



Root Chakra - Muladara (root/support)

This is the base, the foundation, the container of the whole system.

It is linked to gravity and pulls us downwards connecting us to our material existence. It connects our body to the earth; it roots us; it grounds us. We decide how high the container is, how deep the roots go, what the container can hold, what stresses it can withstand, how it weathers the storms.

This chakra has the lowest vibration of them all and is associated with the colour red.

Any issues in this chakra reflect in all the chakras above.

Location: Base of spine - coccygeal plexus

Colour: Red

Element: Earth

Orientation: Self-preservation **Purpose:** to build the container/form - strong foundations - roots

Basic rights: to be here - I AM - to have my space - to stand on my own 2 feet - to stand up for myself and my rights

Needs: primary: food - shelter - clothing

Archetypes: the Earth mother - the victim

Animal: elephant

Issues: Connection to body - roots - grounding - nourishment - tribal/family identity - having appropriate boundaries - trust - health - home - basic needs - powerlessness - dependency - fitting in

Fears: primary - physical survival - can't take care of self or family - powerlessness - group rejection - loss of order and structure - here by mistake.

Traumas and abuse: birth trauma - abandonment - physical neglect - poor bonding with mother - malnourishment - feeding difficulties - major illness or surgery - physical abuse or violent environment - inherited traumas (holocaust survivors, war veterans, poverty conditions)

Balanced chakra (spins at correct vibrational speed): self-mastery - good health - vitality - well-grounded - comfortable in own body - trust in the world - feel safe and secure - ability to relax

Deficiency (blocked): disconnection from the body - underweight - fearful - anxious - restless - poor focus or discipline - financial difficulty - poor boundaries - chronic disorganization - living in your head - spaciness - difficulty reaching goals - low self-esteem - destructive behaviour

Excessive (spins too fast): overweight - heavy body - self-centred - material fixation/hoarding - greed - lazy - bullying - sluggish/tired - fear of change - rigid boundaries - obsessed with details

Physical malfunctions: immune system - frequent illness - bowel disorders - anus - large intestine - eating disorders - solid parts of the body: bones and teeth - base of the spine - legs - feet - knees

Addictions: work - food - gambling - compulsive shopping - hoarding - security

Food: root foods: potatoes - onions - garlic - ginger - beetroot - carrots. Red foods: tomatoes - all berries - red peppers - red cabbage - red apples. Spices: horseradish - hot paprika - chillies - cayenne pepper - pepper - chives. High protein foods: meat - eggs - beans - pulses - nuts - tofu.