

Art by Sheranda Ann Kumara

REBOOT YOUR BASE CHAKRA
AND FEEL MORE ENERGIZED AND ALIVE!

BY NATALIE SOUTHGATE

chakra dance™
rhythm for your soul

Can you imagine what your life would be like if you had more energy? If you could get out of your head and be more fully present in each moment?

Imagine a life in which you have a deep love and respect for your body! Imagine trusting your own instincts so deeply, that every physical sensation becomes a helpful guide in your life!

This is what excites me so much about working with the base chakra. When we truly activate this energy center (which we all have), we don't have to imagine a life like this anymore. Instead, we live and breathe it.



Art by Sheranda Ann Kumara

I felt compelled to write this mini e-book (and create an e-course) on the base chakra, as it is a chakra I have spent many years exploring and healing. Having personally found it quite challenging, I have experimented with lots of ways of re-booting this energy centre and I felt drawn to share some of the things I've learned. I've also had the privilege of working with hundreds of people on their base chakra journeys and have gained valuable insights from witnessing their experiences.

I can't say that my life is like the above description all the time (chakra work is always ongoing!), but I certainly experience life like this more deeply than ever before. There is no magic involved. There is no quick fix. It takes commitment, practice, intention and a willingness to let go of how things have been, so that we can open to a new way of being. And as the people I have worked with have shared with me, the rewards just get better and better. The more deeply we anchor ourselves into our base chakra, the more vibrant and alive we become.

This is a book to be felt, rather than just read. Breathe it. Contemplate it. Read it with your whole body. Please take whatever resonates with you, and leave behind anything that doesn't. This is all part of trusting your own instincts. Listen to the responses from your own body. May I suggest though, that when something does resonate with you, make the courageous decision to fully embrace it and step firmly into your base energy.

The base chakra is a wonderful place to begin any healing journey, as it is the foundation of our entire chakra system. Without a strong base chakra, our other chakras lack a strong holding, and so our entire system can be compromised. By strengthening our base, our other chakras can begin to flow with health and vibrancy too.

"It is a strange and wonderful fact to be here, walking around in a body, to have a whole world within you and a world at your fingertips outside you. It is an immense privilege, and it is incredible that humans manage to forget the miracle of being here... We are here. We are wildly and dangerously free."

John O'Donohue



Art by Gina Intveen

COMING HOME TO THE WISDOM OF YOUR BODY

The base chakra is connected to the health of our physical body. Our body is our home, our temple, our lover for this lifetime. When we become disconnected from our bodies, we can become like the walking dead. Homeless, lost, empty.

Many years ago I discovered the work of an amazing Jungian Analyst and Author named Marion Woodman. She described being disconnected from our bodies perfectly: "matter without spirit is a corpse; spirit without matter is a ghost." Just take a moment to reflect on this powerful statement. Before we can do any of the wonderful things we plan to do with our lives, we must first come home to our bodies.

Too many of us, too often, are like walking heads. I'm sure if we could physically see the energy fields around us, many of us would look like we had enormous balloons floating around our heads. We spend so much time thinking, analysing, and worrying about things. We are constantly sending all of our energy upwards. We literally do put 'mind over matter' so much of the time.

When we get a pain in our bodies, we either medicate it to numb it, or we search on Google so that our heads can take control and try to figure out what we need to do to make the pain go away. Very rarely do we close our eyes, travel into our bodies, connect with our pain, and ask ourselves: "What's this about? What's the message here?"

Don't get me wrong, I'm a firm believer in checking things out with the doctor, and using the miracles of western medicine when needed. But I also feel we should try to understand the messages our own bodies are trying to give to us.

Part of the journey home for each of us is building a relationship with our bodies in which there is a form of communication and respect. We need to learn the language of the body, and interpret its signals. These will be different for each of us, but the more we connect in with our bodies and listen, the more our understanding of the signals will deepen.

Take notice of when your back starts hurting – is this when you feel you are not getting the support you need? What happens to your body when you are challenged, or when you are criticized? When you feel tense, where does your body tense up? What is happening when you get a sore throat? Or a skin rash? To come home to the wisdom of our bodies, means we need to start paying more attention to these details. If we just keep ignoring these messages, they tend to just get louder and louder until we are forced to stop and pay attention.



If we are not used to listening to our bodies, it can take time to build up a relationship where we can communicate effectively. Like any relationship, it takes time, patience and commitment. Our symptoms are like words, but quite often we don't fully understand the language yet.

Just think of when you are driving your car and a warning light starts to flash on your dashboard. The light is a signal to show you that your car is running low on oil, or gas, or needs more fluid for the brakes. We don't try to stop the light from flashing at us. We listen to what it has to say and we take action. Our symptoms are just like the flashing lights on the car. We need to listen to the messages our bodies are sending us, and then take the action needed to heal.

