

The Root Chakra by Sylph Moon

Focus your attention on the base of the spine.
Feel it, acknowledge it, and now thank it.
Now imagine a red swirling light is at this base.
Feel the warmth it emits.
See the red light, envision this red light.
Hear the vibrations of this swirling red energy.
Reach out and become one with this red light.

Imagine you are standing barefooted in the middle of a green spring forest surrounded by gentle gazing deer.

There are butterfly's flying around you in all different colors and sizes.
Now feel the warmth of the sun against your skin.
Feel the light breeze against your cheek.
Hear the water flowing and the nature that surrounds you.
Feel the earth underneath your feet.
Feel the dirt and grass between your toes.
You look up to see your ancestors coming up to you.
Note what they appear as.
The clothing, their hair, their faces.
They give you a hug and touch your shoulders.
They give you a gift.

The gift is your security of knowing who you are.

As you watch them fade away, you feel grounded.
You feel more secure.
You now feel alive.
You now feel at peace.

As the ancestors drift away, a door made up of a path of tall oak trees appears.
The door opens with a red light shining through.

When you are ready to walk through the door remember this your space come to it as often as you need or want to.
Walk through the red light back into this world and when you are ready you can open your eyes.