



EARTH STAR SOUL STAR SPIRIT STAR

The connection between the heavens above and the earth below is mediated by the spirit, soul and earth chakras—sometimes called star chakras. These primary points of connection help us to transform our own nature and the nature around us.

Uniting heaven and earth, they embody the alchemical principle of as above so below. Through these 3 centers we align to the structure of creation within ourselves and the cosmos, and we learn to co-create with our soul. While all of the chakras are transpersonal because they connect us to each other and creation (as chakra-based systems), these three chakras are often referred to as the transpersonal chakras.

The earth chakra grounds us to the earth through our body. Reaching down through the root chakra, the earth chakra anchors us in our lives, connecting us to the substance of which we are made, above and below. Color is brown. Located 12-18" below.

The soul chakra connects to the light of the heavens, the luminous radiance of the night sky and the brilliance of the sun ... and you. The soul chakra brings the love and light of the universe into your beings. Color is white-gold. Located 6" above crown chakra.

The spirit chakra connects you to the transcendence of the heavens and the inspiration and information of realms beyond. The spirit chakra invites you to understand your life purpose or mission. It is your guiding star whose beauty fills you with hope and whose light illuminates the darkness below. Color is opalescent. Located 12" above soul chakra.

We are launching a love revolution at be-iam.com on 1/1.
We gather in community, connected to the stars above and the earth below.

your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. *-Rumi*



Be

BE
ONE

EARTH STAR

embody your earth chakra

an embodied ritual. *spirit in matter*



Earth chakra

Location: approximately 12-18 inches below the bottom of the feet

Color: brown or black

The earth chakra grounds us to the earth through our body. Reaching down through the root chakra, the earth chakra anchors us in our lives, connecting us to the substance of which we are made. This chakra reaches down into the rich soil of the earth to mine the riches of our earthly potential. Like a vein of alchemical gold, the earth chakra digs down to the magnetic and molten core of our Being, connecting us to the earth as a whole and making us whole.

Grounded in the earth chakra, heaven and earth are united in the heart of the earth. It is through this chakra that we ground our spiritual nature in matter, embodying spirit in form. By connecting and opening this foundational chakra we experience transformation—transforming our form and the formation of the Earth.

The earth chakra works with the elements to create our life—earth, air, fire and water blending in harmony to manifest our nature in harmony with Mother Nature. Matter shares the same root at mother (mater) and by connecting to and through this chakra the mythic and alchemical nature of Mother Earth and Father Sky touch and unite in us.

when you do things from your soul, you feel a river moving in you, a joy.

-Rami



Blessing: Walk, dance or drum in a circle, moving upon the earth like a hoop or a wheel. As you move in the circle feel the energy charge of each step building, touching down upon the earth to activate and reverberate through you. Feel that you are blessing and blessed with each step. When you come full circle to where beginning and ending meet, kneel down and touch the ground, palms and feet upon the earth and bless the earth and receiving the blessing of the earth in your earth chakra. Give thanks for the sacred ground you walk upon. Recognize the path beneath your feet and the guidance of your movement as a blessing. Mist to bless and remember.

Ritual: Light the earth candle with deep reverence for the connection of heaven and earth. Lay or sit barefoot upon the earth in a comfortable position. Look up to the sun-lit sky or the stars of the heavens and breath this light into your body and the body of the earth. Feel that you are breathing the luminous light of the heavens through your being, down into the soil. Sense this light liquid nourishing and restoring the earth, moving through the soil past stones and pebbles to the earth's core. Using the creative imagination sense the activation of the earth's core as this light energy unites and ignites the earth chakra under your feet, filling it with vitality.

Rub the soles of your feet and feel the charge of this connection increasing, imprinted upon your soul and sole so that each time you walk you remember and reinforce this connection. Acknowledging your connection to the earth sit in contemplation, receptive to the guidance of the path beneath your feet. When you are complete mist yourself to remember this ongoing journey. Give thanks for the earth and the ancestors who have walked this path before. Anoint yourself with oil.

Affirmation: I am connected to the earth. I am grounded. I draw upon the earth's magnetic energy to stabilize and energize my being. With each step I give back energy as I walk upon the earth in co-creation. The elements co-create my being as I co-create with them to build a better life for myself and those around me—for the earth itself. I am one with the earth



Activities: Walk among the trees and touch their trunks. Smell a flower or a pine cone, connecting with the rooted nature of plants that reach down into the earth. Sit upon a root or a stone. Imagine your body as part of the earth, reaching down into the earth. You are one with the trees, the rocks and nature—with the beings that live in and on the earth.

Imagine the caverns in the earth, the strata layered below you that connects you to the earth's core. Connect with that core and feel and know that you are one with its power. You are one with the creative energy of the earth that builds the divine pattern, as above so below. Dig a hole and plant a tree or flower, build a stone garden, explore a cave or go to a hot spring.

there are hundreds of ways to kneel and kiss the ground. *-Rami*