



Foundation of Stability and Strength



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Shamanic Energy Healer

*“Achieve stability,
security, and
grounded peace.”*



FULL CIRCLE
HEALING

At Full Circle Healing, we offer specialised energy healing practices that can significantly aid in addressing and healing severe Root Chakra blockages. Our approach combines ancient shamanic techniques with modern energy healing practices to provide holistic and profound healing experiences.

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More Information

www.fullcirclehealing.co.uk

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.

4

Mindful Meditation

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

5

Consistent Routine

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

6



Root Chakra Aftercare

Daily Grounding

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

1

Healthy Diet

Support your Root Chakra with nutritious foods like root vegetables, proteins, and red-colored fruits.

2

Regular Exercise

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

3



Maintaining
your Grounded
Wellness!

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.

SENSE OF SAFETY AND BELONGING

FOSTERS A STRONG SENSE OF SELF

FOUNDATION FOR SPIRITUAL GROWTH