

YONI SHAKTI WOMB WELLNESS PRESENTS



THE WOMB ALIGNED PATH



SACRED WOMB
WHEELS

PORTAL 6



THE WOMB ALIGNED PATH

PORTAL 6

INTRODUCTION TO THE CHAKRA SYSTEM AND THE WOMB CONNECTION

The chakra system, deeply rooted in ancient Vedic traditions, outlines seven primary energy centers within the human body, each associated with specific physical, emotional, and spiritual functions.

These chakras are traditionally visualized as spinning wheels of energy, extending from the base of the spine to the crown of the head, each with its own distinct colour and vibrational frequency. The system not only offers a map for understanding the flow of energy within the body but also serves as a guide for spiritual awakening and self-realization.

Complementing this system is the profound concept of the womb connection, an ancient understanding predating the Vedic chakras. This perspective sees the body as a spiral energy vortex, drawing wisdom from the Cosmic Web, the Galactic Womb, the Earth Womb, and our inner womb.

This older system, rooted in the feminine mysteries, emphasises the principles of the spiral and sacred duality, or sacred marriage. It views the body's energy centers as dynamic, relational vortices that integrate the sacred dualities of masculine and feminine, upper and lower, and left and right.

By merging the wisdom of the chakra system with the ancient womb traditions, we can access a holistic understanding of our energetic and spiritual nature. This integrated approach not only balances the linear progression of chakras with the cyclical flow of womb wisdom but also enriches our spiritual practice by honouring the sacred union of complementary energies within us. Through this synthesis, we can achieve a deeper connection to both the physical and spiritual realms, reaching a more harmonious and centered existence.





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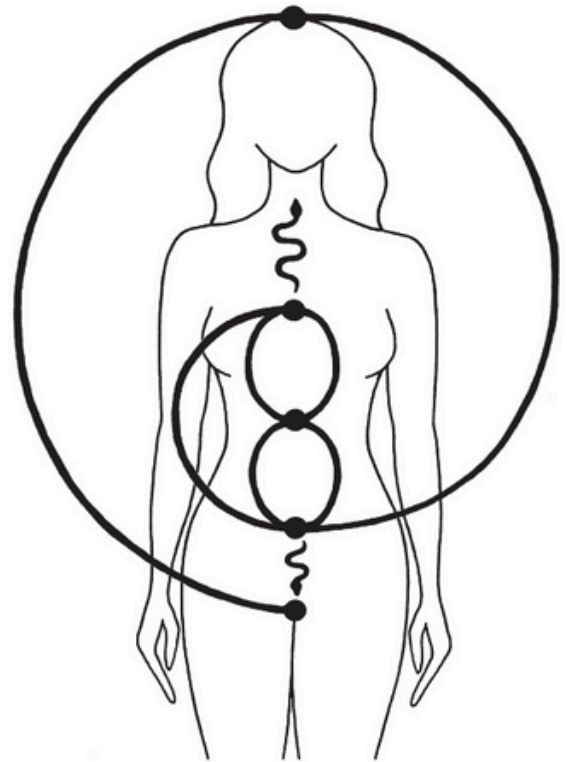
PORTAL 6

THE TWIN SPIRAL CHAKRA SYSTEM

Unlike the linear progression of energy from the base to the top found in the Vedic chakra system, the ancient twin spiral chakra system embraced the feminine wisdom of the spiral path. This path is a dynamic, non-hierarchical, relational energy vortex within the human body, functioning as a cosmic portal of union.

The twin spiral chakra system of the Grail traditions is based on the sacred marriage of relational twins within the body: upper half/lower half, masculine/feminine, and right/left. This system recognizes the perennial wisdom of "as above, so below." The processes in the top half of the body mirror those in the lower half, and the movements on the left reflect those on the right. Similarly, actions in the feminine realms are mirrored by parallel movements in the masculine realms.

When these sacred dualities come together in harmony, an incredible and magical third entity emerges: a divine child or cosmic child, whose birth is made possible through their union. This wisdom is visually represented in the tree of life, with earthly roots equal in size and shape to its celestial branches, and in the pre-Christian symbol of the circle-cross, which unifies the left-right and up-down axes within the great feminine circle.

