



## The Earth Star Chakra

**Earth Star Chakra:** The Earth Star Chakra is an energy center located outside the physical body — part of the etheric body located approximately 12-18 inches below the soles of your feet.

**Vasundhara Chakra:** Sanskrit, meaning “the earth” or “wealth of the earth.”

**Symbol:** Black/brown, with trees surrounding an 8-pointed lotus flower; 2 overlapping triangles, creating six points, with a circle inside a smaller triangle.

- **Eight petals:** The 8-Fold Path leading to self-awakening.
- **Tree Imagery:** Represents deep connection to the Earth, growth, stability; anchoring.
- **Overlapping Triangles:** Upward triangle represents spiritual energy; downward triangle represents physical energy. Overlap signifies balanced integration of both.
- **6 Points:** Represent the spread of energy in all directions (protection, stability, connection with the Earth and the universe).
- **Circle in center:** Represents the Seed of Life, the cyclical nature of life and connection to Earth's energetic grid.



**Hz Frequency: 68.05 Hz\***

Frequency resonates with the Earth's electromagnetic field and promote ground, balance, and connection to the planet.  
\*based on Solfeggio system for Hz Frequency Identification

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1



## The Earth Star Chakra

**THE BIG QUESTION**



What is the difference between the Root Chakra and the Earth Star Chakra?

- The Earth Star Chakra acts as a conduit to the Earth's essence, and represents the life force that unites us all.
- This cosmic-energy center represents our shared collective consciousness, and can help us understand the essence of all of life by connecting us with Gaia.
- As you enhance your connection with Gaia, you feel refreshed, refueled, and ready to take on the challenges of “skin school.”
- You are now able to devise ways to help heal the planet and the rest of humanity.

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2



# The Earth Star Chakra

RESONANCE

- **Grounding & Stability:** It provides a firm foundation for your energy system and sense of self, ensuring you feel rooted and secure in the physical world.
- **Connecting to Earth's Energy:** It facilitates the flow of the Earth's energy into your system, promoting balance & vitality.
- **Balancing the Chakra's System:** It helps to anchor the entire chakra system, allowing for a harmonious flow of energy throughout your being.
- **Manifestation:** It enhances your ability to manifest desires, to create and sustain abundance in your life.
- **Ancestral Healing:** It connects you to ancestral wisdom and facilitates the release of ancestral traumas.



*In the depths of the Earth Star Chakra lies the power to connect with the heartbeat of the planet, anchoring your soul in harmony.*

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3



# The Earth Star Chakra



The Color: Black/Brown, symbolizing

- Stability
- Protection
- Grounding
- Strengthening connection with the physical world



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4




# The Earth Star Chakra

## Is Your Earth Star Chakra In or Out of Balance?



1. Do you often feel grounded and connected to the Earth?
2. Are you comfortable with your physical surroundings and environment?
3. Do you have a strong sense of belonging and purpose in your life?
4. Do you find it easy to let go of past traumas and move forward?
5. Are you able to maintain a stable and balanced energy level throughout the day?
6. Do you feel a deep connection to nature and enjoy spending time outdoors?
7. Are you able to manifest your goals and desires effectively?
8. Do you feel secure and supported in your life choices?
9. Are you free from feelings of fear and anxiety about the future?
10. Do you have a strong sense of personal identity and self-awareness?

Count how many  
  
 answers you have

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
5



# The Earth Star Chakra

## Is Your Earth Star Chakra In or Out of Balance?



Count how many  
  
 answers you have


**8-10 YES Answers:** Your Earth Star Chakra is likely balanced. You feel grounded, secure, and connected to the Earth, which supports your overall well-being and ability to manifest your desires.

**5-7 YES Answers:** Your Earth Star Chakra may be somewhat balanced, but there could be areas that need attention. Consider spending more time in nature, practicing grounding exercises, or exploring your sense of purpose and belonging.


**0-4 YES Answers:** Your Earth Star Chakra appears to be out of balance. You may feel disconnected, anxious, or insecure. It could be beneficial to focus on grounding practices, such as meditation, walking barefoot on natural surfaces, or engaging in activities that connect you with the Earth.

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6



# The Earth Star Chakra



The Earth Star Chakra is blocked by:


- Unhealthy Lifestyle
- Stress/Negativity
- Lack of Grounding
- Traumas, fear, guilt, shame
- Grief
- Lack of physical activity

When it's blocked, you may experience:


- Physical Issues:
  - Feeling unbalanced and unstable
  - Fatigue
  - Unexplained pain in lower back or hips
  - Irregular sleeping/eating patterns
- Mental Issues:
  - Absentmindedness/difficulty focusing
  - Increased anxiety or worry about the future
  - Difficulty making decisions
  - Overthinking small issues
  - Feelings of confusion/mental unrest
- Emotional Issues:
  - Insecurity or fear (even for no apparent reason)
  - Mood swings/irritability
  - Inability to relax/constant feeling of stress
  - Lack of confidence in self and others
  - Feeling overwhelmed by feelings of uncertainty/powerlessness
- Spiritual Issues:
  - Feeling disconnected from the earth & physical world
  - Difficulty integrating spiritual practices into life
  - Lack of spiritual direction
  - Feelings of isolation

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7



# The Earth Star Chakra



When the Earth Star Chakra is balanced, you'll experience:

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- Physical Signs
  - Strong, energetic legs and feet.
  - Good physical health and vitality.
  - Strong bones and a sense of stability in the body.
  - Increased physical endurance and strength.
  - Healthy sleeping and eating patterns, with a balanced energy balance.
- Mental Signs
  - Clear and structured thoughts.
  - Good ability to make decisions with a practical approach.
  - Focus and concentration on daily tasks.
  - Ability to tackle problems pragmatically.
  - Increased mental stability and less susceptibility to anxiety or worry.
- Emotional Signs
  - Sense of security and protection.
  - Inner peace, even in stressful situations.
  - Stability in emotions, without major mood swings.
  - Trust in your environment and relationships.
  - Emotional resilience and strong resilience.
- Spiritual Signs
  - Deep connection with the earth and nature.
  - Sense of anchoring in the physical world while growing spiritually.
  - Ability to integrate spiritual energies into your daily life.
  - Strong sense of connection with the cosmos.
  - Harmony between your physical and spiritual self.

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8



How?

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# The Earth Star Chakra



- Grounding Meditations
  - Visualize roots extending from your feet into the earth.
- Spend time in nature (Earthing).
  - Walk barefoot; feel the earth; "joy-spot" in nature
- Crystals
  - Black Tourmaline, Hematite, Smoky Quartz; Onyx
- Dietary Recommendations
  - Root Vegetables include carrots, sweet potatoes, regular potatoes, beets
  - Nuts and seeds; coffee; dark chocolate
  - Tea blends that include rooibos, cacao, and other grounding herbs
- Essential Oils (woody, earthy scents)
  - Patchouli, Cedarwood, Vetiver, Sandalwood, Frankincense
- Affirmations: *My energy is completely grounded and stable; I am open to receive Gaia's powerful energy.*
- Sufficient sleep and healthy exercise practices; Reflexology

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9

Pranic Tube  
Energy Flow



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10