

# Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

## The Root Chakra

The Base or Root Chakra is located at the base of the spine and is related to security, survival, and also to basic human potential. This first chakra represents our relationship with our physical body and with the material world. It grounds us in our physical existence. The first chakra is the energy center for issues relating to work, career, money, and physical identity.

When balanced, its energy helps us to blend the physical with the spiritual. We feel secure in our career and with our finances. We feel loved and wanted by friends and family. We feel good about ourselves physically and emotionally and are content with our body.

When unbalanced, we may be afraid of life, feel like a victim, withdraw from physical reality, or operate in our own interests only. Issues which relate to blocks in the first chakra include problems with finances, not taking care of yourself, having unfounded fears, being anxious or restless, being under-weight, and chronic disorganization. Issues which relate to excessiveness in the first chakra include feeling sluggish, lazy, or tired; obesity, overeating, hoarding, materialism, greed, and fear of change. Physical symptoms can include any difficulties with feet, legs, hips, or lower back, weight, the Immune System, bones, and physical body support.

**Function::** Survival and Security

**Challenge:** Fear

**Color:** Red

**Musical Style, Note & Vowel Sound:** Rock & Roll, C, U (ooh)

**Stones Associated with the first chakra:** hematite, smoky quartz, black and snowflake obsidian, carnelian, red garnet, red jasper, ruby, fire agate,.

**Essential Oils to support the first chakra:** Cedar wood, chamomile, cinnamon, clove, fir Siberica, frankincense, ginger, lavender, myrrh, sandalwood, tea tree, thyme

**Healing Strategies:** Physical activity, jogging, wearing red clothing, raking leaves, bare feet in the grass, Foot Zone Therapy or foot massage, playing with children, gardening.

**Reason it Works:** Presence - being here now - is essential for health. Many of us "split" from our bodies when we were very young. Disassociation made sense when it was the only way we could survive. We want to break this pattern of leaving our bodies when we are frightened or distracted because, in reality, we can only protect ourselves if we stay.

**Sample Affirmations:** "I am stable, safe, and secure." "I am rooted in life, and in myself."

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