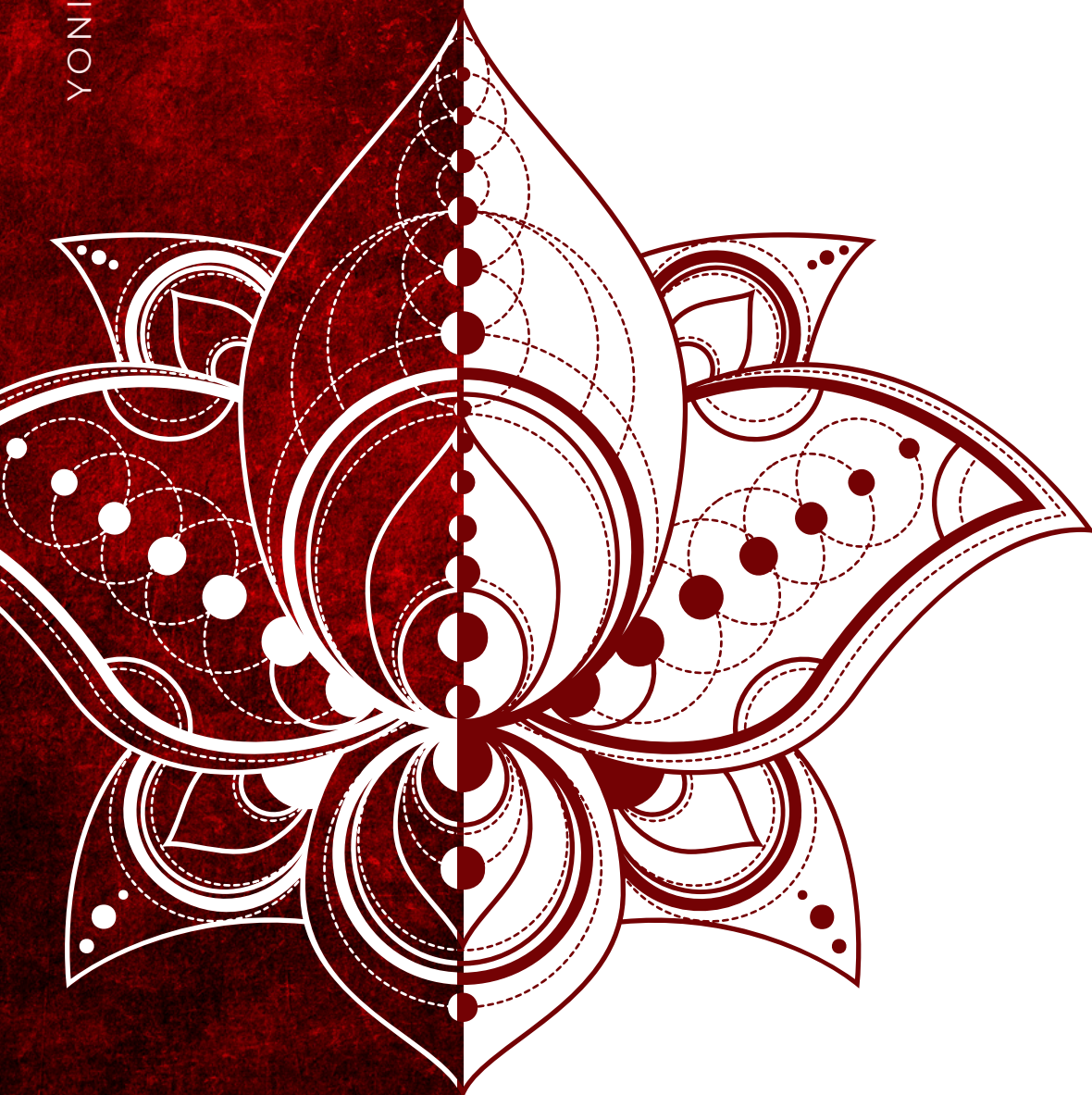




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This transformative journey will guide you through various practices, including deeply attuned and visual meditation, journalling prompts, information, embodiment practices, rituals, and integration techniques. By focusing on the root energy wheel, we will work towards grounding ourselves, cultivating stability, and establishing a strong foundation for our spiritual and emotional well-being. Let's begin!



The root energy wheel, also known as the root chakra or Muladhara in Sanskrit, is the first of the seven major chakras in the body's energy system. Located at the base of the spine, it serves as the foundation upon which all other energy wheels rest. The root energy wheel is associated with the element of Earth and is symbolized by a vibrant red lotus with four petals.

