

# The Root Chakra

## Grounding Connection

According to Wikipedia, **Chakra** derives from the Sanskrit word for “wheel” or “turning.” The chakras are considered to be a number of wheel-like vortices that exist within the subtle body being the focal points for the reception and transmission of energies. It is generally accepted that there are seven main chakras in the body system which include the root, sacral, solar plexus, heart, throat, third eye, and crown.

Many traditions, therapies and disciplines have found connections between the health of each chakra and the health of specific areas of the physical, mental and emotional bodies. When life energy is allowed to flow through the energy points, chakras, with ease and in balance, the body systems respond in balance and harmony. Through life experiences and daily life we may develop blockages that become trapped in one or more chakra resulting in imbalance and disharmony. Those of us who work in the fields of healing commonly see the physical, mental and emotional results of these blockages.

In an effort to promote healing we will look in depth at each of the commonly accepted chakras over the next few months. Along with information that is widely accepted pertaining to each chakra, each article will also include some real world pertinent experiences with that chakra.

**The Root Chakra** ~ The Root Chakra center is located at the base of the spine. The root chakra grounds us in physical existence (our bodies and the material world). This chakra is related to instinct, security, survival and basic human potentiality and said to be responsible for the fight-or-flight response.

A balanced root chakra results in a healthy desire for the basics of life such as food, shelter, comfort, etc. The resulting inner state of being from a balanced root chakra is stability and stillness. However, when this chakra is imbalanced one may experience fear of life, withdraw from physical reality, feel victimized, operate in a highly selfish mode, or be prone to violence. Blockages in the root chakra may also manifest in forms of money issues, addictions, and low self esteem.

Since the related parts of the body to the root chakra include the adrenal glands, kidneys, spinal column and leg bones an individual may see physical symptoms in these areas when the root chakra is imbalanced. The most common physical complaints I see in my practice pertaining to the root chakra are pain and problems with the feet, legs and low back.

In my own healing experience with the root chakra I have seen similar results to those I am honored to facilitate in others. As my own root chakra has come into balance and healed my joy in this life has increased. The once daily pain in my low back and legs is gone. When I feel that pain return I stop and focus on healing that chakra allowing the life energy to flow through it and the pain subsides.

Beneficial to healing the root chakra are sitting in nature, planting a garden, physical activity, massage, Reiki, and writing in a “gratitude journal.” A gratitude journal helps you to see the beauty, love and joy in life. In my own experience a gratitude journal carried me through the darkness of abuse to a new life I chose to create. Helpful crystals for healing the root chakra include jasper and obsidian. Healing oils beneficial for the root chakra include Young Living Oils Valor® and Abundance™. Key healing words are courage, security, safety, grounding and boundaries.

*Wishing You Wellness*

*Regina Ann ~\*~*

*Regina Ann is a Usui Reiki Master Practitioner & Teacher, Trauma Release Therapy Master Practitioner & Teacher, Transformation Coach, Whole Wellness Coach, Shaman, Published Author & Speaker, Mom to three sons and Twin Flame Soul Mate to Rich Bentz. To learn more see our blog [ResonanceHealing.blogspot.com](http://ResonanceHealing.blogspot.com)*