

MOUNT SHASTA'S ROOT CHAKRA HEALING SELF-GUIDED RETREAT

BY: AMANDA V. CHANCE, MD

- **Day 1: Learn about Mount Shasta/Reflect on "Home"**
 - Check-in at the [Inn at Shasta Lake](#) where you get breakfast prepared for you every morning. Traveling with a group? Try [Mount Shasta Ranch](#). If you prefer a hotel try the [Inn at Mount Shasta](#) which has beautifully renovated rooms.
 - [Mount Shasta Sisson Museum](#): Adjacent to the fish hatchery, the Mt. Shasta Sisson Museum has permanent exhibits about the history of the area, lenticular clouds, the railroad, the mountain, and changing exhibits in the Events Room.
 - Afternoon coffee? Try [Yak's Koffee Shop + Cafe](#).
 - Curious about shamanic healing? Contact [Alan Waugh](#) one of Mount Shasta's famous healers. Curious about how [Traditional Chinese Medicine](#) can be used to [heal the past](#)? Contact [Anca Sira](#) at Ama Wellness Center.
 - Evening meditation/self-workshop. Please bring a journal to write answers to important questions related to the root chakra. You are writing without judgement. There are no right or wrong answers. Just answers. Be truthful so that you can use your answers to develop a plan for continued healing of your root chakra after you leave Mount Shasta.
 - Meditation: Think about yourself as one of the trees in the forest around you. Close your eyes and picture the tree and its roots. How deep are your roots? Does it support the tree above? Do your roots look strong and healthy? Is the soil rich and nurturing? After thinking about this draw a picture in your journal. Use an entire page.
 - Now write or think about your feelings regarding your home.

- **Day 2: Learn about Mt. Shasta's Waters/Reflect on "Water"**
 - Morning meditation in nature. Try a quick 45-minute walk around [Ney Springs and Faery Falls](#). This is a 1.3 mile heavily trafficked out and back trail that features a waterfall and is good for all skill levels. The trail is primarily used for hiking and is best used from May until October. Dogs are also able to use this trail. Find a spot to sit that is near water. Close your eyes and imagine that you are a fish in the water. What does the water feel like? What other creatures do you see in the water? Where are you going?
 - Visit [Soul Connections](#) bookstore. Contact Catherine to set up a [sound healing](#) demonstration at the store.
 - Have lunch at [Pipeline](#)
 - Head down to the [Headwaters of the Sacramento River](#) before sunset to try out your new instruments. The crystal-clear water flowing through the park begins its journey high on the snow-covered peaks of majestic Mt. Shasta before making its way to the

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headwaters area. Visitors often come to this spiritual spot to drink the water, which is said to have healing powers. A variety of spiritual retreats include a stop here.

- Evening meditation/self-workshop: Journal about your feelings around water.

- **Day 3: Learn about Mt. Shasta's Abundance/Reflect on "Abundance"**
 - Today grab breakfast at [Seven Suns Coffee and Cafe](#).
 - [Lake Siskiyou Trail](#) is a 7.3 mile heavily trafficked loop trail located near Mount Shasta, California that features a waterfall and is good for all skill levels. This hike takes about 3 hours to complete. Bring a small trinket of personal value to leave in the forest or in the waterfalls. It should be made of a natural element. Think gold, silver or crystal jewelry or metal coins. Think about Mt. Shasta [erupting and giving her wealth](#) to you freely and how you can return something of value to her. Feeling ambitious? Try a [2-day hike to the summit](#) of Mount Shasta.
 - Now that you've worked up an appetite try [Mount Shasta Super Market](#) for quick and easy refreshments before heading back to the hotel to rest.
 - Evening meditation/self-workshop: Journal about your feelings around abundance.

- **Day 4: Learn about Mt. Shasta's Wildlife/Reflect on "Personal Safety"**
 - Morning meditation walk from [Bunny Flat to Panther Meadow](#). This is a 7 mile moderately trafficked out and back trail that offers the chance to see wildlife and is good for all skill levels. There is a 1.354 ft elevation gain today. Panther Meadows is known as one of the most ancient outdoor temple sites on Mt. Shasta. Many Native Americans consider the springs that run throughout the meadows to be sacred power points. Find a spot to sit. Close your eyes and imagine that you are one of the creatures in this forest. What does the forest feel like to you as this creature? What are your strengths? What are you doing today?
 - Book a massage. Try [Will Cooper's therapeutic massage](#).
 - Visit [Shambhala Center and Crystal store](#). Susan is Keeper of the Maya 13th Crystal Skull. You may want to read her books and learn of Maya, Celtic, and Christian prophecies.
 - Have dinner at [Hariom Shri Ram restaurant](#).
 - Evening meditation/self-workshop: Journal about your feelings around personal safety.

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- **Day 5: Learn about Mt. Shasta's Food/Reflect on "Food"**
 - Today we harvest food from the earth and spend the day foraging for mushrooms. While many outdoor enthusiasts take to the Shasta-Trinity National Forest during spring to enjoy wildflowers, hunt, or fish, some venture out in [search of wild mushrooms](#) such as morels and boletus. Contact [Kevin Rodericks](#) to see if he is available to guide you on a mushroom hunt. Forest Service staff are available to discuss harvesting procedures and monitor harvesting activities in the field. For more information, please contact the McCloud Ranger Station at (530) 964-2184 or the Mt. Shasta Ranger Station at (530) 926-4511
 - Spend the afternoon enjoying a mineral bath at [Stewart Mineral Hot Springs](#) which is the oldest hot springs in California. This unique retreat offering private healing mineral baths, massage therapy, a wood burning sauna and diverse overnight accommodations, including camping. Clothing is optional.
 - Evening meditation/self-workshop: Journal about your feelings around food.

