

# Root Chakra

I am safe. I trust more. I fear less. I am centered and grounded.

**ALL IS ONE**

**I AM**



**LOCATION:** Base of Spine

**ENERGY:** Tribal power, group identity, group willpower, group belief patterns

**Element:** Earth

**Vibration:** Resonates to "C" note

**Platonic solid:** Cube

## **Body:**

Musculoskeletal (physical body support)  
Foundation of emotional and mental health  
Rectum and urinary system  
feet, legs, bones  
Immune system

**Balance:** All Is One, open chakra

## **Imbalances:**

Lower back pain  
Sciatica  
Vericose veins  
Rectal tumors/cancer  
Depression  
Immune related disorders

## **Mind:**

Primary Strength: Tribal family identity, bonding, honor code, support, loyalty, sence of safety and connection to the physical world

Primary Fear: Fear of survival, abandonment, loss of physical order

## **Balance:**

Grounded. loyalty, courage, stability, trust, belonging, safety, security and honor

## **Imbalances:**

Issues with family & group safety  
Ability to provide life necessities  
Stand up for ones self  
Blockages prevent sacred truth: All is one

**Remedy:** Sit or walk in nature, walk barefoot (earthing), gardening, yoga/chakra poses, visual imagery of roots, carry stones, red food, earthy oils.

## **Affirmations:**

**I am grounded, safe, and secure.**

**I am stable, strong, and healthy.**

**Food:** Red in color. beets, strawberry, cherry, pomegranate, reishi mushroom, watermelon, cranberry, root vegetables.

**Essential Oils:** Patchouli, Sandalwood

**Stones:** Coral, Red Jasper, Hematite, Obsidian, Red Tigers Eye

Information from: "Anatomy of the Spirit" by Caroline Myss

