

FREE SAMPLE

ROOT ● CHAKRA

A Free Sample from the Chakra
Alignment & Balance Workbook

Merun
Chakma

• Instagram:
@niroviya

• Website:
www.niroviya.com

Chapter One: The Root Chakra (Muladhar)

Location: Base of the spine | Color: Red | Element: Earth

Governs: Safety, Stability, Survival, Your sense of belonging in the world.

What It Means When It's Balanced

A grounded root chakra feels like steadiness. You trust that your basic needs will be met. You feel safe in your body and in your environment. Change doesn't send you into panic — you can adapt because you feel rooted.

Signs of a Blocked Root Chakra

- Chronic anxiety about money or security
- Feeling "unsafe" even in calm situations
- Difficulty trusting others or your environment
- Physical tension in the legs, feet, or lower back
- A persistent sense of not belonging anywhere.

Why It Gets Blocked

The root chakra develops early — often shaped by childhood stability (or instability), financial stress, major life upheaval, or moving frequently. It's the foundation the other six chakras build on, so when it's shaky, everything above it can feel harder to access.

Healing Practice: Grounding Breath

1. Sit with both feet flat on the floor.
2. Inhale slowly for a count of four, imagining roots growing down from your feet into the earth.
3. Hold for a count of four.
4. Exhale for a count of six, feeling your weight settle downward.
5. Repeat for 5–10 rounds.

Affirmation: “I am safe. I am supported. I have everything I need.”

Crystal Support

Red Jasper or Black Tourmaline — hold during meditation or place near your feet while lying down.

Journal Prompts

Where in my life do I feel most unstable right now?

What would "safety" actually feel like in my body?

One small action I can take this week to feel more grounded:

You've Just Explored the Root Chakra

Grounding, safety, and stability — one piece of a much bigger journey.

The full Chakra Alignment & Balance Workbook includes all 7 chakras:

- ◆ Root — safety & stability (you just explored this one!)
- ◆ Sacral — creativity & emotional flow
- ◆ Solar Plexus — confidence & personal power
- ◆ Heart — love & connection
- ◆ Throat — truth & self-expression
- ◆ Third Eye — intuition & clarity
- ◆ Crown — spiritual connection & purpose

Each chapter includes a healing practice, affirmation, crystal pairing, and journal prompts — plus a guided 7-Day Chakra Reset to bring your whole energy system into balance.

Get the Full Workbook → www.niroviya.com