Art by Outi Harma



Artwork by Leonid Afremov.

B O D Y R E L E A S E

"Take care of your body. It's the only place you have to live".

Jim Rohn

Our bodies carry every experience we have ever had. If our bodies could literally speak, there would be so many stories to tell. We could all write volumes of books on ourselves. Our bodies can remember the joyful feelings – the exhilaration of the trampoline; the excitement of that first proper kiss – but our bodies also remember the less joyful feelings: the feeling of being bullied at school; the sadness when our best friend moved away; the trauma of our dog dying; the death of our father; the grief of our divorce.

When deep feelings or traumas happen in our lives, ideally we experience the feelings at the time, assimilate them, and then discharge and release the energy. Think of how an animal behaves after it has had a fight or a scare. It has a high charge of energy and then it literally shakes it off, releasing the trauma from its body.

For us humans, most of us have lost this ancient instinctual release mechanism. Often, we don't really accept or deal with our inner responses and instead we suppress and block our intense feelings. We block the flow of energy and bury the memory and the feelings in our bodies. We try to avoid the pain or terror. The vibration of the trauma becomes embedded into our bodies, woven into our muscles, our joints, and our ligaments. Our blocked feelings of guilt, shame, pain, and fear become the tensions in our bodies, the illnesses we don't understand.

The more we hold on to old feelings and traumas, the more restricted our bodies become. It can feel like we are wearing a coat of armour. With some people you only have to look at their body structure to see where they are holding on tightly to their pains. They may have sunken chests, with hunched over shoulders, and you can almost physically see the pain they are carrying around in their hearts.

When we have a restricted body, we tend to carry this out into our lives in some way. If we can't 'let go' of the old pain physically, and emotionally, we will find it challenging to 'let go' in other areas of our lives. So our lives become restricted as well.

Conversely, when we find a way to release the holding in our bodies, it ripples out into emotional release, and then out further into our lives. When we find freedom of expression in our bodies, we find freedom in other aspects of our lives too.

Releasing blocked energy from our bodies is therefore a vital part of the journey home. We might work with therapists, or healers, or do whatever inner work we are drawn to, but to then discharge the 'holding' from our bodies is a vital (and too often overlooked) step in the process.

In my Chakradance workshops, I have both experienced and witnessed the 'letting go' of the old energies from the body.

There is always a release of emotion that takes place, and sometimes there is a memory, or an image, or a knowing of some kind. As the old energy is discharged, our bodies feel more free, more fluid. It feels like an 'undoing' of some kind. A space becomes cleared within our physical body and within our energy system. Each time we release another trapped feeling from our bodies, we let go of an old pattern. We are freed up to be more present in the moment. We feel more alive.

A gentle way to begin some body release work is to first spend some time travelling into your body by using intention, awareness and breath. In the e-course, you will receive a guided deep body awareness meditation, as well as a number of gentle movement practices to help you connect to your body and release trapped energy.

Hopefully you have already started with the moving meditation for the base chakra mp3. If not, you can download it for free here: <http://www.chakradance.com/ebooks-base-chakra-gifts>

These practices can be used as often as you like. Together, they offer a variety of ways of continuing the ongoing process of releasing what you no longer need from your body.



Image Laura Milner Iverson

GROUNDING

You may have come across the term 'grounding'. This is a practice that is highly beneficial in rebooting our base chakra.

When we are grounded, we are energetically connected to, and fully present in, our bodies. I know when I am grounded: my breath deepens, everything seems to slow down a little, and I become more in tune with my physical senses. I become more here in the now. I can always tell when someone else is grounded by how present they are in their eyes.

In our modern, busy lives, we are often pulled in many different directions. We have our jobs to focus on, our families, the to-do list, errands etc. Our energy gets stretched out in lots of different directions, and unless we make time to 'ground' ourselves, we can easily become disconnected from our bodies. We can be left feeling totally scattered at the end of the day. Making time at the end of the day, and ideally throughout it, to do some simple grounding exercises can really make a big difference to how we deal with daily life.

When we are grounded, we also connect more with the earth and with nature. When was the last time you walked barefoot on the earth? Or just sat quietly in nature? Remember the feeling it gave you? When we connect with the earth, we anchor our energy down, and plug ourselves in to all the richness mother earth has to offer us. Anchoring in this way also helps us to feel the connection we have to all the other beings walking this path with us. It can be a very healing and humbling thing to do, especially when we have become caught up in the dramas of our own lives.

For a long time, I struggled with grounding. I loved to explore spirituality, psychology and energy work. Somehow, I felt that if I connected too strongly with the energy of the base chakra, I would lose my spiritual connection. Since working deeply with the base chakra, I have learned that the very opposite is true. In fact, I now feel that the more grounded we are in our bodies, the more heightened our spiritual connection becomes. Just picture a big, old, beautiful tree. The deeper its roots travel into the earth, the higher its branches grow up into the sky. The same goes for us. This was a valuable insight for me.

