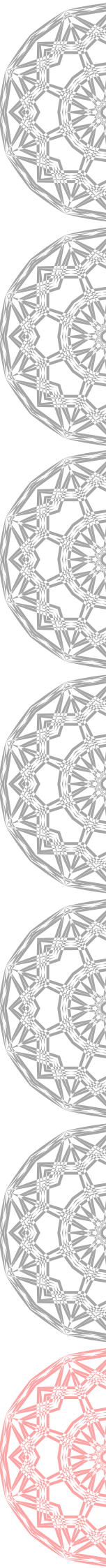


# Warrior Rising

## Base Chakra



Kim Williams



# Channelled Message

Hello Dear One

This is such an amazing time for you in growing your knowledge of self.

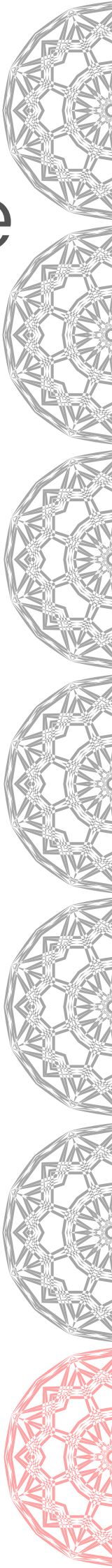
Your energy is unique to you and so very needed at this time – yes you chose to be here after reading the roadmap of how this lifetime would play out and while it has not been easy at times, you have come through with knowledge that you need to move forward.

Know that we your collective of Angels and Guides are always available for you to lean into and that we can assist when you need support.

You only ever need ask and lean into us.

With love

*The Collective*



# It's all about the Base!

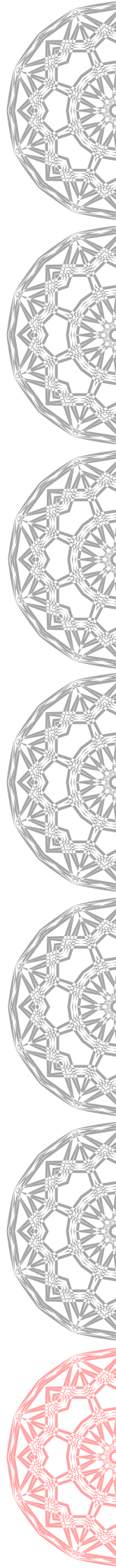
So this week is where we start working with our chakras. In a nutshell, the chakras are the energy points within our body.

There are 7 main chakras and while all of the Arch Angels work with them, there are specific ones you can call on if you choose to do so.

Over the coming week, we will be working on the Base (Root) Chakra which is situated at the base of your spine and out and below the body. This particular area is associated with confidence, security and having a good grounding of who you are.

The particular Archangel's and crystals for this week are Black Tourmaline (Archangel Michael and Archangel Gabriel), Smoky Quartz (Archangel Michael) and Red Jasper (Archangel's Ariel and Metatron). If you don't have these particular crystals it's totally ok to use clear quartz as it's an amazing base crystal that can.

When taking your few moments in the morning or throughout the day, just grab your crystal as it will help you to come back into spirit.



# Guiding Goddess

## Kali-Ma

Kali-Ma is the divine Indian Goddess who will assist you through this module. Her presence generally heralds shift, shakes and destruction before the new makes its way forward.

