

VIBRATE AT YOUR TRUTH

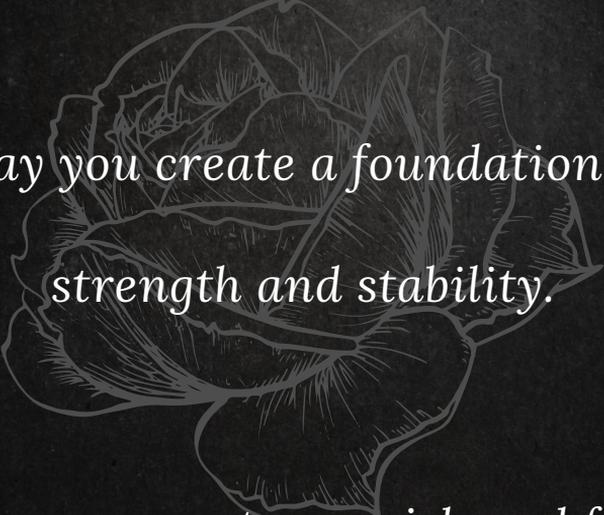
**NOURISHING
SACRED
ROOTS**



**BY
JENNIFER SHEDLON**

To Your Journey

*May you begin to know yourself like
meeting someone for the first time.*



*May you create a foundation of
strength and stability.*

*May your roots nourish and feed
your soul.*

May you fall in love with all you are.

Disolve To Rebuild

So lets start this thing off right. I would like to paint you a picture to understand the many ways in which your reality must crumble. When I say your reality, I mean the one you have painted for yourself but decided to use colors that people, society, your family, friends, teachers and the like gave you. You maybe forgot, or never stopped to notice, these were not even your colors. But either way you used them and those created your painting. This painting is what you hung your whole world in, and everything in your world could only come from the colors in your painting. Now I want to push this deep into your soul, like so deep that you can feel your soul being grabbed and shook. And with this shake you are being asked to wake up.

When you came into this world you were like a beautiful eagle. Flying in your own way and so perfectly free. You came into this world curious and wanderlust. You asked questions and everything you encountered you did so with all your senses; for the first time you were engaging these energies. You had no perception or expectation. You simply were interacting with these life forms and they were interacting back. But overtime you went from flying to running. Because you started to believe ideas that were not true to you. And when you let your perceptions and foundations be molded by false beliefs, you cuff yourself to those thoughts and like a weight it pulls you down. Soon you were too heavy to run so you started walking. More illusions came in and you cuffed yourself to them.

Now you are falling, still curious and able to feel your spirit inside but it is getting weaker. Then all the energetic debris keeps piling on and you are crawling. And as you are crawling feeling so far away from the truth you find yourself exhausted and wondering what am I supposed to be doing here.

"If you have life you have purpose, and everyone deserves to live their truth which allows them to live a life purpose that is so freeing."

The Lightning Bolt

When I began to awaken to all that I am it felt like a lightning bolt struck my being and downloaded lifetimes of information. I am going to share this experience with you.

I remember looking into the mirror one day and seeing nothing. It was as if the last spark left in my spirit said PLEASE LOOK. As I was staring into the mirror my reflection was nothing more than a paper mâché. It might as well been a photo of me someone hung up for decoration. The resemblance is me, but the soul is not there.

At that moment I felt my heart pound, and I could hear my higher self screaming. But the screaming sounded more like a faint whisper in the wind. The voice said “you must breathe your soul back into the paper mâché you see in the mirror”. I felt a tear roll down my cheek. It had been so long since I cried, I forgot I had tears. The burning inside was unbearable. I had been so numb for so long and the process of starting to thaw was so uncomfortable. I headed straight for my door, no shoes, and just started running. I could not run fast enough to make the burning stop; so, I began sprinting till full exhaustion set in. As I stood there hunched over, I looked up over the horizon and this rush of energy came spiraling in.

