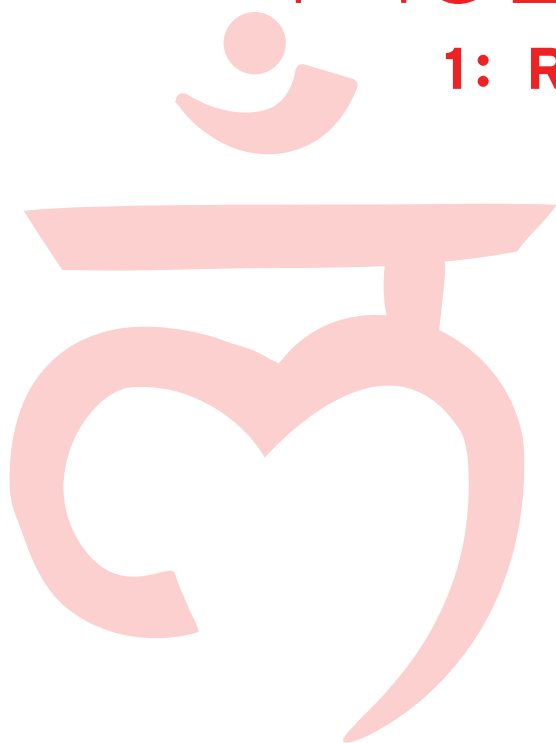


7-day chakra course with jasmine tarkeshi

MULADHARA

1: ROOT CHAKRA



UNIVERSAL RIGHT:

To Be Here

ELEMENT:

Earth

SEED SOUND:

LAM

COLOR:

Red

SENSE:

Smell

LOCATION:

Base of spine

CHARACTERISTICS:

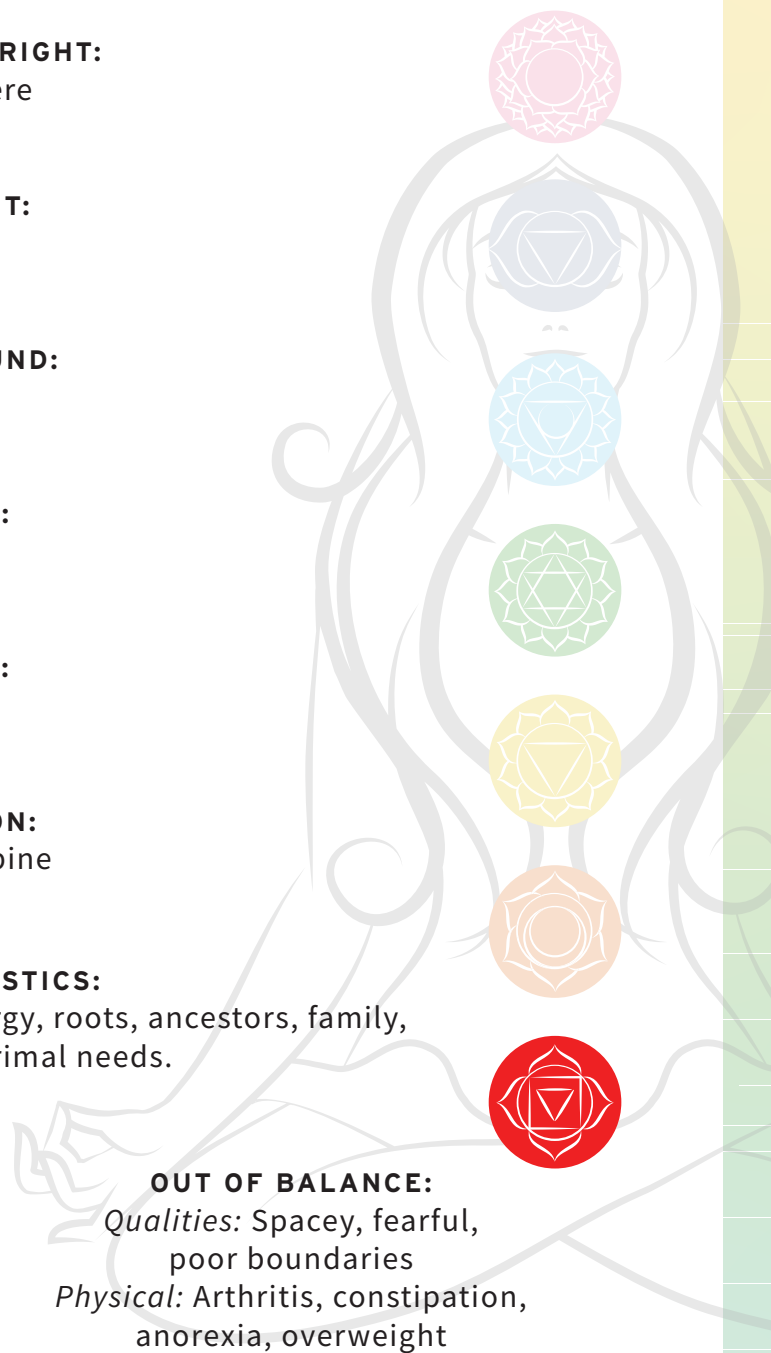
Physical body, survival, earth energy, roots, ancestors, family, material reality, primal needs.

IN BALANCE:

Qualities: Grounded, safe, strong, confident, trusting, ability to stand on our own two feet

OUT OF BALANCE:

Qualities: Spacey, fearful, poor boundaries
Physical: Arthritis, constipation, anorexia, overweight



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MULADHARA

HOMEWORK:

Create a first chakra altar.

Ideas: nature, ancestry reminders, family photos, red items, Ganesha

REFLECTION QUESTIONS:

1. Does your home reflect who you are?
2. Are you focusing on abundance or lack? If lack, how can you shift your perspective?
3. How can you improve your financial security?
4. How have you lost contact with any friends or family and how might you reestablish this connection?
5. What are the ways in which you take care of your body?