



MULADHARA

The Root chakra is located at the perineum and base of the spine. The focus here is on survival, self-preservation, courage versus fear, and instinctual desires and responses. Muladhara is in charge of purging the body of wastes, and responds well with a healthy body and lifestyle. The energy here is raw and primal. Muladhara is about all things physical, and includes passion and loyalty. Physically, it includes the “total body” wellbeing, and specifically legs, feet, and large intestine. It’s grounding energy keeps us connected to the planet, and to each other.

A healthy root chakra provides vitality to the physical body, gives a sense of wellbeing and grounded-ness, feeling centered, not overly fearful, in control of yourself, and joyful. The work in this area is about feeling nurtured and nourished, with a sense of belonging to the whole. If you have mother issues or feel disconnected, working here is good. Too much energy to the root Chakra results in aggression and domineering behavior; greed, hoarding, or gaining excessive amounts of weight. People who have very active minds and imaginations sometimes struggle in this energy, because they live in their heads more than their bodies. Too little energy here leads to depression, fearfulness, lack of confidence and inability to achieve goals. Children who move around a lot and never form deep connections with a “home” may be deficient here.

BIG IDEA: Fear is a marketing strategy, and we live in a world full of stressors, so we do well to do RED work regularly. To build health here, see that in this moment, we are almost never in imminent danger. Then, feeling safe and grounded, we are free to live more presently.

Characteristics of Muladhara:

Color: usually Red or Rose

Element: Earth

Seed sound: Lam

Yoga Path: Hatha

Rights: To have

Foods: Protein

Traits: physical / grounding / foundation

Breath: In & out through the nose

Physical functions: elimination, releasing, sense of smell

Gemstones: Tiger's Eye (known for it's grounding properties, this stone connects us to our physical self, enhancing health, inner strength, courage and vitality.) Also ruby, garnet, hematite, bloodstone, smoky quartz

Incense, essential oils, and plants: Cedar, cinnamon, rose, myrrh, rosewood, frankincense, patchouli, thyme

Assignment: EXPLORE RED

- As you work on your first chakra wellbeing, pay attention to smells. Pull the smell of everything into your nostrils with deep opening breaths in and out through the nose.
- Eat protein and red foods.
- Spend time in nature. Dig in the dirt.
- Bring red into your daily meditation or breathing practice, or write about your current issues with security and safety in your journal.
- Carry a gemstone or add a fragrance to your home to draw positive energy to that area of the body.
- Focus on the first chakra poses in your yoga practice, and concentrate on the fundamentals of each yoga posture.
- Wear reds and pinks.
- Open yourself to the possibility of achieving balance in the physical foundation of your being.
- Allow yourself to be nurtured. Get a massage, a pedicure.