

Part One - The Root Chakra

Reconstructing the Foundation

by Christine Krakora Milovani, LCSW
First of a seven-part series

When we think of spirituality, often images come to mind that bring our focus upward, but how often do we look down? How often do we look at our foundation and our ability to remain grounded in our lives as a part of our spiritual process?

For the past three weeks, the reminder has been directly under the ground that I walk on and surrounding the foundation of my workplace, the Quarry Arts Building in Madison. The streets surrounding my office have been torn up in order to put in a new sewer system. When I learned of this city project, I chuckled and said to myself, "I guess it is time to do some work on the root chakra." This was really an attempt to not get frustrated with the commotion of the work outside, but turned into a true lesson as the weeks of construction continued.

First the streets and the entrances into the building were blocked and it became a creative journey to even enter the building. Then bulldozers came digging huge holes reaching deep into the ground below and uprooting the earth. The foundation of this newly constructed building was really being tested as the whole place shook and trembled while they pounded away outside. The noise and commotion was quite distracting, making known to all that a change is taking place.

I noticed the amount of equipment, people, time and energy that it takes to literally demolish and crack the surrounding foundation of the streets and root system of this building and neighborhood. I also became more aware of the sewer system network that connected the neighborhood homes and businesses to the same ground and root system below. As the work neared completion, the dust from demolition and reconstruction began to settle. A new foundation started to take shape, first with the sidewalks and curbs, and then the streets. I watched as the concrete was poured and was given time to set, so it could become solid. The more time the concrete was allowed to settle, the stronger the foundation would be.

This journey has reminded me of the important lessons related to the foundation of our lives. The chakra system gives us an understanding of grounding through the root chakra, which is located at the base of the spine and connects us to the earth through our legs and feet. The root chakra is the foundation of our physical life, bringing us strength, safety and security. It brings the connection to our family, community and culture. It helps with the formation of our core belief systems. The earth energy of the root chakra is what helps us to stay grounded and connected to the present moment.

The metaphor of the work outside my building reminds me of the spiritual changes that we go through as our foundation or core belief system gets knocked into pieces. This process helps us to break up the once-solid foundation that we have been standing on for many years. It can feel very unsettling, unless we realize that it is a part of the reconstruction. Once we let the old pieces crumble away, we can gather together what is left, add some new pieces and make a stronger foundation. The newly formed foundation will need a period to set and become more solid, and then we can move forward feeling stronger and more secure.

Meditation for the Root Chakra

Use this grounding exercise during these times of re-construction to help establish a grounded root system for yourself:

Stand next to a tree and take a deep, cleansing breath. Connect to the energy of the earth beneath you. Imagine that you are the tree with roots growing deep into the ground. Feel these roots as they push through the soil and rocks to find a source of water and nourishment. Breathe in the nourishment and energy of the earth. Bring this earth energy into your body through the soles of your feet.

I have learned that to be truly balanced in my spiritual work with myself and others, it is imperative to spend time and attention on grounding and earth-based practices. Give yourself time to connect with the earth, walk outside, connect to the trees and flowers, and feel the soil of the earth as you garden this summer. Firmly establish your root connection with the earth.

Christine Krakora Milovani, LCSW, is a Certified Social Worker and Reiki Master Teacher. She is the owner of Healing & Balance LLC. Christine is committed to empowering others on the path of self-healing and spiritual awareness. She offers individual sessions, classes, and workshops blending Reiki, Qigong, T'ai Chi, Meditation, Counseling, and Spiritual Guidance.

Website information at: www.healingandbalance.com.
Original Copyright © 2002 Christine Krakora