



ROOT CHAKRA

We have hundreds of chakras that make up our energetic body that expand beyond our auric field. As we tune into our foundation of the human self we are offered the connection to our root chakra- Muladhara- this Hara represents our right to be birthed into the life form that we are. It offers us the rights to survival, learning our safety in the world we live in. We are offered energy, to connect to all of the creations of our earth and beyond our skies. Our beautiful energy is so incredibly expansive and of infinite existence.

As we grow we begin to experience what others have to offer. The awareness of our own consciousness and meeting the awareness of others right where they are in their walk of life. We all hold this incredible grace of purpose. Our Root chakra gifts us the connection to the beauty of life, to the material life at hand, connecting us to our frequency of currency, empowers our energy to be abundant. Our roots connect us to our ancestors and to the infinite source of love. There are times in our life where our energy may dim or even become overactive, this is a beautiful gift for us to learn and grow to understand the human experience for ourselves and to pass on to the life ahead.

The Root

1ST CHAKRA



POSITIVE AFFIRMATIONS

"IF YOU ARE BREATHING, YOU ARE AN
ABUNDANT BEING!"

I AM.

I AM ALIVE

I AM MATERIAL

I AM EARTH

I AM ETERNALLY SAFE

I AM HOME

I LOVE MY BODY

I AM CENTERED

I AM GROUNDED

I AM RIGHT WHERE I NEED TO BE

I AM ABUNDANT IN FRUITFUL CREATIVE ENERGY

I AM ABUNDANT IN THE NATURAL JOY OF BEING ALIVE

I AM WORTHY OF ALL THINGS WONDERFUL

I AM CONNECTED TO ALL THAT IS AROUND ME

I TRUST MY BODY AND IT'S LOVE FOR ME

I HAVE EVERYTHING I NEED

I AM OPEN TO BEAUTIFUL POSSIBILITIES

I LOVE LIFE AND IT LOVES ME BACK

I AM PEACE

ROOT CHAKRA: MULADHARA

TRANSLATES TO ROOT CHARGE

BIJ MANTRA: LAM OR LANG

CONNECTION TO THE SOUNDS OF THUNDER AND DRUMS

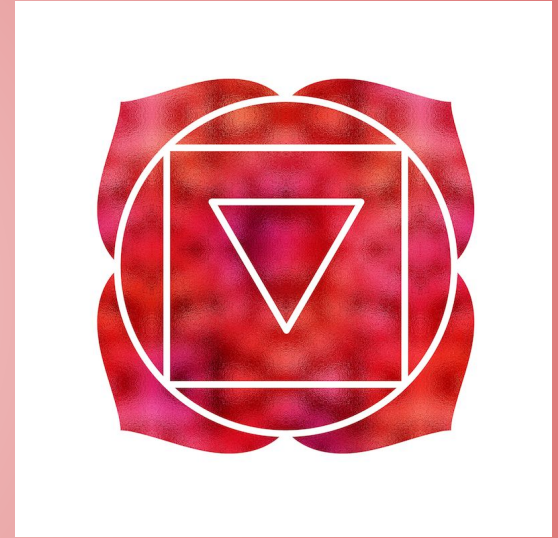
COLORS: AS A FREQUENCY IT CREATES A BRIGHT RED; IN THE VEDAS, GOLD OR YELLOW IS THE CONNECTIVE COLOR

SYMBOL: YELLOW TRIANGLE- REPRESENTS THE INTERNAL FIRE OF GROWTH, THIS IS INSIDE A SQUARE, THAT IS INSIDE A CIRCLE WITH 4 PETALS INSIDE IT. THE SQUARE REPRESENTS THE EARTH ITSELF, THE FOUR DIMENSIONS AND THE FOUR DIRECTIONS. FOUR ALLOWS FOR COMPLETION, AND EARTH EMBODIES THE ELEMENTS AND CONDITIONS FOR HUMAN COMPLETION ON ALL LEVELS.

MEDICINE WHEEL: EARTH- BONE, TEETH, NAILS

ORIENTATION: ABILITY TO SELF PRESERVE

DIRECTIONAL: SOUTH- THE SLEEP STATE



ANATOMY AND FUNCTIONS OF THE ROOT CHAKRA

Location: At the base of the spine in the pelvic coccyx, connects at the back of the sacrum

Activates at 4 weeks in the womb
develops from the age of 0-7 years of age.

