

The Earth Star Chakra

“Return to the future”

[First listen this recording.](#)

The purpose of this chakra is to enable cosmic energy to be properly grounded and spread this light every we step as a Human here on Earth.

It is believed we once walked the land as “Beings of Light” in past civilization (Atlantic, Lemurian, etc.). In those times, we knew we had come from the stars! Some of us understand and believe this still today (like me and you!).

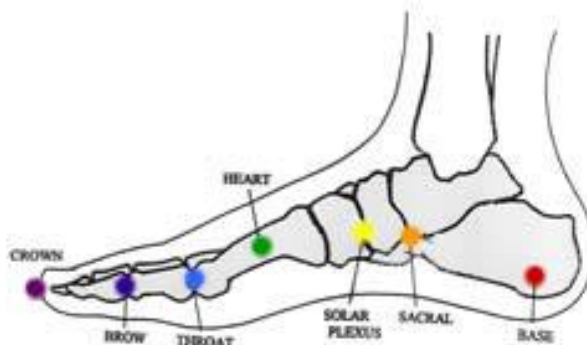
Ancient teaching us that we “spiral around the universe never quite coming back to the same place in space, and that we carry a little of the remembrance of past times encoded in our body cells.”

When we awaken our Earth Star Chakra we see past the denseness of our bodies, and barely visible auric field and remember our star roots.

Not every person is ready for this and this knowledge is only brought to those who are. It is being brought to you today, because you are ready to hear it and use it for the good of yourself and the greater good.

- Whenever we walk, the Earth Star Chakra is below our feet
- Connected to us physically by nerve endings on our soles (soles).
- Subtle energy connection is through the reflexology points on the inner parts of each foot

For most people, the Earth Star Chakra is black or dark in color.



Enlightened beings, when their feet touch the ground, a beautiful magenta-colored glow goes with them. Those with a bright magenta EArth Star Chakra are a highly refined star being in a human body. We can work towards this by healing and nurturing this chakra.

Focus for healing is to awaken your Earth Chakra by:

- Walking consciously
- Remembering your origins
- You are an enlightened being that walks “lit up” wherever you place your feet.
- Leave footprints of light every where you go!

Color: Black (Magenta when activated)

Key Issue: Re-creation of matter (seeing your star self in your dense body)

Physical Location: Below the feet, spreading out in a circle, wherever we step

Body Parts: Nerve-endings on the bottom of your feet

Crystal/Stone Medicine: Clear Quartz, Hematite, Magenta Titanium Quartz, Lithium Quartz (Rose Quartz)



Plant Medicine: Those with magenta flowers including but not limited to:

- Hibiscus
- Chrysanthemum
- Dahila
- Roses/Tea Rose
- Petunia
- Yarrow
- Desert Rose
- Carnation
- Snapdragon
- Sweetpea
- Pulmaria



A balanced Earth Star Chakra:

- Positive/expansive restructure of human DNA
- Awareness of nature
- Overcoming polarity
- Preparation for Light Body Ascension

Some ideas to balance this chakra:

- Give Reiki to this chakra and your feet (specifically the long distance and Master's symbol) to heal and bring back memories of your star qualities!
- Make a reiki salt bath. Salt will cleanse the chakra and purify the black energy, making it more magenta like! Enhance this foot bath experience awakening the Earth Star Chakra even more by:
 - Adding magenta flowers or flower essences to the water
 - Adding magenta or clear quartz crystals to the bath
- Wear magenta socks, slippers or shoes
- Paint your toenails magenta (use organic nail polish of course!)
- Give yourself or get a foot massage
- Picture a magenta puddle of light under every step you take
- Past life regression work with this chakra

- Let your feet bath under the stars (lay on your back and kick your feet up to the heavens)
- Bury your feet in the sand/dirt/Earth and channel star energy from your crown
- Pay attention to your feet, the direction you walk, and acknowledge that your aura exist 2-6 inches below your feet, and so everything you step on will charge or de-charge this chakra center

Some mantras to activate the Earth Star Chakra:

“I allow my soul to be present” “I create heaven on earth”

“I am living my dreams” “I listen to my spiritual guidance”