

# Root Chakra-Muladhara Vitality, Courage and Self Confidence

## **Associations:**

**Sound:** Notes "D" & "C#"

**Color:** Red

**Meridian:** Circulation/Sex and Large Intestine

**Location:** Base of spine

**Physical Components:** Spinal column, Legs, Feet, Bones, Teeth, Large Intestine

**Glands:** Adrenals

**Emotional Component:** Fear

**Purpose:** Foundation

**Basic Rights:** To be here and have

## **Harmonious Function:**

Good health

Well grounded

Viability

Stability

Prosperity

Feeling of safety and security

## **Insufficient:**

Disconnection from the body

Lack of stamina

Poor focus and discipline

Chronic disorganization

Financial difficulty

Fearful, anxious, restless

Poor boundaries

**Excess:**

Overeating and obesity

Sluggish and lazy

Rigid boundaries

Greed and hoarding

Fear of change

Addiction to security

**Physical Imbalances:**

Poor circulation

Varicose veins

Pain in lower back

Swollen hands and legs

Lazy feeling

Retain water

Dry skin and hair

Constipation

Pale blotchy skin

Belching, burping and gas

Diarrhea

Headaches

**Affirmations:**

I am rooted in life and in myself

I am stable, safe and secure

I love my body and trust in its wisdom

I live from my integrity

I confirm my right to belong and to be a part of something greater than myself

I love life

I live from the depths of my soul longing to express itself in the world

I am supported in life through all my choices to do good and share the light of love

I stand for justice, truth and love

My body supports me in living a creative and happy life

**Nature:**

Sunsets

**To Achieve Balance use Sound Essence Chakra Note "" Atomizer**

**Sound therapy:** Note "C"

**Color therapy:** Red

**Aromatherapy:** Ylang Ylang and Vetiver

**Gemstone Therapy:** Red Jasper