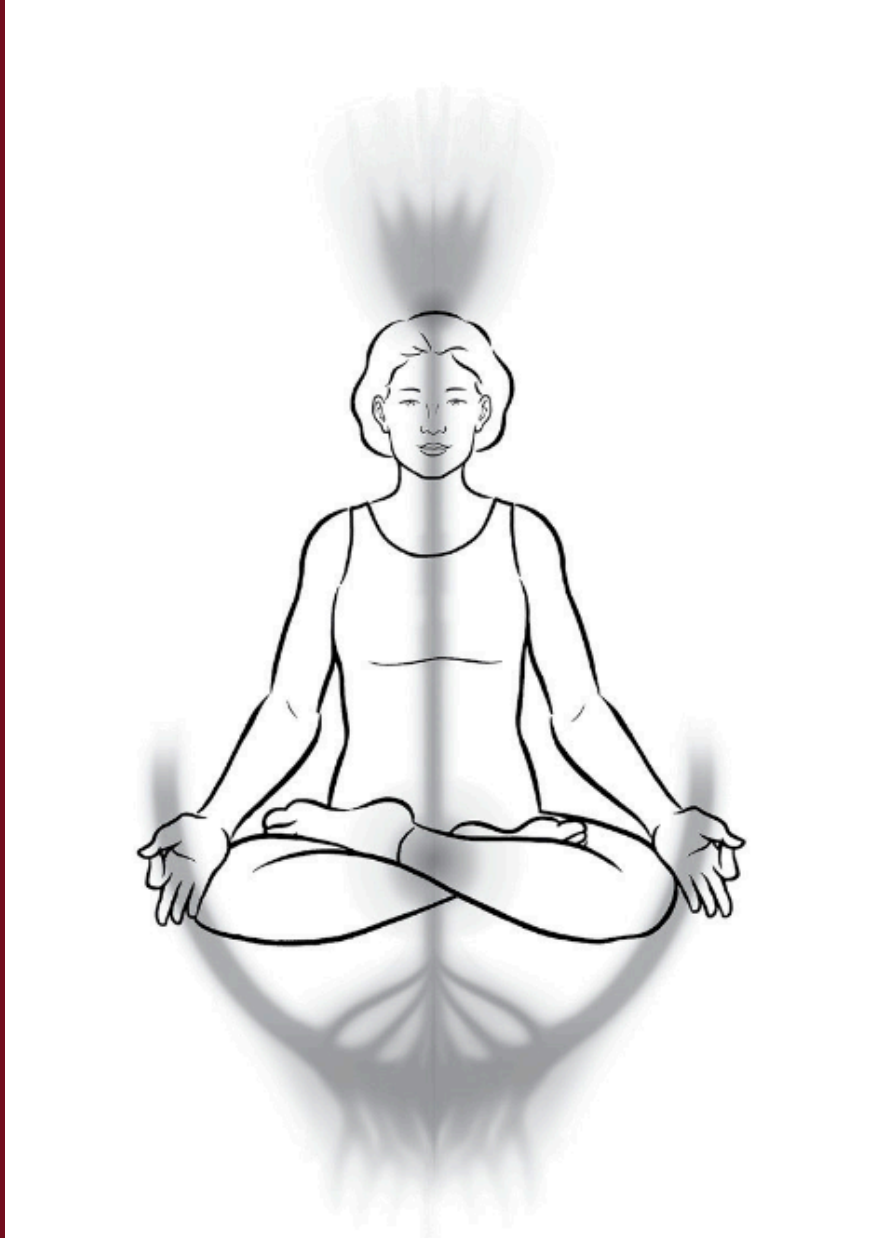
The word "Muladhara" is derived from two Sanskrit words: "Mula," meaning root, and "Adhara," meaning support or base. Thus, the root chakra can be understood as the root or foundation of our existence, representing our connection to the physical world and our sense of stability and security.

Root Energetics



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Root Bowl:
Your Foundation

Related Chakras: Your root, or first, chakra
Energies: Grounding, safety, security, support,
presence, vitality, stability, resilience

Use For: Anxiety, instability, overwhelm, spacey-ness,
disassociation, feeling unsupported, fatigue

Root Energetics



Like the foundation of a house, your root chakra is your energetic foundation.

At the heart of our being lies a profound function: the ability to feel safe in our bodies. This sense of safety serves as the sacred foundation upon which all else is built. When we are grounded in safety, we open ourselves to the world with trust and confidence. Yet, when we are unanchored by fear, our reality becomes distorted, clouded by an instinctive need to react. In moments of perceived danger—be it the shadow of a lurking lion or the everyday challenges that life presents—we find ourselves responding in one of three ways: fight, flight, or freeze. These primal reactions, while essential for survival, can limit our ability to navigate the complexities of life, often leaving us feeling trapped in cycles of anxiety and reactivity.

Feeling safe is not merely a passive state; it is the gateway to choice and empowerment. When we cultivate a deep sense of safety, we are gifted the clarity to respond from a place of self-awareness, allowing us to choose our reactions rather than be dictated by fear. This belief in our capacity to choose effectively nurtures our resilience, and faith in our ability to confront whatever life unfolds before us. As we embrace our resilience, we step into the world fearlessly, trusting ourselves to handle the unknown with grace and strength.

