



# Root (Muladhara)

Survival, Security, Stability,  
Safety, Grounding

**CHAKRA NUMBER:** 1

**ROLE:** Foundation

**FOCUS:** Survival (I Am)

**LOCATION:** Base of Spine

**GLAND:** Adrenal

**COLOR:** Red

**SEED SOUND:** LAM

**HEALING FREQUENCY:** 396 Hz






**SOUND:** Thunder

**ELEMENT:** Earth

**PLANET:** Mars



## Affirmations

-  I am safe and secure
-  I am grounded and centered
-  I have everything I need
-  I am rooted in the present moment
-  I am one with my true self

## Healing Practices

### MEDITATION

Focus your attention on your root chakra

### GROUNDING

Reconnect with nature, spend time outside, do gardening, walk barefoot on the earth

### PHYSICAL ACTIVITY

Yoga, go for a walk, running

### PSYCHOTHERAPY

Focus on the present moment, live in the now rather than the past

### AROMATHERAPY

Use the suggested scents either as incense or essential oils

### NUTRITION

Protein, root vegetables, red-colored foods

### GROUNDING MUSIC

Listen to music tuned to 396 Hz healing frequency, or 396 Hz healing bowls, bells, or tuning forks

### AFFIRMATIONS & MANTRAS

Use the suggested affirmations and the mantra "LAM"

## Foods To Heal

Beets, Parsnips, Red Apples, Rutabagas, Pomegranates, Sweet Potatoes, Carrots, Tomatoes

## Essential Oils

Atlas Cedarwood, Frankincense, Myrrh, Patchouli, Spikenard, Vetiver, Virginian Cedarwood

## Crystals & Gemstones

Red Jasper, Garnet, Bloodstone, Hematite, Black Obsidian, Black Tourmaline

## Health State

### BALANCED

Centered  
Supported  
Grounded  
Secure  
Energetic  
Safe

### IMBALANCED

Insecure  
Fearful  
Anxiety  
Unmotivated

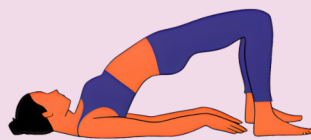
## Yoga Poses



Warrior II Pose



Garland Pose



Bridge Pose



Staff Pose



Thunderbolt Pose



Chair Pose



Mountain Pose