



ROOT CHAKRA

MULADHARA

ROOT CHAKRA (MULADHARA)

Location: Base of spine

Element: Earth

Colour: Red

Balanced: Grounded, Safe, Present

Issues: Perceived Survival Needs

Body Areas: Eliminary System, Base of Body, Legs, Feet

Endocrine Gland: Adrenal

Essential Oils: Vetiver, Patchouli, Myrrh, Sandalwood

RITUAL: PRACTICE EARTHING

Earthing is the practice of walking on the grass or earth for the purpose of recharging the human energy field. Hold your favourite Root Chakra Crystal as you walk.

CRYSTALS & STONES

RED JASPER

Carry Red Jasper to alleviate stress & reconnect with Earth's grounding energies. Its cleansing effect eliminates negativity, returning it to its source & stabilising/grounding your energy. It is an ideal worry or rubbing stone for soothing the nerves & restoring balance. Red Jasper is a stone of empowerment, bringing strength & courage.

HEMATITE

Hematite brings a quality of energy that is strong, powerful & grounding. A protective stone that is great for working with the Root Chakra, helping to transform negative energies into a more positive vibration.

VOLCANIC LAVA

Calming & grounding it strengthens your connection to Mother Earth. Gives strength & courage, allowing stability through times of change.

SMOKY QUARTZ

One of the most powerful stones used in crystal healing to activate & purify the Root Chakra. It may also be used to balance & direct the energy of the upper chakras to the Root Chakra, making the whole system radiant with light & laying a foundation on which the spiritual force can be manifested in the physical body

AFFIRMATIONS

I AM SAFE & CONNECTED TO THE EARTH'

'MY SPIRIT IS GROUNDED DEEP IN THE EARTH.

I AM CALM, STRONG, CENTERED & PEACEFUL.

I AM ABLE TO LET GO OF FEAR & TRUST THAT I AM ETERNALLY SAFE.

I AM WORTHY OF ALL THINGS BEAUTIFUL'

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

I AM STRONG, STEADY & GROUNDED

What does it mean to me to be grounded?

In what ways can I ground my energy? When do I feel most grounded?

In what ways can I re-ground my energy during the day to come back to centre, back to calm, back to the present moment?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

I AM ALWAYS SUPPORTED & PROTECTED

What can I do to ensure my body, my mind & my soul feel safe, feel protected from external circumstances?

What in my external world helps me feel safe/supported/protected?

What in my internal world helps me feel safe/supported/protected?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

I AM GRATEFUL THE FOR THE ABUNDANCE OF STRENGTH
THAT RADIATES WITHIN MY BEING

What does it mean for me to be strong? To be grounded within my strength? My energy?

When do I feel at my strongest?

How can I allow others to support me? How can I allow myself to be vulnerable, so my inner strength radiates and shines even brighter?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

EVEN THOUGH THE WORLD AROUND ME SPEEDS UP
I REMAIN ROOTED, GROUNDED IN THE PRESENT MOMENT

When the world feels chaotic, how can I remain firmly rooted in my energy?

What tools can I incorporate into my day to remain present, grounded?

How can I use my calm, my inner peace and sense grounding to help those around me?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

ALL MY NEEDS ARE ALWAYS MET

Do I feel supported by my loved ones? By the universe? In what ways do I need more support?

Why is it important to me to feel supported?

How can I play my part, what can I do to foster more support in these areas?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

I STAND STRONG,
AS STRONG AS A MAGESTIC MOUNTAIN
IN MY TRUTH
IN MY LIGHT

Who is my truest most authentic self? What lights my soul?

How can I embody & show up in my authenticity each day? As the sun rises so does my energy, my joy, my authenticity.

What fears or limiting beliefs hold me back from living as my truest most authentic self?

More than anything, today, I am grateful for....., because.....

ROOT CHAKRA
JOURNAL

Drawing a deep breath in , imagining or feeling that prana rising from the earth, and a grounded exhale release... journal on the following:

I VIBRATE POWERFUL, ABUNDANT PEACEFUL ENERGY
&
ATTRACT THE SAME IN RETURN

Reflect on this statement and what it means to you:

EVERY CELL OF MY BODY REFLECTS MY TOTAL WELLBEING

When my energy feels depleted, what can I do to nourish & refuel my body, mind & soul?

What can I do each morning to greet the day with energy, grounding, strength, presence & joy?

More than anything, today, I am grateful for....., because.....
