

worthy

with Chelsea Quint

ROOT CHAKRA

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Your root chakra deals with your physical space, body, your foundation and sense of security and safety. Looking over your answers above, notice whether you tend to be super connected and even obsessive over your physical space, or if you invest little time or effort into your physical space.

Use these prompts to discover ways to shift your relationship with your physical world and bring your root chakra into balance.

When do you feel safe?

What situations, places, or people in your life make you feel safe?

What do you think of when you hear the word grounded?

What grounds you?

How much time do you spend in nature? Outside?

What are your favorite ways to take care of your physical body? How often do you do these things?

How do you feel about your physical space?

How do you take care of your physical space?

What is your relationship to your physical body like?

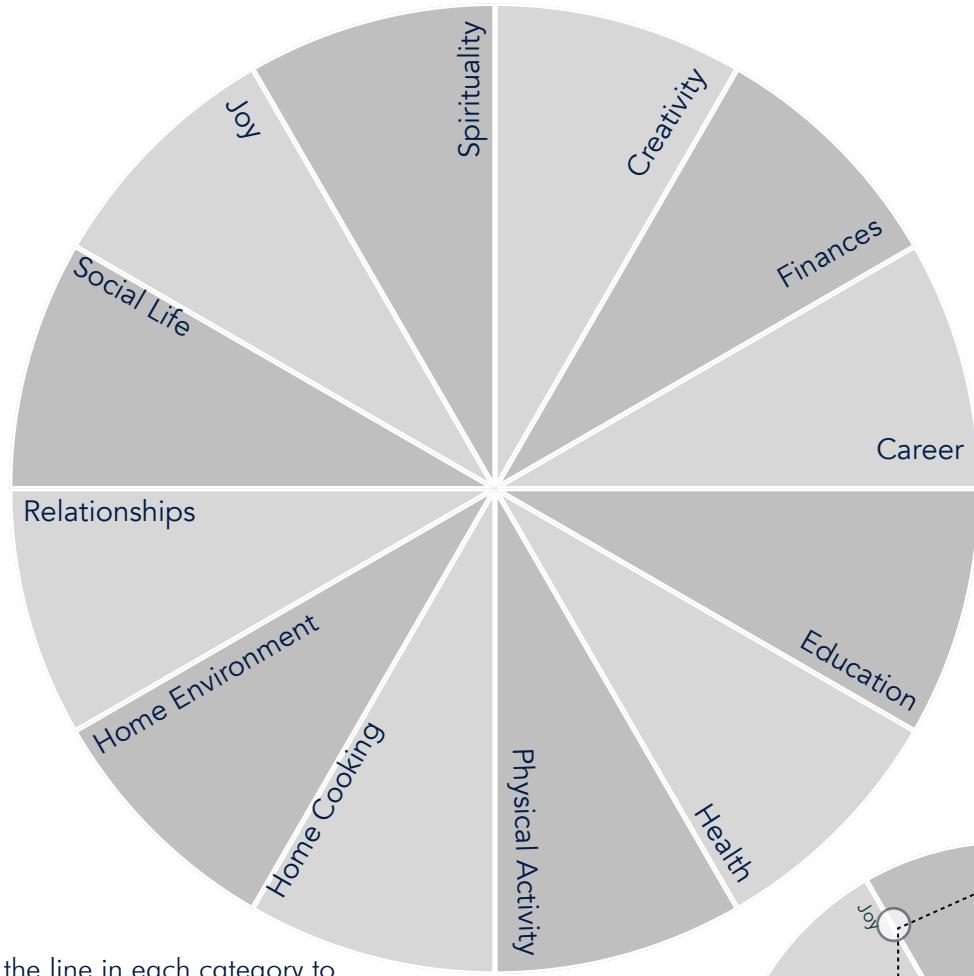
AFFIRMATIONS:

My roots and foundation are strong.
I am grounded.
I love my body.
It is safe for me to be here.
I am worthy of safety, security and abundance.

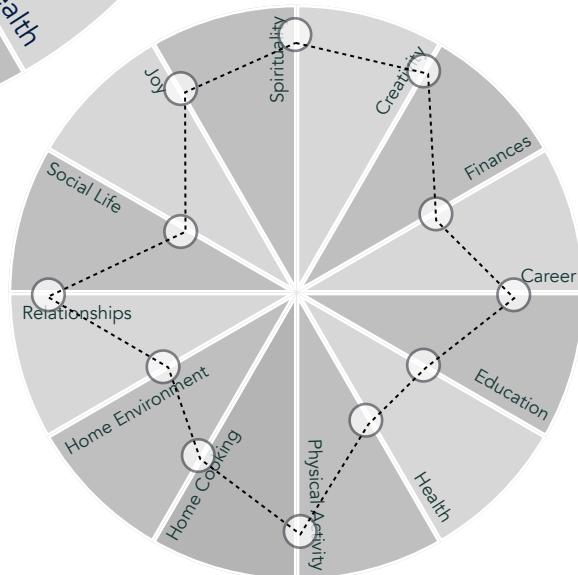
CIRCLE OF LIFE

Use the Circle of Life tool to identify where the worthiness wounds and lower frequency of each chakra is showing up in your life.

Awareness is the key to healing and rewriting any pattern. Once you've identified your patterns and how they're affecting your life, you can use the tools in your HEAL module to release the emotions and move of the lower frequency energy, making space for new energy and your manifestations to come in.



1. Place a dot on the line in each category to indicate how much you live in the lower frequency (center of the circle) versus the higher frequency in each area of your life.
2. Place a dot at the center of the circle to note lower frequency or close to the outside of the circle in areas you feel fulfilled + worthy
3. Use this to discover where your worthiness wounds are creating blocks and limiting patterns.



Demon: Fear

Basic Rights: to be here, to take up space, to have, material wealth and possessions, abundance, trust in and connection to your body

Look at the Circle of Life above. Where are you living your life from fear? What decisions, actions, commitments are you making from the energy of fear?

If you knew you had the right to be here, to have all of your physical needs and wants met (physical space, money, food, shelter, etc.), how would you show up to every area of your life? How would life work for you?

Feel the feelings of this as your new reality as you write + meditate on this.