

The Root Chakra / Muladhara



The Root chakra is located at the base of the spine. The primary function of the Root is survival and meeting basic needs. It drives desires for food, shelter, and safety.

This chakra is associated with the bones, blood, immune system, colon, rectum, legs and feet. It's also the origin of the body's "fight of flight" response. Leg and back disorders can indicate this chakra is not in balance. It represents your foundation, both literally and figuratively!

In the physical body, this chakra governs sexuality, mentally it governs stability, emotionally it governs sensuality, and spiritually it governs a sense of security.

Color: Red

Gemstones: Garnet, Tourmaline, Bloodstone and Hematite

Essential Oils: Patchouli, Vetiver and Sandalwood

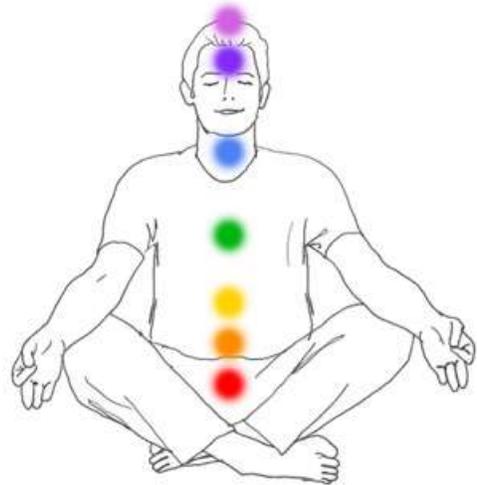
Feeding Your First Chakra: Grounding

- Root vegetables - carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.
- Protein-rich foods - eggs, meats, beans, tofu, soy products, peanut butter
- Spices - horseradish, hot paprika, chives, cayenne, pepper

A well-balanced first chakra would leave us feeling grounded, secure, and confident our basic needs will be met. An unbalanced first chakra would leave us fearful and anxious over survival, vulnerable and threatened.

In an attempt to compensate for imbalances, we could end up with an over-active first chakra. That would give an exaggerated focus on survival issues, greed and paranoia. "Enough" would never feel like enough. Some people may spend excessively or become over-controlling of their body in order to compensate.

Emotional Signs of imbalance: Persistent insecurities, especially surrounding basic survival, excessive worry about money or safety, difficulty connecting with others, a suspicious nature and the feeling the world is not a safe place in general. Fear predominates. Feelings of neediness or unworthiness may persist.



Potential underlying causes of imbalance: Chaotic early family environment without enough food, money, attention, or affection can weaken our foundations. Likewise, being exposed to threatening or untrustworthy people, or being uprooted from familiar, predictable routines without adequate preparation can be a source of issues even later in life. Current concerns like loss of employment, financial problems, not having a means of support, relationship changes, affairs, gaining or losing family members, or suddenly needing to care for someone who is very ill are examples of life issues that can disrupt this chakra's balance.

The first chakra is the connection to the earth, so anything that affects your stability, balance or sense of being grounded can apply to the health of this chakra. Lack of balance here can even manifest by physical trips and falls! Anything that seriously disrupts your routine can disrupt this chakra. It's an ongoing proposition to maintain a sense of roots while keeping the flexibility that life requires to manage ever-changing circumstance.

Root Chakra Activities

Come to terms with issues surrounding your family of origin. Amputating individuals from your life may be necessary for mental health, but don't let the emotional impact keep you from reaching a sense of acceptance about the experience itself. The goal is to feel lovable and worthy of love, possessing an inherent right to have needs met without negative repercussions. If you don't have this conviction, pursue therapy or healing work until you can develop it.

Your foundation is heavily impacted by diet. Regardless of your mental state, if you're poorly fed, your energetic state becomes compromised. No need to make eating a stressful, blame-filled event. Just be aware. Start by eating on a schedule and preparing food joyfully, with love. Make meals with the specific intention that the outcome be healthy, nourishing and satisfying. This helps your meals become more grounding.

Care for your physical and emotional safety. Look to spend time in environments where you are safe and emotionally supported. If this isn't the case now, do whatever you can to change it.

Keep plants and animals around you. They are grounding and the routines required to care for them are also grounding.

Massage and care for your feet! This helps stabilize and harmonize psychic energy.

Create order, clean, organize.

Wear good socks and well-made, solid shoes.

Cook healthy, satisfying meals

Work in the garden

Spend time in nature.

Eat red foods and root vegetables like turnips, potatoes, and carrots.

Establish comforting routines.

Salt around your home. It's protective and grounding.

Take responsibility for yourself; unless it's YOUR foundation you're relying upon, it's not helpful.

Keep agreements and honor commitments. Honesty and forthrightness are grounding in and of themselves.

How's your Root chakra?

“Everyday Chakra Workshop” Credits

This is a section from the EVERYDAY CHAKRA WORKSHOP. I hope it’s helpful to you in finding your own energetic balance!

Valuable information for this workshop was adapted from Sonia Choquette’s outstanding work, [True Balance: A Commonsense Guide for Renewing Your Spirit](#). Her book is highly recommended for its many thought-provoking questions, supportive exercises and specific advice on achieving balance within the context of everyday living. A woman after my own heart!

Some useful correspondences also provided by Viki Howie of “Chakra Boosters,” temporary chakra tattoos designed to give your energetic system a boost! [Check out her work at her website](#).

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This workbook is part of the “Everyday” series of workshops by Dixie Vogel, writer, mystic, healer, Tarot reader and woo-woo Diva. Dixie seeks to make the esoteric and spiritual accessible and practical for everyday living.

Dixie offers free daily Tarot forecasts, metaphysical education, and private Tarot consultations along with all things metaphysical on her website full of woo-woo wonderful, [A Fool’s Journey](#).