



I invite you to have a conversation with your own first or Root Chakra through this Story Completion ARTsignment™. You can either write out the sentence prompts by hand or copy and paste them into a Word Doc.

The main thing is to write the first thing that comes to your mind. Don't think about it, just be with the story and let it flow. Trust you'll be guided to see whatever you need to at this time.

The Mirror

I look in the mirror and see **my Root Chakra at the base of my spine**.

I immediately notice _____.

I turn away and then turn back, and this time I notice _____.

I ask the image in the mirror, _____.

The response is _____.

Suddenly, we switch places, and I am now in the mirror and **my Root Chakra** is outside. From here, I see _____.

I notice that **my Root Chakra** _____.

I feel a deep sense of _____.

I am ready to trust _____.

I am ready to believe _____.

I am ready to hold _____.

I am ready to breathe _____.

I am ready to stand for _____.

I am ready to connect with _____.

I am ready to look in the mirror and _____.

I can finally see that **my Root Chakra** is _____.

And I know it is time to _____.

Thank you for participating. I hope you could catch a glimpse of yourself in a new light when you looked in the mirror of your root chakra.

Linda Kaun



With an emotionally open heart and a keenly perceptive mind, Linda Kaun holds the space for others to play and explore their own sacred inner guidance and wisdom. She loves working with creative people and heart-centered entrepreneurs who are ready to stop playing small and step into their power.

After a 30-year career as a fine art batik painter, she is delighted to be completing her ARTbundance™ Coaching and Facilitating Certification, where art, words, creativity and spirituality become a channel for transformation.

If you are ready to step further into *your* power ...

explore your hidden obstacles and discover hidden treasures ...

Contact Linda: linda [at] lindakaunpowerofyou.com

If you liked this taste of your First Chakra, I invite you to discover more about all your chakras and how they affect your life by downloading my Free Guide:

7 Fun Tips to Open Your Chakras & Get Your Energy Flowing Again

This comes with a powerful audio bonus – a daily Opening Chakras guided visualization, which helps release blocked energy in your chakras, both from past hurts and day-to-day issues that come up.

And Here's Another Fun Way To Keep Your Chakras Open

To easily balance your chakras, check out my wearable – functional art. Each chakra design is my interpretation of the energy of that chakra. As I work I embed the design with clearing, positive energy that helps open and balance your chakra as you wear or use the product.

See my Power of You art exhibition at:

www.thepowerofyou.tumblr.com

Visit Linda Kaun ~ The Power of You

www.lindakaunpowerofyou.com

This is the first phase of my Power of You website. I invite you to join me for the second phase coming soon where we'll be exploring how the Power of You is really the Power of Loving Yourself.