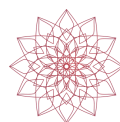
This self-trust we cultivate forms a robust foundation for our mental and physical well-being. Chronic stress and anxiety, if left unchecked, can take a toll on our health, as our bodies flood with hormones designed for survival. While these hormones prepare us for immediate danger, prolonged exposure can lead to various health challenges. By creating a calm and grounded response to life's trials, rooted in self-trust and resilience, we can mitigate the stress response and protect our bodies from its detrimental effects.

If you have encountered trauma, accessing feelings of safety and self-trust can be particularly challenging, amplifying the risk of stress-related issues. However, when we strengthen the foundation of our root chakra, we unlock a treasure trove of energies that empower us to manifest our deepest desires. The root chakra, our first energy centre, is intricately linked to our ability to bring ideas into reality, to ground our visions in the physical world. As we nurture this sacred energy, we transform inspiration into manifestation, planting our dreams firmly in the soil of existence. Through the mystical dance of safety and the root chakra, we discover the power to create, to bring forth the visions of our heart, and to flourish in the vibrant garden of life.



KEY ATTRIBUTES

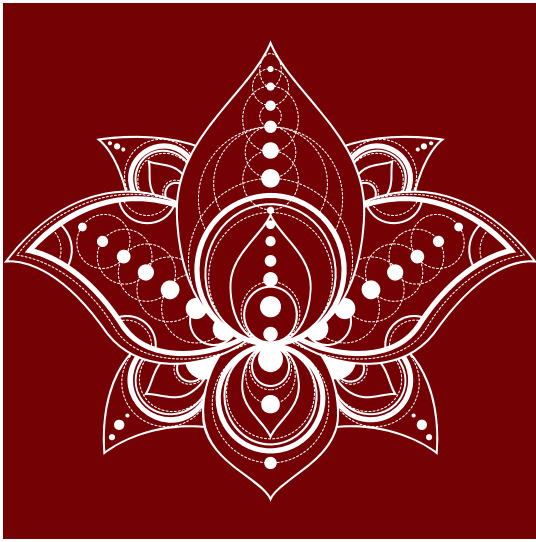
- 1. Grounding and Stability:** The root energy wheel serves to ground us to the Earth, helping us feel anchored and stable in our physical bodies and in the world around us. It provides a sense of safety and security, like the deep and sturdy roots of a tree.
- 2. Physical Manifestation:** This energy center governs the physical body and its connection to the material world. It influences the health and vitality of the skeletal system, legs, feet, and lower body.
- 3. Survival Instinct:** The root energy wheel is associated with our basic survival instincts, including the fight-or-flight response. It helps us respond to physical threats and aids in the preservation of life.
- 4. Primal Energy:** As the first energy wheel, it embodies our primal nature, connecting us to our fundamental needs, including food, shelter, safety, and a sense of belonging.



IMBALANCES & EFFECTS:

When the root chakra is imbalanced, it can lead to physical, emotional, and spiritual challenges. Imbalances may manifest in different ways:

- 1. Deficiency or Underactivity:** A deficient root chakra may lead to feelings of insecurity, fear, anxiety, or a lack of stability. Individuals may feel ungrounded, disconnected from their bodies, and struggle to meet their basic needs.
- 2. Excess or Overactivity:** An overactive root chakra can lead to excessive materialism, hoarding, or being overly attached to physical possessions. It may also result in stubbornness, resistance to change, or an inability to adapt.



Deficiency or Underactivity: When the root chakra is deficient or underactive, it can manifest in various ways, including:

- Feeling ungrounded or disconnected from one's body.
- Persistent feelings of fear, anxiety, or insecurity.
- Lack of motivation, drive, or a sense of purpose.
- Financial instability or difficulty manifesting material needs.
- Physical symptoms like lower back pain, constipation, or immune system disorders.

Grounding and Stability: A balanced root provides a strong foundation for overall well-being and spiritual growth. It is characterized by:

- Feeling grounded, centered, and present in the physical body.
- A deep sense of safety, security, and stability in the world.
- Being able to manifest material needs and experience abundance.
- Feeling connected to the Earth and having a sense of belonging.
- Being adaptable, open to change, and having a healthy relationship with the physical world.

IMBALANCES IN THE ROOT

Excess or Overactivity: An excessive or overactive root chakra can lead to imbalances such as:

- Overwhelming attachment to material possessions or a need for excessive control.
- Hoarding tendencies or an obsession with physical security.
- Stubbornness, rigidity, or resistance to change.
- Aggressiveness, impatience, or a quick temper.
- Feeling overly rooted in the physical world, with a disconnection from spirituality.

