

FIRST ENERGY CENTER: BASE OF THE SPINE
Pages 18-45

Keeping in Touch: How was your week? Would anyone like to share an insight from this chapter?



1. The base chakra (pp. 18-21)

Besides its location, what does base refer to?
What does it do?
What are its qualities?
How does it affect the other chakras?

2. Making spirituality practical (pp. 21-25)

Real spirituality is imbuing the physical world with Spirit.
What does that look like in a person's daily life?

- Caring for others and oneself
- Tending and beautifying the environment
- What are some ideas about this?

3. Being nonattached (pp. 26-27)

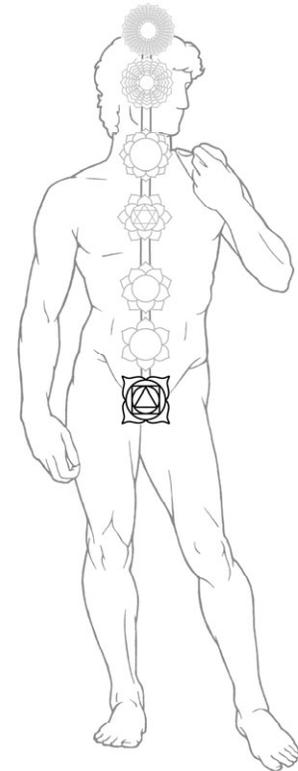
Spirituality includes prosperity. How can we be spiritual and prosperous at the same time?

- Know when we have enough
- Consider ourselves trustees
- Other thoughts?

4. Looking beyond outer appearances (pp. 28-31)

What is idolatry?
How are overdependence and codependence sidekicks of idolatry?
What are some ways to avoid these?

- E.g., focus on the inner essence, and forge a strong relationship with God



5. Honoring the sacred in nature (pp. 32-34)

How does connecting with Mother Nature enhance your connection with Spirit in the base chakra?

- Sensitivity to life
- New perspectives



6. Respecting the feminine (pp. 34-38)

The base chakra corresponds to the feminine aspect of life. What are some examples of what God as Mother does?

- Nurtures, teaches, supports
- Various religious traditions

How does the feminine potential express through the individual? What are some negative expressions?

What are some ways to nurture the feminine side of yourself and others?

- Satisfy soul's needs (e.g., meditation, having fresh flowers, hiking)

7. Conserving energy (pp. 38-42)

Each day you receive an allotment of spiritual energy for all the chakras. What happens when you conserve the energy (the Kundalini) of the base chakra?

What are ways people waste the energy?

How do sex and relationships figure into this?



8. Working with the base chakra

Why is it a good idea to balance and clear the base chakra? (pp. 42-43)

What can happen when you meditate on the upper chakras? (p. 43)

A high-frequency spiritual energy called the violet flame can purify and accelerate the chakras. How does this work? (pp. 89-92)

- Stimulates mercy, forgiveness and transmutation
- Transmutes or alters the energies

What makes the violet flame such a powerful tool? (pp. 90-91)

What are the benefits of violet flame affirmations and prayers?

- Bring balance into your life
- Attunement with creative inner self
- Others?

9. Making it a reality

Clearing the Base Chakra

Try giving the following affirmations aloud to purify the base chakra.

I AM a being of violet fire,
I AM the purity God desires!



My base chakra is a fount of violet fire,
My base chakra is the purity God desires!

PERSONAL WORKSHEET

First Energy Center: Base of the Spine

Life Lesson: Wed the Material to the Spiritual



Through practicality, self-discipline and joy, I nurture life to wholeness.

Self-Reflection and Discussion

Your own thoughtful reflection on the following concepts, as you carry them with you into daily life, will deepen your understanding of how to accelerate, balance and clear the energies of your first chakra to express more of your inner power:

Balanced Expressions (positive): purity, hope, joy, self-discipline, integration, perfection, wholeness, nurturing

Unbalanced Expressions (negative): discouragement, hopelessness, impurity, chaos

I value the material world and my body as chalices for Spirit. (pp. 21-25)

1. Is my spirituality practical?
2. Can I perform effectively at the physical level of my being? Or do I tend to ignore physical demands and keep my head in the clouds—or in the sand?
3. When my body shows signs that it is out of balance, like feeling ill or tired, do I take the necessary action to get back in balance?
4. How can I enhance my home and work space to encourage and inspire my creativity?

I strive to be nonattached to my belongings. (pp. 26-28)

1. What do I really need to sustain myself and support my family's needs?
2. Do I deny myself the things I need? Or do I indulge in things I don't need?
3. When does my focus on the material become an obstacle to my spiritual goals?

I look beyond outer appearances to the inner essence. (pp. 28-31)

1. How can I remind myself to look beyond outer trappings to the inner essence?
2. Have I allowed someone or something to take the place of my relationship with God?

I honor the sacred in nature and apply its lessons to my life. (pp. 32-34)

1. Do I honor and respect nature and the environment?
2. Do I allow myself time to connect with nature?
3. Have my experiences with nature taught me any lessons that I need to remind myself of today?

I honor, respect and nurture the feminine in myself and others. (pp. 34-38)

1. What can I do this week to express my feminine side—the intuitive, sensitive, nurturing side of my nature?
2. What soul food am I missing, and how can I set aside adequate time and space to meet my soul’s needs?

I conserve my energy. (pp. 38-42)

1. Am I diverting my energy into activities or relationships that are not helping me grow?
2. Are there ways I can better conserve my energy?

ABC’s of Developing Your Energy Centers

Accelerate, Balance and Clear your base-of-the-spine chakra to increase the light flowing through it by giving the following affirmations:

I AM a being of violet fire, I AM the purity God desires!



*My base chakra is a fount of violet fire,
My base chakra is the purity God desires!*