



Color: Red

Element: Earth

Location: The base of spine

Root Chakra - Muladhara

Muladhara

Influences:

- Your sense of safety
- Your sense of primal security
- Your ability to adapt, change, and grow
- Your sense of groundedness

Symptoms of a blocked root chakra:

- Unnecessary anxiety
- Constantly feeling on high alert
- Panic attacks
- Difficulty making decisions
- Low self esteem
- A large desire for affirmation
- Tightness/injury in legs & knees
- Chronic low back pain
- Sluggishness
- Autoimmune issues



Represents

1 | Safety

The root chakra is primarily influenced by how safe we feel in terms of primal needs such as food, sleep, shelter, and acceptance in the tribe. Often of our root chakra is blocked because **our brains are wired to do 2 things: focus on threats and hold on to negative experiences** more easily than positive experiences. (See resource on The Buddha's Brain). This was necessary in early humanity but in modern society, it makes us live in an unnecessary state of fear.

On the other side of the coin, our brains use fear to keep us safe but, more often than not, it holds us back because we live in a relatively safe world. The safer we feel, the less we fear, right? So if we don't feel safe, we're going to live in a constant state of fear, anxiety, and panic. And how can that possibly be good for our happiness and wellbeing?

We've evolved to see rejection, criticism, change, loss, and scarcity as a threat to survival when that isn't quite a reality. Therefore, if we feel loved, a sense of belonging, and interconnectedness, we'll feel safe and our root chakra will be balanced.



Represents

2 | Security

This chakra also rules our ability to meet our own needs for survival therefore, many of our monetary desires lie under the reign of the Muladhara.

An imbalance in the root chakra could make us keep a job we hate in order to have a steady paycheck instead of pursuing a dream career because we desperately crave security.

It could also put us in a "rat race" mindset of always needing more. There is nothing wrong with wanting to make more money, but you must distinguish the difference between want and need. Studies have shown that once basic needs are met, money does not affect happiness. (See resouce Happy)

A perfect example of an imbalanced root chakra is people who hoarded toilet paper during the COVID pandemic. During that time, people felt a direct attack on their sense of security.

In balance, we learn to trust that the universe will provide. We don't fall victim to the beliefs that there are only a limited amount of supplies, resources, and opportunities in the world.

We could also boost our sense of security with skills like adaptibility or allowing ourselves to sink into our sense of home.



Represents

3 | Support

Finally, our root chakra relates to our sense of interconnectedness in the world. Again, our root chakra relates to our primal brain where acceptance into the tribe meant survival and vice versa. It's essential for every single one of us to feel some sense of belonging. Belonging is an innate human desire (see resource *Braving the Wilderness*).

This belonging can come in many forms. We can get this through our biological families, our community, our friend circle, our community and/or tribe.

When we don't feel a sense of belonging it contributes to low self esteem and feeds back into the primal sense that we are not safe.

In regards to belonging it can also do the opposite. By starting with finding support, belonging, or our tribe, we can ease ourselves into balancing our sense of safety and security. Overall, our tribe is a major source of groundedness for us and it can be a great place to build our sense of safety and security off of.



How It Becomes Blocked

1 | Childhood

A chakra can become blocked by any life event both big and small but for some of us, our chakras have been blocked from a very young age. For the root chakra, which relates to security in the self and in the world, childhood trauma plays a big role. But smaller childhood traumas like feeling unheard, not acknowledged, or unappreciated may cause the root chakra to be blocked. If we received messages as a child that parts of our selves are "unlovable" we may repress emotions or feel unsteady in life.

The path to balance requires confronting your past in order to get grounded in your sense of self, who you are, and where you stand.

2 | Ego

The ego in general is in constant need of affirmation. The ego hates criticism and being unable to take criticism is a sign of a blocked root chakra. There are dozens of experiences that can cause us to have an overpowering ego but it usually comes from a lack of confidence.

Is there anyone you know who acts like a know-it-all yet also seems really insecure? That's a sure sign of an overpowering ego, a weak sense of self, and a blocked root chakra.



How It Becomes Blocked

Ego continued...

The ego is complex but its job is to protect us. It only needs protecting though, when we're not strong enough inside. The next 2 chakras will play a big role in this one but overall, you'll need to learn to get grounded on the inside. Learn who you are and stand firmly in who you are.

3 | Wiring

Sometimes, it's just part of your creation. If you know anything about The Enneagram or MBTI, you'd know that some types are naturally more anxious and fearful and recent studies say that as much as 50% of your personality type is caused by nature, not nurture.

If that's you, that's OKAY! Don't deny who you are. Accept it and be compassionate towards yourself and work extra hard on the root chakra activities we'll provide.



