

ROOT CHAKRA

Location: Base of the spine/pelvis

Sanskrit name: *Muladhara* (meaning "support")

Represents: Security + survival

Color: Red

Gemstone: Red Jasper

Associated with...

- Safety
- Basics needs (like food, shelter, sleep, etc.)
- Physical identity + sense of self
- Grounding
- The foundation on which we build our lives

When blocked or out of alignment, you might experience:

- Negativity or cynicism
- Greed
- Illusion or paranoia
- Insecurity
- A habit of living in survival mode
- Behaviors ruled by fear or anxiety

How to heal it: Try activities that connect you to nature + the earth (like hiking, gardening, exercising or meditating outside, etc.). Focus on grounding meditations + yoga poses, and surround yourself with colors, sounds + objects that remind you of nature.

Physical manifestations include:

- Pain in Lower Body (feet, knees, legs hips)
- Sciatica
- Digestive Issues
- Prostate Problems
- Eating Disorders (Which might fall under mental)

- Immune System Problems

Mental manifestations include:

- Depression
- Anxiety
- Low Self Esteem
- Feeling of Not Belonging
- Jealousy
- Co-Dependency
- Indecisiveness
- Phobias
- Addictions

Healing the Root Chakra

Some root chakra specific mantras can aid in clearing such blocks. Tell yourself everyday:

- I am safe.
- I am confident.
- I am abundant.
- I am healthy.
- I am wealthy.
- I have everything I need.
- I am balanced.
- I am grounded.
- I am powerful.
- I belong.
- I am worthy.
- I am strong.

If healing through foods is your thing, you can eat yourself toward a healthy, unblocked root chakra with:

- Apples
- Cherries
- Red Peppers
- Red Onions
- Red Grapes
- Beets
- Radishes
- Red Potatoes
- Raspberries
- Pomegranates
- Watermelon
- Tomatoes
- Strawberries
- Cranberries

CRYSTALS

- Bloodstone
- Red Jasper
- Garnet
- Black Tourmaline

ESSENTIAL OILS

- Cedarwood
- Cypress
- Sandalwood
- Patchouli