

ROOT CHAKRA INTUITION

LOCATION + ASPECTS

--BASE OF SPINE TO FEET--

ORIGIN-TRIBE-GROUNDING-FOOD-BODY-
MANIFESTATION-IMPRINTING-RITUAL



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2.1a Root Chakra Intuition



ROOT CHAKRA DOMINANCE

WHAT DOES IT MEAN?

When your dominant energy center tests as the root chakra, this suggests that you are skilled at connecting in with physical sensation and your body. It may be easier for you to ground yourself down (into the earth) than connect yourself up (to Spirit). It also indicates that you may be more susceptible to sensing other people's physical pain. When you lead with root chakra intuition, you are dialed into sensation as the leading indicator of intuitive knowing.

STRENGTH = GROUNDING

It may be easier for you to ground yourself down (into the earth) than connect yourself up (to Spirit).

CHALLENGE = SENSING PHYSICAL PAIN IN OTHERS

When you dominate intuitively from the root chakra, you may be more susceptible to sensing other people's physical pain.



ROOT CHAKRA REFERENCE

PRACTICE

List out everything you associate with the root chakra.
Create your comprehensive root chakra reference.

Root Strengths

Write them out

Root Challenges

What are they?

notes