

The Foot chakra



Colour: dark brown; dark red/brown

Location: middle of each foot. It affects the feet, foot tendons, foot bones, toes, toe nails, ankles, shins.

Sense: touch - feet touching the earth

Left foot = feminine - relationship with the inner world; self; the past.

Right foot = masculine - relationship with the outer; worldly worries; the present.

The foot chakra is a portal for energy to flow from or through to Mother Earth quickly, effortlessly and with intention. It is the first and last place that energy enters and leaves the physical body. It pulls up energy from the earth up to the root chakra and to all the other chakras and it grounds excessive, unhealthy, toxic energy in to the earth.

With your feet you have a sense of belonging - or not; you stand up for yourself and what you believe in - or don't; stand on your own two feet - or don't; you take a stand - or don't; people step on you toes - or not; people walk all over you - or not.

Feet give you direction and connect you to your life purpose, your mission, your passion. When you don't follow your life purpose, you often have feet or lower leg problems.

Feet problems and issues: You...

- don't have your own space;
- don't fit into other people's space;
- don't feel you have the right to be here;
- don't feel you belong;
- feel that you are not meant to be here;
- aren't following your life purpose or your passion;
- feel disconnected and disorientated;
- feel absolutely exhausted even after a goodnight's sleep or an afternoon nap;
- don't know what you want to be or do in life;
- can't meditate or relax because you have too much mind chatter;
- can't complete or manifest your ideas or projects;
- feel unsteady, ungrounded,
- aren't able to make choices;
- feel overloaded with energy or excessive negative energy such as stress, anger, anxiety, depression;
- have no sense of direction.

Each toe represents the 5 elements and the 5 lower chakras (from the big toe to the little toe)

Ether - Truth/lies = throat chakra;

Air - love/grief = heart chakra;

Fire - willpower/shame = solar plexus chakra;

Water - pleasure/guilt = sacral chakra;

Earth - trust/fear = root chakra.

Exercises to balance and get the energy moving in your feet:

- Walk as often as you can without shoes - wearing shoes all the time stagnates your energy.
- Walk bare foot on the grass or the beach;
- Take a tennis ball - put your foot on the ball and move it around for couple of minutes - massaging the balls of your feet gently. Change foot and do the same again. You can do this standing or sitting down. This is great to do every day!
- Pamper your feet - soak them with essential oils and massage your feet and gently put a little pressure on the point of the chakra;
- Get someone to give you a complete foot massage.
- Do the rooting meditation.