

# **THE COCKROACH MUSE & CO.**

**A COLLECTION OF  
11 SHORT-BUT-SWEET  
STORIES & POEMS  
FROM THE CHAKRAFIT BLOG  
By Ruth McCauley**



**CHAKRAFIT**  
Cool, Calm & Connected

## 1. THE COCKROACH MUSE



**Written as part of the very first blog post, focusing on the Root Chakra, in July 2013. One of the main issues that the Root Chakra relates to is Survival:**

We were renting an apartment in Las Palmas de Gran Canaria. It was great but, due to the warm climate, you sometimes get the odd cockroach crossing your path. One night, I was sitting up late, writing. All I could hear was the peaceful sound of the waves crashing against the shores of Playa de Las Canteras, punctuated by the tappety tap of the keys as I typed, and the tick-tock of the clock; I was feeling pretty happy.

Then, a huge, and I mean HUGE cockroach scuttled towards me, tight to the edge of the skirting board. It's amazing how even an insect can kick off the human 'fight, flight or freeze' survival response. A surge of adrenaline shot through me. Initially I jumped towards it (fight) and it stopped in its tracks (freeze). Then I froze too. What was I going to do? I wanted to get rid of it, but I didn't actually want to kill it either. The thought of crushing it or spraying it with something, then watching it writhe around in death throes, made my skin crawl and my stomach and heart lurch. So we, insect and human, both just stood our ground, neither making a move, like a strange twilight stand-off at the cockroach corral.

There was no real hiding place for it to run to, no openings that it could fit through, especially as it was so frighteningly huge. The clock's tick seemed unnaturally loud and I wondered if the roach could hear it too. Then, after what seemed like an eternity, I saw it flatten itself to the floor and, somehow, it slid itself bit by bit by bit into an invisible gap in the skirting board. I watched, mesmerised, wondering how on earth it was doing that. It seemed impossible. Then it was gone and we both lived to tell the tale.

Relieved, I went back to my writing but I wondered about that cockroach, and its sheer will to survive, its drive to get to a safe place. I knew I wasn't going to crush it, but it didn't know that. All it knew was that there was some threat to its survival. So it assessed the situation and, when it decided it was worth the risk to make a move, it adapted itself in order to find a more peaceful place, when on the surface there didn't appear to be a way out.

As humans, perhaps we can be inspired by the humble cockroach when attempting to transform the energy of our root chakras? A reminder that it might take courage, active change and adaptability to find our way to a safe place and inner peace but that it can be possible, even when it doesn't seem like it at first glance. We just have to do it bit by bit by bit.

## 2. RIVER RETRIEVAL



**Written as part of a Sacral Chakra blog post in July 2013. This chakra point relates to Emotions the element Water:**

We are settling into the gorgeous village of Nosara, in Costa Rica just now, where Rod is training at the Nosara Yoga Institute ([www.nosarayoga.com](http://www.nosarayoga.com)). The week before we came here, I had a magical and transformational week learning about 'Soul Retrieval' techniques at Lendrick Lodge ([www.lendricklodge.com](http://www.lendricklodge.com)). If someone has experienced serious illness, trauma, unending grief or deep heartbreak, just can't move on, or feels as though a part of them is missing, then they would probably benefit from a Soul Retrieval. It is an empowering experience which gently returns a person's lost essence and can create massive shifts and healing results for people.

So, during the course, echoing the way that shamans work in harmony with nature, we also performed a land and river retrieval on the beautiful grounds surrounding Lendrick Lodge. In our fast-paced 'want it now' world, we regularly modify, dig up and plunder the earth willy nilly, often without thinking of giving something back, of restoring some of the energy that we have taken. Caring for and honouring our natural surroundings, acknowledging the ever present connection we have to nature, is something that most of us don't often do. I was in the group working in the river and our task was to clear out any debris, bits of wood and leaves etc. As we plunged our hands into the cold water, scooping out sticks and leaves, we could see that there was much more under the surface than expected. As we worked, the river became cloudier and murkier than it was to start with, and we realised that it was a bigger job than we thought (Cue the Jaws theme tune and 'We're gonna need a bigger wheelie bin'). Huge branches were being pulled from the depths, and we filled pallet after pallet of debris; at times hardly able to carry it all to the banks of the river.

