

Spiritually Elevate



ROOT CHAKRA



Also known as Muladhara, the root chakra is the first of seven main energy centers in your body. It is located at the base of your spine. Like wheels, energy centers keep energy flowing through your body. When they are functioning properly, your body systems are able to function optimally. When one or more of your energy centers are blocked, this can create emotional and physical disturbances.

If your root chakra is blocked or not functioning properly, you can experience a wide range of emotional, mental, and physical symptoms. Some causes of a blocked or unhealthy root chakra are: Chronic panic, anxiety, or fear especially related to safety and security. Prolonged stress. Poor diet. Lack of sleep. Lack of movement.

You may notice feelings of disconnection from yourself, and the Earth, doubting your place in the world, and feeling a loss of will. Symptoms of anxiety and insecurity may be noticeable as well. If your root chakra is imbalanced, it could manifest as exaggerated behaviors guided mostly by emotions with little to no reason. Root chakra problems can also cause fearful responses, self-centered and aggressive behavior patterns. You may feel vulnerable, distrustful, and disconnected from the world around you.

A balanced root chakra will promote feelings of confidence and stability. You will feel more grounded and secure. You will experience feelings of safety and security both physically and emotionally. You will trust yourself and the world around you more easily. Our root chakra is closely linked to our primal survival instincts. When this chakra is balanced, you are more easily able to discern between real and perceived threats.

Physical symptoms that are experienced with a blocked root chakra are coordination issues, lack of energy, cold hands and feet, frequent diarrhea or constipation, and feeling drained from everyday life.

Psychological blockage symptoms are negative body image, worried about your finances, insecure about decisions, feeling like you're on unsteady ground, hopeless, and drained.

The root chakra is directly connected to organs such as your colon, bones, legs, and feet. This chakra is also linked to your teeth and sciatica pain. The gland associated with the root chakra is the adrenal gland, which is responsible for excreting cortisol, adrenaline, and noradrenaline that regulate your metabolism and immune system. These hormones are also responsible for keeping us alert and capable of acting in stressful situations. You can utilize these frequencies in root chakra healing by listening to the tones, meditate with these tones, and incorporate the frequencies into other practices such as yoga

A root chakra healing mantra is “LAM”, which is a grounding mantra.