There are many ways to ground ourselves. We can simply kick our shoes off and feel our connection to the earth. We can use our breath combined with our intention to harness our energy back into our bodies and down into the earth. Have you tried out the grounding meditation mp3 yet? If not, you can download it for free here <http://www.chakradance.com/ebooks-base-chakra-gifts> and begin the practice of releasing stress, and anchoring into your body. I will also be sharing other tips and techniques for grounding in the e-course.



Art by Christophe Urbain

PRIMAL INSTINCTS

When we are grounded, and are more present in our physical bodies, we become more in tune with our deep, primal instincts.

We are part of the animal species, and yet in our efforts to become civilised, we have lost a lot of the amazing gifts that are natural to us; they have become deadened, or buried. Obviously, it would not be desirable for us to completely revert to 'wild animal' status, but we can learn again how to draw on our animal instincts to help guide us and keep us safe in life.

Have you ever felt the ripple of fear move up your spine? That's your instincts giving you a clear message that there is some form of danger nearby. Our fight or flight mechanism kicks in. However, if we are disconnected from our bodies, chances are we won't recognise this.

When we bury our instincts in the unconscious, our fears become distorted; it's like they become disconnected from real time. We either don't pick up on the danger, or we may be paralysed by fear when there is in fact no danger present. When we are in tune with our bodies, and instincts, the ripple of fear is acting like a guide to give us a genuine, timely warning. When we learn to trust this physical signal, fear becomes our friend.

We are no longer living in caves and dependent on hunting and gathering for our dinner, whilst watching out for wild beasts. Our world has changed, we have changed, and yet we still need to survive. We need to put food on the table, to support ourselves and our families, to do what we can to stay well and safe. We still need our instincts for survival. We need to be in tune with the part of us that gives us timely warnings. Just as we need to reconnect with our bodies, we need to release the reins on the animal within.

One way of re-connecting with our own animal instincts is to attune ourselves more with the wisdom that animals can teach us. In Shamanic cultures, it is believed that we all have power or spirit animals. Each animal carries its own wisdom and power. When we call on these animals, it is as though we can take on the power of its kind. So by calling on a tiger, for example, you are invoking willpower, strength and courage into your life. By calling in a hawk, you are inviting in messages from the sky, from the spirit world.

There are many ways of working with power animals. We may consciously choose the animal we feel we need, or sometimes the animal chooses us. Sometimes the animal may physically turn up in our lives, and other times the animal may appear in our dreams. When we work with the base chakra, we take notice of this, as an animal always brings with it a gift, an instinctual and timely message.

In the e-course you will be invited to go on a shamanic journey to meet and connect with your spirit animal. You will then be guided to attune with its messages through movement and ritual. This process will deepen your connection with your own inner instincts as well as opening you up to the gifts we can receive from the animal kingdom, if only we invite them in.



Artwork by Lynn Berryhill



Image by SparArt

GOING DEEPER INTO YOUR BASE CHAKRA

I invite you now to just stop for a moment, and take three deep breaths. Close your eyes and tune into your body. Spend a few minutes simply being with your breath, and with your body. Feel yourself anchoring into your base chakra.

I hope that you have a sense of this wild, powerful, base chakra energy that you have within you. I hope you have been able to feel it, sense it, and truly own it.

I hope you enjoy my gifts to you at <http://www.chakradance.com/ebooks-base-chakra-gifts>

and continue to practice these frequently to keep balancing your base chakra.

If you feel drawn to go even deeper into your base chakra, you may like to join the upcoming e-course. As well as the meditations, tools and techniques mentioned in this book, you will receive extra bonus exercises, techniques and practices, including chanting and mantra, to help guide you further into the power of your own base chakra. Throughout the ten days you will be guided and supported by a licensed accredited Chakradance Facilitator.

By joining this course, you will be inviting health, wellness and vitality into your body and into your life.

Namaste x



chakradance™
rhythm for your soul

CHAKRADANCE™ is a well-being movement practice. It uses spontaneous dance, to specific chakra-resonant music, for the purpose of healing and re-tuning your whole energy system.

On one level, Chakradance can be experienced as a joyful affirmation of who you truly are. Using spontaneous dance, creativity and your imagination, it leads to an awakening, a discovery of your true self. But at a deeper level, Chakradance is also about healing and balance. By surrendering to the music of each chakra, we dance from the inside out and find ourselves awakening and healing ancient hurts; expressing – often for the first time – long-blocked emotions; and opening ourselves up to levels of spiritual connection higher than we ever thought possible. This is what we mean when we describe Chakradance™ as “rhythm for your soul”.