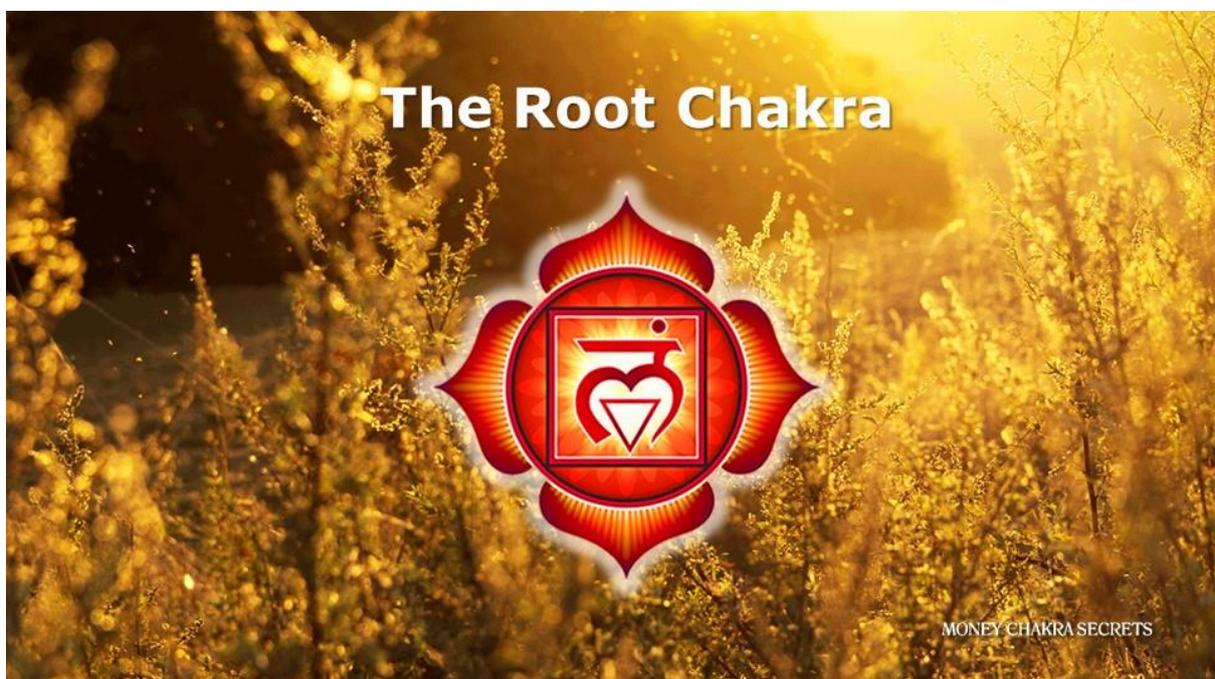


## 2-0 Root Chakra



**S1:** Hi there. Welcome back. In the previous chapter we went through a quick introduction on chakra. In this chapter, we will help you understand more about the first chakra - Root Chakra.

