

**Dear friends,**

We hope you are well and that your connection to your inner most self and to the highest in life is unfolding well.

We'd like to invite you to join us for this Base Chakra module where we will look at the immense forces of instinct as they operate within us. We will explore the field of sociobiology and evolutionary psychology, looking at how millions of years of natural evolution have brought certain physical, energetic, emotional, and mental patterns active within our bodies and psyches.

The focus of our work will be to understand these forces of instincts and how they influence our life. We will work to more consciously use these energies instead of being used by them and we will seek to unlock the immense vitality of energy that is stored in the base chakra.

In the East this fire has been called **Kundalini**. We will work with accessing and directing these energies to give us more vitality and aliveness, and to guide these energies up the spine and into the higher centers of consciousness.

The base chakra contains one of the earliest psychic functions to develop - the **protector/controller**. This mechanism is designed to protect us and keep us from harm. Its emotion is **fear**. We have found in our work that the protector/controller and fear are one of the most active of all the parts of the psyche, influencing every aspect of our life.

Fear is an important part of our instincts and is needed to protect us, but at the same time, fear has gotten out of control and is running our lives in so many ways that are limiting us. In this module we will take significant steps towards going beyond fear into aliveness and courage, to expand our Self to have a fuller and more dynamic life. Imagine, how your life would be without fear?

Another area of exploration into the base chakra concerns **incarnation** and living in the body. We have found that most people do not live fully in the body; rather, they float above themselves or to one side. This is due to a process called **earth shock**.

Earth shock has to do with the difficulties of a sensitive soul coming into the dense energetic field of the earth or of the family into which one is born. Sometimes, later shocks come due to pain and ones experiences in growing up. During this module we will seek to help each one of us **live more fully and grounded in the body**.

As part of the preparation for this module we would like to encourage you to do three things.

- *Breathe deep into the base whenever you can remember, bringing life and vitality down to this center.*
- *Watch the feelings of fear in their many different shapes and disguises – worry, anxiety, tension, control and... You may be surprised to notice how much fear is a factor that influences and restricts your life.*
- *We'd encourage you to begin to vitalize your base and body by movement. Dance is great! Or anything physical that warms you up and gets you breathing hard.*

Our base chakra is our **roots**. When our base is solid you have grounding and strength in life. It is from this foundation that all the higher functions of the psyche – love, creativity, and spirituality - can build upon. If you want your tree of consciousness to grow high you need deep and strong roots.

Looking forwards to share this vital work with you. In love and friendship,

**Ritama and Kabir**

