



Root Chakra Connector: Drop Anchor

1. Let your awareness drip down the spine from your skull to behind your heart to your waist to the low back to the tip of the coccyx. Feel both sides of the root chakra release into the coccyx. Tune in to it.
2. Using your imagination and your intention encourage a little subtle anatomy tail to emerge from the root chakra at the very tip of the coccyx. Feel it extending down just a few inches.
3. Take a deep breath and extend the tail down about a foot. Stop for a second to feel it and then extend it down through your ankles.
4. Breathing in and exhaling extend the tail down to 3 feet below your feet as you pass the axis chakra- wag it a little. Notice what sensations you experience.
5. Taking another big breath shoot the tail down to 15 feet below the coccyx. See it in your mind's eye and feel it as an extension of your tailbone.
6. Take another breath while you extend the tail down to a total of 20 feet below your coccyx.
7. Finally with another big breath feel the tail splashing into the chi pool chakra and anchoring there.
8. Drop Anchor into your tail's chosen pool and as it hooks in, Anchor and Ground with a twist of your hips. Try tugging and wiggling your tail- feel it moving!