

I Am

ROOT (1) CHAKRA

Located between the legs in the genital area; it radiates down toward the earth. It functions at the frequency of Red. It is also supported by the Foot Chakras which can act as a Sub-Root Chakra for purposes of grounding, nurturing, and release of negative energy.

This is our instinctive chakra which is responsible for our will to survive and our ability to succeed in the material world. When this chakra is healthy, we establish the sense of "I Am". We have trust in the world and are able to succeed in the material world.

Damage to the Root Chakra may produce a life of struggle and hardship in which we are not successful in the material world. We may struggle to meet even the most basic of needs such as food, housing, transportation, and to earn an adequate living.

The Root Chakra is our connection and grounding to the Earth. It is from the grounding this Chakra provides that we fully occupy and live within the body. Without this grounding, we tend to live from a mental perspective and are not as open to messages from the body such as pain, tumors, tiredness, and generally feeling unwell until we become seriously ill.

If the Root Chakra is severely damaged and cannot be repaired, the person will feel insecure, unwanted, and feel life is too terrible to go on, and they will find a way for their life to end, either through disease, accident, or taking their own life.

ingredients

100% Pure, Certified Organic and Wildcrafted oils of Rose, Myrrh, Vetiver, Mandarin, Green; Spikenard, Palmarosa, Lavender Fine, Ylang Ylang Complete, Neroli, Jasmine, and Geranium, rose

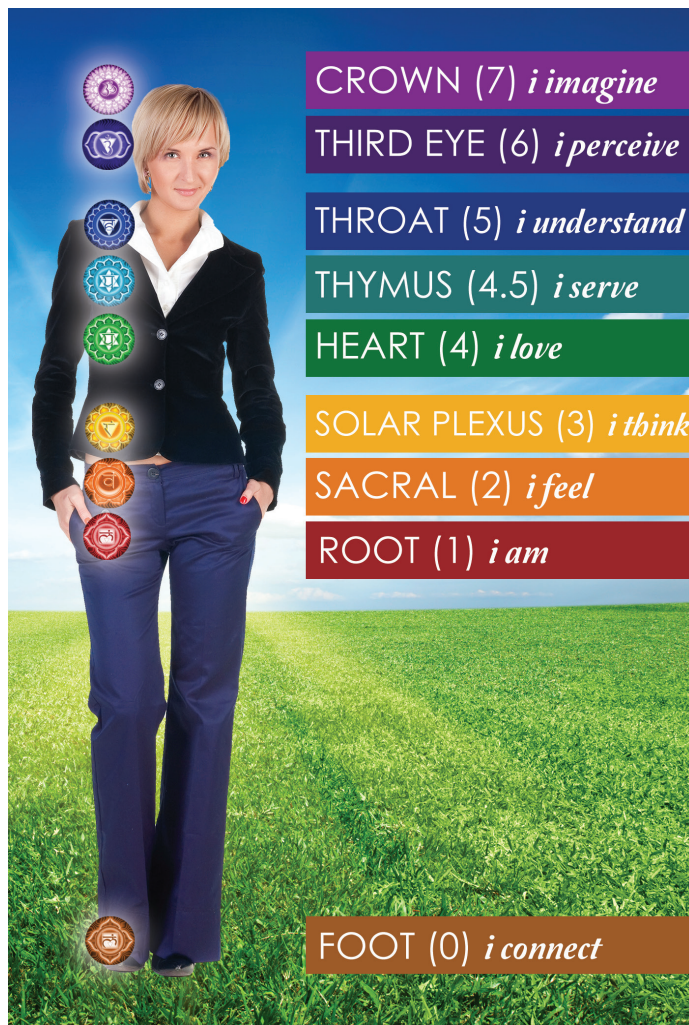
suggested usage

Bath

- Bathing in I am will strengthen the Root Chakra, grounding us and helping us reestablish a sense of connection to the Earth.
- Add 10 to 15 drops of I am to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of I am to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Root Chakra.

Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the hip area, front and back, when feeling insecure about financial matters or other survival issues. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or if unemployed to help you get a job. Shake well before use.



Topical

- Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your Root Chakra.
- Apply 1 to 2 drops to the bottom of the spine on the lower back or to the inside of the upper thighs. The Root Chakra extends several inches from the body and it is not necessary to apply to the genital area.
- When applied to the Chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

availability

5ml Bottle





+ association

Color: Red

Physical Location: Base of the spine

Sympathetic Gland: Adrenals

Sympathetic organs and body parts: Kidneys, Bladder, Legs

Sympathetic body systems: Muscles, Blood

Capacities: Physical vitality, action, survival, physical sensation, sense of self, individuality, grounding.

supporting blends

- **beCapable:** To feel secure within one's self; to have trust in yourself.
- **Tamar:** To heal physical and emotional abuse that this chakra may have endured.
- **Prosper:** Ability to manifest and bring financial prosperity into your life.
- **Home:** Feeling at home in your body and life; to have a safe and secure place where you are loved and wanted.
- **Still:** An inner stillness that allows us to stay receptive at this most physical chakra to that guidance of the divine.

chakra 1 (root) the right to have

The underlying right of the first chakra is the right to be here. This manifests in the right to have what we need in order to survive. When we are denied the basic necessities of survival - food, clothing, shelter, warmth, medical care, healthy environment, or physical touch - our right to have is threatened. Consequently, we will be likely to question that right throughout our lives, in relation to many things, from money and possessions to love or time to ourselves

postnatal chakra development

CHAKRA 1 (Root): Second Trimester to One Year

The first chakra relates to prenatal development and earliest childhood when most of a child's awareness is focused on survival and physical comfort. This is the stage of life where body growth is most rapid. The most important aspect of this development is that the child learns to feel safe, have trust in the world, and have his/her survival needs provided for adequately. The first year of life is about the development of the Root Chakra. The theme of this chakra corresponds to the child's basic survival needs; the will to live and basic sense of trust. Children who receive enough Root Chakra energy may be less prone to illness.

In this phase, the mother should make a special effort to radiate a sense of security. If the mother is happy and secure during this period, the child will find its way more easily. The many opportunities available for strengthening the Root Chakra will help not only the child but the mother as well.

pregnancy & children

- Children ages 2 years and up - safe when used as directed
- Pregnancy - safe when used as directed

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.

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QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

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