

THE ROOT AND SACRAL CHAKRAS



ROOT CHAKRA MUDRA

Root Chakra:

If your root chakra is balanced you are: grounded, comfortable in your own body, have a sense of safety and security, prosperity, ability to be still and present in the moment.

If you are running excessive energies you may experience: heaviness, slow movement, resistance to changed, obesity, hoarding, excessive spending habits or be a workaholic.

If your energies are deficient you may experience: fear, anxiety, anorexia, vagueness, disconnectedness and/or restlessness.

Organs/body systems connected to this chakra: bones, skeletal structure, coccygeal nerve plexus and/or the adrenal glands. Eating disorders can also be associated with this chakra.

How does your living space feel; organized, cluttered or attractive?

Are you happy, comfortable and have satisfaction at your job or in your career?

Are you financially secure or do you struggle with managing your money?

Do you get enough time outdoors?

Ways to balance your root chakra.

The color associated with the root chakra is red. You can work on balancing this chakra by wearing clothes with red hues in them and/or breathing in red light focused on this chakra.

UUH as in cup is the tone associated with this chakra. Verbally making this sound helps to balance this chakra.

EXPANDED CHAKRA HEALTH

Eating red foods such as red Apples, pomegranates, red grapes or beets will also assist.

Affirmations:

I have chosen to be here at this time.

I am worthy.

I am abundant in all aspects of my life.

I am safe and secure at all times.

I am happy and fulfilled in my chosen career.

My life is full. I am complete.



SACRAL CHAKRA MUDRA

Sacral Chakra:

If your sacral chakra is balanced you have: graceful movements, emotional intelligence, sexual satisfaction, the ability to embrace change and have healthy boundaries.

If you are running excessive energies you may experience: sexual addictions, mood swings, obsessive attachments and/or emotional dependency.

If your energies are deficient you may experience: rigidity in your body, beliefs or behavior; emotional numbness, fear of change, fear of sexuality, poor social skills and/or boredom.

The organs or body systems associated with this chakra are the: sexual organs, bladder, prostate, womb, sacral nerve plexus and the kidneys. Health issues with the reproductive system and urinary system can be associated to the sacral chakra being out of balance.

Are you able to move your body in a fluid motion?

EXPANDED CHAKRA HEALTH

Do you get enough exercise? What about dancing?

Do you feel you are on an emotional roller coaster most of the time?

Are you happy in your life situation?

Do you have pleasure in your life?

Can and do you express your creative abilities?

Are you holding any guilty feelings?

Ways to balance your sacral chakra.

The color associated with the sacral chakra is orange. You can work on balancing this chakra by wearing clothes with orange hues in them and/or breathing in orange light focused on this chakra. Also decorating a room with orange tones can help to bring balance to this energy center.

The tone associated with this chakra is OOO as in you. Chanting OOO or drawing out the sound of OOO will reactive this chakra into a balanced and harmonious spin.

Foods to eat to assist in the optimal health of this chakra are oranges, sweet potatoes and carrots.

Affirmations:

My body moves and flows easily and gracefully.

I am increasing my physical movement daily.

I am balancing my emotions in a healthy and safe way.

I am using my creative abilities to bring pleasure and happiness into my life.

I am free of anger, guilt or resentment.

I am happy in my body and loving myself.