

Root Chakra

Nourishment, Support & Grounding – The Survival Wound



WHERE THIS LIVES IN THE BODY

Base of the spine, your body's foundation of safety and belonging.

COLOR Red **ELEMENT** Earth **MANTRA** LAM

Money as safety. If you've never quite been able to trust that your needs will be met, I see you.

THE WOUND & ITS SYMPTOMS

Your root chakra holds your sense of safety and stability, your basic sense that you belong here. If yours is wounded around money, you probably already know it: your nervous system just doesn't believe there's ever going to be enough, even when your bank account says otherwise. I want you to hear this: it's not a mindset problem you can think your way out of. It's a survival-level imprint, and your body can hold onto scarcity long after your circumstances have actually changed.

- Panic, dread, or a tight chest when bills or bank balances come to mind
- Chronic over-saving that never feels like "enough," or the opposite: spending it before it can be taken away
- Difficulty relaxing even when finances are objectively stable
- Freezing up or avoiding financial decisions altogether
- A pull toward over-working or over-hustling just to feel safe

THE STORIES THIS WOUND TELLS

"There's never enough, and there never will be."

"I have to work myself to exhaustion just to be safe."

"Money can disappear at any moment, so I can't really trust it."

"Needing help with money means something is wrong with me."

Some of these you built on your own, after a scary financial moment. So many more were handed down to you, absorbed from parents or grandparents who lived through job loss, poverty, war, or immigration. You might be carrying fear that was never even yours to begin with.

WHEN THIS WOUND LIKELY FORMED

AGES 0–7

Your root chakra formed way back in early childhood, somewhere around ages 0–7. At that age, you were completely dependent on the grown-ups around you to meet your basic needs: food, shelter, consistency, safety. If money felt tense or unpredictable in your house (or if there just wasn't enough), your nervous system learned to treat money itself like a threat. That imprint happened before you could even form real memories, which is exactly why it can feel so illogical now, and so hard to just "logic" your way out of.

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HOW TO HEAL THIS WOUND

PRACTICAL ACTIONS

- Build a starter emergency fund in small, consistent increments. The goal is nervous-system evidence of safety, not a perfect number
- Create predictable rhythms around money: a weekly money check-in, auto-transfers, a bill-paying ritual done at the same time each week
- Track your "enough" number so scarcity has a factual floor to stand against
- Notice avoidance and gently practice looking: opening the account, checking the balance, even when it's uncomfortable

SPIRITUAL ACTIONS

- Grounding practices: bare feet on the earth, root chakra meditation, red or brown grounding stones (garnet, hematite, red jasper)
- Somatic safety work: slow breath, weighted blankets, or body scans while looking at your finances
- Ancestral or cord-cutting work to release inherited scarcity that isn't yours to carry
- Root chakra affirmations: "I am safe. My need sare met. I belong here."

WHAT HEALING FEELS LIKE

Here's what I want you to look for: healing this one doesn't feel dramatic. It's quiet. It's the first time you check your bank balance without bracing for bad news. It's paying a bill without your stomach dropping. It's being able to sit in a slow income month without spiraling.

EXAMPLES OF BALANCED, FLOWING ENERGY

- Saving consistently without hoarding out of fear
- Spending on real needs without guilt or panic
- Making a financial decision from calm clarity instead of a fight-or-flight response
- Trusting that if something goes wrong, you'll be able to handle it

A GENTLE REMINDER

Healing, specially here, can be a life long process. You may never be completely free of your scarcity triggers. A surprise bill, a slow month, a dip in the market, and your body may still flash with panic or fear. That flash is there to try and protect you. It's human and a part of you. Healing doesn't mean you stop feeling fear, it means coming home to safety faster, and more gently, every time. Your triggers are your opportunities to heal in real time and in your real life. Embrace them with the love they deserve.

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Take a breath before you start. Write quickly and don't edit yourself, there's no right or wrong way to do this.

WHICH SYMPTOMS RESONATE WITH YOU RIGHT NOW?

- ☐ Panic, dread, or a tight chest when bills or bank balances come to mind
- ☐ Chronic over-saving that never feels like "enough," or the opposite: spending it before it can be taken away
- ☐ Difficulty relaxing even when finances are objectively stable
- ☐ Freezing up or avoiding financial decisions altogether
- ☐ A pull toward over-working or over-hustling just to feel safe

Where do I see this wound showing up in my life right now?

Which story feels most familiar? Where might I have learned it?

One practical action I'll try this week:

One spiritual practice I'll try this week:

What would balanced, flowing energy feel like for me here?

Today's date: _____

Healing isn't linear. Be gentle with yourself as you go.



Meet Your Guide

AKA, the author

Jenni Fulton

Holistic Financial Coach & Intuitive Guide

Founder of Untamed Abundance LLC

Hi, I'm Jenni. I'm the founder of Untamed Abundance, a holistic coaching practice based out of the Midwest United States, where I help people build a healthier relationship with money by combining practical strategy with the kind of deep, embodied, spiritual work that actually makes change stick. I also work under Untamed Intuition, offering tarot, astrology, and intuitive mentorship for anyone drawn to a spiritual layer of the work.

This workbook is original content. The frameworks, the language, and the lived experience with clients doing exactly this kind of healing are mine. Every idea, structure, and story here comes from years of real work with real people.

Also, in case you were wondering, in this age of artificial things: I am a whole, real person on the other side of this PDF. If any of this resonates, I'd love to connect, whether that's through a 1:1 coaching session, my membership program, one of my group courses or events or just a quick note to say hello.

Learn more about me and my work at untamedabundance.com or follow us on socials:



Also, if it sings, check the complete money wounds workbook with guides and worksheets for all seven core chakras as well as the companion meditation series recorded by me!