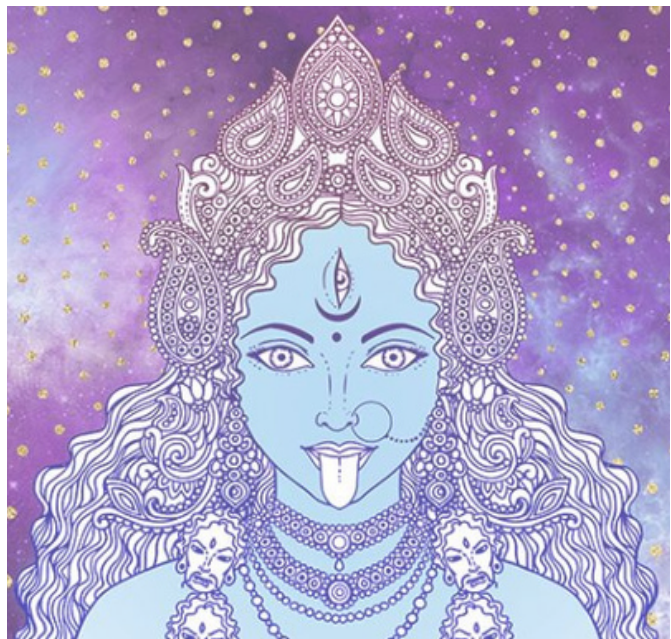
While her form can be intimidating and even scary for some, Kali is one of the most compassionate and empathetic goddesses to work with. She understands the breaking down of constructs for the new to emerge and that from the mess comes gold.

If you are keen to work in unison with her energy, you can use music to call her forward. Dance baby, dance as you lose yourself in the rhythm.

You can also draw a card from the tarot or journal on the following question – Kali, how are you assisting me in moving forward? What message do you have that will help me in moving forward?

Kali encourages you to bring forward your rage as you no longer settle for less than as this will be a driver in clearing through the old energy for the new to come through.

Invite Kali to the table to work with you and allow that which needs to leave your life go with her assistance.





# Guiding Tarot Card

## - The Hermit -

The Hermit card is all about going inwards and doing the personal work after a time of difficulty whether it be of your own making or via those around you.



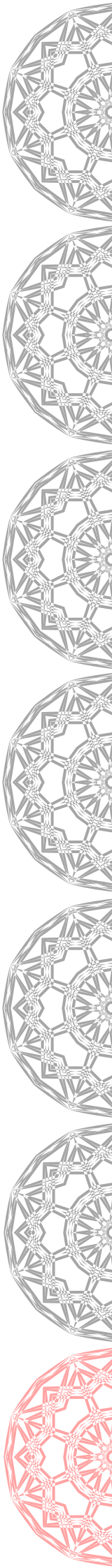
Crystal Visions Tarot

Most tarot art will show The Hermit holding a lantern to light the way forward and leaving the darkness behind.

This time of illumination will bring some difficult choices but by putting your needs first and foremost in a show of the most radical form of self-care, you will find your footing, move further away from the hurt and heal yourself physically, mentally and emotionally.

Your role is to ensure that your light is attracting those situations and people into your life that will support your journey and celebrate her potential.

It is more than ok to introvert while finding the switch to flick on or turn up your light. This is a time of learning to trust your own light will be enough to light the way.



# Guiding Warrior

## - The Valkyrie -

The Valkyrie are said to have been female figures within Norse Mythology who were given the task of deciding who would live or die on the battle field. Those who died were shared between the Odin's and his Goddess wife, Freya.

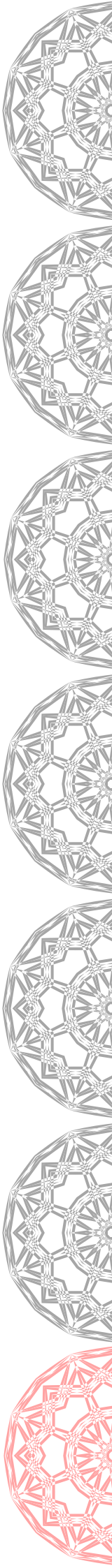
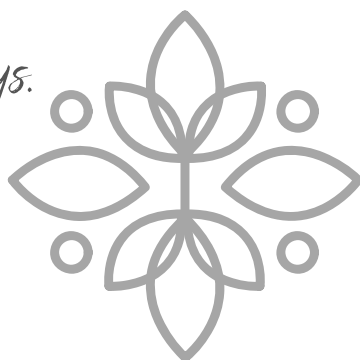
With their battle readiness a theme of endless writings throughout the ages, the Valkyrie are ready to work with you to support you in making choices based on what you truly want in your life at this time and then being brutal and strong enough to let go of the rest. There is no need to fear their strong energy as they ask you to embrace and become one of their own - fierce, fair and with honour. Choose with your heart as logically your head will try to dissuade you of what truly needs to be done at this point.