BALANCES IN THE ROOT



Root Energetics

BALANCES IN THE ROOT

MANIFESTATION IN THE BODY, SPIRIT, AND HEART:

Body: The root governs the physical body and its connection to the Earth. When the root energy is balanced, it manifests as:

- Healthy functioning of the skeletal system, legs, feet, and lower body.
- Good overall physical health and vitality.
- A strong immune system and robust energy levels.
- A sense of embodiment and comfort in one's physical form.

Spirit: The root forms the foundation of the energy system, and its balance impacts spiritual well-being. When the root energy is balanced, it manifests as:

- A strong connection to the Earth and the natural world.
- Feeling grounded and centered during spiritual practices.
- The ability to integrate spiritual experiences into everyday life.
- A sense of stability that supports higher spiritual growth.

Heart: Although the root primarily deals with physical and practical matters, its balance indirectly influences the heart center. When the root energy is balanced, it allows for:

- A secure sense of self, fostering healthy relationships and boundaries.
- The ability to trust oneself and others, leading to deeper connections.
- A solid foundation for love, compassion, and empathy to flourish.
- Feeling safe to express emotions and establish authentic connections.

Root Energetics



WHEN YOU ARE BLOCKED

A blocked or weak root energy wheel often manifests as a sense of being ungrounded, spacey, or disconnected from the world around you. An empowered root energy wheel creates a feeling of full presence and stability, grounding you firmly in the here and now. When this energy center is weak, you might find it challenging to focus, with your mind wandering aimlessly from one thought to another. You may feel spaced out, losing chunks of time in a trance-like state or escaping reality through incessant daydreaming. In more severe cases, this escapism might extend to excessive television watching, video gaming, or even substance abuse.

Disconnection from the present moment can take many forms, but all stem from not being fully present in your body. While everyone needs a break from reality occasionally, when diversions become chronic and interfere with your ability to achieve goals or actively participate in life, it signals a blocked or weak root energy wheel.

Another common manifestation of a blocked root energy wheel is constant anxiety. While anxiety can be linked to several energy wheels, when related to the root energy wheel, it often presents as chronic, pervasive fear, leaving you feeling unsafe and unable to relax. This anxiety can manifest physically, impacting your health and your ability to connect with your body through exercise and self-care.

A third potential sign of root energy wheel issues is chronic difficulty in manifesting your desires, especially in material areas such as work, money, and securing a stable home. While these issues are complex and cannot be solely attributed to a blocked energy center, working with the root energy wheel can be a significant part of the solution.

We all experience feelings of spacey-ness, anxiety, or difficulty achieving material goals at times, and this doesn't necessarily mean our root energy wheel is blocked. However, engaging with practices that strengthen and balance the root energy wheel can help you break through these challenges, shifting into a more grounded and productive state. If these issues are a chronic problem for you, consider incorporating root energy wheel practices into a long-term personal development process. Embrace the mystical journey of connecting deeply with your root energy wheel, and discover the stability and strength it brings to your life.

Root Energetics



ROOT INSIGHTS OF THE FEMININE ENERGY

Men's energy bodies are anchored in their root energy wheel, while ours are rooted in our second, or sacral, energy wheel. This distinction highlights that the energies and psychological aspects of the root energy wheel are usually more central to a man's journey into personal power and identity in the world. For women, the energies and themes of the sacral energy wheel are more pivotal. Our power on the subtle body level is entwined with the energies of our sacral energy wheel; empowering this energy wheel will do more for us than any other. For this reason, we will delve more deeply into the main principles of Feminine Energetics and the feminine subtle body when discussing Sacral Energetics

However, our subtle body is a balanced system, and the energy wheels are meant to be worked with holistically. The health and empowerment of each are necessary for our overall well-being and empowerment. It is critical that women work on strengthening our root energy wheels, especially because historically and culturally we have often been prevented from fully owning the powers of this energy wheel as our own.

To some extent, the root energy wheel represents the physical, and the sacral energy wheel represents the emotional. Historically, men have been granted the physical as their arena, and women the emotional as ours. This division has been reflected in power structures originally founded on the physical dominance of men, perpetuated long-term through cultural and institutionalised sexism. This has been damaging to all of us. Emotional balance and well-being, as well as women's sexual and procreative energies, have been denigrated and even demonised. Men have been cut off from the healthy expression of their sacral energies, and women from the healthy empowerment of their root energy wheel energies.

At this time in history, these patterns are thankfully (though at times painfully) changing, and we are all a part of it. For women today, focusing on healing and empowering our root energy wheel is especially important, supported by the larger energetic shifts occurring. The most crucial aspect of this work is healing our relationship with our bodies. We receive numerous negative messages related to our bodies: that we are not as strong as boys or men and that it's a problem; that menstruation is at best a nuisance and at worst a curse; and, most problematically, that much of our worth rests on how our bodies look. Although both men and women are held to standards regarding physical appearance, for women it is especially pronounced.

