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# The Root Chakra

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WOUNDED TO WELL: HEALING THROUGH THE CHAKRAS™

Maybe you are searching among the branches for  
what only appears in the roots. - Rumi

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# The Root Chakra

## Mūlādhāra



**SANSKRIT:** *Mūlādhāra* - *Mūla* = root, origin; *Ādhāra* = basis, foundation

**LOCATION:** Base of the spine and first three vertebrae

**COLOR:** Red - strength, vitality, instincts

**ELEMENT:** Earth

**REPRESENTATION:** 4 petals of the lotus flower, upside down triangle symbolizing the connection between Earth and our life force; Kundalini energy remains coiled up here until released

**MANTRA SEED SYLLABLE:** LAM

**SENSORY:** Smell

**PHYSICAL ASSOCIATION:** Adrenals, Skeletal structure, teeth, large intestine, kidneys, blood; arterial blood flow to left chamber of heart

**PSYCHOLOGICAL FUNCTION:** Survival, fight or flight, self-preservation, safety, basic needs, physicality, aspects of self, family values

**CHALLENGE:** Fear

# Physical Signs

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- Anxiety, depression, panic attacks
- Racing heartbeat, restlessness
- Difficulty concentrating
- Eating disorders (binge-eating or starving)
- Sexual dysfunction
- Lower back pain
- Lethargy, constant fatigue
- Weight gain in the bottom half of your body
- Cold extremities (hands and feet)
- Problems with legs and feet (circulation, swelling, restless leg syndrome, cramps)





# Psychological Signs

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- Feeling insecure
- Operating out of fear
- Lacking support systems
- Obsessing about finances
- Trust issues
- Hypochondria
- Lacking authenticity



# Understanding Imbalances



It is very common to have an imbalanced Root Chakra



Anyone who has ever faced trauma, struggled with finances, encountered tough times growing up, or experienced difficult life situations such as divorce, abuse will likely have an imbalance in the Root Chakra

## BLOCKED

- May cause feelings of fear, suspicion, anxiety which may lead to feelings of insecurity, causing you to be critical, feel threatened, easily panic and even suffer paranoia. Low self-esteem, lack of focus, feeling spacey, nervous, unable to relax
- Blocks manifest as headaches, arthritis, eating disorders, lower back pain, fatigue, depression, anxiety, unhealthy weight, constipation, leg and foot pain and swelling

## OVERACTIVE

- Leads to self-centeredness, greed, bullying, anger at the smallest things, excess
- Tendencies to be aggressive and agitated; workaholic, fear of change, obsessive/compulsive behavior, lack of self-control, selfish, domineering

## BALANCED

- Feel peaceful, grounded, passion for life, motivated; secure, stable, energetic, willpower when needed; ability to relax and live a healthy and happy life
- Emotional and physical health; spiritual connection

**I am grounded. I am secure. I am worthy.**

# Activities

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## EXERCISE

Any activity that makes you more aware of your body; exercise the perineum

## YOGA

Tree Pose (Vrikshasana) or Child's Pose (Balasana)

## MEDITATION

Focus on the Root Chakra and the red glow emanating from the area

## BREATHING

Mindful breathing; focus on the present

## GROUNDING

Get in touch with Nature - walk barefoot in the grass, work in the garden

## FOCUS

Anoint the feet with essential oils, soak in mineral salts bath, keep the feet soft and hydrated, walk barefoot as often as you can



