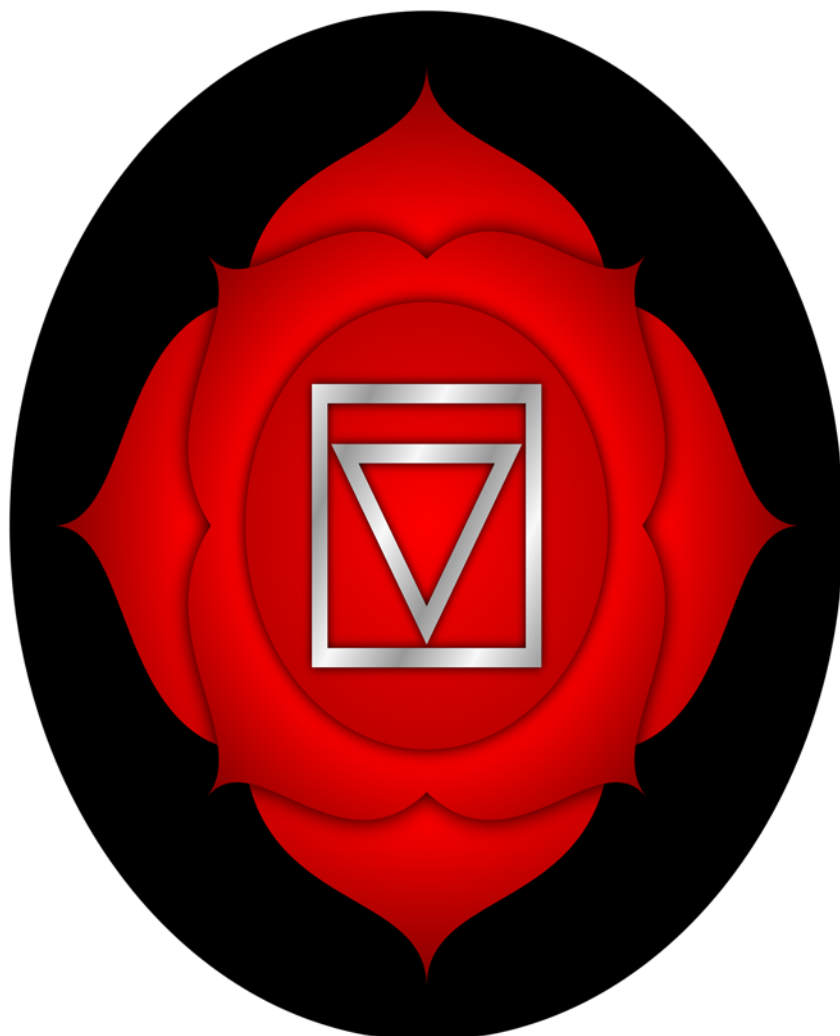


The Root Chakra



Earth's energy feeds into you at the base of your spine (up through your feet and legs). This place is the root chakra, where the first flowing of energy passes through you. This energy is all about survival, and fear blocks its flow. What makes you afraid?