

Earth's Chakras: #1 ROOT

Location: Mt. Shasta in California



Photo from <https://gostica.com/aura-science/chakras-earth-7-amazing-places-filled-powerful-energy/>

Description:

Mt Shasta is a potentially active volcano at the southern edge of the Cascade range. The geysers rush to the surface with energy the same way that kundalini energy is thought to rush to the crown or pineal gland when awakened from the root chakra.

The root chakra is where the universal life force is considered to gather before it becomes life. Called the Muladhara in Sanskrit (from the words Mula, meaning "root" and Adhara, meaning "base" or "support"), the root chakra in our bodies is located at the base of the spine, in our pelvic floor. It is related to our sense of belonging and connection in the world around us, and is considered to be the most primal and ancient of the chakras. The root forms our energetic base, and is related to our most primitive needs like food, shelter, security, and tribal association. Our first chakra is what we build upon as we grow up from infancy.

Our intention: (if you like, place your hands on your own root)

1. To connect in with the powerful flow of volcanic, life force energy found at Mt Shasta
2. To send love and gratitude to Mother Earth for providing our beautiful, abundant home
3. To feel safe and secure and one with the world around us.

Music:

[Root Chakra Activation and Balancing by Taos Winds Spirit Music](#)