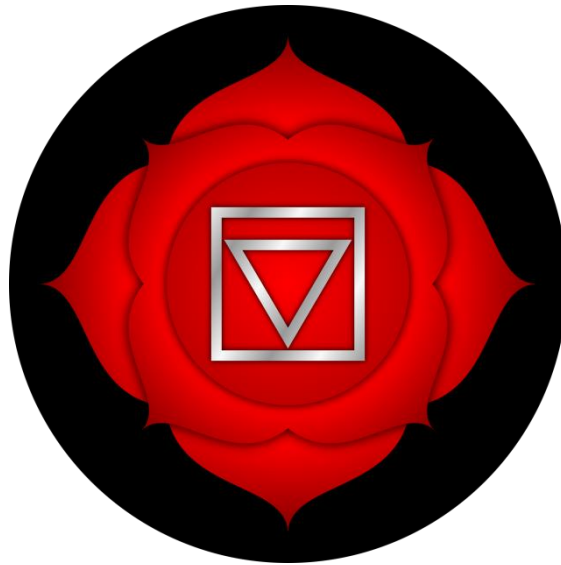


## The Root Chakra or Muladhara

To be here and to have



Deepening Practices

*“Grounding is most effective when you have some place to go. When you know where you are going, grounding brings strength and confidence, when you’re stagnant you get caught in the past.”*

**Tony Curl, Seriously Simple Stuff to Get You Unstuck**

## **Moving beyond fear**

Did you know that fear is not a word, but an acronym – F.E.A.R

- ॐ False
- ॐ Evidence
- ॐ Appearing
- ॐ Real



### **Deal with fear and create more trust.**

In healthy amounts, fear can be a good thing. It is there to teach us something and it can keep us safe.

Without it we might walk down a dark alleyway at night or not prepare for an interview, however often it can spiral out of control and overwhelm us. However we need a strategy to not let it overpower us and to know the difference between healthy and unhealthy fears.

If you'd like to breakthrough a fear that you've had for a long time and that is impacting your life then I'd suggest seeking a therapist. I have found that Shamanic work is brilliant for this but you might like to try something different. Either way we generally need help to breakthrough the big ones. For the smaller ones I've developed a strategy below that you might like to try.

## **Step 1: Select a fear that you're ready to let go of.**

Choose something that causes you some stress but not all out panic. If there was a fear scale – say a 3/10 rather than a 10/10

It could be something that's holding you back, something that you've always wanted to do but been unsure of, it could be showing someone a side of you or expressing your feelings, it could be saying no to something or someone. It could be public speaking, travelling on your own or saying hello to a stranger, it could be making new friends or starting a course, whatever springs to mind that you're ready to work through.

Every time you work through a fear your confidence grows.

The fear that I would like to break through is:

**Step 2: Get to know it.**

What does this fear say to you? How does it talk to you?

When is it triggered?

How does this fear make you feel?

What's the secondary gain? (Secondary gain is also called a double bind, that is, what's the benefit to you? This may seem an odd question to ask but for every fear there's generally a double bind. For example, Mary has a fear of planes, her double bind is that it means she doesn't have to go anywhere. John has a fear of public speaking, the double bind is it keeps him from having to put himself out there and also stops him from being promoted.)

When you feel it what do you normally do, i.e. what's your distraction/ avoidance?

### **Step 3: Seeing another option that would serve you better**

What would you like to replace it with? What would you like to cultivate instead (this may be related to your secondary gain)

### **Step 4: Dispelling the myth**

Reflecting back on this fear, imagine the worst that could happen. What would that be?

Would you be ok if this happened? Could you handle it if it did?

### **Step 5: Transform your relationship with it**

Release it to the fire.

## Fire ceremony

A fire ceremony helps you to release any unwanted energies or attachments from the past to make space for your new intentions. It can be used to release fears, angers, emotions, behaviours or anything that is not serving your higher self.

Fire is a transformer, i.e. it takes something and transforms it into something else. It takes wood and transforms it into ashes, metal into ore etc. So while many people do fire ceremonies they feel that this is releasing the emotion, memory etc. from their lives completely, this is a misconception and they generally get upset when it turns up again.

Fire will transform your relationship with whatever you place into it. If you place anger at someone into the fire you might find that you're less angry or it might go away altogether or if you place a memory in the fire it will not wipe the memory out of your consciousness but you might find that the intensity of the emotion associated with it will be less. Therefore sometimes, if an issue is multi-layered you might be placing the same thing on the fire for a while.

### Fire Ceremony Preparation

There is no right or wrong way to do this, so go with whatever you feel, here are some guidelines if you need them. This is especially powerful to do on a full moon. You can do this on your own or with some friends.

- 1) Connect with your heart and ask, *"What do I need to release, what doesn't serve me anymore"* and then *"what would I like to replace it with?"* (such as Love, joy, happiness, compassion, freedom, compassion etc)
- 2) Write your fear on a small piece of paper and also write what you want to invite in on a small piece of paper.
- 3) Prepare a fire using a fire pit, fireproof lantern, metal bowl, candle, bbq, etc. The fire doesn't have to be huge, just make sure that the area is safe.
- 4) A jug of water to put the fire out.

## The Ceremony

- 1) Call in whatever guides you connect with: Spirit, Higher Self, God, the Universe, spirit helpers, power animals, your guardians and ancestors.
- 2) Ask the spirit of the fire to help you release what you want to let go of and ask the spirits of the earth to receive what you are releasing.
- 3) First take what you want to release (your fear) and BLOW your feelings around this issue into the piece of paper. Do this 3 times.
- 4) Place your fear in the fire while you name what you are releasing (you can say it out loud or silently). Watch how it burns, is it easily? Does it take some time? Is it a slow burner? Does it make you frustrated as it doesn't burn quickly enough? Watch your reaction to this as it will tell you if you need to do more work on this. Sometimes we need to put the same thing in the fire each for a few fire ceremonies. You will know when you're done.
- 5) Now take what you want to invite in and BLOW 3 times into this the energy of your invitation. This time you're blowing to activate that feeling which is already within you and again place it in the fire and watch how it burns.
- 6) Sweep your hands through the smoke and bring it into your sacral chakra (just below belly button) for right action. Sweep again and bring it into your heart chakra (center of your chest) to be gentle with yourself as you make any changes and again to your 3rd eye (centre of your forehead) for wisdom as you move forward.
- 7) When you're ready, thank the fire and put it out. Give gratitude to your guides and to the elements: earth, wind, fire, and air.

**It's especially powerful to do a fire ceremony at the time of the Full Moon.**

Then: Watch what happens, the next time it's triggered see if its changed in any way? Or do you meet it differently? You can use the mantra: *I can handle it. No matter what happens I can handle it.*

*"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."*

Eleanor Roosevelt