



# ROOT

## Muladhara

Survival, Safety, Security,  
Grounding, Life Force



LAM

CHAKRA NUMBER: 1

SANSKRIT: Muladhara

MEANING: Root Support

ELEMENT: Earth

COLOR: Red

SEED SOUND: LAM

AFFIRMATION: I Am

LOCATION: Pelvic Floor

PLANET: Mars

GLAND: Adrenals

### Affirmations

- 1 I am centered & grounded
- 2 I love being in my body
- 3 I have everything I need
- 4 I am connected to nature
- 5 I am safe

### Healing Practices

- **Grounding** - develop contact and connection with the Earth
- **Meditation** - focus your attention on the root chakra point
- **Physical Activity** - walking barefoot, running, yoga
- **Nutrition** - protein, root vegetables & red-colored foods
- **Psychotherapy** - explore the root of all your fears
- **Aromatherapy** - sandalwood, vetiver, black pepper, ginger
- **Affirmations & Mantras**
- **Crystals & Gemstones**

### Health State

**Balanced:** Grounded, Energetic, Physically Fit, Safe, Secure, Fearless, Calm, Centered

**Unbalanced:** Apathy, Laziness, Anxiety, Depression, Fear, Insecurity, Lack of Motivation, Weak Physical Health

### Yoga Poses



Chair Pose  
*Utkatasana*



Thunderbolt Pose  
*Vajrasana*



Garland Pose  
*Malasana*



Mountain Pose  
*Tadasana*



Staff Pose  
*Dandasana*



Bridge Pose  
*Setu Bandha Sarvangasana*



Warrior II Pose  
*Virabhadrasana II*

### Crystals & Gemstones



GARNET



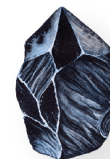
RED JASPER



SMOKY QUARTZ



BLACK ONYX



BLACK OBSIDIAN



TOURMALINE