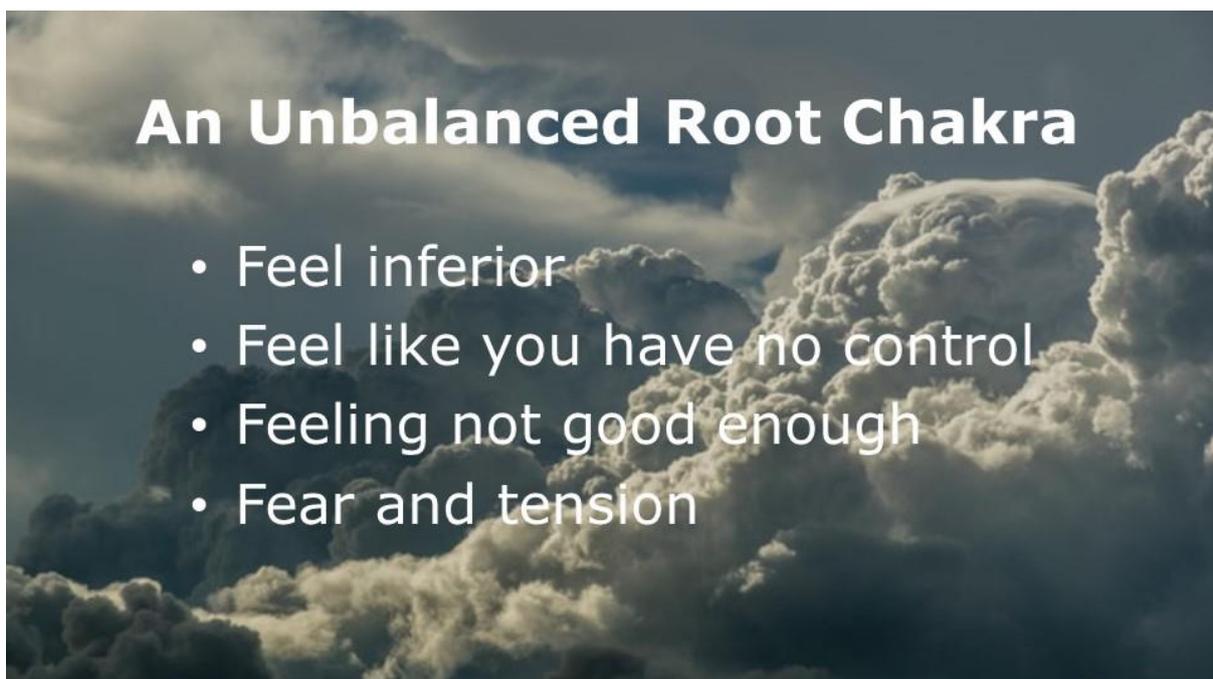


**S2:** The Root Chakra is located at the perineum, which is the area between the genitals and anus. It is represented by the color red - this is because it vibrates

at a lower frequency. The Root Chakra is all about being physically there and having a sense of belonging in any given situation. It also corresponds to your survival instincts.

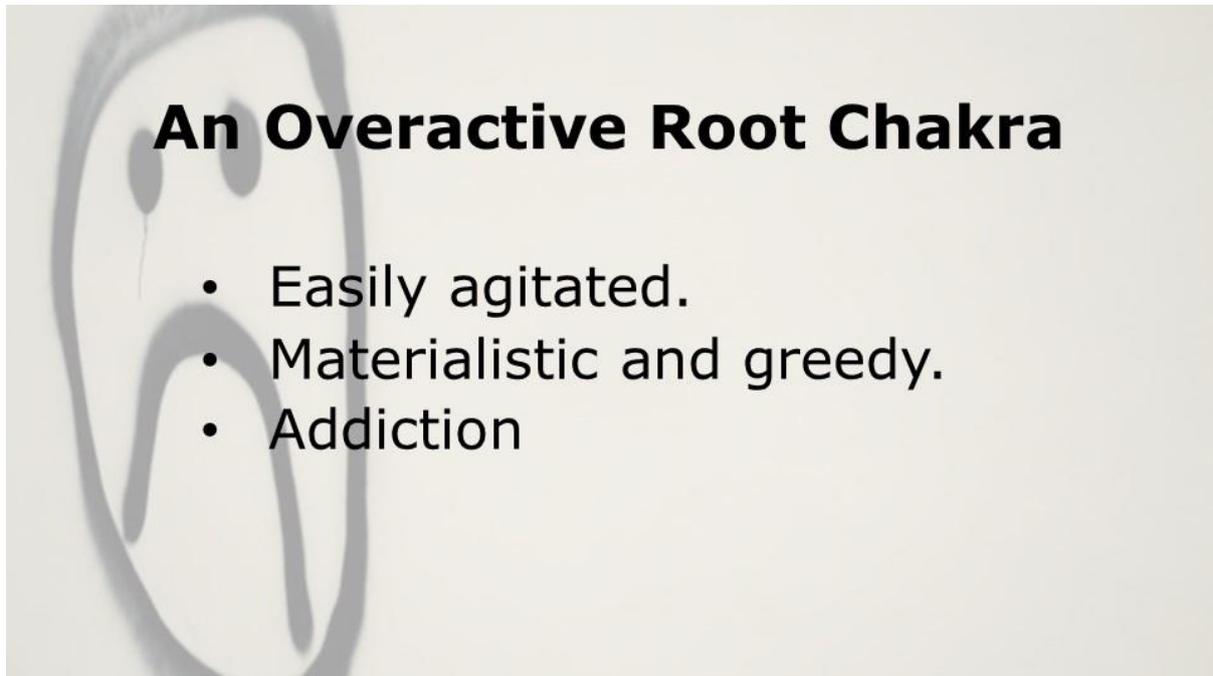


**S3:** If this chakra is active and balanced, you feel grounded, stable and secure. You don't find it hard to put your trust in people. You will feel present in your current being and feel connected and rooted to your physical body.



**S4:** On the other hand, if this chakra is inactive, you may feel inferior when it

comes to your appearance, like your weight, height or body shape. You may feel like you do not have control over your life. You feel that you're not good enough and easily feel unwelcomed. You are in a constant battle of fear and tension.

