



Root Chakra Muladhara Root Support

Location: base of the spine, legs, feet, the souls of the feet

Color: Red

Center Of: survival, safety, security, and stability

Ground Yourself

Element: Earth (Roots)

Physical Existence: Financial Stability, Career, Nourishment, Basic Needs, Sense of Belonging

Healing Stones:

Red Jasper Garnet Black Tourmaline



Essential Oils: Sandalwood, Cedarwood, Patchouli, Clove, Myrrh

Balance Root Chakra

Stability

Secure

Strong

Calm

Physical harmony

Patience

trustworthy

Completion

Sense of Belonging

I have the Right to be Here; I have the Right to Have

Bij Sound: LAM

Sound Frequency: 432 Hz

Activity: Having

Wound: Fear

Developed: Womb to 12 months

Experience: 1- 8 Years Old

Words: Grounded, Connected, Foundation, Safe, Relax, Trust, Rooted to Rise, protected, receive, stable, rise, bloom, permeate, space, embody

Imbalanced Root Chakra

Fear

Insecurity

Anxiety

Low Self Esteem

Financial Instability

Digestive system issues,

Feelings of not being supported, Feelings of being unsafe

Unhealthy relationship with food

Materialism

Overthinking

For a person who has an imbalance in the first chakra, it might be hard to feel safe in the world and is rooted in fear. The desire for security dominates and can translate into concerns over the job situation, physical safety, shelter, health.

Ground

Move

Meditate



root chakra meditation

I am connected to all that is around me.
This connection gives me a strong
foundation and does not hold me back.
Security and stability in life allow me to
move with both confidence and
connection to who I am.

5 Healing Techniques to balance the Root Chakra

Connect with Nature: Connecting intimately with the earth like walking barefoot in the grass, earth, and dirt! The Earth is a conductor or free electrons. Swim, Dig, Garden

Move the body in physically active: Yoga, Dancing, Running, Hiking? Move in ways you love -- not in ways you think you "should"! Discovering your true needs and aspirations.

Meditate: Sit with yourself and shifting your mindset from "Not enough" to "I have everything I need and I am provided for" Focus on your root chakra and notice what comes up for you

Work with your financial secured: Healing your money mindset

Wear the Color Red or Eat Grounding/Red Foods: Root Vegetables (Ex. Sweet Potatoes, Onions, Ginger) , Red Apples, Strawberries, Beets, Tomatoes, Pomegranates

10 Healing Affirmations

I am safe
I am vibrant, strong, and healthy
I am loved and protected
I am open to the possibilities
I am exactly where I am supposed to be
My body is the temple to my soul
I nourish my body
Everything I need with from within
I am Grounded
I feel deeply rooted

6 Yoga Poses to connect with the Root Chakra

Warrior 2
Mountain Pose
Tree Pose
Standing Forward Fold
Childs Pose
Yogi Squat

Reflections for the Root Chakra

Place your hands on your root chakra; what is it telling you?

What Limiting Beliefs or Habits that I cultivated are rooting me in fear, insecurity, and low self worth?

What can I do to feel more connected and stable in my life?

In what ways can I create compassion with myself to nourish my needs?

What healing practices do I want to implement into my life? Healing Stones, Movement, Foods, Oils Etc.

What can I surrender to create space for feelings aligned with my root chakra?