

Root Chakra

Sanskrit name= Muladhara Element= EARTH Sense: Smell



Affirmation: "I AM ABLE" "I BLESS" (Tree of life chakra at feet)

Location: Perineum. Base of the spine

Color: browns, red, rosey ruby reds

Symbol: 4 petal lotus

Sound: C

Mantra: LAM or RA

Archetype: Earth Mother/Father ~ Victim

Associated Angel on the Kabbalah Tree of Life= Archangel Sandalphon

Associated Sound/Mantra on the Kabbalah Tree of Life= Adonai ha Aretz ("I Bless")

Tuvan Shamanistic associated animal= Snake, Deer and Eagle

Physical & Emotional Considerations:

skin, bones, blood, joints, adrenals

feeling connected and supported, having healthy boundaries, vitality, balancing own needs & needs of others

Keywords and Concepts:

*Foundation

*Personal support system.

*Ancestry, Tribe, Origins

*Grounding and Presence in the body.

*Basic needs met (money, shelter, companionship, food)

*Feeling 'able' and safe.

Self Assessment Questions:

*Who is my support system? ie..Who can you turn to, who shows up for you when you need something, who/what is supporting you (therapist, yoga class, friends..etc) List:

*How well are my basic needs of food, rent, monthly expenses, self care & fun met each month? circle: 1(barely making ends meet) 2 3 4 5 6 7(needs met) 8 9 10(needs met with plenty left over. I have no concerns or worries about this.)

*How is my relationship with my family?

*Do I now or have I ever had any skin, bone, blood joint or adrenal issues?

*When thinking about my finances, I feel:

*Do I feel safe and comfortable in my home? circle: 1(no) 2 3 4 5 6 7(most of the time) 8 9 10(always)

*In general, how safe do I feel throughout the day?

☐ I never think of harm coming to me

☐ I have fears such as driving on certain roads or being home alone

*Which describes you: (check all that apply)

☐ I feel like my opinion is heard and respected by others.

☐ I feel strong in my identity around other people.

☐ I feel like I lose my identity around others, or fade a little.

☐ I often feel more energized when I'm alone and more fatigued when I'm around others.

During the ROOT Chakra session, we will be working on really becoming present in the here & now, connecting with the Earth and our bodies, healing ancestral and familial 'wounds' and connecting with our physical and divine support systems. Many of the things that really strengthen the ROOT aren't practiced so much anymore; tribal practices (group dance, ceremony), living in awareness and harmony with nature and nature's cycles, being honored for our own unique place and purpose within the tribe and living in community, but we can seek these out and reintegrate them into our lives.

Action Steps

***Do the movement~visualization every morning. Complete the Art Ritual®**

***At times during the day, bring your awareness to your root, the ruby red color, and connecting with the Earth.**

***Spend at least 30 minutes outdoors 2 times this week.** Earth is the element of the Root Chakra. Go somewhere you can feel the earth beneath your feet or sit with your back against a tree.

***Put the \$1,000,000,000 bill from your chakra package in your wallet.** If you are a Seed participant, and are not receiving the chakra packages, you can obtain one at amazon.com or possibly a local toy store. The bill works with you on a unconscious level. By seeing this money each time you open your wallet, you begin to really feel more secure & abundant.

***Connect with your tribe!** Arrange a lunch with friends, go to a workshop, go dancing, attend a concert, call a supportive family member, join a like minded group or take a class.

***Smell is the sense for the Root Chakra-** bring awareness to the scents around you, in your home, your food and what you put on your body.

***Commit to some physical **exercise**;** this connects you with your body and helps move stuck energy. Even a 10 minute walk or 10 minutes of stretching can make a huge difference.

***Body Care-** Get a massage. Eat healthier and give more awareness to your food and the process of eating. Smell is the sense for the Root Chakra- bring awareness to the scents around you, in your home, your food and what you put on your body.

***Work with the earth.** Plant something and watch it grow. It wonderful for the ROOT Chakra to garden. If this isn't possible, consider plants indoors.

***Connect with your home.** Clean house, rearrange the furniture or add a decorative element that resonates with you.

***Write down 3 goals & at least 2 actions steps for each one.** Clarifying goals and taking action strengthens the ROOT Chakra by strengthening foundations. Goals and clear practical actions are very grounding and supportive to our well-being.

