

# Root Chakra

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ROOT CHAKRA

*Vitality/Courage/Self-Confidence*

*I am rooted in life and in myself.  
I am safe, stable, and secure.*

## ALL IS ONE

The Root Chakra is at the base of the spine and spins over the pelvis and sexual organs. It offers its support by carrying the life force up our body and down our legs. This chakra is a channel for bringing in the energies from the earth. It is literally our grounding force keeping us connected to mother earth. It has been said that to dance from your root chakra is to dance with the earth.

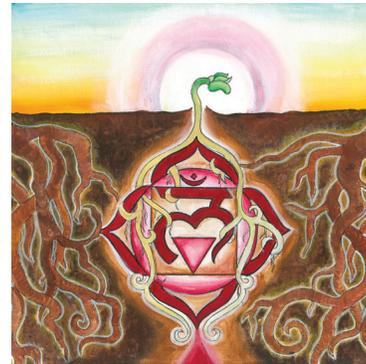
The Root Chakra is our foundation. It gives us our drive for the basics of life like food, shelter and the need to be part of a group or tribe. Tribe is used to describe our family and neighbors no matter what culture we live. Each tribe has its own belief systems that it imparts unto its members; be it cultural beliefs or expectations, religious beliefs and strategies, or superstitions. These belief systems are deeply ingrained into us and reside in the Root Chakra. Sometimes these beliefs serve us and at other times they hinder us in our growth. It is when there is confusion that imbalances occur in the Root Chakra.

The Root Chakra is linked to the basic of survival responses that come from fear of personal injury or tribal threat. This connection of the Root Chakra to survival and the fight or flight response is the reason that the adrenal glands are directly related to this energy center.

The Root Chakra also serves as the foundation for all the higher chakras as it is the source of the life force.

The Root Chakra speaks to us about honor, loyalty, justice, abundance and security. It keeps us linked to our primal belief systems and helps us stay connected to the "we are one" attitude that we will need to employ to keep this universe healthy.

Characteristics of a balanced Root Chakra are a strong and determined feeling that life is good. There is a belief



**COLOUR**  
Red

**COMPLIMENTARY COLOUR**  
Green

**SOUND**  
Note C

**SENSE**  
Smell

**LOCATION**  
Base of Spine

**BASIC PRINCIPLE**  
To be here and to have

**ASSOCIATED GLANDS**  
Adrenals

**ASSOCIATED MERIDIANS**  
Circulation/Sex

**EMOTIONAL COMPONENT**  
Fear

**PHYSICAL COMPONENT**  
Spinal column, legs, feet, bones, teeth and large intestine

that dreams will easily manifest and there is worthiness of abundance and prosperity in all areas of life. A strong Root Chakra is essential for grounding and focus. It anchors us in the flow of life and is the foundation for everything we do in our life. A strong Root Chakra gives us a positive approach and outlook on life.

#### **INSUFFICIENT ROOT CHAKRA ENERGY**

Feeling disconnected from the body  
 Financial difficulty  
 Fearful, anxious and restless  
 Poor focus and discipline  
 Poor boundaries  
 Disorganized  
 Lack of stamina

#### **EXCESS ROOT CHAKRA ENERGY**

Obesity and overeating  
 Hoarding and greed  
 Sluggish and lazy  
 Fear of change  
 Rigid boundaries  
 Addiction to security

#### **HARMONIOUS FUNCTION OF THE ROOT CHAKRA**

Good health  
 Comfortable in the body  
 Well grounded  
 Sense of trust in the world  
 Vitality  
 Sense of safety and security  
 Stability  
 Prosperity

#### **PHYSICAL IMBALANCES**

Poor circulation  
 Varicose veins  
 Lazy feeling  
 Sore back  
 Dry skin and hair  
 Hard to move bowel  
 Pale blotchy skin  
 Belching, burping and gas  
 Constipated  
 Diarrhea  
 Headaches

#### **EMOTIONAL IMBALANCES**

Lack of commitment  
 Operating out of fear  
 Unfinished business with parents  
 Abuse or neglect in childhood  
 Not able to stand up for oneself or provide life's necessities  
 Need for safety or security in the world  
 Inability to keep a job or permanent living situation  
 Limiting psychological programming (i.e.; You're stupid)