Root Energy

Grow your roots with this delicious borsht

WORKING WITH
— **WELLNESS** —

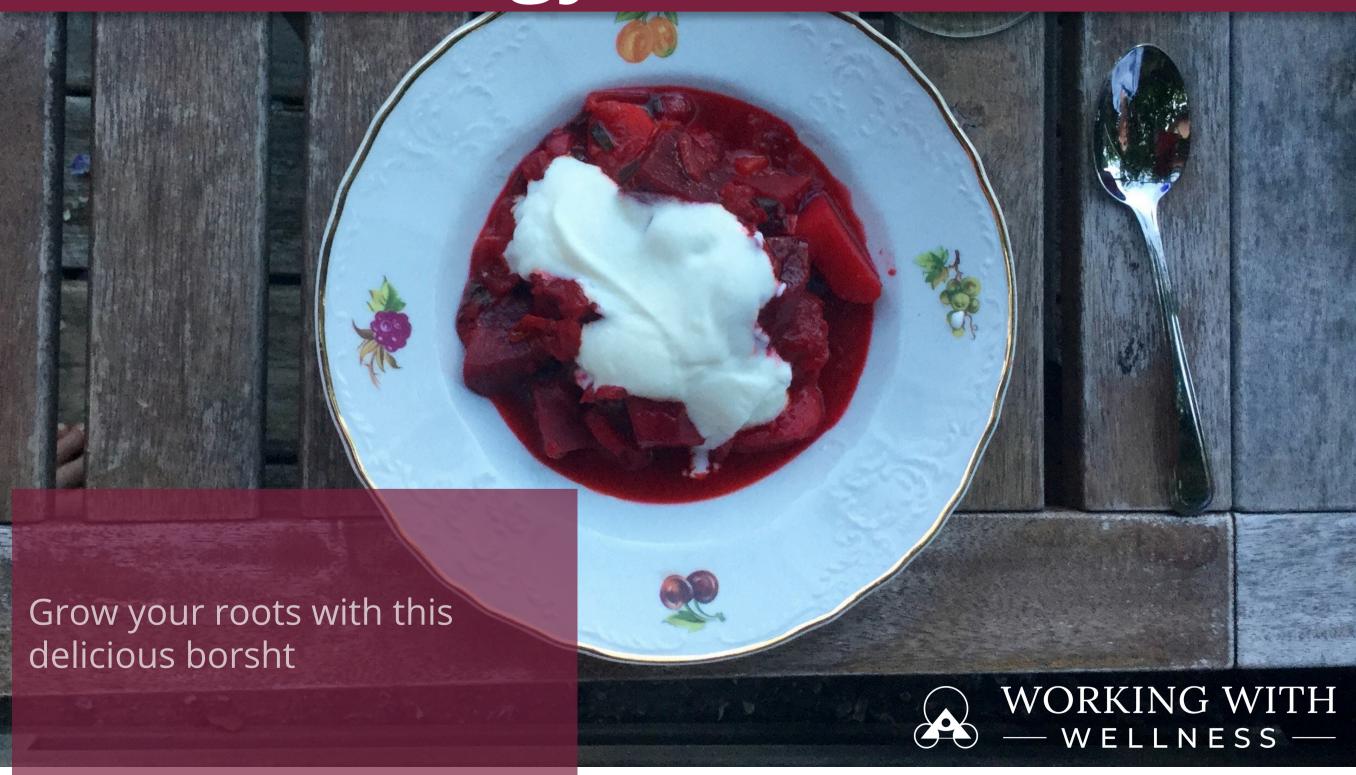**Ingredients**

1 Tbsp Olive Oil

3 – 4 Large Bunch of Beets (keep leaves),

Diced 2 Carrots, Diced

1 Large Potato, Diced

1 Large Onion, Diced

2 – 3 Celery Stalks, Diced

Beet leaves, Chopped

1 Large (28 oz) Canned Tomatoes

1 -2 Tbsp Pickle Juice

Yogurt or Sour Cream (optional), to serve

The root chakra is located at the base of your spine. The colour associated with it is generally red. It increases a sense of stability and security. Feel your feet on the ground as you prepare this earthy, nourishing dish.

How To:

Add ingredients, in the following order, to a

large stewing pot.

1 Tbsp olive oil (add more if necessary)

Saute:

1 large bunch of beets, diced (10 mins)

2 carrots, diced (5 mins)

1 large potato, diced (2 mins)

2-3 celery stalks and leaves, chopped (2 mins)

1 large can whole tomatoes

1 Tbsp pickle juice

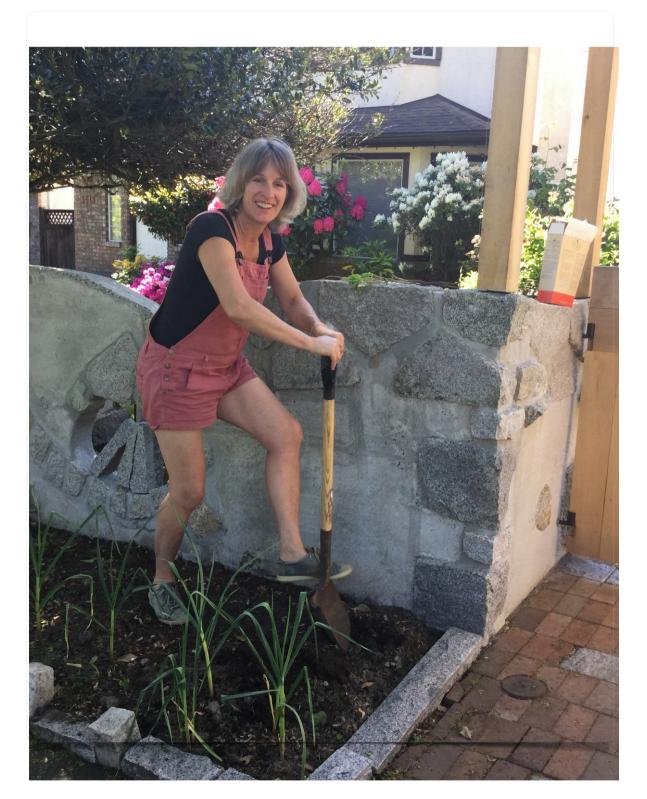Bring to boil and simmer until the beets are desired texture (I like mine soft, but not falling apart)
Add beet leaves, coarsely chopped, and simmer for 5+ minutes, again - do a taste test and fine-tune to your taste buds for the crunchiness factor.

Connect with your Roots

Possible Activities

• Feet: massage, pedicure...ground: dig in, stand on, plant, smell, lie down in a field.

• Legs: massage, stretch, bike, walk, swim, stand, dance. Let the energy flow.

• Base of spine: kegels, tail bone tilt.

• Sitz bones: "little feet", sit on your hands and rock forward, backward and then find center.

• Imagine: roots of different kinds and see what kind of root resonates with you. Draw it.

• Notice sensations: in feet, legs, base of spine.

• Spiritual: bloodline connection. Connect with your ancestral roots through music, food, customs, values, beliefs, and language.

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Contact Us

Please share your journey with Gilly or through your social media channels:

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