**Chakra Visualization**
Imagine a time,…thousands of years ago,… maybe 50,000 years ago,… when the energy was just right to spark people into a conscious awareness of the world around them…. They noticed the passage of time….. the warmness of the air……the coldness of the air…. Someone became aware that at times the sun was in the sky for a very long time and other times it wasn’t in the sky for very long at all…. people became aware of changes with plants at the same time of changes with how long the sun was shining….. how all beings are warmed and fed from that sun….how our souls are fed by the time of darkness….how all is connected and woven together.

 I ask you to close your eyes and become part of that continuous awakening consciousness. Breathe deeply. In….and …out….. In…..and …..out…..In….and…out… Imagine now that there are roots growing out of your feet. ….Feel them growing down through the floor until they find the Earth below us…. Feel your roots growing into Her, down deep into Her, entangling with all the roots of all people…..Now, feel yourself breathing in that good, healing Earth energy….with every in-breath, you feel it coming up your roots…..up your roots…..and up into your feet… up your legs and into your root chakra at the base of your spine….your root chakra fills with the color red.. and says,” You have the power for stability, prosperity and health”…..the earth energy rises to your sweetness chakra in your uterus and ovaries, your lower abdomen and back….your sweetness fills with the color orange.. and whispers to you,” You feel the energy of fluidity, pleasure and relaxation.”…. now the energy rises again to the lustrous gem chakra at your solar plexus….Your gem fills with the color yellow.. and declares,” You have the power to act with vitality, purpose, and strength of will.”….up goes the energy to the unstruck chakra in the heart….your unstruck fills with green…and lovingly shares, “You have the power to love with compassion, acceptance, and balance.”…..the energy rises again to your purification chakra in your throat….your purification fills with bright blue…and announces, “You have the power to speak with clarity, creativity, and resonance.”……again the energy rises to your perception chakra in your third eye area….your perception fills with indigo blue…and you are aware that, “You have the power to see imaginatively, knowingly, and psychically.”…..up the energy goes again to the thousandfold chakra at the top of your head….the thousandfold is illuminated with violet…and you know that,” You have the power to know wisdom, spirit, and connection.”…The energy rises out of the top of your head up into the night sky….feel and become the air, the stars, and the moon…we all drink the same water…we all breathe the same air…we are all light…..

Now it is time to bring our energy back through our all-knowing top of our heads,… down through our all seeing eyes,…down through our well-spoken throats,….down through our loving hearts….. down to our willful solar plexus…..down to our feeling wombs…..down to the stability of the base of our spine….down our legs,….through our feet….to our roots…we are all rooted in the same Earth…..Feel those roots….wiggle your toes….wiggle your fingers….sway your bodies….roll your shoulders….and open your eyes…join hands with the women next to you….and feel that we are still in the Earth, we are still entangled within our circle and all beings…and know that, we are members of our women’s ritual group.