

# Earth Star Chakra Worksheet



How do YOU connect to the Earth Star Chakra?

On a scale of 1 to 10, how grounded do you feel? 10 - being extremely grounded, 1 - not at all



Name 3 things you can do to start to feel more grounded.

The Earth Star Chakra is a blueprint of your ancestors' history. They have incredible wisdom to share with you. If you can heal old patterns and beliefs, it will make it easier for you to connect to this center. What old beliefs are you still holding on to?

**Now that you have listed your old patterns and beliefs, use the guided meditations from my website to transmute and remove this dense energy.**

If you could ask your ancestors for guidance what would that be?