This is the age where you learn the ethics of life by taking in all your familial relations.
It is related to your basic needs.

The foundational energy of your life.

As the Root Chakra awakens, the sacred energy of Kundalini begins to rise.

Forms your foundation, ethical codes, ethical behaviors

Chief operating system: Gravity

Connected to sense of smell: it can be a lifesaving sense. Think about our ancestors and the ability to smell trails of animals and other people.

Connected to adrenal glands, testes and gonads, governs the male reproductive system.

Survival instincts: fight or flight, governs confidence and survival tactics: CHRONIC ACTIVATION OF THIS SURVIVAL MECHANISM IMPAIRS HEALTH.

Function: security, survival, safety and grounding

Guna- Tamasic: can be used as a filtration system

Vayu: Apana- moving down and outward- the release and removal

FUNCTIONS OF THE ROOT CHAKRA

Shadow side: Fear, lack, insecure, ungrounded, unsafe

STRESS: NOURISH THE NERVOUS SYSTEM

Turn stress into excitement

Strength Stillness: quiet within the self; balance between communication

The death and rebirth process: the more we are able to celebrate life without attachment, the grieving process becomes easier; the shedding of layers

Spiritual aspect: body is a layer of our souls recognition and souls path

Physical: Label maker ie: sister, mom, daughter, wife- start to witness the label and allow it to float away; gain physical identity as the human, stepping away from the doing and step into the witness to see our whole presence rather than the label

Verbal disconnect-

Refrain from missing something or someone

I miss ____: shift it into-

I enjoy our time together; i look forward to spending more time, these memories inspire me to...

Retraining the thoughts and the mind into positive activity so the root chakra can evaluate where it is and begin to shift

GET IN THE ZONES

Comfort zone- root

Comfort zone, where you feel safe, where you feel control, comfort zone=fear

Fear is the root of being afraid of death- shifting to understand death as when you die you have served your lesson and purpose in this life.Â

Fear zone- sacral

Where we find excuses not to do things that make us uncomfortable, Between the ages of 0-18, Around the 13 they grow willpower want to grow out of the fear zone, Where people leave the house, new job, college, new apartment not having enough confidence, lack of self confidence or self awareness or understanding, lots of excuses made in this zone, very affected by others' opinions, keeping up with the Joneses, self absorption

Learning zone- solar plexus

Start to meet challenges with solutions, learn more about life around us, things become easier, not as afraid of things happening, start to understand the alignment of your life, finding more purpose, where you learn new skills, find what you are passionate about, where you make educated decisions about your own life without the influence of others

Growth zone- heart space

Where you start to live your dreams, start new goals, become more organized, understand finances, create more for yourself, where you no longer rely on anyone or anything, create your own frequencies for money exchange, the forever zoneÂ
Destiny is a choice, not a chosen path!

THE MYSTICS

TAROT: PENTACLES

In the Tarot, the suit of Pentacles (often portrayed as Coins) is associated with matters of security, stability and wealth. It's also connected to the element of earth, and subsequently, the direction of North. This suit is where you'll find cards that relate to job security, educational growth, investments, home, money and wealth. As with the Major Arcana, the Pentacle suit does include meanings if the cards are reversed; however, bear in mind that not all Tarot card readers use reversals in their interpretations.

ARCHANGEL: URIEL

Uriel is considered to be Archangel of the Earth. This means he is responsible for protecting people from floods, earthquakes and other natural disasters. Some people believe that Uriel appears in storms and rainbows. Because of this close association with the Earth, Uriel acts as a channel between the Earth and the divine, bringing God's plan into the material world. Uriel's season is winter, and his direction North.

PLANTES: SATURN: SANI IN SANSKRIT

Rumi- if you are irritated by every rub, how will you be polished?"
perfect way to summarize the energy of Saturn

In our physical bodies Saturn rules our Bones, being the structure of who we are. Skin, being the boundary of our physical bodies. Teeth, the spleen, and hardenings in the body, such as stone formations, or hardenings of the digestive or arterial systems.

Saturn is all about taking responsibility for our lives, for our destiny, and for our past. Sometimes, the only way Saturn can evoke these lessons within us is by showing us a little tough love, imposing restrictions, or making us feel the weight of our actions. Saturn does this to help us grow, to help us shine, and to help us move on to that next level. Saturn commands us to get to work and to work hard. Learning life's lessons is key to this planet, our learned patterns of behavior, wisdom, and past life lessons.