I started walking in awe at the way I felt. I had never felt so fucking free in my whole life. I walked down to the closest gas station to ask for a pen and took a napkin to write on. This is what came out, this is the moment I released control and listened to the call of my destiny.

"It's like I awoke from a slumber. Where did the roads cross? When did my thoughts fall into the abyss of habitual pattern, and lose all tangible relation to real moments. Actual breath filling your lungs, the breeze flowing across your face, or the scent of fall nearing. It's like falling asleep at night. We don't know the actual inhale or exhale our conscious mind moves into the unconscious. All we know is we wake up. And with fragmented dreams screeching to a halt as our eyes slowly open, we realize we must have been asleep.

The thing is I wasn't actually asleep. I was already awake and somehow waking up. This process ignited at my core and started pulsating out through my entire being. As fast as we can feel a burn on our finger, but the depth and lasting sting carries on. I had only looked up above the horizon. Noticing the trees and the way the sky looks in the distance. It was in this instant I wondered how long was I looking down? What story had I been writing for myself to follow that took me so far off course. So I stopped writing the story. I decided to not write one at all, but instead surrender fully to existence."

Since this day I promised to love myself fully. I knew I would do everything needed to heal and give myself the unconditional love I need. Life is a continual process of death, rebirth, and transformation. As you awaken to your soul and purpose in this life, you may find yourself in this process of being like a phoenix rising from the ashes over and over. Because as you align to your truth and stay resilient in remembering who you are, you begin evolving at a rapid pace. Each time you move through a door in your life, you quickly are given the key to unlock the next door.

I am really thankful to be a part of your journey no matter where you are at in it. The time you are giving to reading this is so valuable to me and to you. Which is why I am going to do all I can to make this worth your time.

Energy & Vibrations

All of life is made up of energy. This life force energy moves and vibrates through us all. Our awareness and then understanding of this life force energy is vital to learning who you are and your connection to the whole. We truly all are one. You must understand that energy comes first and then the actual things we see come after. The emotions we feel come after. The physical discomforts we have come after. It is never just one energetic occurrence that creates an outcome. The life of energy is not nearly as simple as cause and effect.

Working with your energy system is not an overnight process, you will be doing it for the rest of your life. An analogy is to think of your energy like dirt and junk that is in your home.

Once you clean, get rid of the things you don't need, and bring in new it feels much lighter and more free. But as we all know, you cannot just clean your home once and have it stay that way forever. Also, as we start going through things in our home we might find ourselves in a dusty attic corner in a box in a file with a few dead bugs. Once you start moving your energy again your body will start cleansing. This can get very deep and pull up emotions you forgot were there. But I promise as you continue to show up for yourself everyday in this way, it will transform your life. If you ever wondered what self love looks like, it is just that, showing up for yourself everyday.

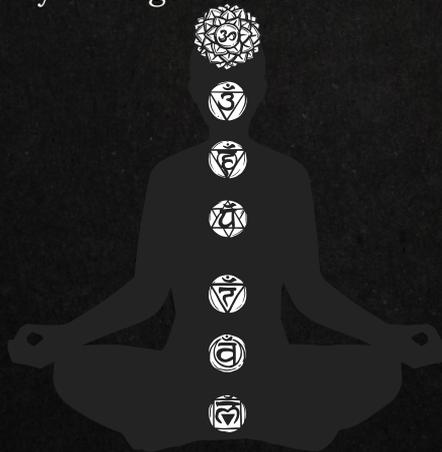
You must care for yourself on all levels (mental, emotional, physical, and spiritual). I feel it is so important to do this first before anything else. Giving and accepting self-love is ongoing.