- **Day 6: Learn from Mt. Shasta's People/Reflect on "Cooperation"**
 - Morning meditation/healing circle. Invite someone new to breakfast or for a quick cup of coffee or tea. Share some of the things you've learned on your self-guided retreat. What are some of the things you are thankful for? What are they thankful for?
 - Go on an energy tour with [Shasta Vortex Adventures](#). This is a 4-7 hour tour to special vortex, portals and sacred springs in the area.
 - Tonight, hang out at Mount Shasta's [Vets Club](#). Music begins around 10 PM. The theme tonight is to tap into your [primal energy](#) through dance. If you don't want to go out, invite some friends over and find a music streaming service that plays [African music](#) or [Dance Hall music](#) and let go! It is hard to imagine but Mt. Shasta was once unsuitable for life with hot exploding magma spewing from the earth's mantle. She has transitioned through time and is now a place with rich, fertile land with all the elements around her in harmony. No other earth chakra has such a beautiful balance of earth, air, water, and fire (she is still considered an active volcano). She had to let go of the primal energy in her and transform into the world you see around her. Let go tonight!

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- **Day 7: Getting ready to say Farewell**

- You can't leave Mount Shasta without having breakfast at the original [Black Bear Diner](#).
- If you want to take a final walk around Mount Shasta try the [Horse Camp trail](#). This is a 3.5 mile moderately trafficked out and back trail that features a great forest setting and is rated as moderate and takes 1.5 hours to complete.
- If you have a long drive home, make sure to stop at The Coffee Break, the only drive-through coffee house in Mount Shasta.

When planning your trip, do not forget to call ahead to book your reservations with guides, hotels, and restaurants. Be flexible. There are many alternatives on the internet if you are not able to schedule something on this list. Need help? Hire a local guide to show you around or hire a spiritual guide to take you on a spiritual experience.

This self-guided retreat is not and does not replace medical or professional advice. Anything that you have identified as a problem area on your retreat you should seek professional guidance for when you return home to continue your root chakra healing. If you live in California and would like to have a lifestyle medicine consultation with Dr. Chance, please visit her website to schedule an appointment.

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Function of the root chakra

The root chakra is responsible for our safety, security, and raw material needs.

As the base chakra, it sends roots into our heritage to serve as a foundation of our personal identity.

What do we learn from the root chakra?

- Balance
- How to be appreciative
- How to be free
- How to be happy
- How to accept the body
- How to accept the contrasts of life
- How to connect to the Earth
- Sharing
- How to give and receive
- How to let things go
- How to love ourselves
- How to be in Divine love
- Unconditional love
- Vision, knowledge, and wisdom to help ourselves and others.

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Day #1: Journal about your feelings regarding your home

1. Describe your home.
2. What would you change?
3. Describe your childhood home environment.
4. Were there any inconsistencies that would make you feel unsafe?
5. Do you know what life was like for your mother when she was pregnant with you?
6. How old was she?
7. What was life like for her at this age?
8. What was her relationship like with your father at this time?
9. Where did she live?
10. Did she feel supported?
11. Was she stressed in any way?
12. Did she have any addictions or mental health issues as an adult?
13. What kind of relationship do you/did you have with your mother as an adult?
14. What role did each of your grandparents play in your early life?
15. What is your heritage?
16. Did your heritage play an important role in your early childhood?
17. Does it play an important role now?
18. Are there any current home maintenance projects that need to be attended to?
19. Are you worried about paying for your rent/mortgage?
20. Who else lives in your home?
21. Are you lonely?
22. Are there any co-dependent issues with the people in your home?
23. Do you depend on your pets for companionship?
24. What is your purpose in life outside of your home?

Day #2: Journal about your feelings around water.

1. Do you drink at least 8 cups daily?
2. Do you have problems in your urinary tract?
3. How do you feel in water?
4. What are things that bring you to tears?
5. When was the last time you cried?

Day #3: Journal about your feelings around abundance.

1. What is abundant in your life?
2. What do you lack?
3. What are your fears?
4. How can you overcome these fears?
5. Are you attached to things that you find hard to let go of?
6. Does past trauma affect your daily life?
7. What new skills do you want to learn?

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Day #4: Journal about your feelings around personal safety.

1. What are your feelings around your personal safety?
2. When was the last time you had a health check?
3. When was the last time you did a financial check?
4. What are your sources of income?
5. What is your total debt?

Day #5: Journal about your feelings around food.

1. What are your feelings around food?
2. Do you live with inflammation in your skin, organs, or joints?
3. Are you Vitamin D deficient?
4. Have you ever managed an eating disorder?
5. Do you have problems with digestion or bowel movements?
6. Do you eat breakfast around the time you want to wake up in the morning?
7. Do you eat dinner 4-5 hours after lunch?
8. Do you eat or refrain from eating when you are emotional?
9. Who cooks?
10. What type of food do you purchase?
11. What else do you consume that may not be food, like medicinal substances or alcohol?
12. How often do you consume these things?