THE MYSTICS

BALANCING & CLEARING ROOT CHAKRA

Tarot Layout

EMERALD.LOTUS.CA



1 - CARD TO REPRESENT MY ROOT CHAKRA

2 - MY CURRENT SENSE OF SECURITY

3 - HOW TO FEEL MORE GROUNDED

4 - GOOD WAY TO BALANCE THIS CHAKRA

5 - RESULT OF BALANCING THIS CHAKRA

THE MYSTICS

Mythological Deities:

Brahma: Rules direction of North, being pure and clear, Sattvic energy appears in two light hours of dusk and dawn- helps to eradicate all fears and insecurities- offers supreme truth

In the honorability of Bramha you connect with the physical self which is the offering of the physical body which survives on food, water, breath, rest and sex. The body, the physical self, the emotional self and the intuitive self all need exercise. Mother Earth energy- feminine energy

Rational self: developing ethical foundations and programming self loyalty or self discipline

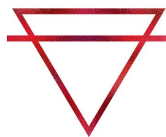
Conditioned logic- exercise unconditioning consistently- letting go-

Emotional self: Loyalties and moods and being able to shift entirely

Intuitive self: Needs exercise in the physical body to be remembered, stagnant energy MOVE YOURSELF

Shakti energy deity of Dakini- goddess the beholder, the doorkeeper to Divinity, the releasing active energy for Shakti- allowing Shakti to rise in the physical body

Ruler of the animal kingdom: Ganesha- masculine energy- symbolizes prosperity, the gate of wisdom and the removal of obstacles



EARTH ELEMENT

Earthing also known as Grounding is direct contact with the earth. Without grounding, we become unstable, disconnected, we tend to lose our center, lose our ability to manifest, and can even become lost within a fantasy world. Ultimately, we lose our ability to contain, to have and to hold.

In a disconnected culture, values fall away from keeping a close relationship to our Earth mother. As we fall out of touch with Earth, we develop pain. Our bodies hurt after a day of driving or sitting at a computer. The stress of fast paced living doesn't give us the chance to rest and renew, or to process the hurt so we can release it. As we develop pain we develop fear. The body become more resistant to grounding, "to ground" is "to be in touch".

Walking keeps our energy in flow, as well as keeping the body physically fit. This is a natural healing and grounding technique, to connect us back to our roots.

Simply walking barefoot on the earth's surface, allows the impact of stressful vibrations to be released from our vessel into a larger energy body that can handle them.

Itzhak Bentov discussed a micro motion of the body that consists of a constant vibration of the heart, cells and bodily fluids, all vibrating at a frequency of 6.8 – 7.5 cycles per second. There is an electrostatic field surrounding the earth with a resonant frequency of about 7.5 cycles per second. The body's natural frequency resonates with the earth's ionosphere. Just as a lightning rod protects a building by sending the excess voltage into the ground, our grounding protects the body from becoming overloaded by tensions of everyday life.

The Earth element is 1 of 7 elements in Sacred Alchemy, Earth is the element of stability, security, groundedness, fertility, materiality, potential, stillness, and abundance. Earth is also an element of beginnings and endings, or death and rebirth, as life comes from the ground and then decomposes back into earth after death. Solid elements of matter have edges, boundaries and limitations similar to what we experience on Earth. Earth elements allow us to become materialistically real. Become present in the here and now and feeling the vitality of Mother Nature.

PHYSICAL HEALTH



The understanding of the 1st chakra is ultimately to understand and heal the body. Energetically, Emotionally, Physically, Mentally and physically.

The acceptance of your body in all that it is, the way it is shaped, the way it feels, the way it provides for you, keeps you safe, validate your body, and love your body. The connection to your physical body will allow you to hold a healthy relationship with your physical identity.

The language of the 1st chakra is form, and our body is the physical expression of our personal form. To validate the body is to identify with it. If you feel discomfort in your body, question your emotional body what it is that is actually out of balance.

As we gain our physical identity, it gives us solidity as human beings. At our present level of evolution, matter is an undeniable reality and necessity. We cannot separate ourselves from it, because we are made up of it. To deny the connection and care of your physical body is choosing

Vitalism- Hydration, good sleep, conscious breath, vibrational foods, vibrational practices are key to living a healthy life.