But if you can do this first for you, than you have that much more to give to the world. Learning how to transform and transmute stagnant energy into beautiful flowing energy and love is so profound. Being able to live in just a moment and be happy, even unreasonably so, is blissful. All you need to be is exactly who you are. Let go for fear and know that everything is unfolding just the way it should. Do things right now that make you feel good and whole. We cannot be waiting for something to happen that will make us happy. It is about being that right now, that will make everything coming even better. Because when you answer to your higher self and choose to be happy, you align yourself to people, events, and synchronicities that match that vibration and they will be the things that are forever true to your soul. It is only when we are being this, that we are free. Nothing is holding us bound.

We are one with everything and freely dancing to our own beat. The beat that so naturally adds to the beat of the one, the universe, the whole.

Chakras

Your body has seven main energy centers called chakras, and an aura around your body of many energy layers. The word chakra means wheel in Sanskrit; and they start at the base of your spine (root chakra) and move up to the top of your head (crown chakra). The chakra centers and aura are conduits where the universal life force energy is channeled. The purpose of the chakras is to spin and attract in energy to keep the spiritual, mental, emotional and physical wellness of the body in balance. Understanding your chakra's is a powerful way to know yourself much more intimately. This guidebook will be focused on the root chakra.



Root Chakra

The root chakra is the groundwork for the rest of our chakras. The Sanskrit word for this Chakra is Muladhara, which means “root support”.

The color for this chakra is red, and it starts at the base of your spine.

This is like the entire foundation for a home. If our roots that connect us to mother earth and our human body is weak, the rest of us will not have anything stable to build upon and draw nourishment from.

I like to imagine my root chakra as a strong willow tree. I can feel the base against the earth. The way my roots extend far into the ground and keep me from tilting or wobbling.

I see how this connection to earth and my human experience is what gives my vessel the vitality to continue. Without this vital energy through your roots, you would not be able to experience life and the beauty of earth. You would not have the necessary energy to fulfill your life purpose.

This is also where we start forming beliefs and patterns that we create entire concepts of life and ourselves from. These beliefs are tied into our tribe, family, and anyone connected to your support system.

The ability to truly let go of belief systems that no longer serve you, or maybe never did, starts with your root chakra. Being open to that means, when given the guidance, we then have to be willing to breakdown and let go of entire systems. This allows guidance to really flow in and take our spiritual path to higher levels.

I know how hard this can be. Especially belief foundations we have built our entire lives around. Starting with one idea or concept that wasn't authentic to you, and from there adding more and more. Now imagine realizing that foundation to begin with was false and therefore everything else we built on it is false too. This can be terrifying, yet the most freeing feeling; being willing to do this over and over as we align with our higher self and divine purpose. In all the false belief systems there is a spiritual lesson to be learned, and a chance to react within to that lesson.

Stay open and willing to allow this process. We cannot resist, over time resistance only makes us ill and stuck. But opening up to the guidance and letting go of old patterns propels us forward, more prepared and more aware to the infinite connectedness of the universe.

We must ask basic questions about the ideas we are told and the ideas we are telling ourselves. We must stop and ask, “does this make sense?”. “Why do I feel/believe this?” We cannot see the truth if we do not first ask the questions. I can tell you personally I have learned a lot, completely dismantled what I learned, and every time I come closer with the infinite truth.

Security Survival Fear

As long as you are in survival mode, you will not have the energy to put towards the full expression of your creative being. Part of your root chakra being balanced is feeling secure and stable. Knowing all your basic needs are being met like shelter, food, and water.

The main operative state in survival mode is fear. We start to make choices and displace our energy based off of fear. Fear is such a low vibrating frequency, and your entire energetic system will be pulled down as long as you are in this space.

The first trick is recognizing you are making root support choices based in fear. Ask yourself a simple question.

Am I doing this based in fear?

Or am I making this choice from a strong stable place within me?

Anytime your answer is the first one, it is time to write it down and dig deeper. Starting with...

What exactly is this fear I am afraid of?

Once you write that down, ask yourself this...

What about it is really so scary to me?

If that fear actually happened, what exactly would change in my life?

What would that reality cause me to lose, and would it be so bad to lose those things?