We'd started off all fresh, clean and prepared with our waterproof shoes, midge-repellent masks and trousers rolled up to the knees. As time went on, we got a splash of water here, a blob of mud there and eventually got so engrossed in our task that we didn't care if we got grimy or wet. We slipped and slid, got totally soaked, determined to get the job done. It began to feel invigorating and cleansing, remembering times when we wouldn't or couldn't have done this kind of work and glad to be able to do it now, totally present in the moment. Before long, there was less stuff coming up, our load was lighter and the river flowed freely. Finally, we stood back to look at what we'd achieved and we were amazed at how breathtakingly beautiful the river looked; so satisfying to see. It was clear and clean, with sunlight sparkles dancing on the surface; I swear that the river's gurgles sounded like giggles. We did a little celebration dance, made up silly songs about falling in the water, laughing and playing like children. Magic.

Water is the element associated with the sacral chakra. When we delve into the depths of our internal river, we might also find that there is more emotional debris than we thought. Perhaps we find ourselves scooping out anger and resentments that have been lurking silently on the river bed, or we start pulling out armfuls of harmful habits and ways of being that don't serve us anymore. Maybe we feel churned up for a while, overwhelmed and perhaps wishing we'd left well alone. However, if we hang in there and keep digging, allow ourselves to be a bit of a mess along the way, and we call in help if we need it to get the job done; we'll most certainly reap the benefits. We can start putting boundaries in place and making a promise to nurture our inner river more often, to tend to its needs so that the water never gets so murky again. We'll remind ourselves how far we've come and, at some point, we'll look at ourselves and notice that things seem clearer, that our sparkle has returned and we are giggling, flowing freely, just like the river.

Psst... At the very end of this book, look out for a bonus song, 'sung' by the Lendrick River.

### 3. SOLAR POWER



**Written in Nosara, on the Pacific coast of Costa Rica, as part of a Solar Plexus blog post in July 2013. One of the key aspects of the Solar Plexus is Personal Power and Self-Esteem:**

On Saturday evening, we walked along the trail to the nearby beach, Playa Guiones. The sunsets at Guiones are famous and we wanted to investigate. Wow, as you can see, a spectacular sight. It got me thinking about the Solar Plexus and I asked the Sun for a story, so here it is:

#### Solar Power

The Sun had woken up, put its hat on, hip-hip-hoorayed itself in the mirror and was all set for a day of shining and radiating warmth: Brilliant. As it began to rise, it was interrupted by a Rock. 'Alright Sunshine?' the Rock smirked. 'Looking a bit bright today aren't we?'

'Uh, yes, I guess so', replied the Sun, not entirely sure whether the Rock was being kind or not.

"You wanna watch yourself", the Rock continued, 'going about all shiny and jolly, with your fancy hat on...tut tut...everyone will think you've let it go to your head. I remember you when you were nothing but a speck of light on the horizon... '

'Oh dear, I'm sorry Rock. Yes, you're right, the hat probably *is* a bit much. I thought it looked cheery and playful but then, maybe not. Yes, you're right; a bit too bright after all. Sorry about that.' The Sun was mortified and wanted the sky to swallow it up. should it go home and take the hat off? Was there a way to tone down the brightness?

Just then, a Cloud wandered by, so the Sun ducked in behind it. 'Phew, now nobody can say that I'm showing off.' The Cloud raised an eyebrow and the Sun felt ashamed.

Then a voice piped up. 'Hey Sunny! What d'you think you're playing at?' The Sun peered out from behind the Cloud and could just make out an angry row of Flowers glaring up at it from down below. 'How are we supposed to bloom properly without you shining?'

'S-sorry', said the Sun, and started to edge out further from behind the Cloud, who was pretending not to listen.

'Sorry? *Sorry?* Did you hear that Petals?' said the biggest Flower, turning to the others, who all looked very grumpy. 'The Sun says it's *sorry*.' it turned to the Sun again. 'Well, sorry's no good to us if we're stuck here like half shut buds. And what about the Bees? Bet you didn't even give a second thought to the Bees, did you? What are *they* supposed to do if we can't open up?'

