



# CHAKRA™ 1

## GROUNDED

Chakra 1 is the center where we ground ourselves and take care of our basic needs.

When the root chakra is balanced, one has good energy, a feeling of security and a healthy body awareness.

When the root chakra is imbalanced, one feels lethargy, resistance to change and the need to slow down.

### NUTRITION

Most red colored fruits and vegetables are effective in stimulating and vitalizing the root center.

Incorporate more red and pink colored fruits and vegetables into your daily nourishment: Some of these foods are: tomatoes, watermelon, beets, cranberries, cherries, strawberries, red apples, red beans, radishes, red bell pepper, raspberries and red-skinned potatoes.

### MEDITATION

This is the first, or root chakra meditation. To enhance your experience spray the grounding blend of Aveda Chakra™ 1 balancing body mist with vetiver olibanum and patchouli.

Focus on deep diaphragmatic breaths so that as you inhale your abdomen expands and as you exhale your abdomen contracts, bring your awareness into the base of your spine. This is the first or root chakra. This is the center of your basic needs and helps you ground yourself in the physical body. As you focus on this center, visualize a spinning wheel of red energy.

Allow your mind to settle into the body, noticing the sensations that you feel. Bring your awareness into your feet, then your ankles, legs, and hips. Now focus on your abdomen and back and into your shoulders, down your arms to your hands. The root chakra helps you move away from the thoughts in your head so that you listen to the wisdom of the body. Now silently repeat the word grounding to yourself. Whatever grounding means to you allow yourself to feel more grounded.

The mantra sound of the first chakra is lam. Repeat this mantra out loud multiple times noticing the vibrations in the root chakra.

### AROMA

Organic patchouli, vetiver and olibanum

### ELEMENT

Earth

### COLOR



“THE CHAKRA SYSTEM IS THE SYMBOLIC PRESENTATION OF ENERGIES WHICH EXIST IN THE BODY INFLUENCED BY THE SUBCONSCIOUS MIND. YOGA AND MEDITATION HELP YOU AWAKEN THOSE ENERGIES FOR THE MOST BALANCED STATE OF THE BODY, MIND AND SOUL.”

–THE DRS. UPADHYAY,  
MAHARSHI BHARDWAJ CLINIC  
& RESEARCH CENTRE, INDIA



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### BREATHING EXERCISE

Breath of fire — This rapid breath is performed by exhaling forcefully through the nose, followed by inhaling gently. It is important to concentrate on exhaling from the abdomen as you perform this breath. This breath helps to energize the body and break up congestion. Do a series of 10 breaths, breathe normally for several breaths, followed by a series of 10 breaths, breathe normally for a minute or two and finish with a series of 10 breaths. This breath helps to energize the body and eliminate toxicity.

### Visit an Aveda Salon/Spa for a Chakra Balancing Body Massage

This innovative treatment focuses on centering the chakras using a variety of massage techniques. The treatment features the Aveda Chakra Balancing Blend with deep tissue massage on the back and spinal muscles, chakra reflexology massage for the feet, and energy work for each of the chakras. In addition, guests will be guided through a meditation to enhance the benefits of stress relief, decreased muscular tension and increased energy.

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