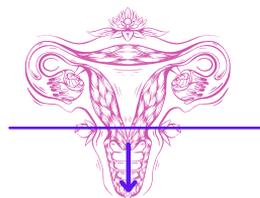
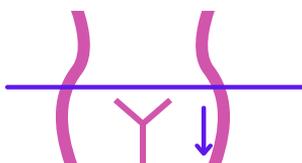




# Sacred Root Timeline



## Directions

- Reflect on all the observations you made on your Sacred Root Map in Lesson #2
- Start to notice if you can identify an event, experience and/or trauma associated with these observances

# Sacred Root Timeline

- Use your journal or use the page provided by drawing a long line to represent the timeline of the Root Sacred Space
- The bottom point of the timeline represents the age of 0
- The top point of the timeline represents your current age
- Indicate these age numbers at either end of your timeline
- Calculate half your age and plot this age in the middle of your timeline
- Use a pen to plot the observations from your toes all the way to your vagina indicating the age you were when the event occurred
- Now identify events, experiences and/or trauma associated with your female body or femininity that moved or changed you in some way. Listen to your root voice for any other experiences that come to mind
- Plot these on your Root Sacred Timeline with a red dot
- Once all observations have been plotted, sit and reflect, journal on what it feels to witness your Root Sacred Timeline

## NOTE:

- Keep your observations related to the vagina, pelvic floor, anus, urethra, thighs, legs, feet
- We will be adding to this timeline as we move into the Sacral Sacred Space in weeks 6-11 with observances around child birth, pregnancy, and surgeries.

# Sacred Root Timeline

Current Age

Fractured my left foot//Fell down the stairs Age 54

Fell down the stairs, badly bruised Age 53

Fell down the stairs, badly bruised Age 47

Age 27.5

Raped

Age 20

Lost virginity

Age 18

Led in my left knee

Age 11

Baseball injury left knee

Age 9

Kicked in the pelvic bone

Age 7

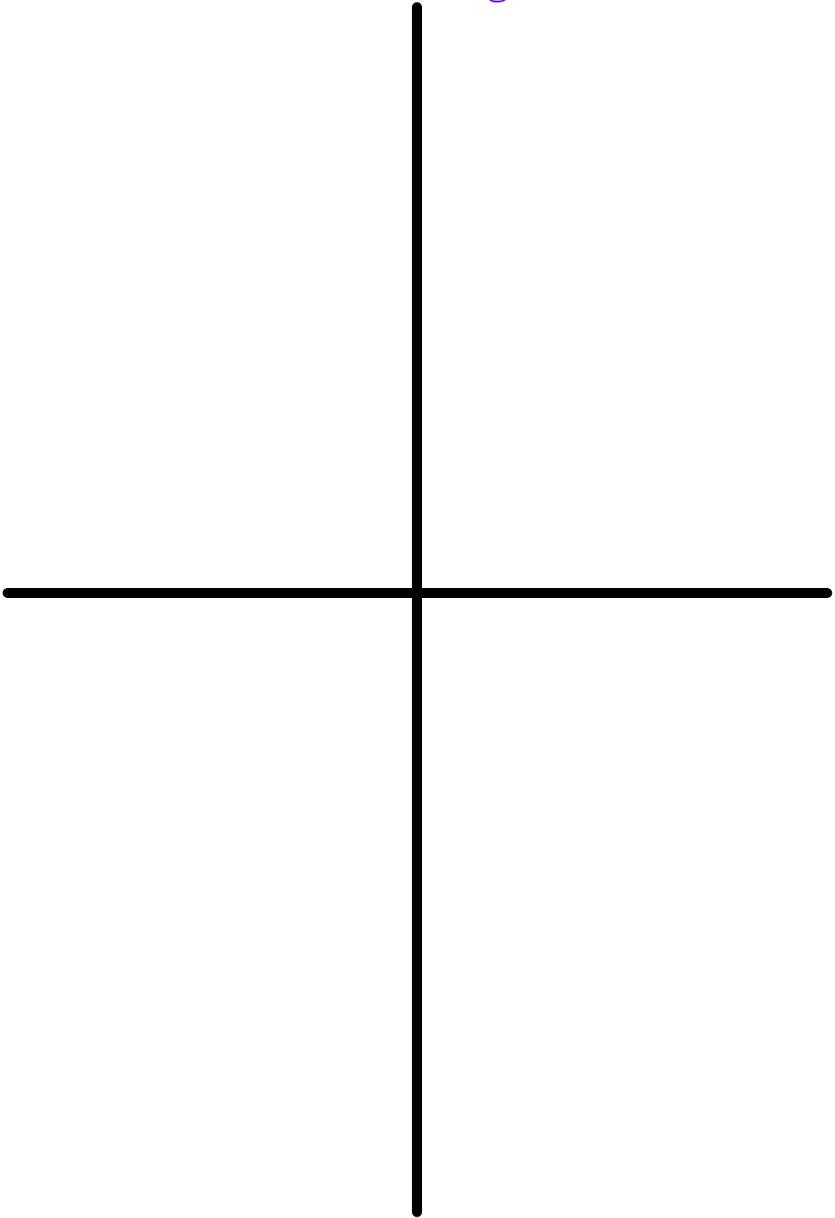
Molestation

Age 5

Age 0

# Sacred Root Timeline

Current Age



Age 0

4