



UNBLOCK

Your Root

CHAKRA

30

In Under  Minutes a Day

SPECIAL REPORT:

UNBLOCK YOUR ROOT CHAKRA

in Under 30 Minutes a day!

If you want to manifest the life you truly desire and unleash your greatest inner power, your most important first step is to unblock, heal and balance your Root Chakra.

Why? Because your Root Chakra is the energy center that connects you to this physical plane. When it's blocked, your capacity to **manifest your desires** is also blocked. And while all your Chakras are equally important for a healthy and happy life, it really begins at the "root"!

In this Special Report, you'll discover 4 very powerful methods for Unblocking your Root Chakra – quickly and easily!

But before we dive in to these healing methods, let's explore the Root Chakra a bit further, so that you understand its critical importance for your overall wellbeing ...

Your Root Chakra is also known as the Muladhara Chakra. It is the 1st of 7 Chakras within your physical body. This is the very best place for you to start on any Chakra healing journey because it connects you to the material world. You draw our life force energy, called kundalini, from this place, which is why it is sometimes thought of as the Chakra of survival.

THIS IS WHY IT IS ESSENTIAL FOR YOU TO HEAL THIS CHAKRA FIRST.

Your Root Chakra is located at the base of your spine.

When it is clear and functioning well, you feel secure, confident, and able to handle the material aspects of your life with ease. Things like: money and financial security, home life stability, trusting relationships and health.

You know your Root Chakra is clear when you don't question or doubt your place in the world, and you are very much "in tune and in flow" with the world and people around you.

However, when your Root Chakra is blocked, over active or under active, you will find your life harder to handle. For example, if you've got an overactive Root Chakra, you might fly off the handle easily, or tend to be too controlling. You may also feel very insecure, experience deep jealousy, or have an over active sex drive.

If your Root Chakra is blocked or underactive, you may find that you experience feelings of apathy, low motivation or lack of interest in life. You may also have difficulty being well organized. Being able to focus on things will be difficult, and anxiety can result when you have a blocked or underactive Root Chakra.

You can think about your Chakra system like a deep well of energy. Your Root Chakra is the water at the bottom of that well. You want that water to be clean, pure and powerful, because it's what nourishes your entire energy system. After all, you wouldn't want to draw water up that wasn't pure and safe, would you?

HEALING *Your* ROOT CHAKRA

There are a variety of ways to heal your Root Chakra – all in less than 30 minutes a day! The four below are particularly powerful and can help you unblock, heal and keep your Root Chakra healthy!

Using A Pendulum:

To use a pendulum for Root Chakra healing, you want to begin by holding your pendulum close to your Root Chakra (you can place it right above or in front of your groin area). Then ask the following questions and wait for the pendulum to show you the answer:

1. "Is this chakra balanced?"
2. "Is this chakra open?"

Another way to do this is to simply hold your pendulum in one hand and put your other hand over your Root Chakra area as you ask the questions and get the "Yes" or "No" answer.

When you find your Chakra is unbalanced or blocked, your next step is to set an intention for it to heal by opening or coming into balance. Then simply wait, breath and focus on your Root Chakra. You will begin noticing the pendulum swing differently. As it does, you know that your Root Chakra is healing and coming into balance.

The benefit of a pendulum is that you can use it to heal each of your Chakras! You can also use it in combination with the two healing methods below. Simply hold your pendulum in one or both hands as you do the following ...

Root Chakra Meditation:

Your Root Chakra resonates strongly with the frequency of the "c" note in a musical scale. This, combined with the ancient Sanskrit "seed sound" Lam has a powerful, healing effect on your Root Chakra

That's why the best way to perform a Root Chakra meditation is by chanting the sound Lam in a "c" tone, over and over again.

To perform this healing meditation correctly, be sure you are seated in a comfortable position, with the tips of your index finger and thumbs touching each other. Breathe deeply a few times to quiet your mind.

Now, because the element for this Chakra is Earth, one of the best ways to make the most of this meditation is to do it outdoors, in nature. If you can do it, literally sit on the Earth to add power to your meditation.

Crystals for a Freely Moving Root Chakra

Black Tourmaline, Carnelian, Red Jasper, Golden Yellow Topaz, Obsidian, Bloodstone, and Smokey Quartz are all excellent gemstones to **help your Root Chakra** remain open and balanced.

When you keep these stones in your home, carry them with you, hold them during a meditation or wear them as jewelry, they will enhance your experience of living in a body on this Earth.

But the very best way to use any of these stones is to place one close to your Root Chakra for a few minutes each day. You can also **use your pendulum** to ask which stone is best for your Root Chakra “right now” and then work with or carry that stone for the day.

Aromatherapy

We all respond powerfully to smells. A smell can trigger deep emotions, powerful memories and energy activations in your body. That’s why Aromatherapy is a great tool for healing and balancing your Root Chakra.

The best way to select the right aroma for you is to consult your pendulum first, in the same way recommended for crystals (above).

Choose from among these great oils or incense: Black Pepper, Rosewood, Cedar, Clove, Ginger, and Sandalwood. You can use these both during meditation or simply by placing them around your home.

When Your Root Chakra is Unblocked

When you **heal your Root Chakra** using one or all of the methods you’ve discovered in this report, you put yourself in the perfect position to fully activate ALL your Chakras. And this is the secret known by the world greatest healers, alchemists and metaphysical masters throughout time!

By unblocking and balancing your Root Chakra, you will find it much easier to manifest your desires, trust the universal flow, unleash your inner power and activate the energies which allow you to connect with the Divine!

So be sure to begin your Root Chakra healing today using one or more of these powerful techniques.

