

attempted to rob them of their power, even with the intention of keeping them safe. I'm not sure where he received the profound words, but when Joseph Smith said, "teach them correct principles and let them govern themselves" he shared a wisdom teaching that truly honors one's personal agency and feeds the Root Chakra.

In all our attempts to reclaim our power, may we continuously seek to return any attempts we have made to control the lives of others. The greatest gift we can offer our children is to help them plug in to their own personal power with confidence. We do this best by modeling. As we reclaim and realign our Root Chakra energy, we teach our children to do the same.

By aligning the energies of the Root Chakra and claiming our right to direct our journey into self-discovery, we begin re-ordering our source of energy, we release the church as our source of validation, confirmation, and approval, and begin drawing these energies from within.

Our greatest challenge in reclaiming our energy in the Root Chakra will be our fear of being left alone if we choose to leave the safety of the tribe. I wish I could say this fear is just an illusion, however, my experience with working with hundreds of clients is, because of the dynamics of fundamental, authoritarian religion, it is a possibility you will lose relationships, even a probability. Very few people leave the church without losing relationships, but the relationships you develop because you are beginning to be truer to yourself are more authentic and deeply connective. As we trade our loyalty to the tribe for loyalty to Self, we begin to attract people into our life that honor us for who we are, rather than how well we can fit within the tribal paradigm. As we begin traveling up through the other Chakras, reclaiming more of our energy, we will become more grounded and able to communicate to family and friends in a way that honors our position and doesn't ignite their fears.

We can practice restoring and reclaiming our energy to the Root Chakra by repeating the above positive statements, recognizing when we are seeking validation from an external source and practices such as meditation and guided imagery. For a sample guided imagery to strengthen the Root Chakra go to [www.wendijjensen.com/root.chakra.imagery](http://www.wendijjensen.com/root.chakra.imagery)

## **Negative beliefs for re-evaluation that get trapped in the Root Chakra**

I feel trapped in cultural expectations (I cannot let my family down by telling them I do not want to go on a mission)

I am afraid to make a choice that does not agree with the doctrines of the church.

I am afraid to make a choice without having an emotional confirmation whether it is the right thing for me.

I expect to be criticized for not wearing a white shirt and tie to church or wearing my shorts too short.

I feel unworthy for any number of reasons.

It is my fault whenever I cannot get answers to prayers that are congruent with those of the authorities of the church.

I am afraid to let others down by letting them know my doubts or disagreements.

I'm afraid evil spirits will overcome me if I listen to the wrong music or have bad thoughts.

The Adversary is constantly out to get me and destroy my happiness, I must be vigilantly watching out for his trickery.

I am afraid I will be led astray and lose my testimony and destroy my chances of eternal exaltation.

Whenever I do something bad, the Holy Ghost flees, and I am left to the temptations of the devil.

I resent being obligated to work in a church calling not suited to my needs and gifts because I was told it was a calling directly from the Lord.

**The following are general toxic beliefs affecting the Root Chakra that may or may not be religion based.**

I am wounded or broken

I am hopeless, worried, depressed

I am guilty if I put myself first

I am a second-class citizen

I am anxious and worried about life

I am separated from God

It's not safe to be me

I'm afraid of what other people think

I'm afraid to know myself in fear I won't be acceptable

I resent that I must sacrifice myself to be loved

I am afraid to make mistakes

## **Positive Re-framing statements to re-order the Root chakra**

*You can use some of these affirming statements specific to the root chakra that help you feel strong. Feel free to adjust the wording until they feel congruent with your values and goals.*

It is safe to be me regardless of what the tribe has imposed upon my sexual identity or my gender

I contribute to united, loving, and peaceful family relationships that extend beyond the boundaries imposed by the tribal system

I am noticed and appreciated beyond my ability to perform within the acceptability within the tribe

I am supported by a Source interested in my growth and development regardless of whether my identity and beliefs fit within the paradigm of the religious belief system of the tribe

I have the right, power and authority to create my world

I seek to live in harmony with the higher laws of love, even if they expand beyond the constructs of religion

I am divinely protected and surrounded by love as I chart a course that feels congruent for my soul's progression

My source of happiness comes from within, not from obedience to a strict external law. I have the wisdom to know the difference between what feeds my soul and what will diminish it

I am learning to process life through expanded perceptions that are in harmony with my souls' growth and development

I am beginning to trust in the flow of life

I no longer seek to be an exception, I accept I am part of the whole

I am seeking a pure, clean continuous source of energy drawn from within

I am valued, cherished, and loved beyond my ability to perform Mormonism

I choose to use my power appropriately to lift and support the whole in a way that honors my gifts and unique design

I notice and appreciate the holy parts of me, I no longer need the validation of the church to verify my worthiness or acceptability before the Lord

I am more interested in my soul's growth and development than in it's safety and security, my soul is immortal and is here to learn

I am choosing to trust and live within the open loving space within my heart, even if it extends beyond the borders of my religious beliefs

I have the right to move past the limitations imposed upon me and wisely chart a course that feels congruent with my purpose. I trust I will be led further.

I enjoy being able to see multiple perspectives and honor the right of others to see things differently than me

I will be given the power, strength, and resources to handle everything in my life as I turn within and seek direction

I seek truth through study and research but ultimately, I am learning to listen to the authority within

Even though I am ever growing and learning, there is nothing I must do become worthy, acceptable, and complete before God, I already am, and always have been