

Spiritual Apprentice Book Club Homework – Week 14

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Root Male ~ Root Female

- 1) “Your job is to discover the attributes of your root man and the attributes of your root woman. You must-to find the root mother and root father within yourself, along with the strength and the weakness of both. Write down ‘what’ about each, you can live without, and what about each, that you can use to your advantage in life. Think back to the men and women that have impacted your life, both positively and negatively.” -Raz Chapter Seventeen, The Reiki Apprentice

What grids/beliefs/patterns have you learned from the men and women in your life, mostly your mother and father figures, but also including people that have had an impact on your life overall- for better or worse. List them out. Once listed, circle which traits/grids you would keep, and draw a line through those you would release. We will work with this list in BookClub.

ROOT MOTHER ATTRIBUTES

ROOT FATHER ATTRIBUTES

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2) “Do an exercise and write Root Man on one side of a paper and Root Woman on the other side. Make lists on each side of your paper. Write which qualities reside within you regarding each. This is the basic work. This is actually some of the most basic work that we can do, but why so many resist doing the work? Why is it so hard to do this? You hear me ask?” The group is silent. “Because YOU are afraid of yourself.” – Raz Chapter Seventeen, The Reiki Apprentice

Now, make a list of which qualities reside within YOU. Do your best not to look at the first list. Let this list be all about what you know about YOU. What Root Woman Qualities do you embody, even as a male, and equally, which Root Man qualities do you embody, even as a female? List them now.

ROOT WOMAN

ROOT MAN