They come to you with the following message;

*Now is not the time to allow fear to lead the way forward.  
Now is the time to trust that you have said yes to your wanting  
more.*

*Trust that we will forever be with you and our energy now  
mixed with your's to be called forward when needed.*

*We are with you always.*



# Bubble up baby xx

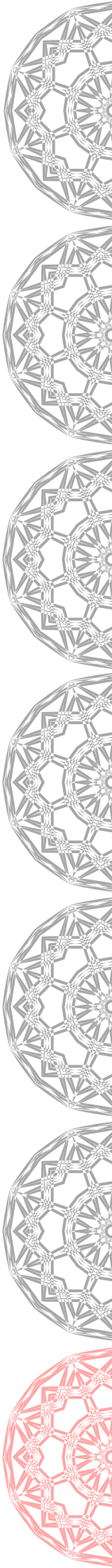
Your bubble is your safe space that moves around with you.

If you are sensitive to energy and notice that certain situations and people leave you feeling deflated and exhausted after being around then its time to focus on strengthening your "bubble" aka shield for when you are out and about.

You can choose a colour that resonates for you and when you feel the need to call on a darker shade of it for protection from toxic situations or energy absorbers (people that just drain the life from you when you are around them), ask your Pit Crew for help in strengthening your bubble.

Another great way to decide on the colour is to look at the Angel listing in the prework area and if there s a particular colour you are drawn too, it may be your Pit Crew's way of helping you out.

Remember you don't have to do this on your own, but you need to call your Crew in to help.



# Grounding & Shielding

At this stage in your woo journey and as you keep going after our time together in here, grounding and shielding is indeed going to be of benefit to you.

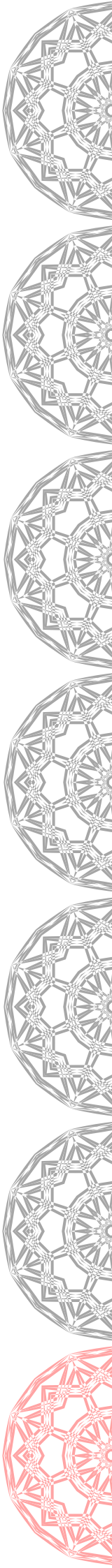
To ground is to not only go outside and pop your feet on the grass or concrete but it is also when our body and mind demands of us to go and hide under the doona.

Inside your house, that would be one of the most common ways to rest and recharge as would a lovely long shower. The water from the shower actually helps to wash away the energy you may have absorbed throughout the day.

You can indeed call your Pit Crew in to help remove any negative or draining energy that may have attached itself to you. Also, shielding is not just about ensuring your bubble is up during the day. Shielding can be about visualising that there are mirrors around you that bounce off any energy that comes your way - almost like you are wearing your Captain America shield or shiny Ironman suit. Nothing can stick to you!!

With help from of your Spiritual Pit Crew, come up with a visual that assists in reminding you to ground and shield.

Also, you can call your energy back to you. It truly is as simple of saying "I call my energy back to me and see your energy back to thee.....and so it is." Remember that it is all about the intention you set.



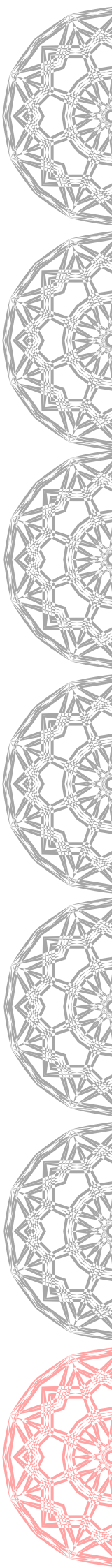


# Mini Tasks for the Base Chakra

Please remember that these tasks are opportunities for you to learn about yourself and grow. I will be doing them right alongside you.

