



Ground Chakra

The ground (base) chakra is our connection to planet Earth and to the contrasts of life. When we are fixed in this chakra, we are balanced, which means to appreciate life, be free and happy to be on earth and to accept our body. If we are not fixed (balanced) then we are hiding all this from ourselves.

It needs a big understanding for differences between light and dark, what people pass through to be able to help, to be able to share, not only to give, but also to receive.

Red-Amber gives the acceptance to our body, without hiding or being a slave to it. This oil helps to ask: "Where do I come from, why am I here? Where does my pain come from?" It helps to face the deeper reasons for our pain. We succeed to be honest with ourselves, why we suffer, to be encouraged to find a way out, to remember what we need and do not want.

Red-Amber is to communicate between the material, emotional and mental level, it helps to accept what happens, to be able to "let things go", to love ourselves, to enjoy freedom and **to be in Divine Love.**

It needs a higher confidence in Human life, a lot of power and unconditional love, to go through what life means to some of us. Therefore we earn sympathy, appreciation, love and help from each other. Red-Amber can give us the vision, knowledge and wisdom, how to help ourselves and others.

Crystal: Haematite