



## HEALING JOURNEY THROUGH THE CHAKRAS

*with Tina Walsh*



### ROOT CHAKRA

Color: Ruby Red

Element: Earth

Location: Base of Spine – Perineum

Physical Body: Spine, legs, bones, feet, rectum, immune system, adrenal glands

Developmental Formation: Womb to 12 months

Essential Oils: Cedarwood, cypress, patchouli, myrrh, frankincense, rosewood

The Root Chakra is foundational to our development and healing. While we will be focusing on it for a period of time in our healing journey here, we will constantly be revisiting it, as all wounds affect our Root Chakra.

Our Root Chakra is the energy center foundational to all things pertaining to our survival. Our physical health, our sense of belonging, our finances, our ability to organize, fear and trust. Also, how at home we feel in our bodies

As you can see above, the developmental stage for our Root Chakra is womb to 12 months. This is the time our belief systems begin to form. They are also shaped by our family system, our culture and societal norms. Many of us learn to place our loyalty outside of ourselves; to our family or tribe. As we grow and evolve, through different experiences, we might begin to question our beliefs and whether or not they are absolute truth. We are like computers, in that we are programmed psychologically, so to speak, by our family or tribal beliefs. Limiting beliefs such as, there is not enough for everyone, nothing is free, don't trust anyone, etc., shape how we interact with the world. Those beliefs and programs become how we project into the world.

As we begin to heal our Root Chakra, we begin to dismantle outdated programming by looking at the issue and clearing the old energy that lives in the cells of our body and replacing it with new, healthy bonding energy through the use of imagery and connection.

In our energetic anatomy, the front side of the root chakra is about fear and panic, loss of control, chaos, no ground. The backside is about sourcing from the divine. Through the back side of the root chakra, we open up to abundance and trust.

Our wounds in the Root Chakra are usually connected to broken trust in our early years. Our work here is to repair that broken trust by taking responsibility for our life (coming out of victim consciousness) utilizing imagery, spirit and connection. When we are living as victims, we are automatically giving our power over to another person or situation.

As we heal the Root, we have a greater sense of ease and trust in the flow of life. We also feel safer, more grounded and connected. We feel a sense of belonging, along with a strong sense of Self. We also feel at home in our bodies. Our Spirit is grounded and rooted – embodied.



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### **ROOT CHAKRA AFFIRMATIONS**

- ❖ I am safe, secure and feel at home in my body.
- ❖ I trust the process of life to unfold for my highest good and greatest joy.
- ❖ I am creating a healthy foundation from which my life and creativity can flourish.
- ❖ I am rooted and grounded which allows me to manifest my dreams and purpose.
- ❖ I am willing to release all my old patterns of fear and insecurity to live with joy and well-being NOW.
- ❖ I claim my existence NOW.
- ❖ The more grounded and safe I feel, the easier I bring what I want and need to me.



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### **ROOT CHAKRA JOURNAL PROMPTS**

- ❖ How strongly do you feel you belong to yourSelf, family, tribe, race or nation?
- ❖ Do you feel you can stand on your own two feet and survive in the world?
- ❖ In your family of origin were there issues around lack of money, love, extreme religious or racial views? How have those beliefs/programs shaped your life?
- ❖ Who or what makes you feel supported in your growth and development?
- ❖ Do you have an intimate relationship with your fear? Am I afraid of my fear?
- ❖ Are you able to trust in the process of life?
- ❖ Do you feel heard and seen in the world? Do you exist?



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### **ROOT CHAKRA HEALING SUGGESTIONS**

- ❖ Take a bath – use sea salt or Epsom salt and essential oils recommended above.
- ❖ Cook yourself a healthy meal – utilize red foods and root vegetables
- ❖ Do something around your finances to bring better order.
- ❖ Move your body: yoga, walking, dance – whatever you like!
- ❖ Create time to connect to yourself through prayer or meditation.
- ❖ Get out in nature – walk, meditate.
- ❖ Wear different shades of red, clothing or accessories.