

Crystals for the Root Chakra

The Root Chakra, also known as the Base Chakra, is located at the tailbone. This chakra is our connection to the material world. It governs our survival instincts, our need for basic necessities like food, shelter, and clothing. In modern times most people recognize that this also includes all that nurtures our body, mind and soul such as family, friends, stable finances, and careers. The term “root” in Root Chakra is not an accidental choice. This chakra is not only a connection to the material world, but a connection to the physical world; to earth energy. Connecting with the earth, whether that means working with plants or spending time outdoors, brings a sense of inner-connectedness that is easily lost in this technological age. Consequently, whenever you need to energetically ground yourself, this is the chakra to work with. Grounding is necessary to cultivate awareness of your surroundings, process the various types of information we are inundated with clearly, and find inner peace. Keep in mind that the Root Chakra's focus is survival. The health of this chakra directly affects how well we are able to adapt and thrive when confronted with challenges, whatever form they may take.

[Black Agate](#) - Black Agate's gentle energy balances the male and female energies within you. In doing so it allows you to understand information clearly and reconnect with your inner strength.

[Black Tourmaline](#) - Known for protection and grounding on all levels, Black Tourmaline is also an excellent purifying stone. It transmutes negative energies within the body into positive ones for healing.

[Garnet](#) - Garnet is a fantastic stone for survival. It enhances instincts, boosts energy levels, supports courage, and helps you to adapt to changes in your life.

[Hematite](#) - Well known for grounding, Hematite protects the aura by balancing energetic systems in the body. In doing so, subconscious thoughts and knowledge are more understandable on a conscious level.

[Jet](#) - Jet calms and balances your energies so that you can take control over your own life and increase your personal abundance. It provides protection best when combined with other protective stones.

[Obsidian](#) - A grounding stone, Obsidian is excellent at absorbing negative energies on the physical, mental, emotional, and spiritual levels. This makes it an excellent choice for healing work.

[Petrified Wood](#) - Although not a crystal, Petrified Wood's soothing energy enables you to relax and energetically ground. Doing so helps you regain your equilibrium and prepare for any challenges ahead.

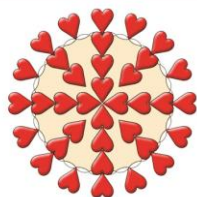
[Red Jasper](#) - Red Jasper is excellent for reducing stress and increasing focus towards any task. It enhances the determination and instincts needed for new beginnings.

[Red Tiger's Eye](#) - Also known as Falcon's Eye, this crystal enhances confidence and motivation within the user. A protective stone, it calms strong emotions so that the user can think more clearly.

[Ruby](#) - Ruby supports good health, healing, and vitality in the user. A protective stone, it is also used to ease new beginnings and attract abundance.

[Smokey Quartz](#) - An excellent protective and grounding stone, Smokey Quartz also assists in blocking geopathic stress from affecting the aura. It can strengthen resolve to overcome harmful behaviors.

- Rachel Niemczyk



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