

THE
EARTH
STAR
Workbook





THE EARTH STAR

The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you
- you don't have to do it all!

Explore your connection to your Earth Star in any way that
feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



Vix from New Age Hipster asserts her right to be identified as the author of this work in accordance with the Copyright, Designs and Patents Act 1988. All rights reserved. No part of this e-kit may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author.

WWW.NEWAAGEHIPSTER.CO

HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think about the Earth Star Chakra



*"Flying starts
from the
ground.
The more
grounded you
are, the higher
you fly."
J.R. Rim*





INTENTIONS

What intentions do you have for this work?

How will you show up for yourself this month/during this work?

What could stop you from fully showing up?

How can you give yourself the best chance to show up for this work?

How would you like this work to change you and help you develop spiritually?





IN A NUTSHELL

The Earth Star Chakra is the energy centre that sits under your feet.

It is a transcendental chakra, meaning that it's not in your physical body, but in your energy body.

While the "main 7" 3D chakras are said to have certain colours, the Earth Star may appear as black and white (like a Yin Yang symbol), brown, hemitite grey or something else entirely. As we move into new frequencies our chakras are no longer limited to certain colours and may appear differently for each of us and change over time.


The Earth Star connects you to Gaia (Mother Earth) - whereas the Root chakra is concerned with material needs, security etc., the Earth Star is all about your connection with the earth beneath your feet.

Working with the Earth Star Chakra will help you ground your own energy in new, deeper and stronger ways.

In times of intense energy, energy shifts and changes or challenges in your life or in yourself being grounded can help you to stay in your body, in your heart and navigate through these times with more ease.

As we learn more about the issues facing our planet in present times, being connected to the earth, and being able to connect with her is more important than ever.

Lightworkers are being called to activate and connect with their Earth Stars like never before!





CHECK IN

How grounded in your own body do you feel right now?

Is anything is blocking you from feeling grounded?

What are you currently doing to ground your energy?

Is there anything else you are feeling called to do to ground but are perhaps not doing... yet?





CHECK IN CONT.

Do you feel grounded in who you are? Do you *know* who you are?

Do you feel like you are in your power? Why/why not?

How connected do you feel to your Higher Self and your spiritual team?

Is there anything blocking you from feeling grounded in who you are, owning your power or being spiritually connected?





TOOLS

Here's a list of tools that could help you deepen your connection with your Earth Star Chakra. Remember to always go with the tools that you feel right for you and to always use your own intuition.

Crystals:

Hemitite

Obsidian

Smoky Quartz

Black Onyx

Crystal Points

Any other dark, green or grounding stones

Herbs + Oils:

Sandalwood

Palo Santo

Eucalyptus

Rosemary

Any other earthy, grounding oils you have or like

Other Tools:

Plants - succulents, pot plants, etc.

Nature

Stones - pebbles, rocks, other stones found in nature

Flowers

Sand, grass, anything "earthy"

Any other tools you are drawn to:





CRYSTAL RITUAL

Choose a crystal that you want to activate and program to help you connect with your Earth Star Chakra. Use one of the crystals in the Tools section or choose whatever you are drawn to.

Hold the crystal in your dominant hand at your heart.

Activate your heart chakra - visualise pink white light expanding all around your heart space and into the crystal you are holding.

Speak to your crystal and ask it what you would like it to do, here is an idea for what you could say:

Thank you [type of crystal] for coming into/being a part of my life. Thank you for always vibrating at a very high frequency. Thank you for helping me to connect with and activate my Earth Star Chakra to help me stay grounded in my body and in who I am, and so it is.

Visualise the light in your heart and crystal moving down through your body and into your Earth Star Chakra below your feet.

Take a few deep breaths here, feeling your crystal and the Earth Star being "connected".

Thank your crystal again for its support and take a moment to see if any messages come through from your crystal or your guides.

Whenever you wear or carry your crystal your Earth Star Chakra will be activated!

SYMBOLS

Symbols are a powerful way to quickly activate the energy you would like to activate or call upon.

Choose or create a symbol that represents your Earth Star Chakra.

Draw that symbol and put your hand over it. Say the following (or use your own words):

This is the symbol of my Earth Star Chakra. Whenever I see or draw this symbol, my Earth Star Chakra will be activated, I will feel grounded in my body and grounded in who I am and in my own destiny. And so it is.

