

Root Chakra - Muladhara



Your root chakra is your first chakra and is located at the base of your spine or tailbone area. It's associated with the colour red. It's element is earth. As its name implies, it's all about how deeply grounded you feel with regards to the basic needs of your life. It governs your sense of feeling safe and secure within your body, family, home and financially. It's responsible for how you perceive your overall survival in the world.

It's dominant between the years 1 and 7 where you build up a sense of belonging. If you had stable and loving parents/ care-givers, home-life and if your basic needs of food, shelter, attention, and love were met then you will have felt supported and protected; developing a strong sense of trust in the world around you.

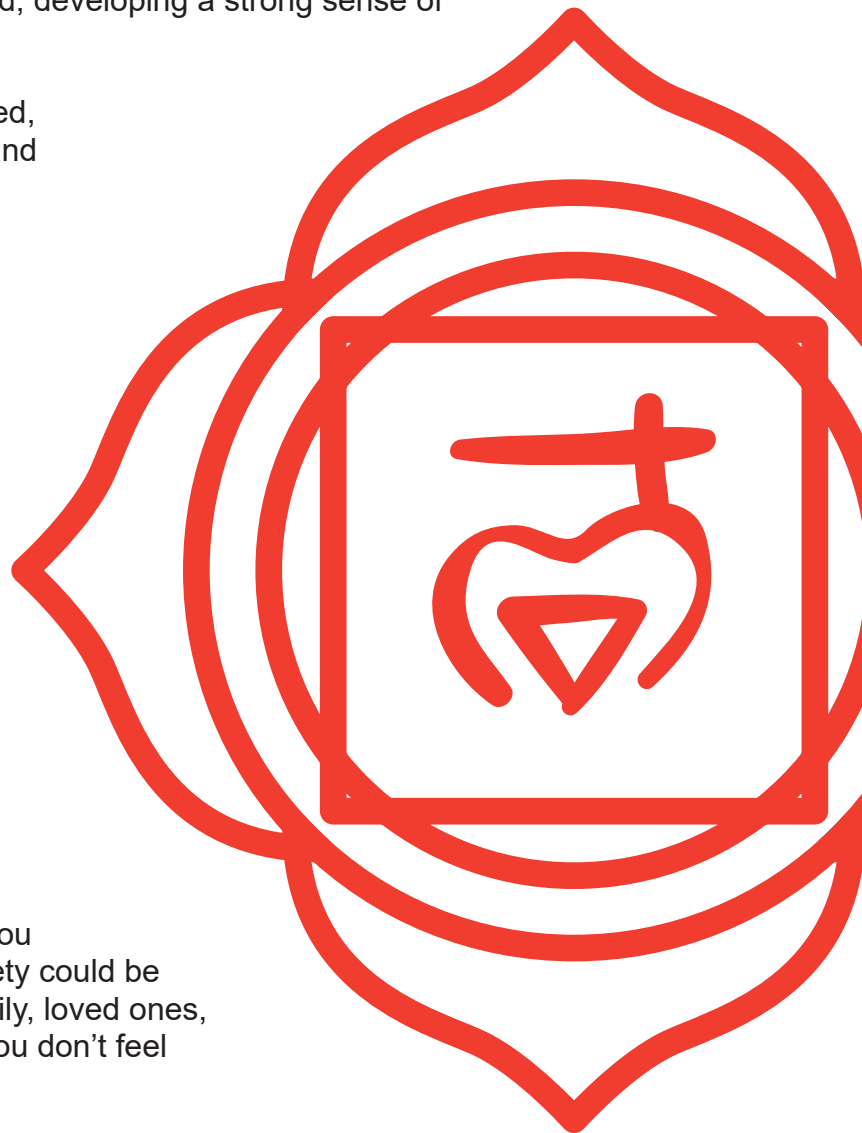
If you didn't feel safe, supported and loved, those basic survival needs weren't met and you had an unstable up-bringing during those years, then you wouldn't have learnt to trust. Whether it be yourself, family, home, environment around you and the larger world.

A healthy root chakra means you will feel grounded in who you are and have a strong sense of feeling at home within yourself and the world around you. You feel confident, resilient, responsible and have a sense of certainty.

A blocked root chakra could make you feel insecure, depressed, apathy, lack of direction, unable to trust anyone around you and feel disconnected and isolated from everyone.

An overactive root chakra, could mean you fear at any time all your stability and safety could be taken away from you, including your family, loved ones, home, health, job and money because you don't feel in control and you cling on.

Making you obsessive, greedy/ impatient, which could lead you to form unhealthy attachments with regards to your relationships, health & money.



Here are some ways of healing your root chakra

Doing root chakra meditations will help to balance, align and unblock the flow of energy.

Visualise energy or red roots coming out of your root chakra and going down your legs into the earth becoming stronger and stretching outwards and downwards until they reach the centre of the earth. Seeing your root chakra aligning with your whole energy system.

This is a good grounding in visualisation. It can help you feel safe and secure. If you believe you have an overactive root chakra then visualise it becoming smaller to the size of your other chakras, aligning and being in flow with your whole energy system.

Doing Inner and Shadow work is extremely beneficial in healing all your Chakras. Wearing red clothes and eating red foods can also help.

Mantras & Affirmations

- I am Strong.
- I am Stable.
- I am Safe.
- I am well grounded into Mother Earth.
- I am protected.
- I belong.
- I am abundant.
- I have everything I need.
- I trust that I am exactly where I need to be in my life.
- I trust that everything is working out as it should for me.

Crystals to use

Using/ wearing red crystals whilst meditating & throughout your day

- Red or Brown Jasper.
- Red Tigers Eye.
- Garnet.
- Bloodstone.
- Black Tourmaline.
- Black Onyx.

You could say any of these mantras and affirmations whilst doing a visualisation/ meditation or holding one of the crystals mentioned above.

Getting out into nature and if you can; walking bare foot on the earth/ sand. Taking your time to appreciate mother earth and all that you see.

Any exercise or movement is good.

Essential Oils & incense

- Cedarwood.
- Sandalwood.
- Patchouli.
- Frankincense.

Physical signs your root chakra could be unaligned

- Constipation.
- Upset stomach.
- Eating disorders.
- Poor Immune system.
- Sleeping disorders.
- Leg and Knee problems.

As with any physical symptoms, always seek advice from a medical professional for any of the above ailments.

Your chakra system plays an important role in your overall wellbeing and spiritual growth. By recognising this and which ones need attention, means you can work with your chakras to balance, align and heal any imbalances you may have in them. Helping and supporting you in your daily life, spiritual journey and growth.



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