

20 Powerful Root Chakra Affirmations to Get Grounded

When our root chakra is blocked it can cause a lot of turbulent feelings. Since it is what's known as our "base chakra", when unbalanced it can put our entire system off.

If you suffer from feelings like fear, anxiety, doubt and insecurity then your root chakra may need a little bit of TLC. And thankfully, there's a few things you can do to restore balance to the root chakra, including practicing root chakra affirmations.

Try the root chakra affirmations in this post to help clear any blockages in the first chakra and get grounded in your life!



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Root Chakra Meaning and Location

The root chakra is the first of the seven primary chakras and lies at the base of the spine around the perineum. It is associated with the colour red and so incorporating more of the colour red into your own life is good for root chakra balance.

The root chakra is associated with basic needs, a sense of safety and security, groundedness and a stable foundation.

When in balance we feel safe or "at home" in the world and our basic needs feel satisfied. But what about when our root chakra is out of balance?

