

# Root Chakra- Muladhara

- Crystal: Red Jasper, Hematite, Smoky Quartz
- Sound: LAM (pronounced “lahm”)
- Emotions: Grounded, Secure, Safe
- Language: “I am grounded and secure”
- Movement: Walking, Dancing, Yoga poses that focus on stability.
- Foods: Root vegetables (e.g., carrots, beets, potatoes), protein rich foods (e.g., beans, lentils, meat), and red fruits(e.g., strawberries, cherries).
- Day: Monday
- Color: Red
- Herbs: Ginger, Ginseng, Ashwagandha
- Blockers: Fear, Insecurity, Financial stress, Lack of physical activity.



@VEROBEACHAURA