There may be tears, a-ha moments and real clarity in where you are now and where you want to be going. Writing about your journey allows you to process and pull from your mind things you may not have realised need releasing and things your higher self is trying to lead you towards.

Light your candle, grab a cuppa or glass of wine and let the words start to flow xx



# Letter to Self

The first is a letter to yourself. It doesn't have to be long winded or overly detailed. The letter is about acknowledging all you have been through up to this point and how it makes you the gorgeous person you are today.

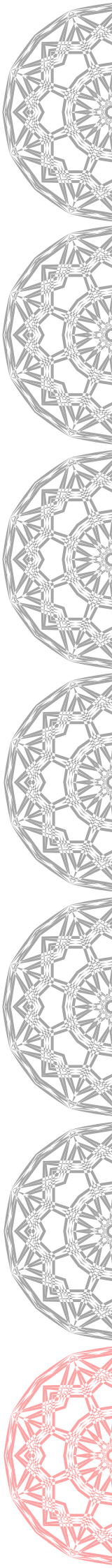
Write knowing that over the next 12 months you are inviting in beautiful growth and change and that by spending time focusing on you over the next 8 weeks you are laying amazing foundations in all areas of your life but specifically the relationship you have with you.

You need to be your first priority so that you can have enough in your tank to give to others.

## Life by your own Design

The second is a list of how you want your life to look in 12 months time. You can write out how your perfect day would run or even how you feel or even the adventures you want to have planned out - dream big honey as when you can see and feel it you are inviting in into your life. You can grab a journal or notebook and start writing down some notes if you choose too.

You may have an idea of changing careers or attracting a new partner or something completely different. Now is the time to daydream. Have a think about what you want to be doing in 12 months time. Nothing is off the table. If you want to travel, then note it down. If you want to change up your living situation, then write that down



Remember to finish your vision letter/script/mood board with

or something better ...  
and so it is...

This welcomes the Universe in to work her magic also.

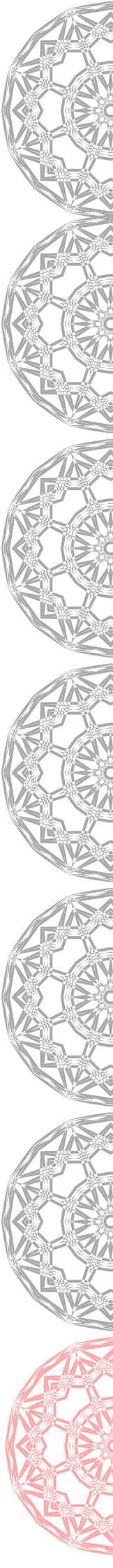
## Taking care of your Physical Body

During this week while working on the Base Chakra, you may feel nudged or called to spend more time outside in nature. This will truly strengthen your connection to your Higher Self and the Universe.

Pop outside to soak up the energy by going barefoot on the grass or even on the concrete as it does the same thing. This can be done as many times as you like during the day to really come back to center and drop back into your heartspace.

The other option if you find that you start to wallow in some of the meh energy while working through it to turn on some good music that will have you moving your body around.

You will be smiling in no time xx





# Chakra Wrap Up

You are on your way honey!!!

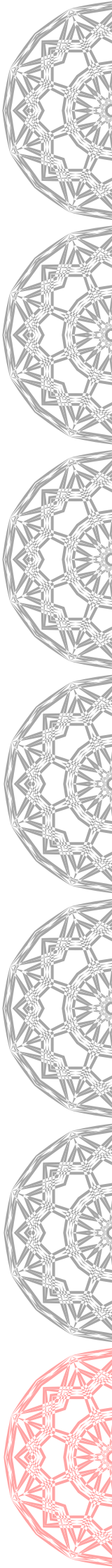
Remember that you are in charge of how you feel and the direction in which your life takes.

