



Roots Energy Center

Honoring the body and earth, establishing foundations and rhythms of self care and natural rhythms

Be firmly established in the body establishing rhythms, care, self love, food, nourishment, community, connections.

—How do I care for my body?

—What food choices can I make to support my body?

***Make a land acknowledgement- honor the ground, the earth, sentient beings, and first nations people

Food prayer: I gratefully receive this food. This food will bring me nourishment and help my body to feel connected. Thank you, food. As you swallow-feel full joy.

Element—EarthColor—Red

Mantra—Lam, Om Gam Ganapatayeah Namaha

Others: “I am strong, supported, and abundant.” “When I care for myself, I am connected to the world soul.” How can I help others to feel supported and abundant?

Oils: Patchouli, vetiver, sandalwood, cinnamon, myrrh

Herbs: Ginger, Cloves, Chaga, Reishi, Astragalus, Dandelion-all parts

Muladhara Mudra: root support (p 162) (pinky ring fold in, middles touch, ring & thumb connect intertwined)

Hold in lap, in front of pubic bone. Relax your belly and breathe naturally. Bring attention to your roots, bottom of pelvis. Imagine your legs like roots. Contract and release pelvic floor muscles with the breath.

Prithvi Mudra- Earth Mudra, ring finger to thumb, palms up

Pranayama—Ujjai Breath & 3 part dirga breath