

CHAKRA ONE is so crucial to our journey of self awakening. It's where we begin, where we **began**. It's the energy that carried us through our birth and our childhood. It is this energy that inevitably absorbed the energetic charge (positive or negative) of all of those in our world....our parents, our grandparents, aunts, uncles, older siblings, cousins, babysitters, teachers, our friends' parents....Whew!!!! Alot of currents for a little person to absorb!

So, think about it, do you think all of the things these people told you, modeled to you, commanded to you, etc... influenced who you became? How many times were you directed to behave differently than your natural, innocent childlike self? To not be so inquisitive, to not laugh so loud, to stop giggling?? JOY is the highest resonating emotion? Who taught you to suppress your JOY? At what age?

Were you taught to believe that you could do anything that you set out to achieve...that the world is YOURS, or were you told that you shouldn't try that....maybe you should wait...or nice girls don't do what boys can do...or that big boys don't cry. This is when you began to react, most likely, at such a young age, either by initially acting out (fight) and then by, eventually, obeying (flight). This is when the blocks in your energy flow started to occur. Your young, pure mind became influenced... this is how you learned to feel LOVE, SECURITY, RIGHT FROM WRONG, YOUR VALUES. Had these "life molders" not been present in your world the way they had been, how might you have turned out differently? **Please note:** This is everyone's plight. This is how our society operates....It is what it is. Forgive them. Just know that you CAN make a *shift* to re-write your story....all these years later, 'cause it 'aint over yet!

How much of the messaging reflects who **YOU** really are?



DO you know? Think about it.

Doing the work of **CHAKRA ONE** involves learning about and claiming who **YOU** really are. It's about honoring your tribe, your roots, your origin. It's about acceptance, forgiveness, letting some of it (your past) go and, finally, falling in love with your authentic self. This is a pre-requisite to experiencing the delicious energetic flow of **CHAKRA TWO**. You must, first, re-evaluate your beliefs, making sure that what is in your mind truly resonates with **YOU** and the experience that *you* want on this sacred journey called life. Think it, believe it, speak it, do it, live it, BE it!

You must begin by reflecting back to your childhood, to your tribe, to your family of origin, the legacy of beliefs that "they" passed on to you. Some of the legacy may have been sacred and empowering. ALOT of it, for most of us, is tainted, because the people who "molded" us had become tainted and blocked by the unconscious ways they'd already been existing through *their* journey. These blocks, these limiting beliefs follow us through life in our bodies, our minds, our behaviors, our circumstances. Can you change it? YES!! Are **you** ready to get off that ship? If so, hop on **this Charter to Wellness** as we sail to a **SACRED SPACE**.... the place where you can journey into your very own authentic sacred space.....the place where you will find you!

RITUAL: HONORING YOUR TRIBE

Gather some photos of your parents, your grandparents, your ancestors, and you as a child. Place them on an alter. Light a candle and incense. Place stones and flowers (from the earth) around the photos. Sit with them. Take several cleansing breaths. Remember the good times, the bad times, the happy and sad times. Honor them. Accept them for who they were and understand that they did the best that they could have possibly done with what they knew, with what they had. Forgive them. Thank them. Let them go. It's your turn to re-write your story. Make it a masterpiece!

In CTW's 7 month CORE:CORPS Program, I work with you and the group, using such tools as the Vitality Compass to assess and to access direction to the issues which are screaming for help in your life. Focusing on aspects of your life which are problematic is a good place to begin. **The first month we focus on:**

- *Your relationship with the EARTH... YOUR HOME WHILE YOU ARE ALIVE AS A HUMAN
- *YOUR BODY...Your Life Vessel, WHICH IS CARRYING YOU THROUGH YOUR EXISTENCE AS A HUMAN BEING
- *YOUR CASH FLOW, WORK, JOB, LIVELYHOOD, BUSINESS
- *YOUR HOUSE, YOUR MATERIAL THINGS (STRUCTURAL)
- * YOUR SURVIVAL, SECURITY, SAFETY
- *YOUR RIGHT TO BE HERE
- *YOUR RIGHT TO HAVE.....
- *YOUR RELATIONSHIPS WITH YOUR FAMILY OF ORIGIN,
WHO ARE THE SOURCE OF YOUR YOUR BELIEFS, YOUR VALUES.

