

CHAKRADVENTURE - DAY 2

The Root Chakra: I AM.

Muladhara

Good morning sunshines!

Welcome to this second day of Chakradventure!! The root chakra is about grounding and reconnecting with the physical body, material aspect of life, the soil, the foundation of health, the cycle of life. We say that all illnesses start in our digestive system. "Let your food be your medicine", said Hippocrates. For example, the conception that we need to eat meat to get protein is obsolete now that we found all the vegetarian alternatives with almond milks, lentils, soy protein, etc... Humans are the only mammals who drink milk from other animals. If you want to be a fat cow, then drink milk, because this is what milk is meant for, to make a veal grow hundreds of pounds in a few months. A cat or a dog's intestine is very short, their teeth meant to reap meat apart, so the food they eat processes immediately, compared to our digestive system that is 4 to 5 meters long and can take days to process, giving it time to rot in your gut and generates diseases. Hmm, good morning!! I'm so sorry about this, but once you have tried the Vegan Wings from Murray Hillbilly why would you eat a chicken? In fact, Lentles, Hummus, Nuts, Quinoa, Cereals, are all Superfoods that nourish your body while healing it. I promess you can feel the difference! Some of the strongest animals like Elephants, Gorillas, Giraffes, Cows or Pandas are Vegan, they actually feed from the ground, the grass, or tree leaves. Just a few thoughts to become more conscious about the food we eat. Even if we already know it, it's like recycling plastic. Just because we recycle doesn't mean there isn't a significant amount of matter accumulating. Let's try to eat more fibers, veggies, good salads, juices, soups and smoothies from now on, and reduce gluten. Yes, I love lasagna, so this is a challenge for me too!! They actually have gluten free pasta and vegan eggs (Just Egg) nowadays that are healthy and amazing. Food is life so let's make this week Yummy. Most of my recipes are available in French on this website :

www.lesvegeteriennes.wordpress.com



This painting represents the Inca God of the Sun, Inti, in His rising. The crown looking design around it is a pattern that you often found in the Inca or Mayan Cultures, as well as in Asia. To me it looks like a wheel of time, there are two inverted patterns like a mecanism spinning, like their culture and presence is encoded into Eternity. The grounding aspect invites us to recenter in the present and enjoy the meaningful moments. Going out for a run, bond with family members. So, let's take possession of this week and Let's BE here... and let the world know we are here. Did you know that the first 5 seconds of meeting someone will influence their perception of you forever? It might sound a little superficial but may I ask... What are you wearing today? :p For this first day of challenge, I'm wearing red lipstick because I rarely do it and it's a good opportunity to embody confidence by claiming your feminity or enhancing your colors. You see, the lower chakras really represents the body. If you are involved in a lot of physical activities like sports, dance, walks, you probably have a very well balanced root chakra and feel empowered with your body as your energy is stimulated to create more flow and enhance dynamism and productivity. Keep going!

You root chakra is related to Passion, the Kundalini Awakening, and also to Anger, its polar emotion. It can be unbalanced if you feel that you have been let down, for example, or discouraged by the world, yourself or others, accumulation of events that makes you want to disconnect from this dimension, blocks you from being present because subconsciously you don't want to be here, from fear of not being good enough, or of being disappointed, etc... that can prevent you from manifesting and anchoring abundance. The only advice I can give you here is: Trust Noone. And you will never be disappointed lol. Or, give a chance to love, again and again, because it's worth believing. **I want to recommend for you a hilarious video series from Cécile at "Create Your Paradise" about the Chakras, that you will for sure love and remember!! You MUST watch it, this is pure sarcasm and French humour that will make you start this challenge in a great and conscious mood!! She is unique!!!!**

<https://www.youtube.com/watch?v=GslOr6ZzR7c>



For a chakra that is surprising

1:45 / 10:17

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CHAKRADVENTURE - DAY 1

The root chakra: *I AM.*

Here is a little gift for you, my favorite red juice recipe:

Carrot, Orange, Beet, Ginger and Love.

When I drink this, I literally visualize this river of goodness going through my body and bringing me all I need to feel good and healthy. What is **your** favorite **red**cipe? A gazpacho maybe?

Hey, by the way, Congratulations on your first days of balancing and nourishing your chakras. Have you noticed any synchronicity today, a sign that gave you an answer to your questions, a little blink from the universe telling you "good job" or "hehe I see you"? I'm sure it is all around you... If you want to develop your intuition and ability to recognize these symbols and signs, all my artwork is gathered in a gorgeous **Mandala Oracle** available on Amazon or my publisher's website here:

www.USGamesInc.com/Mother-Earth-Mandala-Oracle.html

Then!! Once there is so much magic that you start reading into your Crystals or Nature's signs, you should write down and reference your stories and shenanigans, maybe one day you'll realize they were incredible messages from your future self or time travellers that will speak to you and help you evolve and later realize how much you have experienced :D In **The Better Life Journal** created by my greatest friend and inspiration Dean Graziosi, I prepare mostly my conferences, ideas and notes, with motivational quotes to keep you going every day. The perfect combo!!

www.Journal.TheBetterLife.com

