



ROOT

Muladhara

Safety, stability,
basic needs



SANSKRIT: Muladhara
MEANING: Root support
CHAKRA NUMBER: 1
AFFIRMATION: I Am
COLOR: Red
LOCATION: Base of spine
ELEMENT: Earth
PLANET: Mars
METAL: Silver
BODY: Sex organs, pelvis, legs, feet
EMOTIONS: Safety, security
GLAND: Adrenal
SEED SOUND: LAM



HEALING PRACTICES

Grounding: Walk barefoot on the earth or spend time in nature.

Breathing: Practice deep belly breathing (e.g., box breathing).

Mindfulness: Focus on sensory experiences (earth, sunlight, sounds).

Yoga: Poses like Mountain Pose or deep squats.

Nutrition: Root vegetables, proteins, and warming spices (ginger, cinnamon).

HEALTH STATE

BALANCED

Sense of safety, stability, confidence, and ability to face challenges. Strong connection with the body and a sense of belonging.

IMBALANCED

Fear, anxiety, insecurity, and a sense of isolation. Possible physical issues such as leg pain or digestive difficulties.

MANTRA

"Om Gam Ganapataye Namaha"

AFFIRMATIONS

I am grounded and secure

I feel stable and protected

I have everything I need

AROMATHERAPY

Cedro, vetiver, patchouli, cedarwood

YOGA POSES



Mountain Pose
Tadasana



Tree Pose
Vrikasana



Warrior I
Virabhadrasana



Garland Pose
Malasana



Chair Pose
Utkatasana



Child's Pose
Balasana

CRYSTAL & GEMSTONES



Hematite



Obsidian



Red Garnet



Ruby



Smoky Quartz



Red Jasper