# Nutrition

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## HERBS

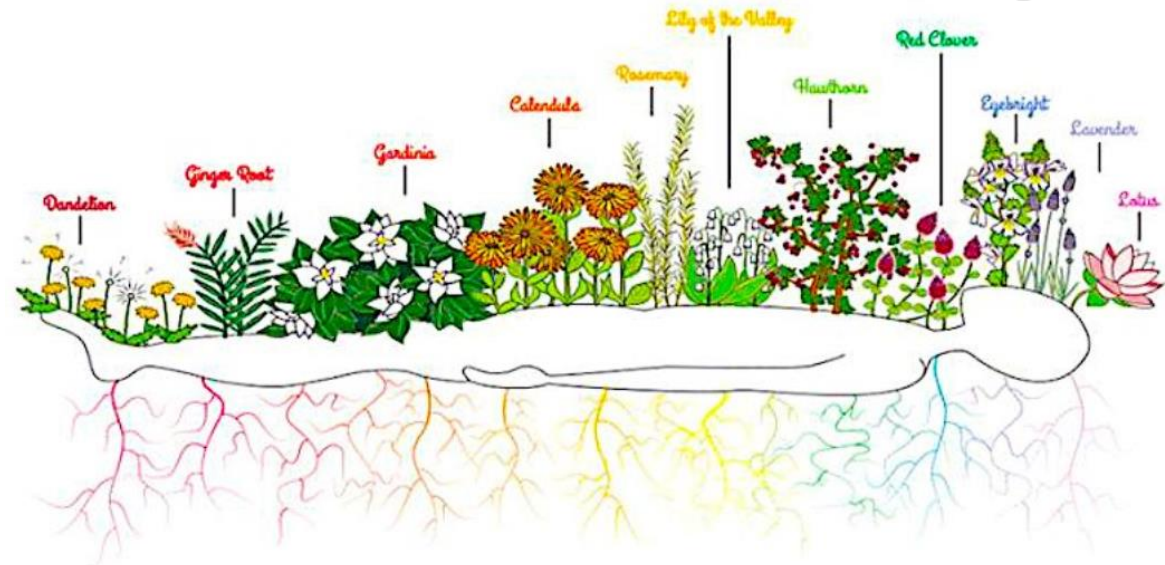
Dandelion, Burdock, Ginger, Sage, Cloves, Turmeric, Rosemary, Valerian

## FOODS

**PROTEINS** - meats, eggs, beans, tofu

**RED FRUITS** - apples, tomatoes, berries, cherries, pomegranates

**RED ROOTS** - beets, turnips, radishes, parsnips, sweet potato





# Essential Oils

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## GROUNDING AND CALMING SCENTS

- Sandalwood
- Myrrh
- Frankincense
- Ylang Ylang
- Cedarwood
- Vetiver
- Juniper
- Patchouli
- Clove
- Rosemary
- Ginger



# Stones

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## HEALING STONES AND CRYSTALS

- Bloodstone
- Red Jasper
- Garnet
- Red Carnelian
- Black Tourmaline
- Black Obsidian
- Hematite
- Copper
- Septarian Geode
- Shaman Stones



# Affirmations

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## AFFIRMATIONS FOR THE UNCONSCIOUS MIND

Repeat positive statements to yourself multiple times a day to reprogram thought patterns.

- I am grateful for all the challenges that helped me to grow and transform.
- I am connected to my body.
- I am safe.
- I have the right to be here, just like a tree or a star.
- I stand for my values, for truth, and for justice.
- I have what I need.
- I am grounded, stable, and standing on my own two feet.
- I am open to possibilities.
- I trust the goodness of life.
- I make choices that are healthy and good for me.
- I nurture my body with healthy food, exercise, and relaxation.





# Mind Work

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## EXPLORE ROOT CAUSES

- fears
- anxiety
- self-image
- insecurities
- emotional pain
- compulsive behavior





# Emotional Excavation

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## PROCESS EMOTIONAL WOUNDEDNESS

From unhealthy learned behaviors, trauma and other family of origin issues, this is a critical step in the healing process.



# A Spiritual Connection

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## OPENING TO YOUR OWN SPIRITUAL NATURE

The opening of the Root Chakra is similar to opening up to one's deepest spiritual nature.

This is why opening the Root Chakra is traditionally known as the awakening of the **Kundalini** energy - the rising of the dormant spiritual presence within us.

We realize that even in life's turmoil, we can remain still and calm at the center of the storm.



# The Balanced Chakra

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## BUILDING ON A STRONG BASE

Begin to heal the Root Chakra energy to clear the path for the healing of the next in the chakra system...

## The Sacral Chakra

