

The Root Chakra



Muladhara

The Root Chakra



Muladhara

Other Names:	Muladhara
Rank:	First Chakra
Color:	Red
Location:	Perineum, between genitals and anus
Main Theme:	Survival

"I have the right to EXIST"



The Root Chakra – on a physical level



Muladhara

Body

Feet, Legs, Pelvic Area, Base of Spine,
Large Intestine, Bones

Health

Osteoarthritis

Gland

Adrenal Gland

Food

Root vegetables, Proteins, Meats

The Root Chakra – on a psychological level



Muladhara

Key Themes

Survival, Safety, Security,
Foundation, Structure, Stability
Physicality, Material World,
Grounding, Basic Needs

Subthemes

Home, Family/Tribe, Livelihood,
Relationship to food,
money & body

Key Emotion

Fear, Stress, Worry, Restless

Unbalanced Thoughts

"I'm not safe", "I'm going to die", "I gotta go", "I
can't stay here", "I gotta hurry"

Balanced Thoughts

"I am safe", "I have the right to be here", "I am
here", "I am supported", "I can rest here"

The Root Chakra – on an archetypal level



Muladhara

Astrology

Planets: Earth, Saturn

Signs: Capricorn

Element

Earth

Animals

Elephant, Snake, Mole, Bull, Ox, ...

Archetypes

Victim – Warrior

The Root Chakra – on an vibrational level



Muladhara

Sounds

Drums, Percussion, Rhythmic,
African Dance Music,
Thunder/Earthquake, ...

Tones

C, 256Hz

Colors

Red, Red-Brown, Earthy Colors

Crystals

Red Jasper, Smoky Quartz, Hematite, ...

Essential Oils

Vetiver, Cedarwood, Sandalwood,
Patchouli, Myrrh, ...

Yoga Poses

Child Pose, Corpse Pose, Mountain
Pose, ...

The Root Chakra – In Sum



Muladhara



**“I have the right to
be here”**

“I belong”

“I am here”

“I am safe”

**Listen to the Imprint
Meditation.**