

1st Chakra

“I AM”

Blocked Chakra

Under-nourished

Underweight

Not Connected to

Physical Body

Fearful, Anxious,

Restless

Not able to Focus

Chronic Disorganization

Low Self-Esteem

Needy

Too Open

Overweight

Cynical

Slow to Move

Material Greed

Addiction to Routine

Strict Boundaries

Self-Centred

Balanced

Peaceful & Grounded

Healthy

Prosperous

Trusting (self, others & environment)

Physical Problems In

Anus (eg. Hemoroids)

Bowel (eg. Constipation)

Large intestines (eg. Chrohn's)

Bones/Joints

Legs

Feet

Knees

Base of Spine (eg. Sciatica)

Buttocks

Frequent Illness

Adrenal Glands

Lack of Physical Energy

Cancer

Autoimmune Disease (eg.

Rheumatoid Arthritis)

Issues

Nourishment

Trust

Health

Prosperity

Healthy Relationships

Stability

Will to live in Physical Body

Traumas

Abandonment

Physical Abuse

Trauma in Utero or at Birth

Physical Injury to Coccyx

ROOT (EARTH)

Balanced Healing

Strategies

Connect to physical body through regular massage, yoga (once a week) and rigorous exercise (eg. kickboxing, jogging, walking at a fast pace) at least twice a week

Eat grounding foods: red meat, tofu, chicken, fish, beans & rice

Practices grounding exercises, meditation and positive visualization

Heal abandonment issues especially with mother or mother figure
Weekly nature walks to connect to Mother Earth

Develops in womb – 12 months +
new cycle 55-57 years old

Aromatherapy Oils

Cypress

Rock Rose

Bergamot

Flower Essences

Rock Rose

Mimulus

Red Chestnut

Cherry Plum

Aspen

Rescue Remedy

Affirmations

My body is beautiful

I am safe

I am fully supported by Mother Earth & the Universe

Crystals

Smoky Quartz

Jasper

Sodalite

Non-Crystals

Turquoise

Angelic Assistance

Uriel & Grace