



The Root Chakra

Root Chakra: The Root Chakra is located at the base of the spine close to the tailbone and extends to the first three vertebrae, and the floor of the pelvis.

The Root chakra governs the Earth element within your body.

This cosmic-energy center supports physical stability, feeling grounded and safe, at home in your body, and connected to the Earth. It's the 'root' of your physical beingness on solid ground.



Hz Frequency: 396 Hz*

Frequency to help with grounding, stability, and releasing fear and guilt, which are often associated with a blocked or unbalanced root chakra. It also helps relieve pain and increase relaxation.

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The Root Chakra

Muladhara Chakra: Sanskrit, meaning "root support" or "base."

Symbol: Red, four-petaled lotus with an inverted triangle in the center, within a larger square.

- **Four petals:** Four fundamental psychic functions of mind, intellect, consciousness, and ego, as well as the four stages of life development.
- **Square:** Represents stability, grounding, and the foundational aspects of life. Firm base and balance.
- **Inverted Triangle:** Represents the earth element and grounding, emphasizing the Root Chakra's role in anchoring us to the physical world.

The Root Chakra is associated with the first task we undertake after birth, and that is to determine "Do I belong here ...on this Earth and in this family system?" It is not a conceptual question based on (thinking) cognition. It is instinctual.



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The Root Chakra

The Color: Deep Vibrant Red, symbolizing

- Strength & Vitality
- Survival
- Stability
- Energy & Passion
- Primal Life Force



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The Root Chakra

ZONATION


- Physical Grounding & Stability: It anchors your energy on the planet, and forms a solid foundation from which you feel grounded and connected to the earth.
- Physical Impact: It influences the colon, bladder, lower spine, adrenal glands (stress response & blood sugar levels), bones, and legs. It also impacts the skeleton, muscles, and arterial blood flow from the left heart chamber (carries oxygen & nutrients to the body).
- Survival Instincts & Basic Needs: It governs our instinct to survive and meet our basic needs, including food, shelter, and security.
- Sense of Belonging & Identity: It fosters a sense of emotional stability and connection.
- Financial Security & Abundance Consciousness:
- The Seat of Kundalini Energy: The entry point for energy into the body.



My roots whisper to the earth, "I am home."


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The Root Chakra

Is Your Root Chakra Out of Balance?



1. Do you have difficulty feeling safe and secure in your environment for extended periods of time, as though you are waiting for something bad to happen?
2. Do you have ongoing concerns about your financial security?
3. Do you feel ungrounded and unsettled?
4. Do you get sick often?
5. Is it hard for you to maintain a sense of belonging?
6. When you think about it, do you realize you haven't been in nature recently?
7. Is it hard to achieve your goals, as though something is always holding you back?
8. Do you feel a sense of scarcity?
9. Do you tend to avoid regular dental and medical visits, despite the fact you recognize they are important?
10. Do you have difficulty budgeting and managing your financial resources?
11. Do you find change is difficult, and do you hold tightly to the status quo?
12. Are you tired a lot?
13. Do you often become distracted and have difficulty focusing on your tasks?
14. Do you wish you were more reliable?
15. Do you have difficulty connecting with others?


Count how many




answers you have

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The Root Chakra



Count how many



answers you have


0-5 = your root chakra is likely in balance. You may have an issue or two to reflect on, but this is part of the human experience. In general, you are able to feel secure in your environment and maintain a sense of belonging with others.

6-10 = your root chakra may be out of balance, either blocked or overactive. It's worth reflecting on your relationship with security, your physical body, and the practical aspects of your life. Take steps to balance your it so you can feel more relaxed, confident, and connected in your world.


11-15 = your root chakra is out of balance, and you are likely suffering the consequences. Take some committed steps to address this imbalance by putting together a concrete action plan that tackles your finances, your health, and your physical environment. You'll feel more grounded if you do.

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The Root Chakra



The Root Chakra is blocked by:

- Fear
- Insecurity
- Not loving yourself
- Poor health
- Excess weight
- Difficulty managing change

When it's blocked, you may experience:

- Physical Issues:
 - Physical symptoms related to legs, feet, knees, or lower back
 - Difficulty sleeping
 - Unusual weight gain or loss
 - Unhealthy, sluggish, tired; High stress or trauma
- Emotional Issues:
 - Feeling disconnected from the physical world, your body, your surroundings
 - Feeling unbalanced, out of sync, insecure
 - Living in survival mode
 - Depression and lack of motivation
- Spiritual Issues:
 - Questioning your beliefs – crisis of faith
 - Doubt about your worth and your place in the universe
 - Cynical and negative – unable to claim your Optimistic Spirit
 - Loss of will

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When the Root Chakra is balanced, you'll experience:

- Increase in strength and vitality
- Improved focus and presence
- Heightened self confidence
- Reduced anxiety & enhanced ability to manage stress
- Feelings of belonging and community; healthier relationships
- Deeper appreciation for life and nature
- A knowing that you are safe and secure
- More effective problem-solving and decision-making
- Improved flexibility with bones and joints;
- More resilience and less anxiety and fear
- Improved ability to be in the present moment awareness
- Healthier relationship with money and resources


FOUNDATIONS

★ A balanced root chakra provides a solid foundation for the rest of your energy system, allowing other chakras to function more effectively.


*The deeper my roots,
the wider my wings.*

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The Root Chakra



HOW?

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- Connect with the Earth.
 - Spend time in nature at least once per week.
 - Walk barefoot.
- Practice Grounding Techniques.
 - Meditation, Visualization of roots connecting you to the earth, Mindful breathing, Yoga
- Crystals
 - Garnet, Red Jasper, Red Aventurine (quartz)
- Dietary Recommendations
 - Root Vegetables include carrots, sweet potatoes, regular potatoes, beets
 - Naturally red foods include strawberries, raspberries, cherries, and red apples
 - Spices: Paprika, cayenne, and earthy herbs like rosemary and thyme
- Essential Oils (woody, earthy scents)
 - Patchouli, Cedarwood, Vetiver, Sandalwood, Frankincense
- Chanting "LAM" (lum) – sound frequency that eliminates fear and guilt, cleanses impurities
- Sufficient sleep and healthy exercise practices

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The Root Chakra



"The Root chakra is reminding you:



"Hey, don't forget to take care of your base camp before climbing the mountain of life."

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