

## The Root Chakra or Muladhara

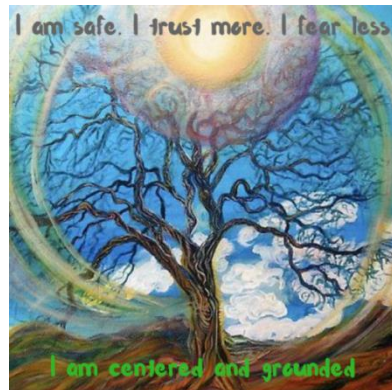
To be here and to have



*"In the vessel of your body, you yourself are the world tree, deep roots in the Earth and a crown of stars. Your essence bridges dimensions."*

Elizabeth Eiler, Swift and Brave: Sacred Souls of Animals

<b>Colour:</b>	Red
<b>Element:</b>	Earth
<b>Location:</b>	Base of the spine, at the coccyx / Perineum.
<b>Purpose:</b>	Foundation
<b>Basic Rights:</b>	To be here and to have.
<b>Demon:</b>	Fear
<b>Development age:</b>	2nd trimester to 12 months



Imagine a tree for a moment, perhaps an oak tree that grows tall and wide that houses all sorts of flora and fauna and on which lots of birds build nests and squirrels play. They say that the taller a tree the deeper the roots. However, imagine if the roots were shallow or not there at all? Any slight bit of wind or inclement weather that comes along would topple it over, without deep roots it is unsteady and insecure.

This is how it feels when our own foundations are rocky or shallow, we feel like anything can knock us: physically (confidence), mentally (negative self-talk) or emotionally (stress and anxiety). We feel unsafe, unsteady, and insecure, As if on some level, our survival is threatened.

This handout and accompanying deepening practices and meditations are designed to help you bring balance to your roots so that you can build a solid foundation and when those winds come along as they inevitably do, you will have the solidity and security within to deal with them

### When you have a block in your root, you may have issues in the following areas:

Relationship with body may be unhealthy	Feeling your existing on survival mode / high alert	Experience Fear	You may find it hard to create boundaries
Stress & Anxiety – can be a daily experience	Find it hard to trust	Safety & Security – a feeling of not being safe, looking over your shoulder	There can be a lack of abundance and flow in areas
Home, it might be hard to find a place you can truly called home, or feel at home somewhere		Family, we might find it hard to get on with family	

### When its balance you may experience some or all of the following:

Good health – physical, mental and emotional	A feeling of being grateful for an comfortable in your body	A sense of being able to deal with anything life brings	Ability to manifest all of your dreams
Sense of trust in the world	Feeling of safety and security	Ability to relax and be still	Confident, secure, stable

*We cannot change and grow unless we feel safe and secure.*

The Root Chakra is the foundation for the whole chakra system and so, if it's unbalanced, then all other chakras will be affected. If our survival needs are properly taken care of, then we can safely focus on other chakras, such as learning, creativity (sacral chakra), or relationships (heart), for example.

If there is some damage to this chakra, then we find ourselves repeatedly coping with threats to our survival, which keeps us from accomplishing other things. These threats might be changing jobs, having to move, recurrent health problems, weight problems, and/or a general feeling of fear for one's safety.

Of course, these are all events that occur naturally throughout our lives. Anytime they occur, they trigger our first chakra programming. Having to move may make us feel insecure, bring on a cold, or make us eat more. It is only when such issues become a frequent pattern that a first chakra problem is indicated.

## The right of the Root Chakra: To be here and to have

Anyone who experienced any kind of trauma in the 2nd trimester to 12 months old will be more likely to have first chakra challenges in their lives.

A simple but fundamental right without which few other rights can be reclaimed such as the right to love (heart chakra) or the right to speak and be heard (throat). And a right that is encountered the minute we come out of the womb – are we safe? Are our needs being met? Is the universe a friendly place? The answer to all these questions will affect the development of the root chakra.

“Unable to stand on one’s own two feet”, feeling vague or “spacy”. Worries such as “how can I pay for ...”, “I don’t feel safe”, “how secure is my job.” Etc are all signs that the base chakra is blocked in some way.

Often when working with people with blocked roots, they will say things like “I can’t settle anywhere”, “I can’t find my place in the world”, “I am not safe anywhere”

In reclaiming your right to be on this planet to have you put down roots and claim your space so that you can manifest your dreams, create your reality and contribute to the world.

### Colour: Red

The first of the seven energy centers, Muladhara is also the most dense of the seven chakras. This chakra is red and red is the slowest of all the wavelengths within the visible spectrum, yet, it is the most stimulating color. It pulls the retina forward so all of our energy and attention is focused outward.

*“That is why we use red colour for the stop lights and stop signs. The root chakra colour commands attention. It signals danger to us. We act immediately. Red is the colour of the life force. It is the colour of blood and the first colour we come into contact when we are born. Red means energy and our connection with the Earth and carries the promise of survival.”* Spacioustherapy.com

### Demon: Fear

**“The cave you fear to enter holds the treasure you seek.” Joseph Campbell**

As you can probably image, if you’re not feeling safe in the world then you’re going to feel fearful.

The “demon” of the root chakra is fear, either real or perceived. When you are afraid your body is in a constant state of stress and high alert. Fear arises when something threatens your survival. To reclaim your first chakra you must learn to deal with fear. By reclaiming the

1st chakra you can live harmoniously with your basic survival instincts without being unconsciously ruled by them.

**Moving beyond fear – see deepening Practices for more information.**

## **Everyday ways to bring balance to your root chakra**

Grounding crystals: you can wear crystals such as Hematite, Obsidian, smoky quartz, Garnet, Onyx.

Grounding activities:

- ॐ Meditation (body scan, you can access one I've recorded on Insight Timer the link to this is on the website)
- ॐ Gardening, Baking, Exercise.
- ॐ Connecting to the earth: Walking in nature.
- ॐ Connect with your body: Massage, facials, baths etc
- ॐ Walking barefoot
- ॐ Swimming in the sea, paddling
- ॐ Wearing red



Grounding Food: Eating Root vegetables such as Carrots, potatoes, turnips etc

Affirmations: Repeat a couple of times a day one or more of the following

It is safe for me to be here.  
It is safe for me to love and be loved  
The earth supports me and meets my needs.  
I'm here and I am safe.  
I feel centered, safe and secure  
I nurture and nourish my body  
I nourish my body and trust in its wisdom

Listen to the meditations I've recorded for the Root Chakra.