The Sun tried to explain. 'Well, you see, I did start to rise but the Rock said..'

'No no, that's fine' said the biggest Flower. 'You slack off, using the Cloud as your cover. We'll manage just fine. Don't you worry about us, wilting and drooping everywhere. Huh, some Sun you are. Come on Petals!' and they all hung their heads downwards.

'Look! Look! I'm out now!' the Sun cried. But the Flowers didn't answer.

The Sun's face burned with shame yet again, but it also started to feel angry. How had this happened? All it wanted to do was enjoy the day and spread a bit of light around the place. Well, if they want heat, then heat is what they'll get. The Sun burned furiously and blasted fireballs out of its rays. 'Raaaah!' A few seconds later, it heard a yelp. 'Help! Help! You're burning us!' Horrified, the Sun looked down to see that a couple of small trees had started to go on fire. 'I'm so sorry!' the Sun shouted, looking frantically around. Luckily, the Cloud was still hovering and had gathered lots of water. It swooped down and squeezed itself over the tops of the trees, putting out the fire, just in time. Sitting in the cloud was The Creator Of All That Is.

Blushing, and cowering behind the cloud, the Sun apologised profusely. 'Oh Creator Of All That Is! I'm so sorry, I've made a right mess of this. I can't do right for doing wrong. I've hidden in the shade, I've almost burnt myself out, now I'm hiding again and still nobody's happy. I just don't know what I'm supposed to do. I give *up!*'

The Creator Of All That Is smiled kindly at the Sun. 'Don't you remember how you felt this morning, when you were just being you, before you started listening to everyone else?'

'Yes, I felt so happy and excited' said the Sun, feeling a bit brighter again at the memory.

'Exactly', said The Creator of All That Is, grinning. 'You say you don't know what you're supposed to do? You are the Sun.....Shine!

So it did... and it was spectacular.



#### 4. AIRTIME



Written in Nosara, on the Pacific coast of Costa Rica, as part of a Heart Chakra blog post in July 2013. This chakra point relates to giving and receiving love and compassion:

Anahata, Heart Chakra

I hear the hurt, I feel your pain,  
You're scared of goin' through it all again,  
But now it's time for rainbows, not the rain.

Anahata, Heart Chakra

Spread your wings and soar to the sky,  
like Charlie Parker's saxophone, up high,  
refining your tone as you learn how to fly.

Anahata, Heart Chakra

Remember to breathe in and out,  
To take love in, and extinguish all doubt,  
Give life a kiss, full on the mouth, don't just pout.

Anahata, Heart Chakra

Your pot of gold is there, waiting,  
No point in holding back, hesitating,  
Fill yourself up with LIGHT! Start celebrating.

## 5. TALKING UP A STORM



**Written in Nosara, on the Pacific Coast of Costa Rica, as part of a Throat Chakra blog post, in July 2013. This chakra point relates to all forms of Communication and the Right To Speak and Hear The Truth:**

It's Green Season in Costa Rica at the moment, and we've had a few spectacular rainstorms since we've been here. We've noticed that the animals, birds and insects all disappear an hour or so before the storm - they clearly have more advanced throat chakras for receiving weather reports from Mother Nature! The storms usually last a couple of hours or so, complete with gigantic raindrops, thunder and lightning. It's exhilarating in a way because you really KNOW that you're alive and part of a living breathing Universe. The sound can be deafening for those 2 hours though, and it feels a tiny bit scary at times, as you can really feel the power of nature and how small we are. Sometimes we get power cuts and are plunged into darkness. Then it just suddenly stops, the sun comes out and everything dries up in super-quick time. Literally, from looking like a really serious flood to baking hot sunny day, in the space of a few hours. What a transformation.

While it's happening, all you can do is accept that you're probably going to get soaked, enjoy the cleansing feel of the raindrops if you can, and get inside or duck for cover. Then just watch, listen and feel the vibrations of the storm as it rumbles on, knowing that it will eventually stop and peace will reign once more. Finally, it goes quiet and you can hear yourself speak again.