Self-Nurturance is fundamental in taking care of your physical body. Giving your body massages, pleasure, rest, hot baths, physical exercise and nourishing food are key to making your Root Chakra healthy and happy.

Eating is a 1st chakra activity. It grounds us, nourishes us, and maintains our physical structure. The food we digest is the matter we transform to energy, and it follows that what we eat affects our energy output.

“You are what you eat” Scientifically, this has been proven to be physically and energetically true!

The people who’s health begins to decline or experience a physical collapse are revealing a lack of support in their life, and their bodies show it as a sense of defeat. They may question their right to be here, have difficulty nourishing themselves or suffer from abandonment issues. Eating disorders are also manifestations of 1st chakra issues of nourishment.

PHYSICAL HEALTH



Can physically manifest as:

- Bowel disorders
- Bones, teeth problems
- Lower intestinal problems
- Low back pain
- Chronic Constipation
- Frequent illnesses
- Feelings of constipation or diarrhea
- Erectile dysfunction
- Colon, Hemorrhoids
- Eating disorders
- Anorexia/ bulimic behavior
- Aggressiveness
- Sexual dysfunction
- Anger
- Restlessness

ROOT CHAKRA DEFICIENCIES

- Disconnection from body
- Notably underweight
- Fearful, anxious, restless, can't settle
- Inability to focus or self discipline
- Financial difficulty
- Chronic disorganizations
- Feeling disconnected from the world,
- Distant from family
- Overwhelmingly exhausted
- Chronic fatigue/ lethargy
- Being a homebody from sadness or dissociative behaviors
- Neglecting the self
- Trouble determining boundaries
- Unusually Depressed
- Unusually Passive
- Addiction to stimulants

EXCESSIVE 1ST CHAKRA

- Obesity, overeating
- Hoarding, material fixations, greed
- Sluggish, lazy, tired
- Fear of change
- addiction to security
- Rigid boundaries
- Anxiety/nervousness/ paranoia
- Questioning- life/ family/ love/ career
- Confusion of your path
- Craving unhealthy comfort foods- overeating
- Aggression
- Too many boundaries/ dominant behavior
- Addiction to sedatives
- Addiction to adrenaline activities
- Hoarding/ material possession obsession
- Material desire

BALANCED 1ST CHAKRA

- Good health
- Vitality
- Well grounded
- Comfortable in body
- Confident
- Sense of trust in the world
- Knowing everything in life is alignment
- Feeling of safety and security
- Ability to relax and be still
- Stability
- Prosperity
- Right livelihood
- Feeling of Abundance
- Knowing you have everything you need within you



PHYSICAL HEALTH



Developmental Tasks – Basic Rights – *To be here, present, Being alive, Physical growth, Motor skills, Object permanence*

Traumas to the Root Chakra

Abandonment,

Physical abuse or violent environment

physical neglect

Sexual Trauma

Poor physical bonding with mother

Inherited traumas – parents' survival fears

Malnourishment or feeding difficulties

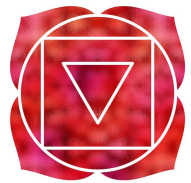
War

Major illness or surgery

Poverty conditions

Enema abuse

Unsafe living conditions



KEY STEPS FOR IN-DEPTH HEALING OF THE ROOT CHAKRA

1. Anchoring yourself in your environment

Root chakra preoccupations relate to feeling safe in the world. Developing a harmonious relationship with your environment is key in fostering safety. How you feel in your immediate surroundings, from your home to your neighborhood and region matters in supporting the first chakra balance.

2. Connecting intimately with the earth

In order to heal root chakra imbalance, it's important to connect directly to the earth. Go outside and walk on unpaved paths, dig your hands in the earth, plant seeds... These are all examples of personal connections with the earth element that will support the opening of the root chakra to a more grounded, sustainable energy flow.

If you do not have access to garden, walking outside to a park and pay attention to every step you make, feeling the contact of your feet to the ground. Make it a daily practice. The presence of plants in your immediate surrounding can also be helpful to bring the earth closer to you. Another way to connect with this elemental energy is to imagine grounding yourself deep into the earth by visualizing a grounding cord made a burgundy red light, uniting your root chakra to the center of the earth.

3. Physical activity promotes root chakra health

Let's face it, the root chakra governs the quality of our physical presence and feeling of aliveness in our body. Physical activity, no matter big or small, supports root chakra healing. Any movement involving your feet and legs will be particularly helpful. When you feel your vital force, you connect with the strength of root chakra energy and grounded in your life.

