



The Missing Link BodyTalk Series

Bonus 2: Embracing a Sense of Safety

(please use with the accompanying meditation)

A few years ago I started working with the base/root and crown chakras to help with my healing and to feel safe. These are some of the first chakras we shut down in childhood (or never allow to fully develop) when we do not feel safe. If we have an experience of not being emotionally supported or contained by caregivers there is a high likelihood that shutting down will occur. This is done (unconsciously) to protect against disappointment and the sheer fear of feeling alone.

The base chakra holds the consciousness of survival and abundance. With a healthy, open base chakra we can feel supported by life and others and can also receive the abundance that is always available to us. When we shut down the base chakra we shut down the ability to feel safe, supported and connected in adult life (because we felt as children that we could not trust or did not want to over-burden that support). We also shut ourselves down to receiving abundance, including an abundance of energy and lifeforce that is available to us.

The Crown Chakra holds the consciousness of connection to life and something greater than the self. The crown chakra is typically associated with spirituality. An open, healthy crown chakra enables us to feel supported and held by a greater presence, force, energy or consciousness. It also enables us to feel connected to those around us and to tune into the awareness that, in reality, we are all one. When we feel that we cannot trust life and what life offers and do not feel held and supported then the crown chakra will close leading to a feeling of isolation and powerless in later life. This will feed a sense of being a victim, and related anxiety.

As I worked with opening the crown and base chakra I more and more easily tuned into a feeling of being safe and no longer being alone. I also could literally feel myself more energised yet also relaxed and calm. Now, I can take a few breaths and access this feeling almost immediately. Five or six years ago I would not have believed that possible!

The Containment Meditation

As a result of my experience and seeing how so many chronically exhausted clients are so self-reliant and hold so very tightly on to coping mechanisms and a need to control what seems 'should' happen, I created the containment meditation.

The aim of the meditation is to re-wire the body and brain to feel the softness that is possible when we allow ourselves to let go of the all the holding. This re-wiring also enables the body to more quickly access the rest and digest/relaxation response and a general sense of feeling safe. Furthermore, a focus on chakras will automatically begin to shift the energy so that they open more. Also, when working with these two chakras other chakras and general energy flow is impacted too.

Practiced consistently this meditation can be very powerful. If you do nothing else but practice this meditation daily you are very likely to experience some positive results.