

# **FIRST CHAKRA (ROOT) CHART**

Developed by Laurie Szott-Rogers, Prairie Deva College

## **Qualities of First Chakra**

**Grounded**  
**Sense of Safety**  
**Sense of Security**  
**Money/ Prosperity**  
**Embodied**

**Being Present**

**Right to Be**  
**Right to Have**  
**Good Health**

**Earth to Connect**

**Slow Pace, Stillness**  
**Restful**

**Home**  
**Trust in Self, Body**

**Eating Habits**

**Fitness/Exercise**

**Not Abandoning Self**

**Proper Boundaries**

## **Essential Oils**

Vetiver, Red Thyme  
Cinnamon, Red Cedar  
Vanilla, Thyme,  
Vetiver, Green Oakmoss  
Vetiver, Oakmoss, Red Thyme, Star of Bethle'

Peppermint, Rosemary,  
Cinnamon  
Red Thyme, Patchouli,  
Green Oakmoss,  
Eucalyptus

Patchouli, Vetiver,  
Sage  
Chamomile Roman  
Lavender, Lemongrass,  
Marjoram  
Vanilla, Cinnamon  
Rose, Linden, Vanilla,  
Mimosa  
Peppermint, Dill,  
Chamomile, Lavender  
Rosemary, Pine,  
Spruce  
Rose

Yarrow

## **Flower Essences**

Corn,  
Aspen, Mimulus, California Pitcher  
Yarrow  
Star Thistle, Trillium, Hound's Tongue  
Star of Bethlehem, California Pitcher  
Arnica, California Wild Rose, Olive  
Clematis, Peppermint, Rosemary,  
Milkweed, Honeysuckle  
Shooting Star  
Trillium  
Arnica, California Wild Rose, Olive  
Self Heal, Echinacea, Gorse  
Green Bells of Ireland

Impatiency  
Chamomile, Lavender,  
Dandelion  
Sweet Pea, Wild Oak  
Baby Blue Eyes, ~~Mariposa~~, Mariposa  
Lily, Manzanita, Self Heal  
Fairy Lantern, Milk Weed  
Tansy  
Manzanita

Chicory, Evening Primrose, Holly,  
Oregon Grape  
Yarrow, Golden Ear Drops