The Base Chakra will have you feeling all the feels but its for good reason - its the navigational tool for you to reset boundaries, build your foundations and ground your energy.

You've got this and you will always be able to come back to the base and recognise if this chakra needs work by checking in with those foundations you have set. At times, you will need to let those foundations crumble for better stronger ones to be set.

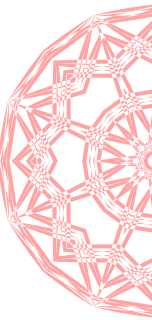
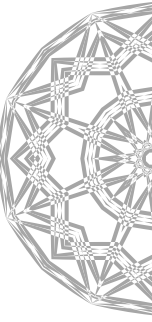
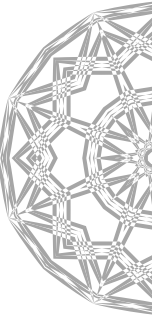
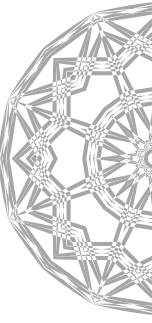
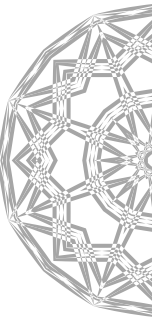
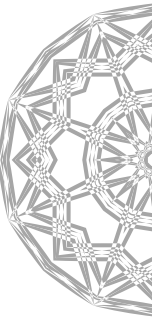
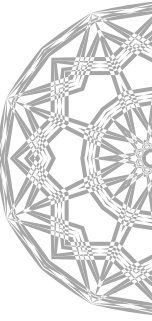


Being brave  
doesn't mean  
you don't  
experience fear.  
It means fear  
doesn't drive  
your decisions  
xx

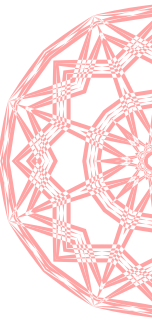
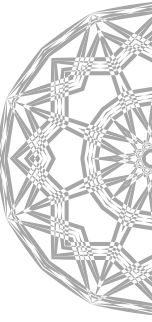
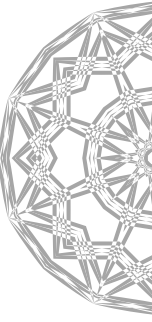
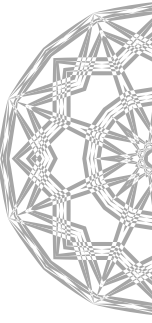
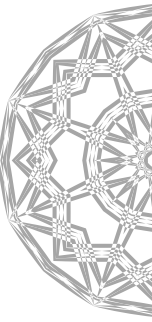
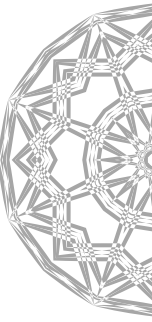
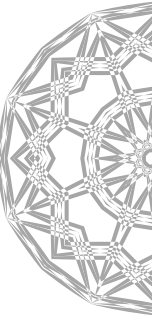




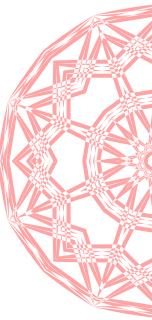
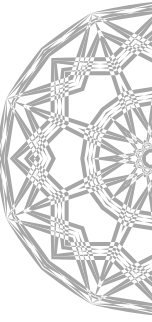
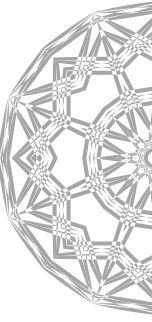
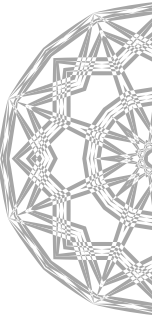
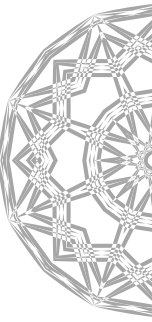
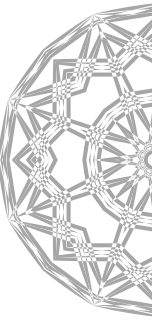
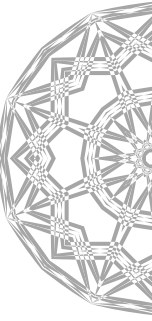
# Notes from this session



