The current crisis maybe destabilising your Root Chakra.
Fearful, shocked, anxious, Low Energy levels, worry, in need of grounding.
ROOT CHAKRA Qualities

1. Colour - Red
2. Element - Earth
3. Emotion - Fear/Courage
4. Quality - Grounding/safety
5. Function - Foundation
6. Gland - Adrenals - stress
7. Body - Neck, feet, legs, spine

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ROOT CHAKRA WORK

1. Root Chakra Altar
2. Yoga Practice - Asana
3. Create Routine & Rituals
4. Oils - Cypress Patchouli
5. Crystal - Red Jasper
6. Ground - Yoga Nidra
7. Reconnect to the Earth
Let your Fear lead you to the Courage within.