You can use this symbol in all sorts of ways including:

Drawing it on your feet with your finger or with a pen or paint

Drawing it with your finger or pen on the soles of your shoes

Drawing it in the air

Visualising it

Drawing it on a post-it and sticking it somewhere you will see it often

Any other way that feels right for you!

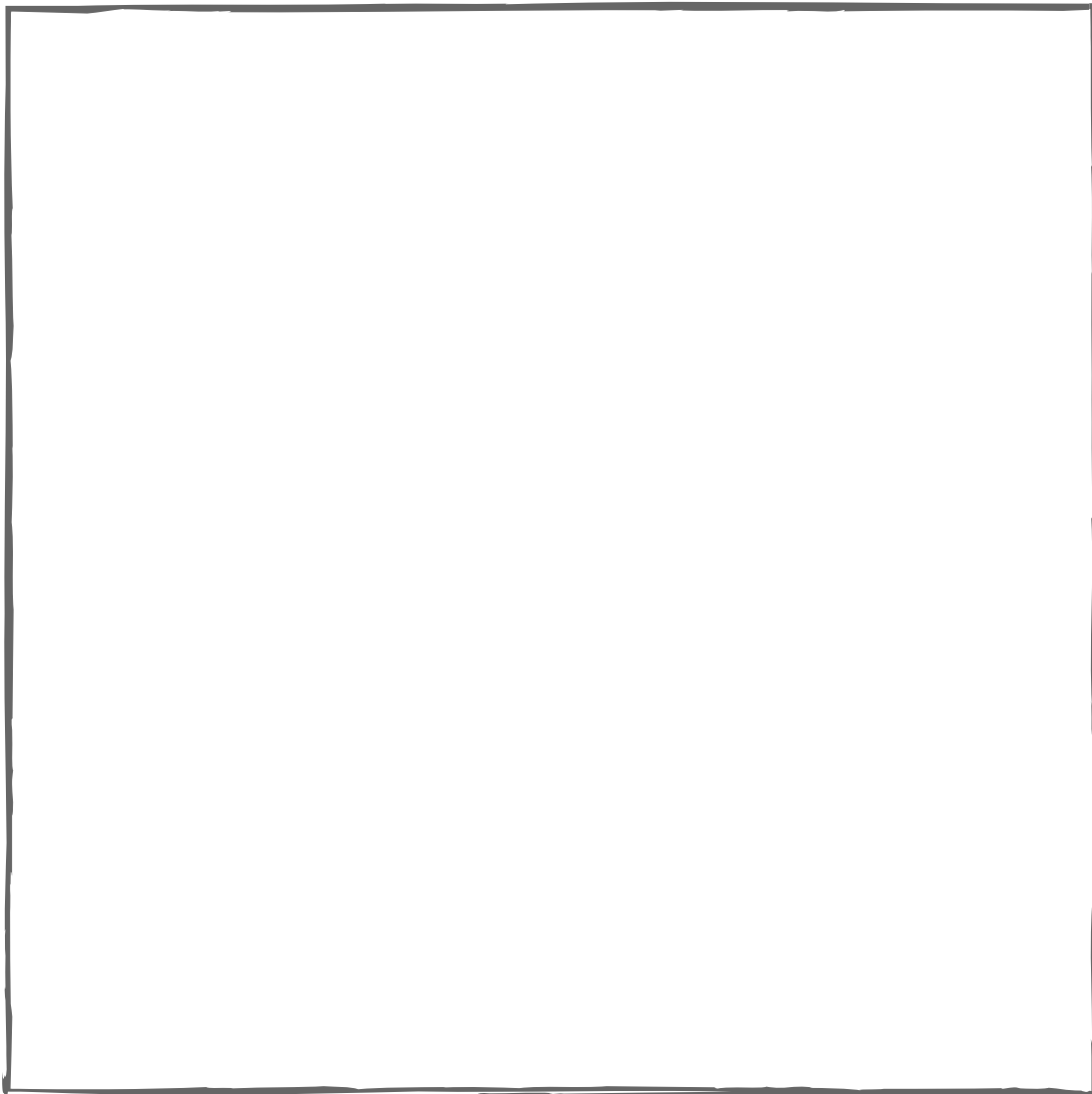




YOUR SYMBOL

Some ideas for symbols you could use are: Yin Yang, Earth element symbol, an arrow pointing down, a star, or anything else you can imagine!

Draw your symbol here, then place your hand over it and activate it!



ARCHANGEL SANDALPHON

Archangel Sandalphon is known as the Angel of the Earth, the Angel of Music and the Angel who can deliver our prayers directly to the Divine.

