

I Connect

FOOT (0) CHAKRA

The Foot Chakras are located within the center of the sole of each foot. Although they are physically located in two different places they act as one unified chakra. The color frequency of this chakra resonates with the reds of the Root Chakra, just as a darker, more earthier red like adobe. Previously this important chakra was considered to be a sub-chakra to the Root chakra and not a primary chakra. As our modern lifestyle has become more and more chaotic and filled with more and more electrical pollution, it has evolved into a primary chakra.

This chakra is charged with the important task of ridding the body of static electrical and psychic charges accumulated in the everyday processes of our modern lifestyle. Before man distanced himself from contact with the earth, this important task was a natural occurrence that happened as we walked barefoot, slept, sat, and lived in natural shelters connected to the earth.

Today, however, this is not the case. Our homes are constructed to keep the magnetic energy of the earth from reaching our bodies, and our clothing and shoes are man-made substances that also prevent us from connecting with the earth.

Without the natural connection to the earth, the body cannot discharge the static electrical energy that builds up within the body, mind, and spirit. We become polluted with this unhealthy energy stuck at the Foot Chakras, unable to release. It can begin to back up into the other chakras and interfere with their natural function.

We know that the earth influences the circadian rhythms of the body and helps us to maintain a healthy balance within the body and our life. We need to have the Foot Chakras open and functional in order for this to take place. The Foot Chakras also act as energy transformers; regulating the intensity and quantity of the energy flow as well as whether or not they should or should not enter our physical energetic environment. It represents the beginning of our ability to set boundaries to protect and contain our physical and spiritual life in this material place.

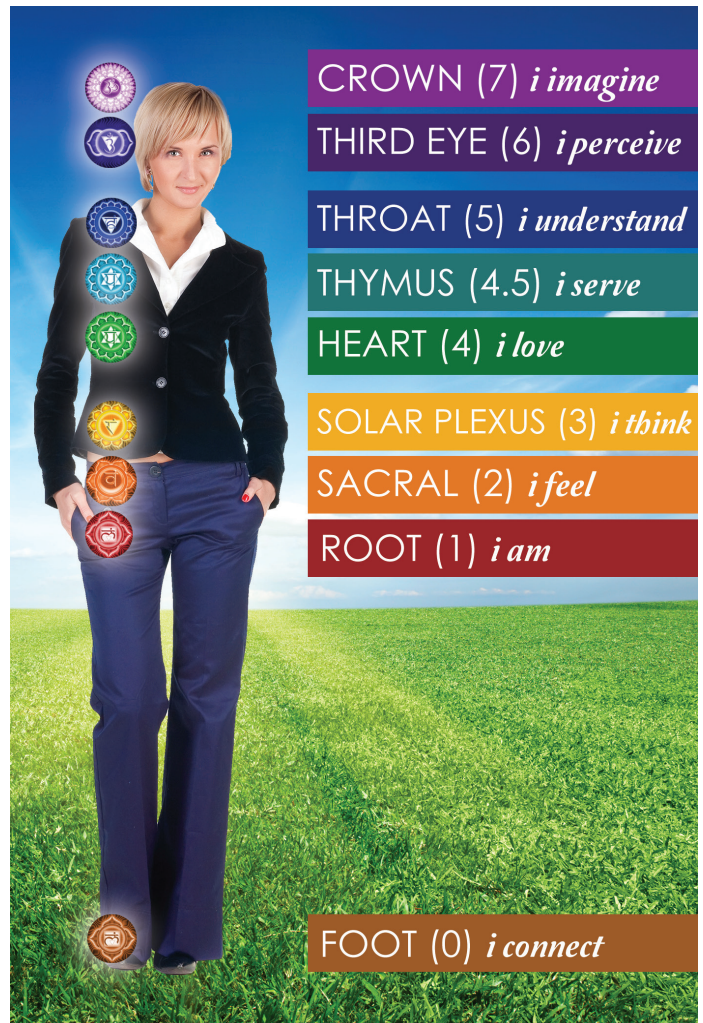
suggested usage

Bath

- Bathing in I am will help to reestablish your sense of grounding to the earth.
- Add 10 to 15 drops of I am to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I am to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Foot Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the hip area, front and back, when feeling insecure about financial matters or other survival issues. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support and grounding, or when around people who threaten your sense of boundaries. Shake well before use.



Topical

- Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your Foot Chakra.
- Apply 1 to 2 drops to the area behind the knees and at the center side of the hip joint to support these sub-chakras. When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Adobe

Physical Location: Center of the sole of each foot

Sympathetic Gland: Adrenals

Sympathetic organs and body parts: Feet, Legs, Knees, Hips

Sympathetic body systems: Muscles, Blood

Capacities: Physical vitality, action, survival, physical sensation, sense of self, individuality, grounding.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Jasmine, Geranium, rose; Rosewood, Grapefruit, pink; Cedarwood, atlas; Fennel, sweet; Spikenard, Neroli, Clove Bud, Myrrh, Palmarosa, Vetiver, Birch, Juniper Berry, and Lavender, fine

chakra 0 (foot) the right to connect

Deeply connected to the Root Chakra, the Foot Chakra has the right and a primal need to connect to the energy of the earth. It is here we learn to manage and balance the electrical energies that move through us while regulating what should and should not enter our energy field. Without the healthy development of the Foot Chakra, the very foundation upon which all the remaining chakras rest will be very shaky. The underlying right of the first chakra is the right to be here. This manifests in the right to have what we need in order to survive.

supporting blends

- **Shaman Blend:** Our ability to live in the world and know we are not of the world; our connection to our divine purpose.
- **Squirrel:** Supports our ability to collect the resources we will need for a comfortable life and to plan for our future.
- **Prosper:** Ability to manifest and bring financial prosperity into our lives.
- **Home:** Feeling at home in our body and life; to have a safe and secure place where we are loved and wanted.
- **Terra:** To maintain our connection to the Earth and be fully grounded in the present moment.
- **Beaver:** Beaver is the architect and builder of his own life, protector of his home and family, and can bring his wise teachings to us.

postnatal chakra development

CHAKRA 1 (Root): Second Trimester to One Year

The Zero Chakra is focused on establishing a good grounded connection to the earth which provides support and a foundation upon which the Root Chakra can draw strength from the earth.

pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

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QUALITY ASSURANCE

All oils from goDésana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

DISCLAIMER

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