Key Life Areas and the Root Chakra

RELATIONSHIPS

A healthy ROOT chakra is very important for healthy, fulfilling relationships, ie..relationships that are overall balanced, safe, nurturing, being seen & heard and seeing and hearing others, being connected with and connecting. This occurs more clearly if you are grounded in your body, have a sense of self identity, and feel safe (healthy ROOT). In relationship, the combination of your root energies can be looked at as the ROOT chakra of the relationship. One way to strengthen and nurture relationships via the ROOT chakra, is to show up for yourself and others in these ways: providing/sharing food, nurturing safety, trust, basic respect and consideration, integrity and group/tribe connection. Here's an example from my own life: I was showing my work at an art fair and a friend offered to bring me some lunch the next day since I would be busy at my booth all day. That is a great and powerful action! Unfortunately she never showed up that next day and that rocked the basic foundations of our fairly new friendship. Show up for people to nurture the ROOT of your relationship: remember birthdays, do what you say you are going to do, allowing an organic steady pace in the growth of the relationship, be honest and authentic, invite that person to the pot luck or other friend gathering. Also, who is showing up for you? If someone is not showing up, you may need to ask or initiate this dynamic yourself, or let go and find others to be your tribe.

HEALTH

The ROOT chakra is connected to the health of bones, joints, blood, adrenals and skin. Work with the ROOT chakra to help prevent or bring healing to these areas. The exercises and action steps for the ROOT chakra will also help you increase your energy and feelings of strength & vitality.

If you have a health issue or experience one in the future, remember to allow/ask for others to support and nurture you. Seek out foundational medicine (tried and true methods such as antibiotics) as well as working with alternative medicine practitioners. Look to the foods you eat and herbal plant medicines.

ABUNDANCE/FINANCES

Money is one of the core issues that show up in the ROOT chakra because money is the form of exchange we use most to get our basic survival needs met (food, shelter..). As your ROOT chakra becomes clear and functioning to it's best, you naturally feel more able to create and receive what you need. Reciprocally, when your basic needs are well taken care of, your ROOT is stronger and clearer. One thing to remember in this day and age of realizing the power of mind, is that we must not neglect taking grounded real action and

honoring our basic needs. I personally am not a believer that you must necessarily let go of one thing (like a stable job) in order to manifest your dreams (like working full time on your own creative business). It's true that in life there are points where a chance must be taken, a risk is involved and we must leap through a window of opportunity. But there is a healthy way, with self care as the leader and guide. Usually smaller steps have been taken first and there is a point of clarity and inner knowing when the risk is prime for the taking.

One of the most crucial elements for feeling and experiencing abundance is connection with others. As mentioned earlier, this is a crucial element of the ROOT- connection, tribe, support system. We can receive in so many ways from our friends, our groups, our tribe and our networks. There's the potential to receive referrals, more business, gifts, assistance and help. And we have the opportunity to give these things as well. Anytime you feel a weakening in the area of finances/abundance, check in with your ROOT and with the information, tools and action steps in this workbook.

EVOLUTION OF CONSCIOUSNESS

Transformation & healing of the ROOT chakra into it's true functioning, gifts and beauty is part of your spiritual human energy evolution. The ROOT is connected to our ancestry and the ancestry of the human race. There is some wounded energy there to be healed in the collective and usually for us personally as well.

I have a love affair with the 'lower' chakras. I think they are so yummy! I adore the ROOT chakra. As I've opened my upper chakras and cleared/healed my ROOT, I find the ROOT such a comforting place to go. It's like the roots of your spiritual tree. The stronger & deeper the roots, the more you can experience and consciously access the gifts and resources of the higher chakras with clarity, comfort and stability. You know how wonderful you feel after being outdoors? how grounded yet expanded? how present and physically alive?- Say hello to your root!

Healing Tools for the Root chakra:

- *Red colors- visualize them, wear them, eat them
- *Drumming
- *Eating root vegetables (anything that grows in the ground like potatoes)
- *Connecting with Mother Nature-especially getting your body and bare feet on the earth and gardening
- *Connecting with the Nature Beings (devas, fairies..)
- *Exercise that builds strength and flexibility
- *Bloodstone, ruby, hematite, wood
- *Vetiver essential oil and other root oils.