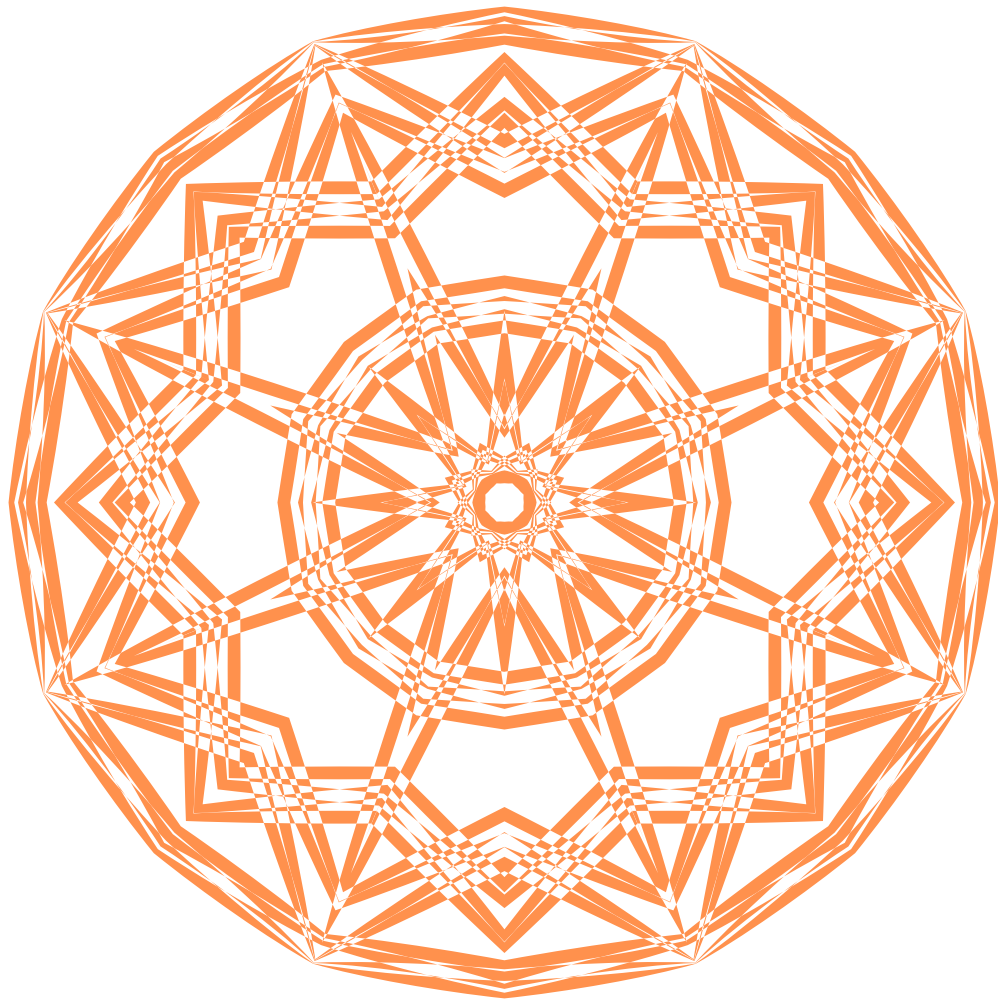
# Notes from this session



# Notes from this session



# Time to move onto the SACRAL CHAKRA



Kim Williams  
- Flourish R&R -

