

ROOT

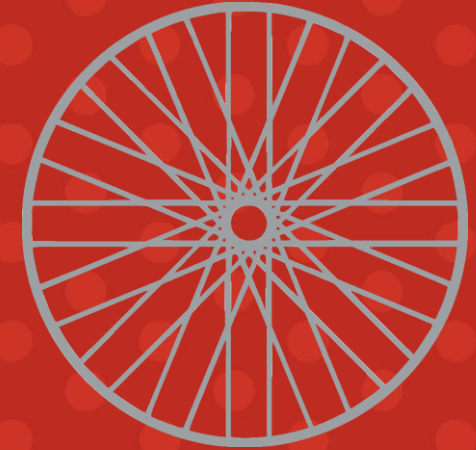
MULADHARA

CHAKRA



WHAT IS A CHAKRA?

- In sanskrit means “wheel” or “disk”
- Spiritual energy center
- Seven along the spine
- If they are open, closed, or balanced, they can affect the physical, emotional, and spiritual body



MULADHARA – 1ST CHAKRA

- Located at the base of the spine
- Related to the earth, stability, vitality, survival instincts, a sense of grounding, and a connection to our physical bodies.
- Symbol: A lotus flower with four petals



OPENING AND BALANCING

Balancing the root chakra is all about grounding and stabilizing. Some techniques you can try to balance this chakra are to:

- Spend a few minutes outside everyday
- Earthing (Walking barefoot outside)
- Organize your room
- Practice specific yoga poses
- Simply invest in something that makes you happy



EFFECT OF IMBALANCES

The root chakra controls the adrenal gland and excretion system, which removes waste from the body.

This chakra is connected:

- Bones
- Colon
- Nails
- Prostate gland
- Gonads
- Blood

An imbalance in this chakra can lead to anxiety, fear or rejection, sciatica problems, and constipation.



CRYSTALS & AROMATHERAPY

Crystals

- Red Jasper
- Smoky quartz
- Ruby
- Onyx
- Garnet
- Hematite

Aromatherapy

- Cedarwood
- Patchouli
- Frankincense



JOURNALING + PAINTING

- What keeps me grounded?
- What makes me feel secure?
- What nourishes me?
- What am I afraid of people knowing about me?
- If I felt secure and grounded within myself, I would....
- If I knew I wouldn't fail, I would...



MANTRA - "LAM"

Envision the color red glowing at the base of the spine grounding you to the earth.

"I am peaceful, protected, and secure, I am safe always, I am loved, and I love my body."

Repeat "LAM" three times.



