

# ROOT CHAKRA MEDITATION



## Try this simple but effective root chakra meditation:

1. Sit with your shoulders back and spine straight. Relax your muscles as you close your eyes and breathe deeply. Inhale through your nose and exhale through the mouth.
2. Focus your attention on the location of your root chakra, right below the tailbone.
3. Since the root chakra is tied to the color of red, imagine a red glow at the base of your spine. Slowly expand this red glow, making the whole area warm and relaxed. Rest in this sensation for 3-5 minutes.
4. When you are ready, slowly open your eyes. You may follow with positive affirmations.

The Frequencies in the music resonate with Root Chakra also, our fundamental energy center, which normally gets blocked by fear, anxiety, worry. This soundtrack promotes the healing of Root Chakra thus removing all these blocks and boosting energy boosts positivity. Also Red is the color of Root Chakra. That is why this video features a beautiful Mandala with red color, which is used in color therapy for healing and balancing the root chakra.

## AFFIRMATIONS

Say these words while using your "Find Your Ground" Products.

"I am grounded and centered"

"I am safe and secure"

"I have all of my basic needs"

"I am financially stable"