



MULADHARA CHAKRA

Meaning: Root

Color: Red

Physical: Base of the Spine, Pelvic Floor, Feet/Legs

Governs: Home, Food, Water, Basic needs, Parents, Family Relationships

Bija Mantra (seed sound): LAM

When this Chakra is UN balanced:

Physical/anatomical: Lower-back pain, sciatica, varicose veins, constipation, diarrhea, rectal/anal problems, impotence, water retention, and problems with groin, hips, legs, knees, calves, ankles, and feet.

Energetic/emotional/experiential:

Uprooted and bereft. The feeling that you are not safe. Greed, scarcity. Imagine a time when you were unsure about your job, home, or family situation. Check in with how that made your body feel and how it affected your relationships and attitude. When this Chakra is unbalanced you may be closed to real connection with others, as you **MUST** be focused solely on your basic needs. On the other hand, if this Chakra is over-active, you may be overly attached to your home, dependant on your family, or too rooted to make a change. You may be inflexible and worried constantly that you don't have enough – even if you do. You may treat people as inferior, or constantly dream of what others have.

When this Chakra is IN Balance:

Your relationships are steady and strong. You are comfortable in your home and your basic needs come easily and are plentiful. You are able to travel, adventure, and be flexible without feeling uprooted or disconnected. You are able to make a home for others and take good care of your family and your friends. Your relationship with your parents is consistent and trusting – whatever it may be, you are comfortable with it exactly as it is, and have worked through any roadblocks along the way. You present as a grounded individual who is both morally sound and empathic. You walk into the room and suddenly those around you feel a little more comfortable in their own bodies and a little more sure of themselves.