

Root Chakra



About the Root Chakra

- Connection Between Physical & Emotional
- Use Paws to Stay Grounded
- Located in Hindquarters
- Controls:
 - Gut
 - Hips
 - Hind Legs
 - Intestines
 - Paws, Pads
 - Tail
 - Muscular-Skeletal System
- Represents Security & Safety



Unbalanced Indicators

- Fearful
- Possessive
- Anxious
- Weight Issue
- Nervous
- Constipated



Colors

- Red
- Black



Crystals

- Carnelian
- Ruby
- Red Jasper
- Garnet
- Amethyst
- Hematite



Hydrosols

- German Chamomile
- Peppermint
- Lavender
- Frankincense
- Calendula



Herbs

- Chamomile
- Peppermint
- Calendula
- Valerian
- Yarrow
- Catnip
- Lavender



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