When It's Balanced, You'll Feel

1 | Calm

When you learn to find a sense of safety, security, and belonging, you'll discover an unbelievable feeling of calmness inside of you. You're no longer so worried (aside from times when it's necessary), which will leave room inside your mind to work towards the next step in your life, pursuing flow, creativity, and self worth--the sacral chakra. You'll become more present so you can enjoy the moments of your life with more passion and zest.

2 | Oneness

When your Muladhara is flowing freely, you'll feel a immense connection with nature. You'll be able to draw energy and inspiration from the elements surrounding you. You'll experience oneness with the earth and learn to trust in a presence larger than yourself. This sense of oneness can provide ultimate joy that makes you want to scream out loud in excitement and gives your life purpose.

3 | Acceptance

A balanced root chakra will allow you to accept your strengths as well as your weaknesses. It grounds you to a solid sense of identity where you feel safe, secure, and stable. You can hear your intuition, feel more confident in your decision making, and feel an abundance in the universe that will provide for you when you need it.



Path to Growth

1 | Get Grounded in Nature

Nature provides more than one answer. Muladhara is represented by the element Earth and that means major interconnectedness can happen when we literally touch the earth. That could mean putting our feet in the sand, doing some gardening, or sitting beneath a big tree. The earth is a reminder that we are connected to something much bigger than ourselves and that provides a wonderful sense of belonging that will push us to start balancing our root chakra.

2 | Forgive

So many of our beliefs about being unsafe come from past experiences. As much as it's human nature, don't hold on so tightly to negative experiences. Let go of the past. Forgive. Forgive yourself. Forgive your parents. Forgive anyone who made you think you weren't safe, weren't secure, or belonged.

3 | Trust the Universe

After forgiveness, we must trust that our tribe will accept us, the world will provide for us, and that it is safe to be ourselves, to change, and to grow. With these things, we will become rooted and capable of growing our branches and leaves.



Muladhara Mantras

**Directions: Print the next page
(page 10) out, cut each mantra
into squares, and tape them up
in places you'll see them
throughout your day.**

Muladhara Actions

- Get in touch with the earth.
- Wear red.
- Stretch + strengthen your legs.
- Practice myofascial release on your lower back.
- Learn a survival skill.

**I AM SAFE +
GROUNDED**



**I AM CAPABLE OF
CHANGE &
GROWTH**



**I AM ANCHORED
TO THE WORLD
AROUND ME**



**I KNOW WHO I
AM + WHERE I
STAND**



**THE WORLD
WILL PROVIDE
FOR ME**



**I BELONG TO A TRIBE,
FAMILY, COMMUNITY
& TO MYSELF**



**MY MIND & BODY
ARE HEALTHY &
SECURE**





TURMERIC SWEET POTATO SOUP WITH ROAST BEEF AND BEETS

INGREDIENTS

- 4 large sweet potatoes, roughly diced
- 1/2 of a sweet onion, roughly chopped
- 6 cloves of garlic
- 10 carrots, chopped into 1 inch pieces
- 3 cups chicken or vegetable stock
- 2 teaspoons turmeric powder
- 3 tablespoons of olive oil
- 1 tablespoon salt (optional)
- 2-4 raw beets, steamed
- Optional: Grass-Fed Beef Roast (2-3 lbs)

SERVINGS: 6

PREP TIME: 45MINS

COOK TIME: 1 HR MINS

TOTAL TIME: 1HR 45MINS

SOUP DIRECTIONS

1. Prepare a roast of choice.

2. Preheat oven to 350 degrees F

3. Dice sweet potatoes and carrots into a 1-inch cubes. Place in a 8x11 oven dish. Drizzle with 1 tbsp of olive oil and 1 tsp salt then place in oven for 45 min to 1 hour.

4. Meanwhile, roughly chop the onion, peel 6 whole cloves of garlic, and sauté in a pan with 1 tbsp of olive oil. Once garlic and onions are soft, transfer them back into a bowl.

5. Once, sweet potatoes and carrots are fork tender, blend together with the onions and garlic. Add chicken or vegetable stock) one cup at a time to thin as needed. You can use a Vitamix or hand blender.

6. Heat the soup in a large pot and combine 1 teaspoon of salt and 2 teaspoons of turmeric. Add more stock if you want it thinner.

Serve with beef roast and slices of steamed beets.



Journaling Exercises

Directions: Print the next page or if you have a journal, answer these prompts in your own journal.



Is there a part of yourself you are repressing or have repressed in an attempt to secure love + acceptance? Was there a time when the people around you made you feel as if parts of yourself were unlovable?

Think about a time you felt grounded? What made you feel grounded? Where were you and who were you with? How could you create this sense of groundedness within yourself?

Visualize a life where love, acceptance, safety, and security were guaranteed? Write down what appears in full detail.