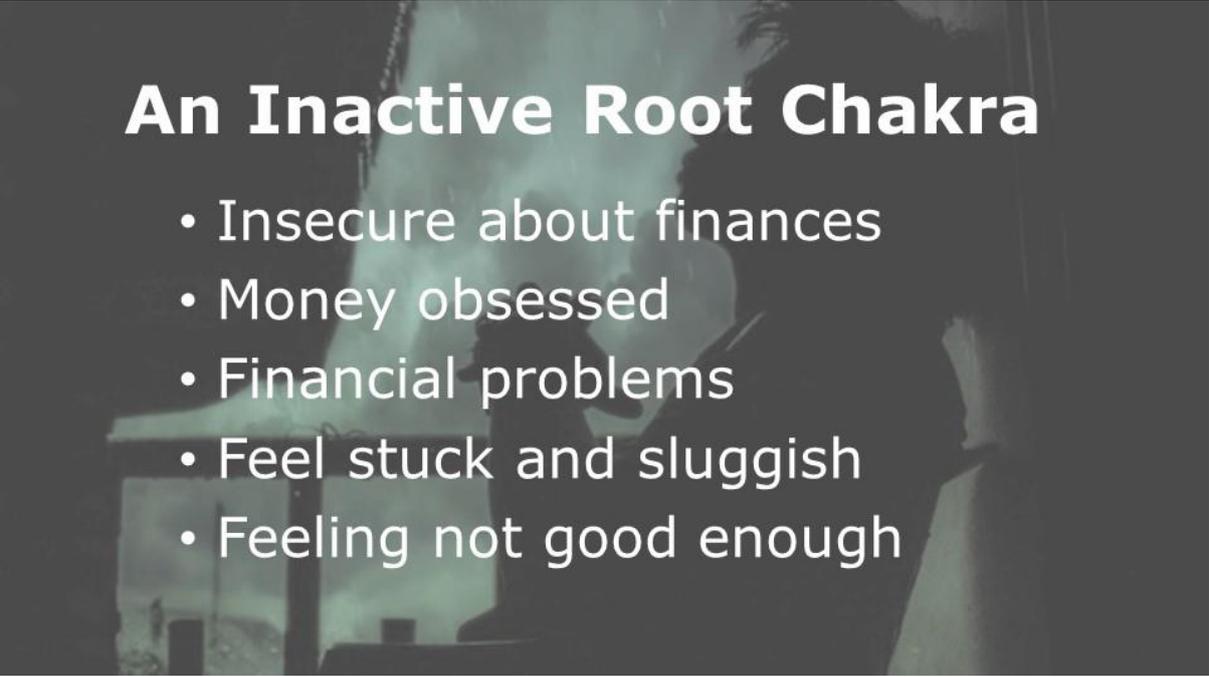


**S5:** If Root Chakra to be over-active, you get easily agitated by the slightest provocation. You might also be someone who is materialistic and be overcome by greed. This may result in addiction. Compulsive gamblers, drug addicts, alcoholics, video-game addicts as well as shopaholics are prime examples.



**S6:** So how does it impact our finances? Do you constantly feel bouts of anxiety, stress or guilt over money? Is it difficult to handle your finances well? Or is it hard to accumulate material wealth?

These issues may be caused by imbalances in the Root Chakra, which usually comes in the form of major insecurities about survival - and this includes financial security, as our basic needs in life are dependent on it.



## An Inactive Root Chakra

- Insecure about finances
- Money obsessed
- Financial problems
- Feel stuck and sluggish
- Feeling not good enough

**S7:** With an inactive root chakra, you will constantly feel insecure about your finances, even with a sizeable income. You have an unhealthy obsession with money and feel the constant need to keep finding ways to earn more money, and feel stressed when you don't. You face financial problems all the time. You will feel stuck and sluggish, but yet, your fear holds you back. You never feel like you are good enough, and this affects your drive to achieve what you want in life.



## A Balanced Root Chakra

- More confident
- Organize finances well
- Not obsessed with money/things

**S8:** With a balanced Root Chakra however, you find yourself more confident in yourself as well as your ability to earn and manage your finances. You organize your finances well; you have enough for what you need and want in life. You are also more unlikely to have an unhealthy preoccupation with money or material things.



## The Solution

- Ground yourself
- Physical exercise
- Incorporate more reds in life
- Consuming certain foods
- Meditation

**S9:** So, reading through this chapter you may find that you may have some problems in this area. You can try these suggested steps to try to correct this particular energy centre.



## Ground Yourself

**S10:** Be close to the ground. You can choose to lie down on the ground, or walk around in the dirt/grass barefooted. Another good way to do this also to visualize roots extending from your feet to the centre of the earth.



## Physical Exercise

**S11:** Try physical exercise. You can do yoga, jogging, football or just a simple walk, just as long you are up and moving about.



## Incorporate More Reds In Your Life

**S12:** You can also incorporate more reds in your life. It can be your clothes, your house or the items you use.



# Consuming Certain Foods

**S13:** Make an effort to consume more root vegetables as well as naturally red colored foods such as meat, apples, beetroot and tofu.



# Meditation

Lastly, you can also try meditation - it is a great way to help with chakra imbalances.

1. First, you seek out a quiet, comfortable place and sit or lie down.

2. Visualize a glowing deep red light radiating from your Root Chakra, and feel the pulsation of its warm radiance.
3. Watch in your mind as the light become a glowing sphere, and imagine a red four petal lotus flower unfold. You may realize that you have trouble getting the sphere to spin or the flower to unfold itself, which is a sign of blockage.
4. Keep breathing intent and energy into the chakra until the sphere can spin easily and freely.
5. Proceed to send the energy of abundance throughout your entire body through the other chakras.