



Root Chakra References & Tools

Root-Balancing Stuffed Potatoes

Ingredients:

4 organic yams or sweet potatoes (regular potatoes are okay, just higher on glycemic index)

Organic, virgin coconut oil (can find virgin, filtered/deodorized coconut oil if you don't like flavor of coconut)

Organic, extra virgin olive oil

1 organic red onion

2 cloves of organic garlic

1 cup organic kidney beans, thoroughly drained and rinsed with filtered water (rinse in colander until water underneath runs clear)

1 cup of organic kale, chopped

1 cup of organic crimini mushrooms, chopped

Organic parsley, salt and pepper for seasoning

Directions:

Heat oven to 350 degrees. Wash 4 sweet potatoes or yams. Poke holes with a fork, coat with a bit of organic virgin olive oil, and place in the oven on a baking sheet or stone for about an hour or until tender.

Meanwhile, on medium heat (never go above medium with any cooking oil), sauté red onion and the garlic cloves until clear in coconut oil. Next, add in the kidney beans and sauté for about three minutes. Then, add in the kale and mushrooms. Season with a little parsley, salt and pepper.

Once the potatoes are done, slice each one down the middle and add the mixture into the middle. Place the stuffed potatoes/yams back in a warm oven for about 10 minutes to allow the flavored to soak in. Serve warm and enjoy!

Other Foods for Root Chakra

*carrots

*potatoes/sweet potatoes/yams

*parsnips

*radishes

*onions

*garlic

*dandelion root tea

Oils to Balance Root Chakra

*Abundance for meeting survival needs

*Oola Finance to work through fears around money

*Grounding to feel self on solid ground and stable

*cedarwood, frankincense, myrrh, patchouli, and vetiver are all nourishing to root chakra



Crystals for Root Chakra

Some people feel more sensitive to the energy of crystals than others. Others may feel that crystals are a bit “out there.” If nothing else, carrying or wearing specific crystals can simply serve as a colorful reminder of the energy one wishes to cultivate, i.e. a sense of being grounded and stabilized from carrying one of the stones listed below. They are a beautiful part of creation. Why not enjoy them?

- *garnet
- *red jasper
- *black tourmaline
- *bloodstone

Exercises to Balance Root Chakra

- *Kegel exercises
- *Yogic bandhas, such as mulabandha
- *Prayer and meditation barefoot on the ground or seated with root on the ground