

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.

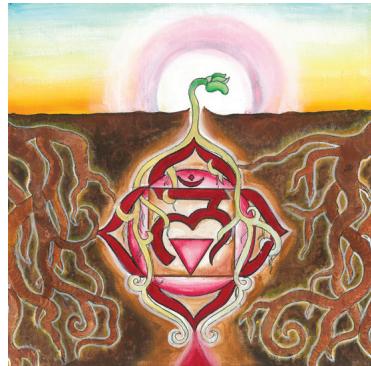
The Root Chakra is our foundation. It gives us our drive for the basics of life like food, shelter and the need to be part of a group or tribe. Tribe is used to describe our family and neighbors no matter what culture we live. Each tribe has its own belief systems that it imparts unto its members; be 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

EMOTIONAL IMBALANCES

- Constipated
- Diarrhea
- Headaches
- 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)