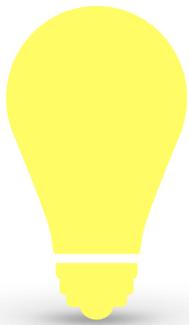


Red Energy: Muladhara, the Root Chakra

The Root chakra is located at the perineum and base of your spine. Its energy traits include survival, self-preservation, courage versus fear, instinctual desires and responses. Muladhara includes your physical body, specifically legs, feet, and large intestine. It is the energy of smell, and purging the body of wastes. This energy stays in tune with a healthy body and lifestyle. The energy here is raw and primal. Muladhara is about all things physical, and includes passion and loyalty, confidence and belonging.



The 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.**

Its grounding energy keeps us connected to earth, life, and each other.

**A healthy root chakra provides:
vitality to the physical body
a sense of wellbeing and grounded-ness
feeling centered, not overly fearful
in control of yourself, and joyful.**

**Too much root chakra energy leads to:
aggression and domineering behavior,
greed, hoarding, weight gain**

**Too little root chakra energy leads to:
depression and fearfulness
lack of confidence
inability to achieve goals**

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. People who have very active minds and imaginations sometimes struggle in this energy, because they live in their heads more than their bodies. Children who move around a lot and never form deep connections with a “home” may be deficient here.

The principle way to connect with each Chakra is through stillness. You focus on the Chakra while gazing at the tip of the nose and breathing deeply. It is recommended that you open Ajna, (6th) Chakra, first, because an awakened 6th Chakra allows you to purify the karma of the lower Chakras. You do this by gazing into your forehead, and imagining the color purple, and then moving the gaze to the tip of the nose and bringing focus to the color and space of the lower chakra you are working with.

However, the energy of each chakra can be toned whenever we bring attention to the colors, sounds, smells, foods, movements and themes of that vibration of energy.

Characteristics of Muladhara:

- Color: usually Red or Rose
- Element: Earth
- Seed sound: Lam
- Yoga Path: Hatha
- Rights: To have
- Foods: Protein & red foods
- Traits: physical / grounding / foundation
- Breath: In & out through the nose
- Physical functions: elimination, releasing, sense of smell
- Gemstones: Choose dark red, brown or black stones. These are good ones: tiger's eye, 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 things into your nostrils with deep opening breaths in and out through the nose. Take a moment to notice what you are noticing and feeling.
- Eat protein, root vegetables, spinach and all red foods.
- Spend time in nature. Dig in the dirt. Go for long walks
- Bring red into your daily meditation or breathing practice
- Write about your current issues with security and safety in your journal.
- Carry a gemstone or wear red jewelry
- 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
- Concentrate on the fundamentals of each yoga posture.
- Wear reds and pinks.
- Allow yourself to be nurtured. Get a massage, a pedicure.
- Take care of your hips, legs and feet.
- Open yourself to the possibility of achieving balance in the physical foundation of your being.