When we take steps to balance our throat chakra, it can feel exhilarating too. However, it can make life noisy, chaotic and stormy for a while and we might be a bit scared or feel like drowned rats. We might have to duck for cover, temporarily lose power and be plunged into darkness. However, with faith that we are supported by the Universe, we can feel our truth vibrating within and love pulsing in our hearts. We know that, if we just wait a bit longer, the storm will subside, peace will be restored and, finally, we'll be able to hear our True Self speak.

## 6. THE SCEPTICAL SAGE



Written in Puerto Viejo, on the Carribbean Side of Costa Rica, as part of a Third Eye blog post, in August 2013. The third eye relates to Vision, Imagination, Psychic Ability and the Right To See The Truth. As I sat gazing at the jungle view from the living room of our 'open-air' accommodation, I drifted into a meditative state and this poem showed up:

The sceptic 'n' the sage, were performing on a stage

Arguing the toss over science and 'new age'

The sceptic stepped up first

With bubbles set to burst:

Intuition, inner sight

What a load of F-ing Sh\*t

Bunch of hippies who've lost their minds

The Airy Fairy's robbed them blind

Shamanic Power Animal?

If I could, I'd section 'em all

Deluded twits , chanting in Sanskrit

Droning about honing the 3rd eye

Oh Aye? Don't they know that life is sh\*t?

... And then you die

This was followed by the sage  
Amused by the sceptic's rage:  
S'all Beauty, Freedom, Truth and Love  
From down below and up above  
That's what our crew's chat is about  
Hey, don't mock, we too have times of doubt  
But we know we're small, we surrender  
It's cool, we don't need to know it all  
... we just wonder!

When the lights had gone down, to faint applause  
And the curtains were just about to close  
The sceptic ran to the mirror backstage  
... And saw the sage



## 7. TOAD IN THE WHOLE



**Written in Puerto Viejo, on the Caribbean Coast of Costa Rica, as part of a Crown Chakra blog post in August, 2013. This chakra point relates to Knowledge, Wisdom and Divine Connection:**

I was thinking about what to write for the crown chakra post and went downstairs in the dark, to get a glass of water. Sitting at the bottom of the stairs was a large toad. I got quite a fright, but it was so still that I almost thought it wasn't real, that maybe it was an ornament that I hadn't noticed before. I tiptoed (or should that be *tiptoad*) back up for the camera, hoping toadie would still be there when I returned, and it was.

Then I crouched down, nervous but trying not to frighten it. I held my breath and took a couple of shots, in the dark, hoping they would come out clearly enough. I got pretty close to it and, up close, looking it right in the eye, I was no longer afraid. It just looked familiar, friendly and full of wisdom - pure crown chakra stuff. I could almost imagine a tiny crown on its head.

It's a bit like trying to open a closed crown chakra to connect with your spiritual side: Inching closer to the unknown can be frightening, and as you go through the process it can be hard to believe that what you experience is even real but, if you just take a couple of shots in the dark, hoping for clarity, you open yourself up to the possibility of something wondrous happening. When you get up close to Spirit, the Divine, God, Goddess, whatever you prefer to call it, you realise it's not that scary after all; it's familiar, friendly and full of wisdom.

## 8. YELLOW BUTTERFLY



Written for a Solar Plexus blog post, published just after we arrived in Ollantaytambo, in Peru's sacred valley, September 2013. As well as Personal Power, some other aspects of this chakra point are Transformation, the Right To Act and the colour Yellow:

I'm a yellow butterfly

But I haven't always been this way

Come fly with Frank S. and I

We'll show you how to play

Float like me, 'sing' like a bee

I am pure Thrilla Amarilla

Once known as caterpillar

Transformed and now I'm free!

Prepare well in your cocoon

And while caterpillar starts to die

You'll flutter, not a moment too soon:

Butterfly. Fly! Fly! Fly!

