

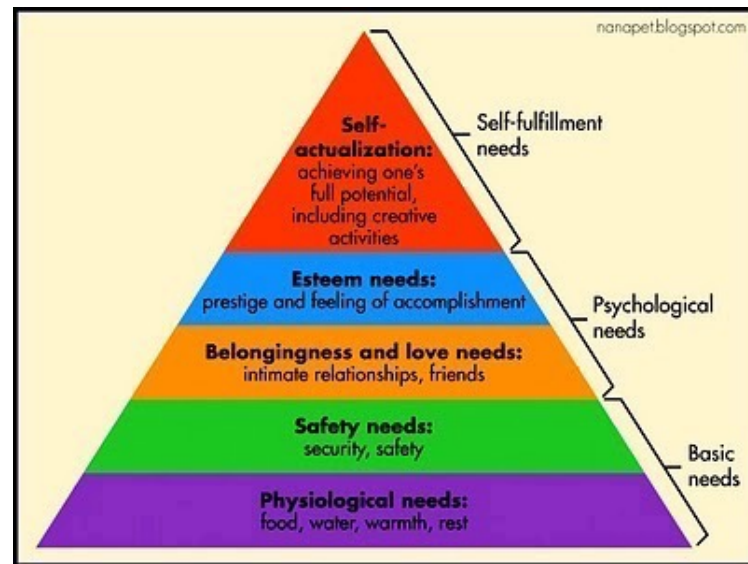
Earth

Earth is the embodied flesh & presence of now

- Earth is the solid form of being
- Foundation upon which you live
- Ground upon which you stand
- Form of flesh you live in

- Earth is the seed
- The soil that holds & nurtures the seed
- Nutrient dense substance that supports life
- Provides food we need to be alive in physical form
- Provides shelter

- Receives our ashes when we die
- Contains the remains of our ancestors
- Foundation upon which our descendants will stand



Root Chakra (Muladara)



“The root chakra is the foundation of our entire system, the building block on which all other chakras rest, therefore this chakra is of crucial importance. It relates to the element earth and all solid earthly things, such as our bodies, our health, our survival, our material and monetary existence, as well as our ability to focus on and manifest our needs. It is the manifestation of consciousness in its final form, solid and tangible. It is our need to stay alive and be healthy, and the acceptance of limitation and discipline so crucial to manifestation.” *Anodea Judith*

- **Create an Earth Altar**
- **Kitchen Feng Shui**
- **Get rid of 10 things this week**

