



Balancing Your Lower Chakras

The lower three chakras tend to hold physical, mental, and emotional energy. From the moment that we begin our lives in our mother's womb, and for the first seven years of life, we are imprinted with physical, mental, and emotional information that creates our beliefs, identities, and the way we function in the world. These patterns remain the same until we consciously choose to change them! Much of the information that we


were programmed with came from a place of fear and/or was unconsciously passed onto us.

As we evolve and become aware of the patterns that no longer serve us, we begin to break those patterns, but typically by then we have children of our own and, thus, we simply pass on to our children what was passed on to us!

Highly energetically sensitive children, and especially those diagnosed with Autism, are not interested in carrying on the family patterns. Therefore, they do not fully embody into these lower three chakras. In fact, the energy of these chakras is simply too dense for their soul vibration. By not being present in the energy of fear, worry, and concern, they do not take on that energy as their own.

As we discussed in the module on mirroring, the children may not take on these patterns as their own, but they are very good at reflecting these patterns back to us, so we can see where we are still functioning from a limited fear-based perspective.

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The good news is that 1) your children are not taking on your lineage patterns, and 2) they are reflecting those patterns back to you so that you can see clearly what no longer serves you.

So here is the interesting part: as adults begin to clear out their lineage baggage, energetically sensitive children see it as an invitation to become more present in this reality! Many of the children have shared that they are not able fully to embody here until “here” holds the frequency of love, not fear!

You probably have heard that keeping your lower chakras cleared is a good idea. Hopefully, now there is even greater incentive to process the information held there. There are several ways to clear your chakras, and it is a good idea to do this on a regular basis. You can use hypnotherapy, solfeggio frequencies, color therapy, or any number of other methods. It is not so important which method you use, but that you set your intention and act on it!

Any clearing process that you use on the lower chakras is likely to bring up some of the blocked energy and, hopefully, will make very evident the patterns that no longer serve you so that you can consciously choose again.

During the energy integration in this module, we are going to kick-start that process by clearing and then building coherence in the lower three chakras. This is designed to “blank slate” the information held there. This process will do just that, which sounds great, but because we are so used to acting and reacting in certain ways, it is important that you use either this process or some other means of keeping the lower chakras clear on a regular basis, at least until you notice that you can respond where you used to react and that your habitual patterns are no longer habitual.

