

Root Chakra (Muladhara)



Relationship to yoga sequencing: Grounding & Breath Integration

Element: Earth

Color: Red

Location: Base of spine

Mantra: LAM

Physical: Bones, teeth, lower digestion

Mental/Emotional: Identity, survival, stability

Physical signs of imbalance: Chronic low back pain, sciatica, varicose veins, rectal issues, immune-related disorders

Mental/ Emotional signs of imbalance: Depression, fear, feeling unsafe, inability to take care of self and family, issues with familial or societal law and order, psychology of scarcity

Actions to balance: Grounding yoga poses (squat, mountain, side angle, triangle, tree), be in nature, move your body, walk barefoot, get a foot massage/pedicure, take care of basic needs, develop a daily routine

Affirmation: I AM SAFE, I BELONG, I TRUST IN LIFE

Journaling

- When do you feel most safe and secure? When do you feel least safe and secure?
- Do you feel that you have enough (money, love, resources, time, etc.)? What is your relationship with feelings of abundance and scarcity?
- What are your personal values? What are your tribal/family values? Where are you living in alignment with your values? Where are you compromising your values?