## 9. WEAVE WISDOM



**Written in Tenerife, Canary Islands, as part of a Crown Chakra blog, in January 2014. This chakra point relates to Knowledge, Wisdom and Divine Connection:**

One aspect of the crown chakra is living consciously and remembering our spiritual connection. Shamans talk of a 'web of life' that connects everything that exists and the spirit that lives in all things. Recently, while preparing for some clients who were about to arrive at the Chakrafit Finca, I noticed that there were a few spider webs that needed dusting away. I don't generally like getting rid of spider webs as it seems like such a shame when they've spent all that time intricately weaving their silvery homes. However, as I took a closer look, I realised that these webs weren't inhabited or even habitable. They were more like cobwebs; dusty and without any real form. The spider had moved out and had no doubt woven a sparkling fresh web; probably somewhere where there was more food to catch.

It's amazing that the web is something outside of the spider yet it is created from the spider as well. The spider goes off and does its thing, but is always aware of its connection to the web. Without a web, it would be a very lost and hungry spider, much more vulnerable and at risk from predators. How could it be a true spider, without a web? It got me thinking that we are all like individual spiders, weaving our own paths through life, each creating and maintaining our small webs that join up with everyone and everything to form the larger web of life. We're all responsible for keeping it intact. It is our job to realise when our individual webs have become cobwebs, when it's time to move on and weave a new web. If we let too many cobwebs build up, eventually the larger web will start to collapse.

It's a delicate process, reaching within ourselves and spinning that first thread out into the world. Then patiently weaving our unique path with focus, concentration and skill. It's too risky! What's the point? What if someone comes along and dusts our web to smithereens, or an unforeseen storm destroys all the work we've put in? What if all this weaving is a waste of time?

We do it knowing that there are other spiders out there weaving their way through life, doing their bit to constantly maintain and repair the bigger web of life. Connecting with all that is. We do it no matter how risky or fragile it appears to sceptical onlookers. We do it knowing that tomorrow is another web...

## 10. MORE THAN JUST A BUZZ



Written in Tenerife, Canary Islands, as part of a Throat Chakra blog post, in March 2014. As well as all forms of Communication, this chakra point is associated with Sound:

The humble bumble shouldn't be able  
to fly but it does.

Loyal pollinator, dependable.

More than just a buzz

More than just a buzz

The honeybee, sweet miracle worker.

You know what it does?

Brings us ambrosia, sacred nectar.

More than just a buzz

More than just a buzz

Gentle bee, tooled-up with a built-in knife.

Use it? Never really does;

unless defending its hive or its life.

More than just a buzz

More than just a buzz

Spirit bee, knows what life is all about.

Always reminds us

to take in some sweetness and give some out.

More than just a buzz

More than just a buzz

And your buzz, healer bee? A sacred sound

That clears and heals us;

vibrates with healing tone, research has found.

More than just a buzz

More than just a buzz

## 11. EXTRAORDINARY ORDINARY

After seeing it during a shamanic journey, this story was written in Tenerife, Canary Islands, as part of a 3rd Eye blog post in August 2014. The 3rd eye relates to things like vision, perspective, intuition, imagination and psychic ability. It resonates with the colour indigo and is associated with our right to see, meaning seeing in all forms, not just through physical eyes.

“I am just an ordinary woman”, said the woman to her neighbour, as they chatted over the garden fence. “An ordinary woman, with an ordinary house, an ordinary job, an ordinary family, living an ordinary life.”

Her neighbour nodded approvingly. “Oh yes, that’s what I’m like too. I’m just an ordinary man with an ordinary life. It’s the best way to be. You know where you stand with all things ordinary.”

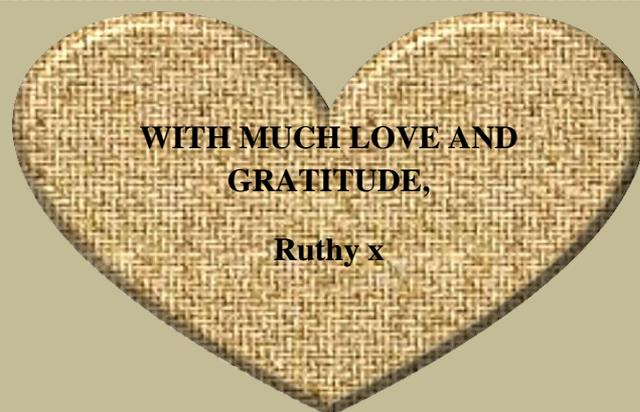
Another neighbour piped up. “I agree. That’s exactly the way I see things, and so do all my friends and family. We are all just ordinary, with our feet on solid ground, living practical lives where we know who’s who, what’s what and that’s all there is to it!”

