

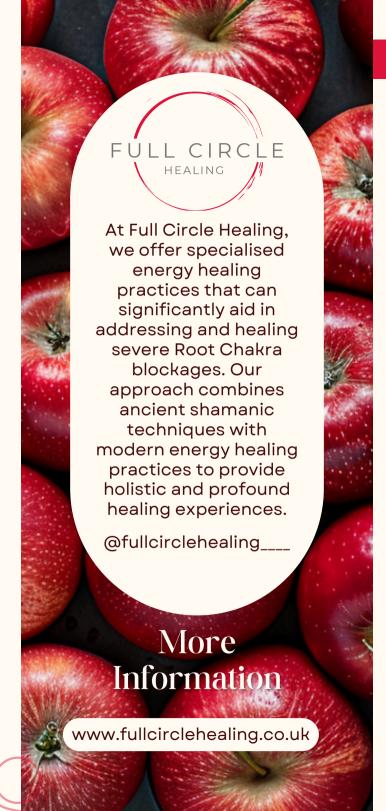
Foundation of Stability and Strength



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Shamanic Energy Healer

"Achieve stability, security, and grounded peace."



FULL CIRCLE HEALING



ROOT CHAKRA

(Muladhara)

Your Guide to Root Chakra Aftercare



Affirmations

Use daily affirmations like "I am safe" and "I am grounded" to reinforce stability and security.



Mindful Meditation

Incorporate grounding meditations into your routine to sustain the balance and calm of your Root Chakra.



Consistent Routine

Establish and maintain a stable daily routine to promote a sense of predictability and security.



Root Chakra Aftercare

Daily Grounding

Maintain balance by spending time in nature, practicing mindfulness, and grounding exercises.

Healthy Diet

Support your Root Chakra with nutritious foods like root vegetables, proteins, and redcolored fruits.

Regular Exercise

Engage in physical activities to keep energy flowing and maintain a strong, grounded foundation.

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SENSE OF SAFETY AND BELONGING

FOSTERS A STRONG SENSE OF SELF

FOUNDATION FOR SPIRITUAL GROWTH



Your Journey to Wholeness

The Root Chakra, or Muladhara, is the foundation of your energy system, located at the base of the spine. It represents stability, security, and our connection to the Earth. Balancing this chakra is essential for feeling grounded and secure, supporting physical health, emotional resilience, and financial stability.



your Grounded

Wellness!