We are often conditioned to believe that our bodies are a problem. They are either not strong enough, thin enough, or pretty enough, or they inconvenience us, holding us back. This undercurrent creates a rift in our root energy wheel energies—our root energy wheel is about full presence in the moment, and that includes feeling fully present in our bodies. If we are not comfortable with our bodies, we are often incapable of being fully present in them or of fully inhabiting them.

A big part of root energy wheel work for women is generating body love. Surface and release the judgments you have about your body, especially regarding body image, and focus on all your body does for you instead. **Make a list of the aspects of your body that are strong, or that are your favourites, from an exercise, health, and beauty perspective. Perhaps you have always had strong legs but spend a lot of time judging how thick they are. Focus on their strength and express gratitude for it. Perhaps you rarely get sick—focus on gratitude for your strong immune system. Think too of all the activities you enjoy in your body—perhaps you like to hike or engage in other outdoor activities. Even enjoying a warm bath or massage counts—after all, how would you experience that without your body?** There are countless pleasures and experiences our bodies enable us to have. Shifting into a relationship of gratitude for these can help us to shift our relationship with our bodies.

Gratitude and body love do not mean you should avoid focusing on body-related changes, especially those related to your health, such as increased exercise, improved diet, or even weight loss if it is needed. The goal instead is to shift your intention and motivation as you do so. Engage in these as acts of body love rather than body-hate. They are acts of self-care rather than self-judgment. Even beauty appointments and changes can be approached in this way, as acts of bringing forth and celebrating your true beauty, as opposed to covering or altering that which is “ugly.”

Shifting this relationship with your body will help to empower all of the other aspects of your root energy wheel and support your ability to fully activate the Root Bowl. Fully inhabiting your body will increase your ability to bring forth the Root Bowl’s energies of calm, grounding, security, stability, and vitality. This in turn will empower the sense of self-trust, resilience, and freedom to choose your responses in situations. For women, changing our relationship to our bodies is key to generating the empowered energetic foundation we need to thrive and grow. That foundation will form the base for any other energetic work you choose to engage in through these energetics.

Women often feel they need to work on their heart energy wheels after a relationship has gone bad or if they are having a hard time meeting potential partners. We are often conditioned to take responsibility for everything that happens in a relationship; even after leaving an abusive relationship, we will sometimes blame ourselves or believe we were at fault for “attracting” an abusive partner or were not nurturing enough to heal our partner’s damage. Many women feel that they need to be more open, loving, and pure in their hearts in order to attract the right partner.

In fact, more often there are patterns of anxiety and self-worth that need to be addressed—root and sacral energy wheel issues—more than those of the heart. The lower energy wheels are the foundation for our energy body; psychologically, they represent the solid ground upon which a healthy psyche is formed. It is often after working to cultivate the energies of one or both of these energy wheels that we will generate shifts throughout our entire subtle body and psyche.



Root Energetics Meditation

Here's a spiritual aligned meditation to balance, activate, and restore your connection with the root chakra:

Begin by finding a quiet and comfortable space where you won't be disturbed. You may choose to sit on a cushion or chair, ensuring that your spine is straight but relaxed. Close your eyes and take a few deep breaths, allowing yourself to settle into a state of calmness and presence.

Grounding Visualization:

Visualize yourself standing at the base of a majestic mountain, surrounded by a lush, vibrant forest. Feel the solid ground beneath your feet, connecting you to the Earth's stability and strength. Imagine roots extending from the soles of your feet, sinking deep into the Earth's core.

Breath Awareness:

Shift your attention to your breath. Take a few moments to observe each inhalation and exhalation. Notice the gentle rise and fall of your abdomen with each breath. With each inhale, imagine drawing in nurturing energy from the Earth, and with each exhale, release any tension, fear, or insecurity.

Activation of the Root Energy centre:

Bring your awareness to the base of your spine, where the root wheel is located. Visualize a vibrant red energy ball spinning at the center of your root. As it rotates, feel its warmth and vitality spreading throughout your entire pelvic area, illuminating and nourishing the root energy.

