



BALANCING  
THE  
**ROOT  
CHAKRA**

How to stop giving yourself in  
ways that bring regret later



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**How much of yourself are you giving out to others and you later ask yourself, "Why did I do that?" "Why did I allow them do that?"**

How much more are you giving that you are not even aware of, that is taking away from your self worth and is eating away at you from inside?

If your answer to the above is "alot" or "a lot more than I'd like", this handbook is definitely for you!

How we are seen or show up in the world, has a lot to do with our programming. You might be thinking, "I'm not a computer. What do you mean "programming?" Well, we know that our upbringing shapes how we approach the world. How we were raised lays the foundation for how we see ourselves, what we perceive as normal and what we can tolerate or accept. This is programming. We become what our parents say we are. We become followers of one religion because our parents and family followed that religion.

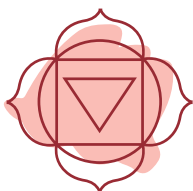
We grow up with the mentality of the working class because we were raised by working class folk. We can break free of the conditioning, choosing our own paths and breaking generational curses. But what if I told you, programming is not very easy to break free from?



Our programming happens on a subconscious level. If you believe money is evil, you might not hold that belief because you saw a financially wealthy person do something evil. You associate money with evil subconsciously because, you either saw your parents working away and having no time for you or themselves in order to get money and therefore you associate money with an evil thing that takes away your parents or people's time.

You might believe you are not very creative because a teacher in high school told you so. You were not "very creative" according to that teacher. You might then think the problem started there with the teacher. What if I told you, your creativity was stunted when an adult shouted at you when you were four years old trying to use their paper and pens to scribble a cat?

What if I told you your creativity got denied permission to flourish when you were shouted at for speaking so loudly or for wearing your clothes 'incorrectly' while you were exploring as a child. The teacher was merely observing and commenting on what you were showing up as, in high school. You had already suppressed your creativity subconsciously because of how your creativity was received.



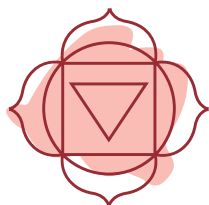
Now as an adult, you show up in spaces in ways that is not authentic. You show up with parts of crumbled inside and hidden, and you sometimes don't know how to straighten up, and open up like a flower.

### **How people see you, is how they accept you.**

You then get stuck a cycle where people treat you as you accept to be treated and you see the pattern continuously repeat. You fear that without what they are you are not going to be accepted. With women, this usually shows up as being seen as your physical body and you allow it because you believe that is what you have to offer in order to be seen and be accepted. For men, this shows up in both monetary terms and physical body. You get home to only feel like a wallet and your body.

Nothing else about your existence feels welcomed, loved, and supported. You then associate what you offer with being validated. But what you offer isn't coming from your authentic self.

What causes us to not show up authentically? Feeling insecure in who we are. Feeling invalidated in our physical existence.



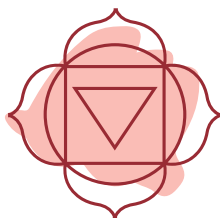
What part of ourselves needs balancing when we feel insecure in our existence as human beings? What needs to be balanced when we feel how we came here is not welcomed and we are forced to tear and shrink ourselves to fit some molds?

The base chakra. The root chakra. But what is the root chakra or what does it represent? Muladhara, as this energy center is known, is part of our energetic body that influences how alive, grounded and secure we feel in our physical bodies.

I can tell you that you are worth far more even if you don't give people yourself in ways that you don't want to; or I can show you how to stop giving yourself in those ways. The difference between knowing our wounds and healing them is in the actions we take. The process. The journey to change something. How do you bring balance to the root chakra? What steps can you take right now to change the course of your life and stop allowing people dictate how you show up in life?

Healing is not a short journey, it requires dedication, time and effort. And oftentimes with subconscious habits that we've been programmed into since childhood, breaking free can be challenging.

But, there is always a way. That is way is what we teach in African Kemetic Yoga and ancient breathwork techniques.

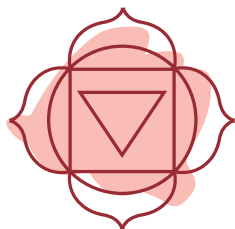
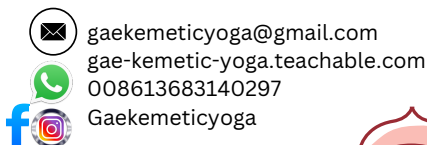


The basic foundations to bringing balance to the root chakra is movement and correct diaphragmatic breathing. To access and alter subconscious patterns, we need to become aware of the clutter of the mind and go beyond it. Diaphragmatic breathing, when done correctly, can help you go beyond the noise and clutter of the mind. And there, new patterns can be created to override the default programming you've been operating from, that led to you not being your true self around others.

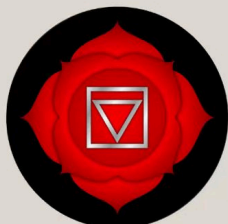
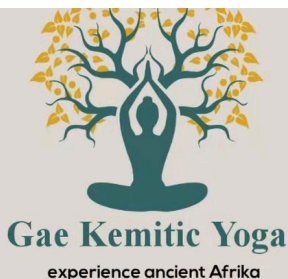
I share some modified breathwork techniques on my social media platforms but to learn the techniques safely, that are suitable for you, your situation and taking into account any pre-existing medical conditions, it is important to work with a trained and certified teacher.

Healing is not complicated. Our approaches to it are, but it doesn't have to be that way. With proper guidance, wisdom and knowledge, you can heal and break free of limiting programming.

Health is your birthright! Repeat it to yourself. Health is my birthright! Show up as your authentic self starting from today, everyone else will have to adjust!



# Our Root Chakra (Muladhara) Yoga & Meditation Sessions (Group & private)



## **Wa yoga & meditation**

"I LIVE! I am GROUNDED. I am  
SECURE. I AM cared for"

**EMBRACE your PHYSICAL BEING.  
Validate your existence**



*Wa – Commonly known as the Root chakra*

### **Signs of chakra imbalances:**

**Emotional:** Addictions, obsessive-compulsive behaviors, insecurity, anxiety, sluggishness, abusive, abandonment

**Physical:** lower body problems, legs, feet, knees, ankles, varicose veins  
chronic lower back pain, rectal problems, constipation, prostate issues

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I am CONNECTED to the PRESENT MOMENT. I AM  
SECURE. I LIVE

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