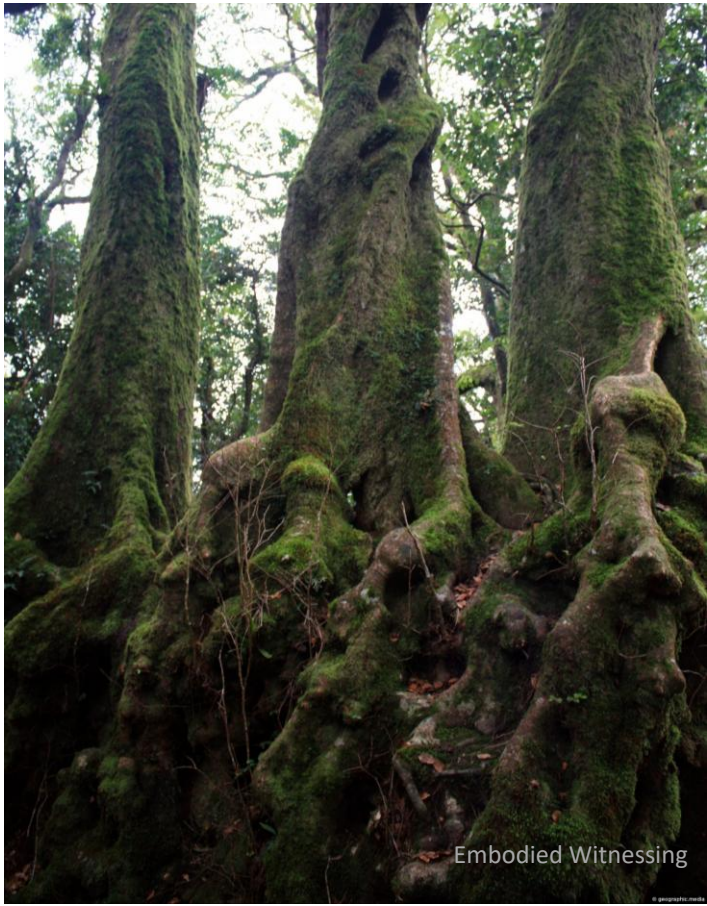
An Invitation to Explore Your Experience

How do you sense the ground beneath you . . .

Allow your weight to drop, and sense what's below meeting your body . . .

Gateway through the Root

Earth, mineral, bones, smelling, sensing.
Let's begin with the physical referents — the most undeniable. You don't have to believe anything particular about chakras to feel the weight of your bones or smell the air.
The root lives here
in what is utterly material.



Grounding and stress regulation.

Many people walk around carrying

the cost of living above ourselves, managing rather than inhabiting.

The root is where the nervous system holds its first conversation

with the world.

Being and Doing. What is beingness?

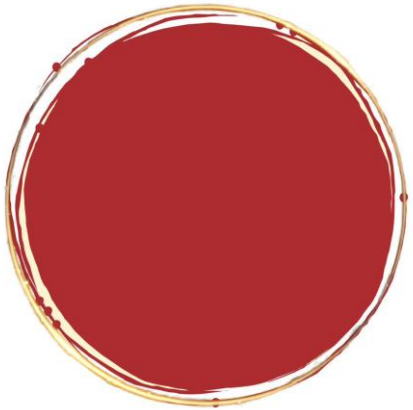
Not as a state to achieve, but as the ground that was here before we adapted.

Explorations:

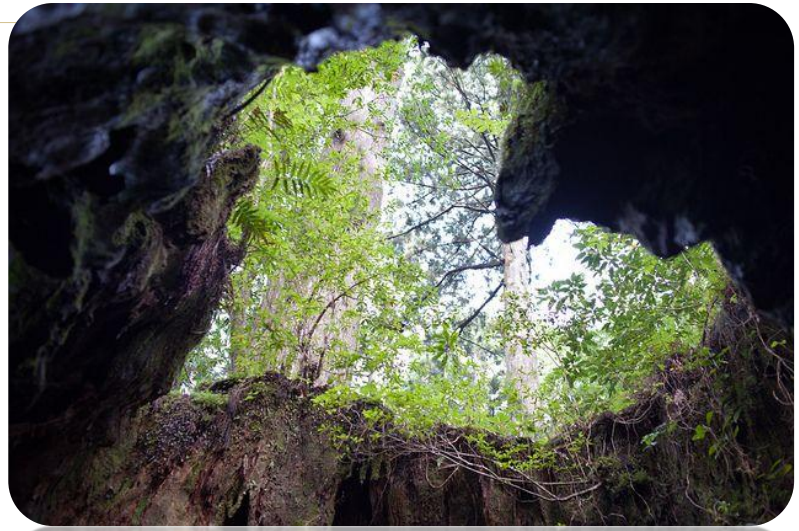
how we experience our action arising out of beingness or arises out of compensation

how we experience pace and timing.

Innate value and belonging.
Not belonging earned through behavior —
belonging as an innate quality of existence itself.



Gateway through the Root



Sufficiency and enough-ness.
The root's indigenous wisdom:
there is enough, you are enough,
the earth is enough. Connecting
with the intelligence of grounded
wisdom, emerging up through your
root.

Dark light / the cosmic womb.
The mystery of what is beneath knowing, the ground that precedes consciousness.
The ground of consciousness itself.

Guided Practices

Movement

Settle with noticing textures in the room

The Butterfly Tap • Cross your arms and tap alternately with open palms on your upper arms 25 times

Standing:

Yawning Practice with sounds

Wiggling Practice while dropping weight into feet

Walking Meditation • Discover friendly pace • Explore slower and noticing details of foot sensations • Feet kiss ground • Energy conversation between body and ground • Listening to the ground through feet

Stillness

Where do you feel at home in your body?

3 Sync: presencing sensations, emotions, thoughts

Grounding • Exhale downwards

Explore 1 Pointed Attention on Root

Explore Open Space Attention on Root

Root Contemplations:

Being

Enoughness • Sufficiency

Root Wisdom • Earth Wisdom

Ancient Wisdom

Being together in small groups

How we're together

Slowing down ~ Softening how we sense our bodies and emotions ~ Listening with our whole body ~ Speaking from the "I," from our embodied experience

Prayer

What prayer connected to the Root resonates for you?
What follows may inspire some ideas.

A Root Integration Invitation

Grounding capacity for loving compassion towards whatever arises in your experience.

Recognizing the mechanisms of othering and gently bringing them into the fold of loving compassion

Our Mother, Cosmic Womb
as Earth as my / our body
(Honor Ancestors)

Mantra

Seed Sound • LAM

Ganesha Mantras

What root prayers resonate for you, in your life, or informed by your ancestors, ancient wisdom, or the Earth?

What is most essential for you in connecting with your Root?

Potential Explorations to deepen connection with your root

Noticing texture
Feet, seat, sitz bones
pelvic floor / cervix
Sense of smell
Exhaling downwardly
Softening how you sense
Grounding
Exploring energy rising up from the ground
Listening to the ground
Sensing the land
Low tones, didgeridoo, Native drums, earth frequencies
Gazing through the lower third of your visual field of your eyes
Letting your tongue rest in the base of your lower teeth
Walking meditation
Listening through your root
Grounding images

How did your ancestors connect with the Earth?

What practices in your life already connect you with your root?