

Rooting into your feet and legs



Your feet have a sacred connection to this earth. It is the space you unite with your ancestors, the people that walked before you. Your left foot represents your mom's ancestral line, your right foot, your dad's ancestral line.

Your legs represent your childhood experiences. Your left leg holds the energy of your experiences with mom who came here to teach you how to be in your inner world. Your right leg represents your experiences with dad who came here to teach you how to be in the outer world.

The pain and tension held in the feet vibrate back to your ancestral line. The challenges in the legs represent unprocessed experiences with mom and/or dad.



The space of the feet and legs hold your right to be here. The challenge is fear. This space holds human energy.

The color of the root energy center is red. Its sound is Uh like huh. The emotions vibrating here are depression, anxiety, anger, and frustration. Its element is Earth.

Your root work is to honor your ancestors and respect your parents.