I think that last question can be very eye opening. Often we see the things we are so afraid to lose are not even meant for our life. But somewhere along the way we attached value and a need to them. Often it is someone close in your support systems value that we actually attached, and we can release the need to make it our own. Also realize it is not their fault you have that fear. In the end you made it your own; and if you could step into their shoes (or feet I like to say) you would see where they adopted that fear and how much it isn't even something true to their soul. If you find yourself still grasping the loss of the fear, you have to see it differently.

“Sometimes it is about changing your perspective or perception to see the truth. Or even having the fearlessness to drop both entirely. Embracing the experience with no expectation.”

Make a conscious choice to let it go. Fear has no place in your life, and fear should not hold space in your foundation. I am going to work through these questions with a fear I have had so you can see how it looks.

The first part is when a thought or decision arises that may be based in fear.

Thought/Decision

I kept looking for a job that would have health insurance.

Am I looking for a job with health insurance based in fear?

For me this was a clear yes.

What exactly is this fear I am afraid of?

It was not even the health insurance. I really did not care at all about having a job that offered health insurance. The fear was not disapproval from my family like it often can be. The real fear was being responsible for some amount of stress my family would take on if I did not find a job with health insurance.

What about it is really so scary to me?

That somehow my choices would cause stress and worry to those around me.

If that fear actually happened, what exactly would change in my life?

Nothing at all would change. Worrying about someone you love is instinctual, and we cannot control what another person worries about.

What would that reality cause me to lose, and would it be so bad to lose those things?

Since the previous question brought the realization needed to release this fear, this last question was not needed.

Every time you work through this process you begin to detach the fear from your roots. This will become easier the more you do it. Eventually you will be doing this daily when a fear arises, and then you are energetically taking care of it right away.

Each chakra provides a different lens to look through and view your life. We will be focusing on the root chakra in this workbook; but, never forget the lens you are choosing to look through, and don't forget to step all the way back to view the largest lens that encompasses all.

“You have to allow transformation to empower you to work with what it is asking of you. To really transform the shadows like the innate alchemist you are, illuminate your truths by demolishing beliefs that were never yours, yet you built towers on top of. Awaken to the fact that you have purpose. And when you become truly aware of all that you are, you can know what it feels like to be fulfilling your destiny instead of ignoring it and being pushed down a fated path that will never show just how extraordinary you are.”

Sacred Roots Workbook



I wanted to start your Sacred Roots Workbook by giving you a way to evaluate the current energetic state of your Root Chakra. This is a great way to check in with the foundation that supports you.

You will find a series of statements relating to your Root Chakra energy center.

Simply score the statements '0' '1' or '2' using the following system:

'0' No - This statement does not apply to me.

'1' Sometimes - This statement sometimes applies to me, but not all the time.