Affirmations and Mantras:

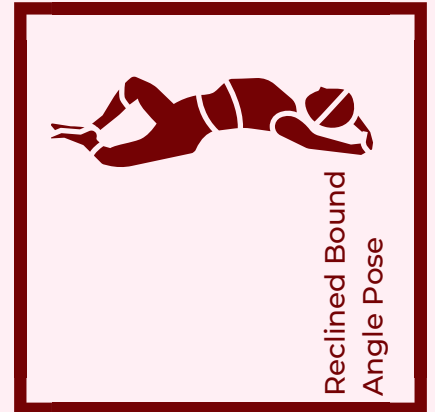
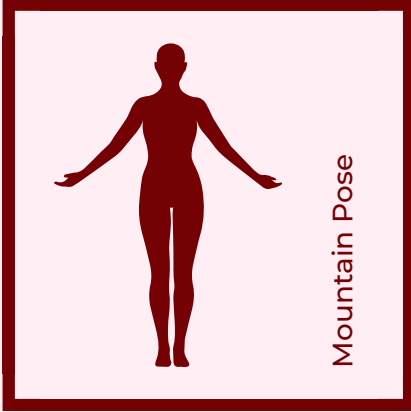
Repeat the following affirmations or choose your own that resonate with you. With each repetition, feel the words sinking into your being, anchoring you in a state of balance and stability:

- "I am grounded, stable, and secure."
- "I trust in the process of life and feel safe in my own body."
- "I am deeply connected to the Earth and rooted in my essence."

Integration and Gratitude:

Take a few moments to sit with the sensations in your body and the energy flowing through your root chakra. Feel a renewed sense of stability, security, and groundedness. Express gratitude for the healing and balancing of your root energies, acknowledging the importance of this energy center in supporting your overall well-being.

Root Energetics Embodied Poses



Root Energetics Ritual

Create a grounding ritual that resonates with you. This could involve lighting a red candle, placing grounding crystals like hematite or red jasper near your meditation space, or engaging in a nature walk, feeling the Earth beneath your feet. Perform this ritual mindfully, focusing on your intention to stay grounded and connected.

This relationship with physicality and feeling of absolute presence also often arises in nature. One common way of working with the chakras is through the elements, and the root chakra is linked to the element of earth. Spending time walking in nature, particularly in environments with rich soil and lots of healthy trees or other plant life, is especially likely to generate powerful root chakra energies. Because of the link to the body and exercise, rigorous outdoor earth-based activities such as mountain climbing and canyoneering are also very likely to connect you with these energies. They combine physical one-pointed focus with connecting to the element of earth, together activating the feelings associated with your root chakra.

Closely related to the root chakra's connection to earth is the concept of grounding. Grounding in our energy bodies is very similar to grounding an electrical current—it means that our energy is plugged into, and anchored by, a stabilizing force. When we are grounded, we feel fully present in and attuned to our body—our mind is not spinning off uncontrollably.

Healing and Balancing:

Balancing and restoring the root chakra is essential for overall well-being and spiritual growth. Several practices can help bring harmony to this energy center:

- 1. Grounding Techniques:** Engaging in grounding exercises, such as spending time in nature, walking barefoot on the Earth, or visualizing roots connecting you to the ground, can help reestablish the root chakra's connection to the Earth.
- 2. Physical Activities:** Engaging in physical activities like yoga, dance, or martial arts can activate and balance the root chakra while strengthening the lower body.
- 3. Affirmations and Meditation:** Repeating affirmations that promote feelings of safety, stability, and trust can help reprogram the mind and bring balance to the root chakra. Root chakra-focused meditations can also support healing and activation.
- 4. Healing Crystals:** Working with grounding crystals like hematite, red jasper, and black tourmaline can enhance the root chakra's energy and promote stability.
- 5. Prayer:** Prayer can indeed be a powerful form of grounding, connecting us to a higher power, to the Divine Source. Grounding through prayer allows us to release worries, fears, and insecurities and find stability and support in our Divine Connection and communion with our Creator.

Rooting into Self: Journalling

1. **What does stability mean to you, and how do you currently experience it in your life?**
2. **Reflect on any past experiences that have left you feeling insecure or ungrounded. How have these experiences affected your sense of security?**
3. **Explore your relationship with money and material possessions. Do you have a healthy balance between abundance and attachment?**
4. **How do you handle change and unexpected challenges in your life? Are you resistant to change, or do you embrace it with ease?**
5. **Consider the physical environment around you. Do you feel a sense of safety and comfort in your living space, or do you find it chaotic and unsettling?**
6. **Reflect on your family and ancestral roots. How have your family's beliefs and experiences influenced your own sense of stability and security?**
7. **What are your most basic needs, and how do you ensure they are met? How can you improve the way you care for yourself on a foundational level?**
8. **Are there any habits or patterns that you feel are hindering your sense of grounding and stability? How can you work on releasing or transforming them?**
9. **Consider your connection to nature and the Earth. How often do you spend time in nature, and how does it make you feel?**
10. **Reflect on any fears you may have about survival, security, or the future. How can you address and overcome these fears to feel more grounded and empowered?**
11. **Write about a time when you felt deeply connected to your physical body and the Earth. How can you cultivate and sustain that feeling more often?**
12. **What are the key aspects of your life that give you a sense of belonging and community? How can you strengthen these connections?**
13. **Reflect on your relationship with your physical body. Are there any areas where you feel disconnected or dissatisfied? How can you foster a more loving and accepting relationship with your body?**
14. **Consider the ways in which you seek stability and security in your life. Are there healthier alternatives you could explore to enhance your sense of grounding?**
15. **Write a letter to your younger self, offering words of comfort and reassurance. How can you provide support and nurture to your inner child?**

