



Root Chakra – Muladhara

I am rooted in life and in myself. I am safe, stable, and secure.

I am peaceful and protected.

I love my body – it is my temple and I care for it.

The Root Chakra is located at the base of the spine. It offers support by carrying the life force up our body and down our legs. This chakra is a channel for bringing in the energies from the earth. It is literally our grounding force keeping us connected to mother earth.

Balancing the root chakra creates the solid foundation for opening the entire chakra system. If the root chakra is not on solid ground, the rest of our chakra system is in jeopardy of becoming unbalanced.

The first chakra is comprised of whatever grounds us to stability in our lives. This includes our basic survival needs such as food, water, shelter, and safety, along with being part of a group or tribe. It also includes our emotional needs and our belief systems. The root chakra is honor, loyalty, justice, abundance, security and even our fight or flight response.

Emotional imbalances in our root chakra may bring on anxiety disorders, unfounded fears, or nightmares. Physical imbalances may manifest as problems in the colon, the bladder, elimination issues, the lower back, legs, or feet. Eating disorders may also be a sign of root chakra imbalances.

Basic Principle: To be here and to have

Color: Red (Complimentary Color: Green) / **Sense:** Smell / **Element:** Earth / **Planet:** Saturn / **Season:** Winter

Astrology Signs: Capricorn and Aquarius / **Metal:** Lead / **Sound:** Note C / **Mantra:** Lam

Emotional Component: Fear / **Physical Component:** Spinal column, legs, feet, bones, teeth and large intestine

Associated Glands: Adrenals / **Associated Meridians:** Circulation; Sex

Nutrition: Red Foods such as tomatoes, red berries, and red apples; root vegetables such as potatoes; proteins

Crystals: Black tourmaline, smokey quartz, bloodstone, hematite, onyx, garnet, jasper

Oils: Cedar, Ginger, Rosemary, Cinnamon, Angelica

Karmic Lesson: Transcending fear – Parting with lack beliefs

Yoga Poses: Mountain pose; Warrior stance; Chair pose

Harmonious Function of the Root Chakra

Strong and determined feeling that life is good – Belief that dreams will easily manifest –
Belief that one is worthy of abundance and prosperity in all areas of life – Positive approach and outlook on life - Good health – Comfortable in one's body – Well grounded – Sense of trust in the world – Vitality Stability
– Prosperity – Sense of safety and security – Confidence

Underactive Root Chakra Energy

Feeling disconnected from the body
Financial difficulty
Fearful, anxious, and restless
Poor focus and discipline
Poor boundaries
Disorganized
Lack of stamina
Lonely

Overactive Root Chakra Energy

Obesity and overeating
Hoarding and greed
Sluggish and lazy
Fear of change
Rigid boundaries
Addiction to security
Intolerance
Aggressive and/or hyperactive

Physical Root Chakra Imbalances

Poor circulation; varicose veins
Sore back
Dry skin and hair; pale blotchy skin
Constipation and diarrhea
Weight Issues
Belching, burping, and gas
Headaches
Insomnia

Emotional Root Chakra Imbalances

Lack of commitment
Operating out of fear
Unfinished business with parents; abuse or neglect in childhood
Not able to stand up for oneself or provide life's necessities
Constant need for safety or security in the world
Inability to keep a job or permanent living situation
Limiting psychological programming (i.e.; You're stupid)

How to maintain a healthy Root Chakra.

Balancing the root chakras is all about grounding and stabilizing. To reduce the anxiety often associated with an imbalance in this chakra, it's important to take time for yourself. Your self-care routine really matters if you want a healthy first chakra! If you don't have one, start one!

The first chakras element is earth, so get outside! Spend time outdoors connecting with nature. Go to the park, sit and read in the grass, go camping, plant a garden, or tend to the one you have! Organize and declutter your home. Eat out less and cook at home more. Get up and move – exercise, do yoga, go for a walk or run, play your favorite sport, dance!

Meditate and envision the color red glowing at the base of your spine. Or imagine the roots of a tree growing out of the bottom of your feet and burrowing down deep into the ground. Some people like imaging being rooted by crystals, as crystals come from mama earth. Whatever makes you feel connected and grounded.

Increase your protein intake, or eat some root veggies, red colored food, or hot spicy food like cayenne pepper.

Carry and/or meditate with root chakra crystals and sleeping with one at the foot of your bed is great too!