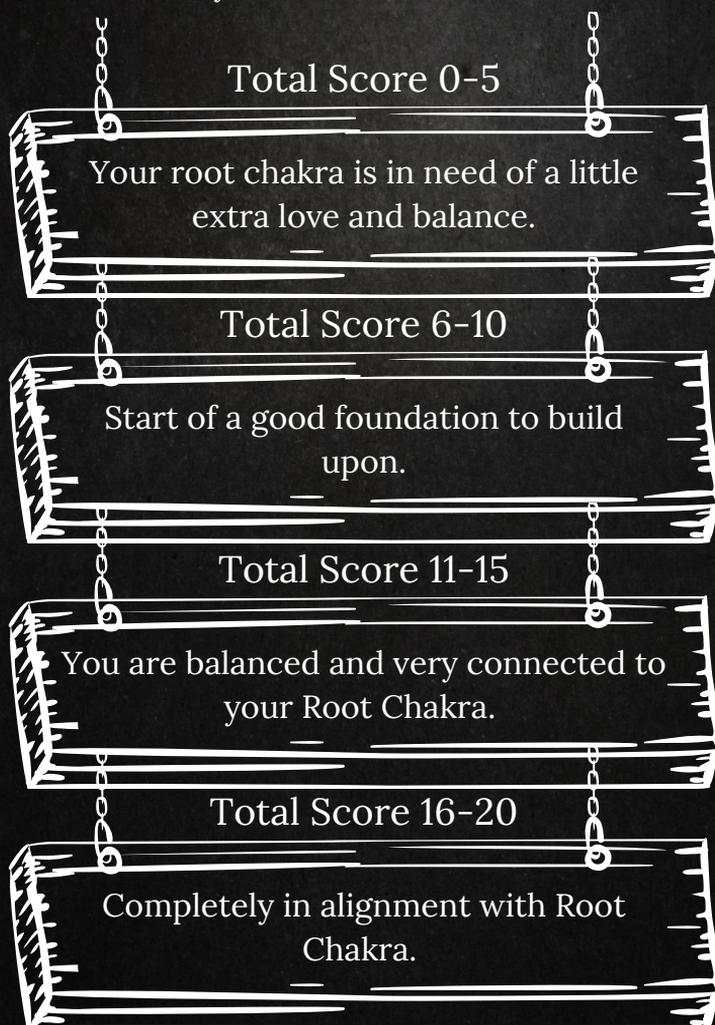
'2' Yes - This statement totally applies to me - I frequently feel this way.

This will give you a score out of 20. After you add your total points you can see where this energy center falls for you.

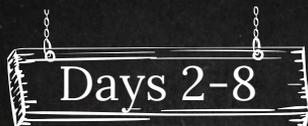
1. My basic survival needs are met.
2. I incorporate physical activity into my life.
3. I feel safe and secure.
4. I have a strong family unit that supports me, and I feel connected to my tribe.
5. I have a good relationship with my financial health.
6. It is easy for me to feel grounded and present in the moment.
7. I have people in my life I feel completely at home with.
8. I feel connected to Mother Earth and the environment.
9. I can deal with conflict and change with a calm, levelheaded attitude.
10. I have a strong sense of smell.

Total Score

You can use your score as a simple gauge of how balanced this energy center is. But do not worry about this score too much. This exercise is really about starting to think how the Root Chakra influences different areas of your life.



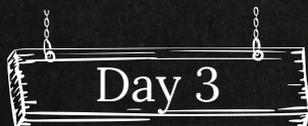
Sacred Roots Journaling



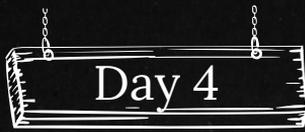
Questions for you to sit with and journal. There is only one question for each day. I want you to take your time and never feel rushed. After all, this is a lifetime journey.



What makes up your tribe? How connected do you feel to these people? How do you feel when you are around them?



What do you do that feels nurturing and comforting to you? Write five activities you like to do to calm and comfort yourself during times of stress or crisis. When did you start doing these activities? What events occurred around that same time in your life?



Day 4

Think back to when you were young. What are your earliest memories? Bring yourself back to that time when you were a child and write about how you feel. Do you feel loved and safe, or insecure? Do you feel comfortable being you, or do you hide yourself from others to feel safe?



Day 5

What makes you feel the most grounded and at home. Why do you think that is?



Day 6

Write down the ways you nourish yourself (physical, mental, emotional, spiritual). What might you need more of?



Day 7

How do you feel about your place on this earth? Do you believe you are here for a purpose? Do you feel you belong? Or do you wonder if there is any meaning to life? Do you search for a sense of belonging that seems to evade you? What events, influences, and people have shaped your sense of belonging and purpose?



Day 8

What fears are you ready to release?

Let It Go



Anything within your home (foundation) that does not feel wholesome and sacred or have a purpose (like a toilet) needs to be let go of.

Every object in our space carries an energy; you must discern if the energy it carries adds support to your foundation or slowly rots away your roots. Even if it is tough, these are not good reasons to keep something.