Root Your Self:

Affirmations

1. I am grounded, stable, and secure.
2. I trust the process of life and feel safe in the world.
3. I am deeply rooted and connected to the Earth.
4. I am confident in my ability to create a stable and fulfilling life.
5. I am present in the moment and fully connected to my body.
6. I have a right to be here and take up space.
7. I release all fears and embrace the security of the now.
8. I am supported by the energies of the Earth.
9. I am strong, resilient, and capable of achieving my goals.
10. I trust in the abundance of the universe and my ability to manifest my needs.
11. I feel at home in my body and honour its wisdom.
12. I am deserving of all the good things life has to offer.
13. I am grounded in the present moment and open to new possibilities.
14. I am nourished and supported by the Earth's energy.
15. I have a solid foundation and am ready to embrace life's challenges with confidence.
16. I am a vessel of divine energy, rooted deeply in the sacred Earth.
17. The ancient wisdom of the Earth flows through me, grounding my spirit.
18. I am a pillar of strength, supported by the energies of the ancestors.
19. My roots extend deeply into the Earth, drawing up sacred nourishment.
20. I am one with the heartbeat of the Earth, steady and constant.
21. The Earth's primal energy flows through me, instilling peace and stability.
22. I stand firm like an ancient tree, unwavering and resilient.
23. The energy of the mountains and forests grounds me in eternal stability.
24. I draw strength from the sacred Earth, which nourishes my soul.
25. I am enveloped in the protective embrace of Mother Earth.
26. My spirit is anchored in the sacred soil, resilient and unyielding.
27. The Earth's energy pulses through my being, connecting me to the cosmos.
28. I am a conduit for the Earth's healing energies, grounded in ancient wisdom.
29. The sacred Earth cradles me, offering eternal safety and security.
30. I am connected to the primordial energy of the Earth, strong and unshakable.



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PORTAL 6

Significant Dates in Portal 6:

Week 1:
7 - 13 Aug
4 Aug: NEW MOON

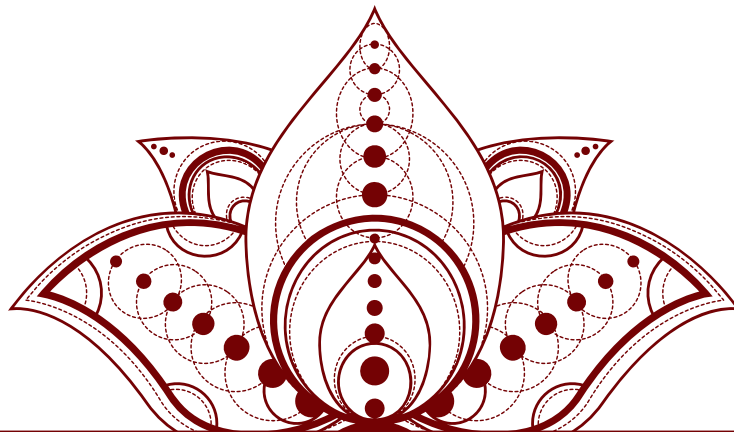
Week 2:
14 - 20 Aug
19 Aug: FULL
MOON

Week 3:
21 - 27 Aug

Week 4:
28 Aug - 2 Sept

WEEKLY RITUAL PRACTICES:

- Week 1: Root Energetics
- Read through Guide
- Practice Root Embodied Poses and practices
- Listen Daily to Meditations
- Practice Daily Journal Entries using Prompts
- Practice Healing and Balancing Rituals
- Activate the root with a Grounding Earth Connection Practice
- Daily: Use Root Activation Frequency to meditate before sleep
- Complete activities over the course of the week
- Write out 15 affirmations that resonate with you daily to help for deeper soul interpretation



IT IS ESSENTIAL TO OBSERVE YOUR OWN EXPERIENCES, PHYSICAL SENSATIONS, AND EMOTIONAL STATES TO UNDERSTAND HOW THE ROOT CHAKRA MANIFESTS WITHIN YOU. BY CULTIVATING AWARENESS AND PRACTICING THE HEALING TECHNIQUES PROVIDED IN THIS PROGRAM, YOU CAN WORK TOWARDS RESTORING BALANCE AND EXPERIENCING THE POSITIVE EFFECTS IN YOUR BODY, SPIRIT, AND HEART.