

## Earth Star Chakra Meditation

Before we begin, I want you to find a comfortable place to sit and relax. If you can be outside or barefoot, please do so.

Place your feet firmly on the ground.

Close your eyes and relax.

Inhale slowly to the count of one, two, three. Hold. One two three. Slowly exhale one. Two. Three.

Feel yourself relaxing.

Repeat breathing three times or until you feel ready.

Imagine a waterfall of white light pouring down from the sky and Heavens, down upon you, cleansing your entire being.

Let the light enter the top of your head and flow slowly down your body.

Ask that the light to wash away any unneeded energy or blocks with it as it moves.

As the light moves down your head, feel how it flows.

Is it gentle and smooth? Does it seem to slow down in a specific area or get stuck as it travels down your body? If you feel any resistance, let the light stay there a while and ask for it to clear any blockages.

Once the blockages are removed, allow the flow of the light to continue down.

Down past your throat, into your heart center, slowly carrying with it anything that no longer serves you.

Down flows the light into your abdomen, and down both sides of your legs.

Feel the weight of your feet on the ground.

Allow the light to exit the bottom of your feet and flow into your Earth Star Chakra.

What color is your chakra? Take a moment to notice it. Feel it.

The Earth is now glowing with your energy as you connect with it.

All of your blocked energy is now exiting the bottom of your feet and into the Earth to be renewed into something new and vibrant.

Stay here a moment and feel the sensations within your body.

When you are ready, wiggle your toes and open your eyes.