

# Muladhara

## Root Chakra



*Muladhara*, or the root support, is the foundation for life. It is from this energetic center that we arrive to live in connection and nourishment with all of our relations. Caroline Shola Arewa reminds us that “before the soul makes its ascent from matter back to spirit— from earth to heaven— we need to have arrived in the physical body.” In *muladhara*, or *gbongbo* [Yoruban for the root] we remember our soils, we root from sciatic nerve between the genital space through our legs to our toes to remember our first body: earth. We live our radical truth here, we grab our need to survive, our need to be loved, our need to be embodied by our roots. We remember that as bipoc beings we deserve to be here, we, like the stars and jaguars deserve to be here. We like the trees are too made up of the four directions of the tree of life. Our root is calling you to embodiment, calling you to live in the solid foundations that create your soils, the foundations that have allowed you and your people to survive for milenia:

self-preservation, ancestors, community, plant, animal, mineral, elemental + spirit relations. *Muladhara* calls us to reclaim our survival responses (flight, fight, freeze), heal our intergenerational trauma, ease our ptsd, and build a nourishing + safe home in this physical realm. It is from these foundations that we are able to heal ourselves, heal our ancestors, heal our communities.

### Chronology

Conception-1 year

Rites of Passage: Birth, naming, blessed by the Earth

Developmental Stage: Wise, dependent, connected to Spirit World

### Spiritual Correspondences

Color: Red

Element: Earth

Symbol: Square, the Four Sacred Directions

Seed Sound: Lam

Petals: Four--vam, sam, sam, sam

Planets: Earth ⊕, Saturn ♄

Inner State: stillness, security, stability

### Deities

Africa: Shango, Auset (Isiss), Geb, Sekhmet, Oduduwa, Onile, Asaka

Mexica: Huitzilopochtli, Tonatiuh

Southeast Asia: Shakti, Kundalini, Ganesha, Dakini

Europe: Gaia, Persephone

All Earth Goddesses

Mythology: Creation Myths

### Psychological Correspondences

“I have” (a physical body)

Balanced

Safe

Secure

Excitement

Acceptance of physical realm + it's limitation

Sensational, alive

Moved

Protection

### Blockages, Wounds + Imbalances

Anxiety

PTSD

Distrusting of self + others

Poor boundaries (excessive, lacking)

Act from a place of restriction

Feel weighed down

Hyper vigilant of threats

Hoarding/Greed

Codependency

Control issues

### From our ancestors + experiences:

# Muladhara

## Root Chakra

Trust

Rushing, impatient

### Physical Correspondences

Gland: Adrenals

Nerve Plexus: Coccygeal plexus

Body Parts: Feet, legs, bones, spine

Earth Energy Triad: Neck, large intestine, knees

Expression: Embodiment

### Blockages, Wounds + Imbalances

Low energy

Immune system imbalances

Chronic stress

Eating disorders

Crave comfort foods

Poor circulation

Lower back pain

Constipation

Knee issues

Bone issues

Kidney stones

Feet issues

Urinary + colon issues

Leg issues

Any issues from the base of your spine and down

**From our ancestors + experiences:**

### Healing Therapies

- Giving to your body (herbs, foods, water!)
- Nurturing a safe home space
- Earthing (laying, being with or walking barefoot on earth)
- Mindful being (breathing/walking/eating with intention, etc)
- Cooking + sharing nourishing ancestor meals
- Hands on the land (gardening, caring for indoor plants, etc)
- Creating + maintaining boundaries
- Intentional solo moment
- Being buried under soil/sands
- Ancestor + spirit time: ritual, ceremony, healing ancestors
- Receiving guidance from elders, aunties + spirits
- Creating simple routines +

Foods: root vegetables, pulses (all beans, peas, lentils, etc), heavy foods

Oils: cedar, frankincense, myrrh, sandalwood, jasmine, patchouli, cypress, vetivert

Minerals: red carnelian, bloodstone, red jasper, garnet, smoky quartz, black tourmaline, obsidian, ruby, black sapphire, red jade

**From our ancestors + experiences:**

# Muladhara

## Root Chakra

structures

- Consistency + follow through

### Plant Comrades

*Roots, Trees (barks), Lichens, Mushrooms*

*Local, nourishing herbs + adaptogens!*

*Roots*

*Ashwagandha-Ayurveda, TCM*

*Astragalus-Ayurveda, TCM*

*Burdock root*

*Chicory root*

*Cinnamon*

*Dandelion root*

*Siberian Ginseng-Ayurveda, TCM*

*Trees*

*Birch*

*Boswellia-African*

*Cedar*

*Fir*

*Juniper*

*Magnolia*

*Oak*

*Peach*

*Pine*

*Lichen*

*Tree lungwort*

*Usnea*

*Shrooms*

*Chaga*

*Cordyceps-TCM, TI*

*Reishi*

**From our ancestors + experiences:**

### Prayers + Affirmations

- I am here
- I am present
- I feel rooted
- I have everything I need
- The universe provides me everything I need
- I am nourished by tierra, pachamama, mother earth
- I am protected
- I am guided by my ancestors
- I am safe
- I am secure
- I am immersed in abundance
- I am connected to my body
- My body is a safe place to be
- I trust myself
- I trust in divine timing
- I release fear. I courageously move through fear to get where I'm going.
- I love life
- I deserve to be here
- I trust in all of my relations
- I move for justice + truth
- I am free from capitalism

created + blessed by xóchicoatl of [la mala yerba](#)

2020