4. Overcoming feelings of insecurity by learning self-reliance

To counter the tendency to worry about safety and well-being, an element characteristic of first chakra imbalance, long-lasting healing consists in reinforcing your belief that you're OK in this world and can get what you need when you need it. Working on self-reliance, confidence, perceptions about resourcefulness in your life are key in healing the root chakra.

KEY STEPS FOR IN-DEPTH HEALING OF THE ROOT CHAKRA

5. Discovering your true needs and aspirations

To heal the first chakra, you need to know what your true needs and aspirations are. This generally helps guide your course of action and decisions with regards to the place you want to live in, the work you want to do, and the people you want to surround yourself with. Without this awareness, you have more chances to be swayed by others' opinions or circumstances, and miss the opportunity to meet your deepest needs.

Introspection and clarity are therefore keys to healing the root chakra. This is no small task, but with some time given to personal reflection and friendly advice, you will get in the right direction. Pay attention to limiting beliefs about yourself, and trust possibilities towards a better life.

6. Going from a psychology of scarcity to personal abundance

Remember that a psychology of lack and scarcity tends to self-perpetuate and reinforces limiting beliefs about your chances of success. Healing your root chakra aims at restoring confidence in your ability to provide for yourself and meet your basic needs easily.

An important step in healing root chakra concerns is to re-center the notion of material abundance on inner and non-material abundance. For instance, instead of assessing your level of wealth just base on your bank account, consider all the other types of riches you have in your life, from friendships to enjoyment of everyday pleasures. In the process, you will like have to reconsider personal beliefs about money and physical safety.

7. The root chakra and embodying the energy of manifestation

When healing the root chakra, it's important to remember that the outer world is often a reflection of what is happening inside you. Your notion about what it means to be abundant in the material world is affected and affects your notion of inner balance and resourcefulness. In other words, your state of being translates into your ability to manifest in the material world.

CRYSTALS

Black tourmaline: grounding, protection, helps to clear and cleanse energy blockages

Bloodstone: strength, removes energy blockages & negativity

Garnet: increases energy, vitality and regeneration, balances emotions, protects against stress

Hematite: grounding, balance, protection, transforms negative energies into positive vibrations, balances the meridians

Obsidian: highly protective stone, absorbs negative energy (make sure to cleanse often)

Red Calcite: reduces stress, soothes imbalances that cause exhaustion and fatigue, grounds & strengthens life force

Red Carnelian: courage & strength, increases self-worth, clears & dispels negative energy, grounding

Red Jasper: security & balance, grounding, strength & vitality

Smoky Quartz: grounding & stabilizing, helps to overcome feelings of fear, depression & anger, helps release old wounds

Choose a crystal based on how drawn you feel to it; that crystal is likely what your body/mind is needing the most.

ESSENTIAL OILS

Cedarwood: helps with connection and loneliness, helps to calm and relax, natural decongestant, grounding earthy aroma

Clove: joy, prosperity, abundance, treats digestive and respiratory problems, energizing, fights bacteria and fungus

Cypress: creates emotional balance, helps with feelings of anxiousness, aids in calm feelings while also energizing

Frankincense: helps treat depression and anxiety, provides tranquil, calming and spiritual grounding, helps deepen meditation and calm the mind, immune and respiratory support

Ginger: stimulates circulation, helps digestion, anti-nausea, used for natural pain relief

Myrrh: brings focus, harmony and aides in cleanliness, relieves stress, provides relief for upper respiratory infections, helps to relax and sooth sore muscles

Patchouli: grounding, stabilizing, inspires self-confidence and love for your body

Rosemary: aids in transitions and with adjusting, banishes negativity and brings protection, perfect to use when feeling worn out, aids in memory, improves blood circulation

Rosewood: natural antidepressant, improves alertness and blood circulation, aids in digestion

Thyme: provides natural pain relief, inspires bravery and courage, helps with respiratory irritation, boosts immune system

Vetive: tranquil, grounding, helps to calm and stabilize, helps to bring awareness

White Fir: alleviates pain in sore muscles and joints, energizes the body and mind, helps with respiratory function, brings feelings of stability, energy and empowerment, helps to stimulate mind while relaxing the body

Ylang-ylang: soothes fearfulness, evokes optimism and cheerfulness, lessons tension and stress, helps to balance hormones