# Root Centre Meditation

Wellbeing Warrior Award

Wisdom Quest

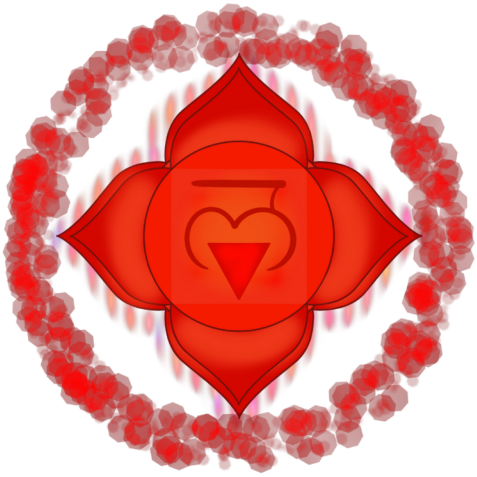
# Finding your Root Centre

Find the Hopi Creation Story in the Wisdom Keepers Stories section at the end of this book and come back to this activity once you have read the story..

Maasaw told the people they needed to "find the centre". He was talking about the world and also about our own centres in our bodies.

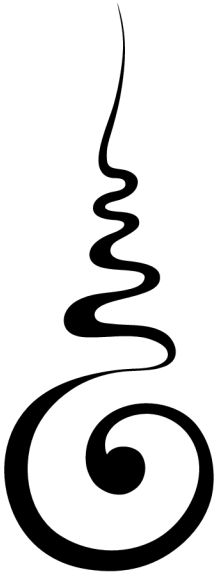
Sometimes, we can feel stressed and anxious about new things or when changes happen. It is not a very nice feeling! When we feel anxious about new things or changes, we can follow Maasaw's advice and find our ROOT CENTRE.

One of the magical things about people is that we can make ourselves calm easily when we know how.
We all have a special Root Centre in our bodies, a space where we can feel safe and protected.
It feels warm and cosy in our Centre.



# Let's try finding our Root Centre together...

- Sit down comfortably and close your eyes.
- Take 3 big Wildling breaths and relax your body
- Now, each time you breathe OUT, imagine yourself sinking down, down into your Centre.
- Your Centre is somewhere deep in your tummy near the bottom of your spine



Your centre feels safe and secure. Its dark but not too dark and you are surrounded by a soft glowing light. The light is glowing red.

Keep taking Wildling Breaths and each time you breathe out sink down into your Root Centre until you are resting in the red glow surrounded by comfy softness. Feel the Root Centre giving you a gentle warm hug

Spend some time just relaxing in your Root Centre, feeling safe and calm. Nothing is scary in here, everything is lovely and gentle.

When you feel you are calm, you can take some Wildling Breaths and this time when you breathe IN, imagine yourself rising back up out of your Centre and back into the world. Open your eyes. You did it!

You can do this any time you feel anxious or stressed. Your Centre is always there ready to make you feel safe and protected.