

The Sound Within Us

Awaken the sound within to restore harmony and balance in your life

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ROOT CHAKRA

The root chakra, located at the base of the spine, resonates with the color red and is our body's most primal and fundamental energy center. It manages the body's survival needs, including the need for food, shelter, and protection, and basic instincts like procreation and fight-or-flight reactions. This chakra establishes your foundation and stability as you flow through life, and therefore it is the heaviest of chakras. When the root chakra is restricted or blocked, we experience a disruption in the flow of life and can feel anxious, worried, or unstable. At the emotional level, the imbalance may show up as excessive negativity or cynicism, fatigue, eating disorders, and resentment. A blocked root chakra may turn into behaviors ruled mainly by fear. Getting outdoors and putting your bare feet on the Earth or connecting with nature in activities like gardening or hiking are ways to feel more grounded. When energy is flowing freely in this area, we feel connected, centered, and balanced with a strong sense of who we are. We are willing to nurture ourselves and others.

Root Chakra Affirmations

I am stronger than my fears.

I love being in my body.

I belong right where I am.

I am safe, protected, and nurtured by the Universe.

I have everything that I truly need.

I trust the goodness of life to carry me through.

I have a strong foundation; it supports me in all that I do.

My needs are provided for.

I am deeply rooted to the Earth.

I trust myself.

I am living life to the fullest.

I am centered and grounded.