My friend got it for me, and I feel bad getting rid of it. It is okay to let it go, release the guilt and obligation. Your friend loves you for you, not because you kept something they bought you.

Those are boxes of clothes that were my mothers who has died. It is okay to let it go. Those items do not make missing someone who is gone hurt any less. Those items will also never bring that person back. We must accept this. Pay that love and spirit of them forward by donating those items. Make a new commitment to celebrate their life by doing something they loved. I promise this will mean so much more than a box of things.

What if I host a big party and need 44 plates. Let it go, like those poor plates need love.

This really was great to me before, so it is hard to accept I do not like it now. Let it go, you have changed and that is okay.

Old stuff from long ago? Let it go. You always know who you are and what you did; you do not need a ribbon from first grade to know that. Set some new goals like planting a seed of intention. Your ribbon can be the ever-growing energy that creates a forest.

Still thinking you are going to scrapbook. It is okay to not be the person who loves making a scrapbook. Let it go. Or make the scrapbook, I give you one week.

Expired spices, canned goods, boxed stuff? Stop! It is expired, let it go. And while you do make a commitment to learn about every spice you are throwing away because you never used it.

If any decoration is to impress the people coming into your home but does not bring you any joy? First, let it go. Second, who are you inviting into your home that brings up feelings that who you are is not enough. That you must put up an external persona to please them? Why do they make you feel that way? Now reclaim your power and decide to be authentic and truth by putting up decorations you love.

Decide this...

Does it lift your energy?

Does it have a functional purpose?

Does it have a sacred purpose?

Does it inspire you?

If it is going to stay it needs to be a 100 percent yes to at least one of those questions.

This is more than just getting rid of things you do not need. This is more than creating the energetic space for new to come in. This is more than letting go. This is more than accepting that life is constantly changing.

While it is all those things too. Most important, this is building trust within yourself and within your space.

If you do not trust yourself enough to know how you feel about objects and when they should go, then how can you trust yourself enough to know when your gut instinct kicks in, to know when you are making choices from fear instead of integrity? How can you trust yourself to make choices that are for your highest good. How can you trust that one steady voice within. I know you can do this.

Start writing down anything that comes to mind that needs to be let go. As you move through this process the next five days, be sure to journal any thoughts, feelings, emotions, inspiration, and insights that come through.

Journal Prompts



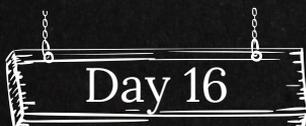
Seven days of journal prompts to ignite energy around your sacred roots. Simply continue writing where the prompt leaves off. Allow yourself to just flow.



There is nothing like the smell of...



The last time I lost my balance I remember...



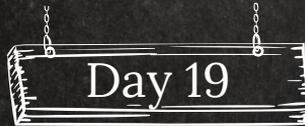
I could not run fast enough from...



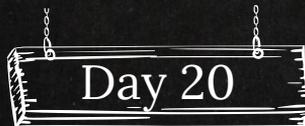
If I listened to the whispers of Mother Earth I would hear her say...



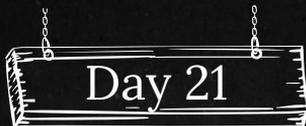
The first animal that comes to mind is...



If I could tell my past self anything I would say...



I planted this seed with the intention of...



Take the Sacred Roots quiz from day one. Write down ways you will continue to nourish your sacred roots.



Journal your experience. Be fully present, free, and write what comes out.

If you feel called to, I would love for you to pass this Sacred Roots Journal along to someone who might need it.

May you continue to feel nourished,
grounded, and rooted within
yourself.

Would love to hear your feedback and experience. Email or leave a comment on the Sacred Roots Box page.

Sacred Roots Box | Vibrate At Your Truth

Visit Website

Vibrateatyourtruth@yahoo.com

