

Arm of Gaia

Root Draining Stabilizing Meditation



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We are often exposed to the energies of the collective. Even if you are not feeling quite like yourself, this meditation is great to help with transmuting chaotic,

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discordant energies in the body along with any energies that are not yours. Allow the arm of Gaia to hold, support, and anchor you whenever you call.

**This meditation works best when seated upright.*

1. Sit in a comfortable upright position. Close your eyes and feel into your energy. Commit to be with whatever this energy is without trying to label or make a story. Allow and surrender to this energy completely as best you can.
2. Find your rhythm in your breathing to what feels comfortable for you.
3. When you're ready, imagine a strong arm coming from the earth to meet you in your root. See the palm of this hand connect with and attach to your tailbone. See this as an extension of your spine.
4. Now assign a color to the emotion and sense it within you. It could be muddy brown or dark grey. Whatever fits best with what you're feeling. State your intention (you can make your own, I use the following), **"I set the intention to drain all energies that are not mine through this arm and into the earth to be transmuted into love and light for the greatest and highest good of all life in existence." May it be so. So be it. So bet it. So be it.**
5. Imagine the color of energy you assigned as a swirling funnel traveling down and out of your root chakra, through the arm and into the earth. See this energy turning into light.
6. Feel the energies leaving your body and imagine yourself lightening.
7. Hold this vision as long as you need until you feel like yourself again.

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