They all smiled and nodded at each other triumphantly, feeling safe and content that everyone saw things the same way as they did. It was just another ordinary day in an ordinary world called planet Earth, a relatively tiny celestial body, filled with all manner of life forms, floating in the vast cosmos of the observable and the unseen.

Meanwhile, a giant burning star (known by humans as ‘Sun’) shines brightly above them, providing light and heat. Later, as the sun sets, without a switch being flicked, it will get dark. They might notice a natural satellite referred to as ‘Moon’ (whose gravitational pull controls the tides of vast bodies of water known as ‘Oceans’) shining in the celestial dome known as ‘Sky’. If they are lucky, they might see a sparkling infinite ceiling of, apparently tiny but actually massive, luminous spheres called Stars.

As they relax in their ordinary houses, lie in their ordinary beds that night or go about their ordinary lives in the days, months and years that follow, the humans themselves might ponder their right to survive, to exist, to have what they need to feel safe and secure. They might explore and celebrate their physical bodies through physical movement, sensations and desires. They might wonder about their feelings, emotions and their right to feel nourished and nurtured. They might think about their self-esteem, self-confidence and their right to personal power. Perhaps they will feel and show some love and compassion for themselves and others or express their right to speak and hear the truth, perhaps communicating through art, music or writing. They might imagine and dream and make plans, read a book, watch or make a film that changes lives. Perhaps they will pray, meditate, get a glimpse into the unseen realms or connect with the spiritual or divine part of themselves in whatever way feels right. For many, this might simply be walking in nature, swimming in the sea or becoming peacefully absorbed in their own garden. Or, just taking a moment to look at and acknowledge Sun, Moon, Stars, Ocean, River, Trees, Mountains.

Perhaps they will humbly notice that they can sense and feel connected to this huge web of life, no matter who or where they are, and gaze in awe at everyone and everything in EXTRAORDINARY ordinary existence.



PLEASE SHARE THIS LITTLE BOOK WITH ANYONE YOU THINK MIGHT ENJOY IT

## **RIVERSONG**

**I**

**Am**

**The**

**River**

**And**

**I**

**Know**

**I am**

**The River**

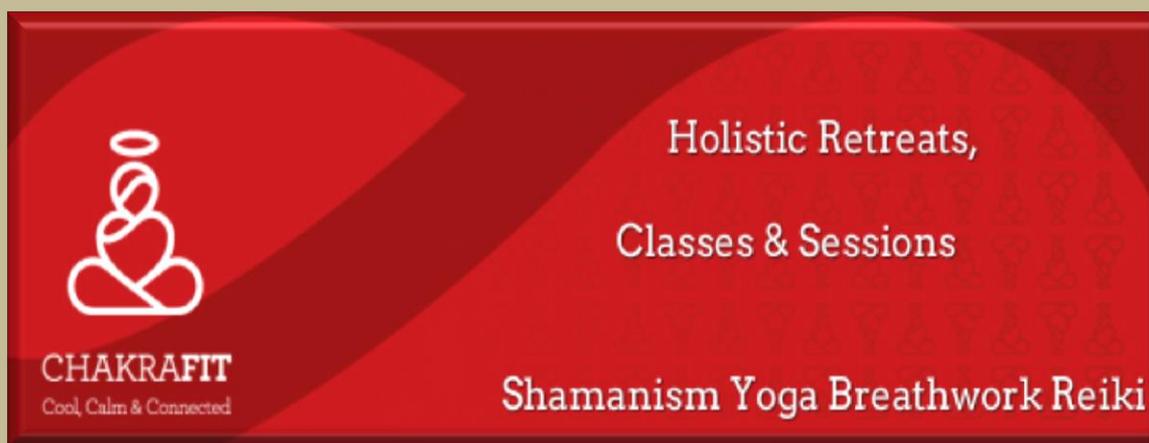
**I must flow**

**I am the River**

**I am home**

**when I flow...**

**To the sea...To the sea.**



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