

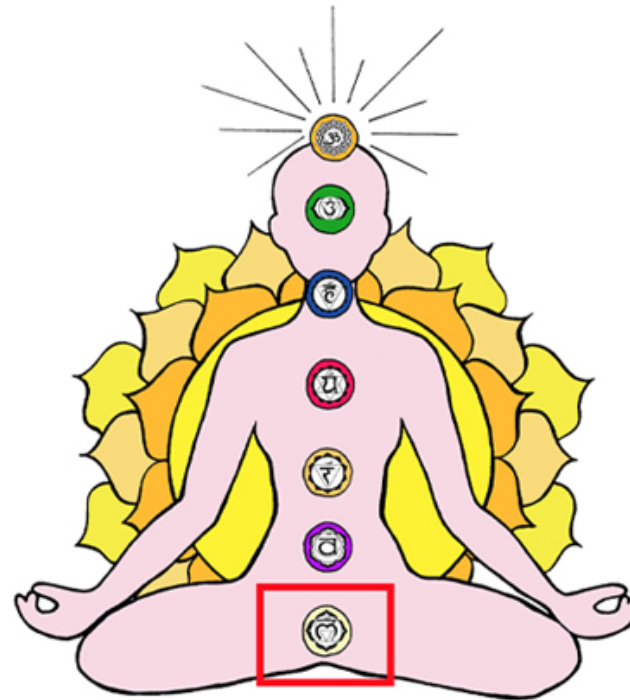
# Root Chakra Connections



Food



Shelter



Security



Earth



The name for the root or base chakra in Sanskrit is Muladhara. "Mula" means "root" and "adhara" means "base or support." The root chakra establishes the foundation for the seven major chakras. The root chakra is associated with survival instincts for food, shelter, safety, comfort and belonging. The root chakra governs the lower part of the body, including the feet, legs, knees, hips, lower back and lower spine. These areas of the body establish balance and stability. Visit [Root Chakra Meaning](https://www.kathleenkarlsen.com) for detailed information.