crystal musings

Root Chakra



Color

Red, Black

Mantra/Affirmation

I am safe. I am grounded. I belong. I trust. I am abundant.

Essential Oil Recommendations

Cedarwood, Myrrh, Pine, Black Pepper, Sandalwood

Crystals

Red Jasper, Garnet, Light Smokey Quartz, Petrified Wood, Chiastolite

Emotional/Spiritual

When in balance you feel secure, connected, supported, safe, and grounded. You have faith in your personal manifesting abilities and maintain your power.

When out of balance you may feel insecure, angry, violent, worried, or fearful. You may be disorganized, have an inability to stay present, and may be unable to stay grounded.