Here are some ways you can work with Archangel Sandalphon:

Call him in and ask him to join your team (if he's not already on it!).

Pull a card asking him if he has any messages for you or what you most need to know right now.

Meditate with him and ask for any messages he may have for you.

Call on him daily to anchor and activate your Earth Star.

Call on him whenever you are feeling un-grounded and need to ground quickly.

Call him in whenever you are doing manifestation or spell work.

Ask him to help you make magical and high vibe playlists!

Write your prayers on a piece of paper, fold it and write his name on it. Burn it, and as you do, call on him to take your prayers to source.





ACTION PLAN


How are you going to activate and work with your Earth Star Chakra?

How will you ground into and stay grounded in your body and in the truth of who you are?

What will you do when you feel un-grounded or like you're disconnected from who you are?

How will doing this benefit you and help you to live your best life?



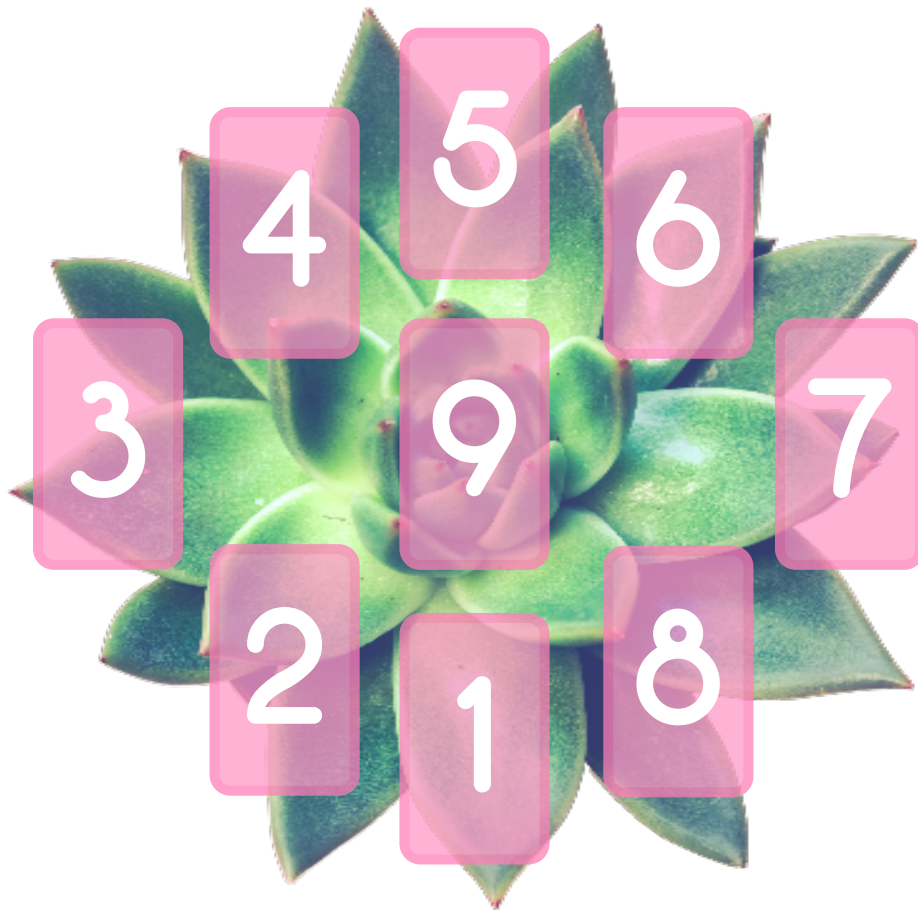


*"In the vessel of
your body, you
yourself are the
world tree, deep
roots in the Earth
and a crown of
stars. Your essence
bridges
dimensions."*

-Elizabeth Eiler



EARTH STAR TAROT SPREAD



1. The energy of your Earth Star Chakra right now
2. Any blocks or challenges to being able to activate your Earth Star
3. How to clear and remove any blocks or stuck energy
4. The best tool or practice to help you connect with your Earth Star
5. A prayer to send to Archangel Sandalphon
6. How to use the Earth Star to support your magic and manifestation
7. How you can keep your Earth Star activated and connected
8. A message about the truth of who you really are
9. How to stay grounded in the truth of who you are

WHAT'S NEXT?

If you enjoyed this kit and found it useful, please tell your friends about The Circle. As a small business word of mouth helps so, so much!

- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -
vix@newagehipster.co

ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.