**THIS IS ABOUT HOW YOU LIVE. THE STATE OF YOUR LIFE....
RIGHT NOW.**

**YOUR SUCCESSES AND YOUR FAILURES BEGIN WITH YOUR VALUES
AND YOUR BELIEFS. YOUR VALUES CREATE YOUR DREAMS!
WITHOUT DREAMS AND DESIRES, YOU'LL NEVER MANIFEST
BECAUSE YOU WON'T HAVE
THE NECESSARY MOTIVATION AND CONFIDENCE.**

After so many years of coping and swallowing other peoples' beliefs and judgments of YOU, it may be difficult to know what you really want! So, I encourage you to make a list of "DON'T WANTS." These will lead you to what you WANT.

Do a few things first:

- 1.) Look into a mirror. Tell your precious body that you love it.
- 2.) Hug yourself.
- 3.) Look into your beautiful eyes and fall in love with Yourself.
- 4.)** Now, Take a look at the values listed below. Which ones resonate with you? Feel free to add your own if you need to.

Abundance, acceptance, accomplishment, achievement, acknowledgment, adoration, adventure, affection, affluence, ambition, appreciation, assertive, attractive, authenticity, aware, awe, balance, beauty, belonging, bliss, bold, brave, brilliant, calm, celebrity, charm, cheerful, clarity, clean, cleanliness, clear-headedness, clever, close, comfort, commitment, compassion, confidence, connection, consciousness, consistency, contentment, contribution, conviction, courage, creativity, curiosity, daring, dependability, desire, determination, devotion, devout, dignity, direct, discipline, discovery, discretion, diversity, dreams, dynamic, eager, ecstasy, education, effective, efficiency, elation, elegance, eloquence, empathy, encouragement, endurance, energy, enjoyment, entertainment, enthusiasm, excellence, excitement, exhilaration, experience, expertise, exploration, expressive, extravagance, faith, fame, family, fashion, fearlessness, ferocity, fidelity, fierce, feisty, financial independence, firm, fit, flexible, flow, fluency, focus, fortitude, frank, freedom, financial freedom, friendly, fun, generous, gentle, giving, grace, gratitude, gregarious, growth, guidance, happiness, harmony, health, heroic, holy, holiness, honesty, honour, hopeful, humility, humour, imagination, independence, ingenuity, inquisitive, insightful, inspirational, integrity, intelligent, intensity, intimacy, intuition, intuitive, inventive, joy, justice, keen, kind, knowledge, leadership, learning, legacy, liberation, liberty, lively, logic, longevity, love, loyalty, majesty, making a difference, mastery, maturity, mindful, modesty, motivation, mysterious, neat, nerve, open-minded, open, optimistic, order, organized, original, outlandish, outrageous, passion, peace, perceptive, perfection, perkiness, perseverance, persistence, persuasive, philanthropy, piety, playful, pleasant, pleasure, poise, polish, popularity, potency, power, practicality, precision, prepared, presence, privacy, proactive, professional, prosperity, prudence, punctual, pure, real, reasonable, recognition, recreation, refinement, reflection, relaxation, reliability,

religious, resilient, resolution, resourceful, respect, rest, restraint, reverence, rich, rigor, sacred, sacrifice, saintly, satisfaction, security, self-control, selfless, self-reliant, sensitive, sensuous, serenity, service, sex, sexual, sharing, significant, silent, silly, simplicity, sincerity, skilled, solidarity, solitude, spirit, spiritual, spontaneity, spunk, stability, still, strength, success, support, synergy, temperance, thankful, thoughtful, timeless, tranquility, transcendence, trust, trustworthy, truth, understanding, unique, unity, useful, valour, victory, vigour, virtue, vision, vitality, vivacious, warm, watchful, wealthy, wild, willing, winning, wisdom, witty, wonder, youthful, zealous!

CHAKRA ONE DON'T WANTS AND WANTS

REFER TO THE THINGS THAT ARE GOVERNED BY THE ENERGY OF

CHAKRA ONE: your body, your body's care/CONDITION, your appearance, your diet, your brain, your mind, your family, your environment, your spaces, your home, car, your yacht, your toys, your home appliances, your diet, your job/ work related stuff, your organizational obligations, your business, where you live, your dreams, your life condition in general, etc...)

I do not want:	I want (the opposite of each "don't want")
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Don't be shy..... go for it!	

Now, look in the mirror. Do your thing to make yourself look irresistible (to you!)

Take out your smart phone and snap 8 close-up candid/poses of yourself!

Delete the ones that don't please you. Keep the others.

Peep at yourself throughout the day...your pics, in the mirror, wherever!

Email them to yourself, post one as your new fb or twitter profile pic....

Celebrate

YOUR DELICIOUS SELF, GORGEOUS!



I LOVE YOU,
PENNY

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