



# ROOT CHAKRA

# Shifting from the Victim to the Mother

Set aside about 30 minutes to ask yourself the following questions. Get still and ask your higher self and the Creator to instruct you on the information that comes to you as you do these exercises.

1) List 10 people or entities (church, work, parents, in-laws) whose approval you seek.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2) Go through each person/entity above and list what it is you do or how you behave so you can win the approval of each?

3) Who do I expect to nurture my emotions and make me feel acceptable and loved?

4) In your mind, ask these people listed above to forgive you for the expectations you have placed on them. Tell them they are released and no longer obligated to manage your emotions.

5) List 10 things you can do to nurture your own emotional needs. Ask, "what will it take for me to know I am already acceptable and loved?"

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

6) Who would I be if I no longer needed the approval, appreciation or acceptance of others because I felt whole within? What would I do differently and how would I act differently?

7) What would it feel like to be around me if no one was ever expected to do anything or be anything other than who they are?

8) What am I afraid will happen if I relieve others from needing to meet my expectations? Is it true? What else is possible?

# Clearing the Tribal Programming

What tribal, family, cultural beliefs am I holding on to that are no longer serving my highest and greatest good?

Regarding:

Food	Education	Religion	My body
Relationships	Career	Government	Sex/sexuality
Clothes	Being a mother	Being a woman	My mission
Being a wife	Being a man	Money Holidays	Healing/Health

Remember to ask.....Is it an absolute truth, or just a belief?

What will happen if I keep believing this way?

What else is possible?

What would be a more abundant, inclusive, loving, compassionate, expansive way to see things?