



Santhika  
Retreat  
Center

## Meditation to Connect with the Earth

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*"To forget how to dig the earth and to tend the soil is to forget ourselves." - Mahatma Gandhi*

Tuning into the energy of the Earth is enhanced while the Sun is in Taurus, Virgo or Capricorn. Cultivating the earth element requires attention to the sensations in the body, to the feet and legs, and to the first chakra or base of the spine. Paying attention to the feeling of gravity and its pull on the body toward the Earth is very useful. The goal is to experience a heaviness that becomes a feeling of stability and stillness.

### Rootlock

Working with the first chakra part of Rootlock is a very powerful way to connect with the body and the Earth. The following exercise gives you energy and relaxes the nerves:

- (1) Sit in easy pose. Inhale, hold the breath in. Pull and release the anus and perineum 3 or more times. Exhale. Repeat for 1 or more minutes.
- (2) Inhale, exhale, hold the breath out. Pull and release the anus and perineum 3 or more times. Inhale. Repeat for 1 or more minutes.
- (3) Inhale, exhale, hold the breath out and pull and relax the anus and perineum 3 times. Inhale, hold the breath in and pull and relax the anus and perineum 3 times. Alternate for 1 or more minutes. Stretch legs between exercises as needed.
- (4) To end, unite with energy of the Earth and feel the nurturing energy from Mother Earth raising up your spine. Let go, if only for an instant. The union between Earth and Universal Spirit happens when you let go. The union cleanses stress and negativity. Practicing first chakra Rootlock when you are thinking too much or afraid, helps release fear by connecting you to your physical source and by activating your own energy.

Be sure to gently pull the muscles at the anus with the intention of connecting with and receiving energy up from the core of Mother Earth. You will know when you get it, because Her energy is real!