

Free tip card: Root / Muladhara

Chakra Garden | CG-FREE1 | color note: deep red / earth

Reflection prompt

Where in your day do you feel most steady and supported?

Optional practice cue

Feel both feet on the floor and take three slow breaths.

How to use this free card

- Print this page (cardstock if you have it).
- Keep it by your phone, kettle, or desk for one soft daily pause.
- Want the full 7-card deck? Seven Petals Tip Cards on chakra.garden.
- Lifestyle and wellness education only -- not medical advice.

About this free download

Educational / personal-practice materials inspired by traditional chakra and sound frameworks. Not medical advice. Not a diagnosis, treatment, cure, or substitute for professional care. If you have a health concern, talk with a qualified clinician. Results vary. For reflection, relaxation, and creative practice only. Digital packs are Chakra Garden Studio education products. Live sessions with Clint Decker (when offered) are separate and labeled as such.

Next step (when you are ready)

- Seven Petals Tip Cards (CG-TIP7) -- full 7-card PDF deck
- Root-to-Crown Reflection Journal (CG-JOURNAL)
- Guided Practice Script Pack (CG-SCRIPTS)
- Find single-SKU pages on chakra.garden

SKU: CG-FREE1 | Lead magnet tip card | chakra.garden